

The Catoctin Banner

www.thecatoctinbanner.com www.epluspromotes.com Your Good News Community Newspaper Serving Northern Frederick County, MD Since 1995

Vendors Help Spread Love on Valentine's Day

by Chelsea Gorka

Valentine's Day is a great day to show someone how much they mean to you. Every February, without fail, couples search for the perfect gift for their loved one. Whether it is buying a heart-felt card, a bouquet of flowers, or a diamond necklace, you don't need to travel far to find your special gift!

For those of you looking for something with a little sparkle, make your way to Browns' Jewelry & Gift Store to shop the "bling." Browns' Jewelry & Gift Store is located at 9 Water Street in Thurmont. This year, Browns' is celebrating their 34th Anniversary with a special sale during which customers enjoy 25 to 50 percent off in-stock merchandise—this is definitely a sale you will want to hit if you're looking for jewelry.

Browns' Jewelry carries all sorts of merchandise, including—but not limited to—rings, necklaces, and bracelets. Whether it is a dazzling

Photo by Deb Spalding



Maggie and John Doll of Gateway Market, Candyland and Liquors

Gateway Market is located at the intersection of U.S. 15 and Franklinville Road in Thurmont.

diamond or a gorgeous gemstone, Browns' can fill your Valentine's Day needs! Hurry to catch this wonderful annual sale. It runs from February 1 through February 14, 2013. Drop by and say hello to Mr. Brown. His

quality jewelry has been part of special moments for years! For more information on Browns' Jewelry & Gift Store, give them a call at 301-271-7652 or view their advertisement on page 4.

Did someone say candy? Well, I just did. In Thurmont on Franklinville Road, John and Maggie Doll (the sweethearts in our cover photo to the left) make their own chocolate roses and chocolate covered strawberries for Valentine's Day at Gateway Market Candyland and Liquors. They also sell candy-making supplies so that creative Valentines can make their own treats. A showcase of Asher's Chocolates allows customers to pick and choose chocolates to their preference. Combine your chocolates with a special wine or liquor from Gateway's vast collection. Don't forget to enjoy an ice cream treat while you shop. Call Gateway Market at 301-271-2322 and view their advertisement on page 25.

Don't forget the flowers. Ron Delaney at Gateway Flowers, located at 11 East Main Street in Thurmont,

Vendors

— Continued on page 27



Once Upon A Proposal

by Chelsea Gorka

February is a great time to celebrate your love and devotion to your spouse, and a fantastic time to share stories about courtships and proposals. From the romantic fairy tale proposal to a simple "Will you marry me?", engagement stories always warm your heart and make you think about the one you love. Our first story is really one for the books. After twelve years of friendship, occasionally bumping

into one another, Alyssa Hudak and Kenneth McFawn are finally tying the knot.

It all started back in high school when Alyssa was introduced, by chance, to Kenneth who attended a neighboring school. They lost contact after high school, but occasionally ran into each other while out and about in downtown Frederick. Each time they ran into each other, they were both already in a relationship,

until one day after the annual F.R.I.E.N.D.S buddy walk in Baker Park. Alyssa and her friend, Leigh Norman, decided to go out for drinks. While they were seated and having casual conversation, they caught a glimpse of Kenneth! Alyssa quickly waved him and his friends over to her table, and they talked for a while. Before he left, Kenneth asked for Alyssa's phone number. Alyssa tightened up and nervously replied with a giggle, "Okay, but only because I'm single now." Later that night, Alyssa and Leigh ran into Kenneth and his friends again! Talk about coincidences! The very next day,



Courtesy Photo

Alyssa Hudak and Kenneth McFawn

October 9, 2012. Kenneth asked Alyssa's father, Mr. Hudak, for his daughter's hand in marriage, and that same night, Kenneth started planning his proposal. He didn't want to wait for the "perfect" moment; he was just going to do it. That afternoon he picked up the materials he needed—something to use to tie around

Kenneth asked Alyssa if he could buy her dinner.

Fast forward two years to



Proposals

— Continued on page 12

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The Catoctin Banner Newspaper • 515B East Main Street • Emmitsburg

POSTAL CUSTOMER

From the Publisher

Dear Reader:

This issue features reviews of several volunteer ambulance and fire companies in our area. We enjoy featuring our area’s emergency service volunteers every year. I hope that you will take a moment to recognize those who give a large volume of time to help others in emergencies. If you’ve ever needed an ambulance or fire service, you know the extreme value of the service these folks provide. If you are a member of a rescue service company in our area and have not told us about your banquet, please call in so we can send a reporter. Some companies write their own review and send it to us – that is okay and appreciated. Your information is always welcome.

Recently, I overheard a Thurmont resident refer to *The Catoctin Banner* as being the Emmitsburg newspaper. Usually, I hear people refer to it as the Thurmont newspaper. Just to clarify, *The Catoctin Banner* is a regional newspaper covering the region of northern Frederick County, Maryland, which includes Emmitsburg and Thurmont. Our coverage area is defined by the feeder area of Catoctin High School, plus the town of Cascade. We publish it out of our store in Emmitsburg, but a good amount of time is spent writing and editing at my house in Thurmont. To add to the confusion about *The Catoctin Banner*’s home, technology has allowed that we can accomplish business just about anywhere with smart phones, laptops, and the internet. I have worked on and completed an issue while on vacation in another state. With that in mind, I’d say that our little good-news monthly is very worldly.

You may have noticed some columns that come and go from issue to issue. We’ve been trying to mix it up a little and wonder if you have an opinion about the content. We are receptive to your input. You never know, you may have the next great idea. Call us at 301-447-2804 or email us at news@thecatocinbanner.com with your input.

As always, I urge you to patronize the advertisers who reach out to you through *The Catoctin Banner*. It has existed due to the advertising support of those featured in each publication. All of our advertisers, especially those who have been on board long-term, are greatly appreciated!

Deb Spalding,
Publisher

www.thecatocinbanner.com

That's Country Livin'

©2013 John Nickerson

more cartoons at gnarlyartly.com

Facebook: [Gnarly Artly Design Shop](https://www.facebook.com/GnarlyArtlyDesignShop)

So your truck just splashed through a mud puddle

SPSSSHHHHHH

What Do You Do?

CITY BOY: I BETTER GET AN APPOINTMENT TO HAVE IT DETAILED!!

COUNTRY BOY: WE'LL GIT'ER NEXT TIME!

gnarly@gnarlyartly.com.....301-271-3726

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301-447-2804 Store • Fax: 301-447-2946
www.TheCatoctinBanner.com
email: news@thecatocinbanner.com
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Classified Ads in *The Catoctin Banner*
Classified advertising costs 40¢ per word with a minimum of \$10.00 for line listings. Photo classifieds are \$20 per ad limited to 1” in height. Send your written listing, photo and payment to: *The Catoctin Banner*, 515B East Main Street, Emmitsburg, MD 21727 or call 301-447-2804 with credit card payment and email wording to ads@thecatocinbanner.com.
POLICY: The publisher of *The Catoctin Banner* reserves the right to revise, reclassify, or reject any advertisement or any article for any reason, at any time, and to omit all copy when not submitted in time to conform with deadline. The views expressed in advertisements may not be those supported by the staff of *The Catoctin Banner*. The deadline for submission is the Monday of the final full week of each month. Information and advertising copy received after the deadline will be accepted at the discretion of the publisher. The publisher assumes no liability for misinformation, misprinting, or typographical errors. The publisher reserves the right to edit all submitted material.

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St. John's Christian Preschool

Registration

Monday

March 4, 2013

8:00 am - 11:00 am

*Registration for
current students

Tuesday

March 5, 2013

8:00 am - 11:00 am

*Registration for new
2, 3 and 4 year olds

For more information,
please call
301-271-4109



OPEN HOUSE

Friday, March 1, 2013

9:00 - 9:30 am

Information Session

9:30 - 10:00 am

Tour of School



15 North Church St.
Thurmont, MD

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Lori J. Zentz, MBA, CLU
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VIGILANT HOSE COMPANY #6 5TH ANNUAL SPRING FLING \$30,000 given in prizes!

Noon.... \$1500 Cash	1:30.... \$400 G. Cert.	2:55.... \$200 Cash	4:20.... \$400 Cash
12:05.... \$200 Cash	Shriver's Meat	3:00.... \$2500 Cash	4:25.... \$200 Cash
12:10.... \$400 Cash	1:35.... \$100 G. Cert.	3:05.... \$200 Cash	4:30.... \$400 Cash
12:15.... \$100 G. Cert.	Carleo's	3:10.... \$400 Cash	4:35.... \$100 G. Cert.
The Palms	1:40.... \$400 Cash	3:15.... \$100 G. Cert.	Stavros Pizza
12:20.... \$400 Cash	1:45.... \$200 Cash	Chubby's Barbeque	4:40.... \$400 Cash
12:25.... \$200 Cash	1:50.... \$400 Cash	3:20.... \$400 Cash	4:45.... \$200 Cash
12:30.... \$400 Cash	1:55.... \$200 Cash	3:25.... \$200 Cash	4:50.... \$400 Cash
12:35.... \$100 G. Cert.	2:00.... \$1000 Cash	3:30.... \$400 G. Cert.	4:55.... \$200 Cash
Ott House	2:05.... \$200 Cash	Jubilee Foods	5:00.... \$1000 Cash
12:40.... \$400 Cash	2:10.... \$400 Cash	3:35.... \$100 G. Cert.	5:05.... \$200 Cash
12:45.... \$200 Cash	2:15.... \$100 G. Cert.	East Park Auto	5:10.... \$400 Cash
12:50.... \$400 Cash	Dave & Jane's	3:40.... \$400 Cash	5:15.... \$200 Cash
12:55.... \$200 Cash	2:20.... \$400 Cash	3:45.... \$200 Cash	5:20.... \$300 Cash
1:00.... \$1000 Cash	2:25.... \$200 Cash	3:50.... \$400 Cash	5:25.... \$200 Cash
1:05.... \$200 Cash	2:30.... \$400 Cash	3:55.... \$200 Cash	5:30.... \$400 Cash
1:10.... \$400 Cash	2:35.... \$100 G. Cert.	4:00.... \$1000 Cash	5:35.... \$200 Cash
1:15.... \$100 G. Cert.	Hillside Restaurant	4:05.... \$200 Cash	5:40.... \$300 Cash
Red's Tavern	2:40.... \$400 Cash	4:10.... \$400 Cash	5:45.... \$200 Cash
1:20.... \$400 Cash	2:45.... \$200 Cash	4:15.... \$100 G. Cert.	5:50.... \$400 Cash
1:25.... \$200 Cash	2:50.... \$400 Cash	Rube's Crab Shack	5:55.... \$200 Cash

Horseshoes • Food • 50/50 Tip Jars
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Saturday, May 18, 2013 at
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Pay your ticket in full by March 1st
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For Tickets & Info:

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Gabe Baker • 301-447-2212 Bill Boyd • 717-642-9717

Final Drawing
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www.vigilanthose.org



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town hall reports

by Michele Cuseo

Emmitsburg

January 2013

Solar Energy for the new Waste Water Treatment Plant

Emmitsburg is getting cost estimates to install solar energy to help power the new waste water treatment plant currently planned for the town. Mayor Briggs said that the estimated cost savings in reduced energy usage to the town could be \$10,000 per month.

Emmitsburg Goes Facebook

Did you know that Emmitsburg has joined the world of Facebook? Launched in June, 2012, the aim was to reach a wider audience to communicate information about the Town. If you visit the site now, you will see information pertaining to events, photos, town government, and local businesses. There are Facebook links to other places in and around town. You can view the latest proposals for improving the downtown square and learn about the latest local Red Cross blood drive. You can even add comments on the site. Not on Facebook? The Town of Emmitsburg's website is still available.

For more information about the Town of Emmitsburg, log onto www.emmitsburgmd.gov or call 301-600-6300.

Looking for Something Fun to Do?

Check the **Community Calendar** on page 35 to view events of interest, including bingos, breakfasts, dinners, programs, benefits, and much more!

Thurmont

January 2013

Food Bank Request

Pastor Sally Joyner Giffin is making a request to the general public to help restock the shelves at the Food Bank. As of January 16, 2013, the shelves were just about empty. Pastor Sally states that the recession is not really over. People are still suffering. Many people who use the Food Bank have excessive medical bills, are unemployed or underemployed. Some of them can't even buy gas to drive to the Food Bank. The current Food Bank is located at St. John's Lutheran Church on North Church Street in Thurmont. Donations can be accepted within one hour of each Food Bank pick-up time. Pick-ups are scheduled every Tuesday, from 6:00-7:30 p.m.; and Friday, from 3:30-5:00 p.m. Pastor Sally is looking to move the Food Bank to a more suitable location that has more room to store their refrigerators and freezers, along with adequate parking. Once a location is found, the Pastor will notify the local newspapers and post signs in town.

View the Town of Thurmont's website at www.thurmont.com or call the town office at 301-271-7313 for more information.

Classified Advertising costs 40¢ per word with a minimum of \$10 for line listings. Photo Classified are \$20 per ad limited to 1" height. Send your written listing, photo and payment to: *The Catocin Banner* at 515B East Main Street, Emmitsburg, MD 21727 or 13425 Moser Road, Thurmont, MD 21788. Call 301-271-1050 or email ads@thecatocinbanner.com.

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Play Our Games

Each month, you're invited to participate in our Where Am I? Photo Contest and Hidden Object Game. The winners of each game are announced in the next issue of *The Catocin Banner Newspaper*. Winners are given a gift certificate to the advertiser of their choice. To participate, call 240-288-0108 or email news@thecatocinbanner.com to record your guesses. Please don't forget to leave your name and phone number.

Where Am I? Photo Contest



Photo by Irene Matthews

For the "Where Am I?" Photo Contest, take a look at the photo above and tell us where it was taken. It is somewhere in or around our Northern Frederick County Area, which is defined as Rocky Ridge to Cascade and Lewistown to Emmitsburg, Foxville to Creagerstown, and everywhere around and in-between.

Last month's "Where Am I?" photo was taken at 202 E. Main Street in Thurmont. The Bernstein Building houses Well-Fit, Goodwill, Red Canary Tattoo, and The Thurmont Academy of Self Defense. Last month's winner is Rosie Bentz. If the winner has not been contacted, please call us to claim your prize.

Hidden Object Game

Last month's Hidden Object was a dolphin. It was located on page 5 in the Baker Tree Services, Inc. advertisement. The winner of the Hidden Object Game is Caitlyn Naff. If the winner has not been contacted, please call us to claim your prize. This month's Hidden Object is the Eiffel Tower.



Test Your Word Power

(Answers on page 34)

- | | |
|---|---|
| 1. Adorn (v.)
a) Beautify; embellish
b) Dismantle; break down
c) Agree; consent | 3. Errant (adj.)
a) Foolish; silly
b) Robust; powerful
c) Roving; wandering |
| 2. Poignant (adj.)
a) Indifferent; half-hearted
b) Profoundly moving; touching; keen
c) Random; no specific purpose | 4. Hiatus (n.)
a) Hangs freely; changes position
b) Gap; interruption; break
c) Merely imagined |

5. Which word above would work best in this sentence?
Clear zones allow _____ vehicles a place to safely stop or to re-gain control.

We Invite You to Share Your Good News!

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Emmitsburg Vol. Ambulance Co., 17701 Creamery Rd., Emmitsburg

BINGO BASH

22 Games Paying \$250.00 EACH!
THREE \$1000.00 Jackpots & a Meal!

March 9, 2013
Doors open @ 4 p.m.
Games @ 7 p.m.
\$35.00 in Advance
Cost: \$45.00 at the Door

Bingo!

For Tickets or Info:
Mary Lou - 240-285-3184
Pam - 717-642-9335
Diane - 301-748-6894

All Group reservations must be made by March 1, 2013. No Add ons or exeptions after this date.
Any tickets being paid for at the door will not include a saved seat! No Exeptions!
Ticket must be paid for by March 1st to be entered to win \$100 CASH!

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Thurmont, MD 21788

97 Thomas Johnson Drive
Suite 201
Frederick, MD 21702

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301-662-1144

WWW.POWELL-INSURANCE.COM

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since **1954**

Super Sunday Bingo

On February 3, 2013, the Emmitsburg Volunteer Ambulance Company (EVAC), located at 17701 Creamery Road in Emmitsburg, is hosting a Super Sunday Bingo. Doors will open at 12:00 p.m.; Games will begin at 1:30 p.m. Pay for what you want to play. Call 240-285-3184.

ACS Relay for Life G.O.L.F. Club Team Benefit Dance

On Saturday, February 9, 2013, the American Cancer Society (ACS) Relay for Life G.O.L.F. Club Team is holding a Benefit Dance, to be held at the Thurmont American Legion, located at 8 Park Lane in Thurmont. Doors will open at 7:00 p.m.; the dance will be held from 8:00 p.m.-midnight featuring the band, Sticktime. Tickets are \$15.00 each. There will be raffles and great music; chips and pretzels will be provided. You must have a ticket for admission and must be 21 years old to attend. For tickets, call 240-315-5331 or 301-447-3060.

Souper Bowl of Caring Sunday

On February 3, 2013, young people across the country will stand in schools, churches, stores, and restaurants holding a soup pot or bowl to collect one dollar bills to feed the hungry in their area. Money collected in our area will go to the Thurmont Food Bank, which helps feed people from Thurmont, Lewistown, Creagerstown, Rocky Ridge, Utica, Sabillasville, Graceham, and surrounding areas. In the past, the following churches and schools have participated: Apples U.C.C., Catoclin Episcopal Parish, (Harriet Chapel), Evangelical Bible Church, Graceham Moravian Church, Lewistown U.M.C., Our Lady of Mount Carmel, R.C.C., St. John's Lutheran, St. Paul's Evangelical Lutheran, Thurmont Church of the Brethren, Thurmont Middle School, and Thurmont U.M.C.

After each church or organization collects donations, they report their total to the national headquarters, which comes up with a grand total across the country. Last year, more than \$9.5 million was collected and all money went directly to local food banks and soup kitchens. If you do not see a young person banging a soup pot, please feel free to take up your own collection and send the proceeds to The Thurmont Food Bank, P.O. Box 74, Thurmont, MD 21788.

AROUND town

19th Century House Concert

In celebration of the 40th Anniversary of the founding of the Catoctin Furnace Historical Society, Inc., World Renowned Mezzo Soprano Susanne Mentzer will be appearing in concert on March 3, 2013, at 6:30 p.m., at Auburn in historic Catoctin Furnace, 12320 Auburn Road in Thurmont. Tickets are \$75.00 per person (admission is limited to 80). Wine and hors d'oeuvres will be served, along with a Silent Auction. View their advertisement on page 28 for more information. Visit their website at www.catoctinfurnace.org.

VHC Youth Group Seeking New Membership

The Coed Explorer Post 6 of the Vigilant Hose Company is made up of fourteen young boys and girls, ranging in age from 14 to 18 years old. The group is growing fast and would like to invite all area teens that are interested in becoming our next generation fire fighters to join their organization.

Their youth members learn the importance of safety, loyalty, and respect. They participate in drills, such as mazes, flowing water, ladders, and ropes. Their future drills will be learning about Blood borne Pathogens and First Aid/CPR. They have also planned field trips to Fort Detrick, the 911 call center in Frederick, and Trooper 3 at the Frederick Airport.

On February 13, 2013, an open house will be held for all new teens interested in becoming a member. Enrollment will be from 6:00 - 9:00 p.m. at the Vigilant Hose Fire Hall on West Main Street in Emmitsburg. You must be accompanied by a parent or guardian at the time of registration, along with a registration fee of \$20.00. Checks should be made payable to Boy Scouts of America. For more information, please contact Bob Rosensteel Sr. at 301-401-7287.

Vera Bradley Bingo Night at Mother Seton

Mother Seton is holding a Vera Bradley Bingo Night on February 9, 2013. Doors will open at 5:30 p.m., with games starting at 7:00 p.m. Tickets are \$15.00 in advance, or \$20.00 at the door. Mother Seton School is located at 100 Creamery Road in Emmitsburg. View their advertisement on page 8 for more information or call 301-447-3161.

Thurmont Ministerium's Lenten Services

During the reverent season of Lent, the churches of The Thurmont Ministerium sponsor Lenten Services every Monday night at 7:00 p.m. This year's theme will be "The Hands of Christ" and services will be held at a different church each Monday. Styles of worship and music will vary and a time of food and fellowship will be provided by each church. The schedule for the services is: February 18, 2013—Harriet Chapel will sponsor a candle light Taize service with music by harpist, Astrid Walschott-Stapp; February 25, 2013—St. John's Lutheran Church will sponsor a Vespers service; March 4, 2013—St. Paul's Evangelical Lutheran Church of Utica will have special music under the direction of Helen Cover and Brenda Hedges, church musicians; March 11, 2013—Our Lady of Mount Carmel will host a prayer service with Deacon John Hawkins preaching; March 18, 2013—Thurmont Church of the Brethren will have a moving sermon by Pastor Linda Lambert; the last service will be held at noon on March 25, 2013, at Graceham Moravian Church, with Linda Evans giving a message about the ministry of Hope Alive. A soup & bread luncheon will follow the noontime service on the 25th. Everyone is invited to attend one or all of the services and donations of non-perishable food or a financial contribution are requested. All donations go to the Thurmont Food Bank.



Courtesy Photo

Pictured (from left) are Paige Fauble, Matt Boyd, Chris Turnquist, Cody Moody, and Alex Fauble.

2013 Celtic Concert – Enter The Haggis

On March 7, 2013, come and enjoy a Celtic Concert, featuring Enter The Haggis, at the Marion Burk Knott Auditorium at Mount St. Mary's University in Emmitsburg. The concert starts at 7:00 p.m. Pick up your free tickets (tickets are required and limited to four per person) at the Emmitsburg and Thurmont Libraries beginning February 1, 2013. View their advertisement on page 22 for more information.



Courtesy Photo

EVAC's Bingo Bash

Emmitsburg Volunteer Ambulance Company (EVAC) is hosting a Bingo Bash on Saturday, March 9, 2013. Doors open at 4:00 p.m., with games starting at 7:00 p.m. Tickets are \$35.00 in advance/\$45.00 at the door. Featuring 22 games, paying \$250.00 each; \$1,000 jackpots; and a meal! View their advertisement on page 5 for more information.

Fall 2013 Enrollment Open for Mother Seton School

Mother Seton School is now enrolling for fall 2013, Pre-K through Grade 8. They are holding a Take-A-Tour-Tuesday on February 12, 2013, from 9:00 a.m.-1:00 p.m. and 7:00-8:00 p.m. All are welcome. Mother Seton School is located at 100 Creamery Road in Emmitsburg. View their advertisement on page 28 for more information.

Thurmont Business EXPO

The Thurmont Business Expo will be held on March 15, 2013, from 6:00-8:30 p.m., in the Catoctin High School gym. See what your local businesses have for you! The theme this year is a doozy: The Roaring Twenties!

Mark Your Calendar for Vigilant Spring Fling

The Vigilant Hose Company will be holding their 5th Annual Spring Fling on May 18, 2013, at Mount St. Mary's University Echo Field. View their advertisement on page 3 for more information and visit www.vigilanthose.org.

St. John's Christian Preschool Open House

On Friday, March 1, 2013, St. John's Christian Preschool will be holding an Open House, from 9:00-10:00 a.m. Registration will take place on March 4-5, 2013. View their advertisement on page 3 for more information.

Sabillasville Elementary School's Winter Wear Drive

Sabillasville Elementary School is holding a Winter Wear Drive through the month of January to help support a local Clothes Closet and the Frederick Cold Weather Shelter.



Courtesy Photo

Pictured are Peer Mentors Garrett Toms, Krista Royer, Madison Morgan, Rachel Fox, Hailey Crawford, and Molly Harbaugh.

"We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly."

~ Sam Keen

BUSINESS news

Dave and Jane's Crabhouse Restaurant and Lounge

by Joseph Kirchner

For a unique dining experience, you must visit Dave and Jane's Crab House! Not your "typical" rural seafood restaurant, Dave and Jane's offers "the casual atmosphere of a coastal clam shack in a funky rural setting", where you will find a wait and bar staff that are unabashedly "cool, friendly, and knowledgeable." And that just begins to describe a rather remarkable success story.

"Dave" is Dave Ott, known to many as "the crab man," a man quite aptly called "old school" by his general manager of the past four years, Madaline Keilholtz. Madaline has the distinct pleasure and daunting responsibility of working for a restaurant legend in these parts. She and Dave work very closely as a team: Dave, mainly to purchase and prepare the world-famous crabs and to delight his patrons by regaling them with a seemingly infinite number of homespun yarns, and, Madaline, to oversee all other aspects of the business. They will both tell you that it is Madaline (with Dave's grudging but grateful acceptance) that has brought Dave and Jane's into the twenty-first century by utilizing computer technology to update an already extremely successful business. But there is much more to Dave and Jane's success story than technology.

Dave started in the crab business back in the 1970s, when he worked at The Ott House with his father and brother, learning all about the restaurant business and, especially, about crabs. Yes, the Ott's are very much a "restaurant family," claiming The Ott House

in Emmitsburg as another area landmark. In November 1995, Dave bought the crab restaurant—now known by his name—from the previous owners, and has since stamped it with his own indelible mark.

It is difficult to capture the success of Dave and Jane's in a word or two, because so many elements combine to make it so unique.

First, there is Dave himself, whose decades of experience have made him masterful in choosing just the right crabs and preparing them perfectly! Then, there is the crab seasoning that Dave himself created way back at The Ott House, a perfect blend which satisfies but never overpowers his delicious crabs. (This special seasoning is so popular that it is mass-produced by Harbor Spice Co. in Baltimore specifically for Dave and Jane's, and bought by appreciative patrons by the pint and quart on a regular basis!)

Of course, Dave and Jane's serves a delicious array of foods—featuring, naturally, the best crabs in Maryland, an enticing variety of seafoods, and the ever-popular broasted chicken—and truly "something for everyone!" Dave and Jane's is famous for their "all you can eat" option and also does a great carry-out business, the top sellers being crabs, steamed shrimp, and broasted chicken.

More than anything, though, it is the homey atmosphere and good



Courtesy Photos

(Left) Joan and Ken Brown (pictured left) are seated at the bar with Dave Ott, Owner of Dave and Jane's Crabhouse. (Below)

Pictured below, Mandy and Tara look forward to serving you.



will that brings patrons from around the region, returning over and over again to Dave and Jane's. Some travel all the way from Virginia, Delaware, and distant parts of Pennsylvania just to eat crabs and swap stories with Dave and his friendly staff! For many years now, Dave has run a van to and from the Fire Academy, as well, developing long-term relationships with many appreciative FEMA people. The fact is that Dave, Madaline, and the entire staff make eating at Dave and Jane's a warm, friendly experience—and even an educational one! Never eaten crabs before? No worries. Madaline and her staff will show you how it's done!

It really is no wonder that Dave and Jane's has become one of south central Pennsylvania's best-loved meeting and eating spots! Come in and join the fun! Dave and Jane's Crabhouse Restaurant and Lounge is located at 2989 Tract Road in Fairfield, Pennsylvania. Phone: 717-642-5025 or 717-642-6574. Also, visit their website at daveandjanes.com and follow them on Facebook.

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Cozy Canine: The Perfect Fit for Your Dog

by Joseph Kirchner

Are you looking for just the perfect place to board your beloved dog for a day, a week, or even longer? A place where you can be sure that your pet will be safe and comfortable, where he will be able to run and play for most of the day, and where he will receive warm personal attention from a loving, experienced dog handler? Then Cozy Canine is the place for you!

Back in 2008, owner-operator Sharon Dunn left her career as an advertising executive to open Cozy Canine on a 17-acre horse farm in Fairfield, Pennsylvania. Inspired by her lifelong love of dogs and distressed by the traditional “kennel runs,” which promote barking, barrier frustration and stress, Sharon set out to realize her vision of a place “where dogs would receive a lot of love and individual attention, have open space to safely run and play with limited confinement, and a comfy spacious place to sleep during nap and bed time.” Sharon has succeeded spectacularly in creating an environment that dogs love while being away from home and family. One happy customer relates that her boxer “wants to live at Cozy Canine,” while another calls Cozy Canine “simply the best boarding kennel I’ve found!”

What makes Cozy Canine unique? First, there is the beautiful wooded property where the dogs play, as well as the clean, brightly lit kennels that Sharon built with her own hands. Then there is Sharon herself, a lifelong animal lover (and dog owner) with vast experience



Courtesy Photo

Sharon Dunn, Owner/Operator of Cozy Canine, is shown with her two pugs, Pepper and Percy, and cat Onion.

with training horses and dogs and studying animal behavior. Some of her satisfied clients refer to her as a “dog whisperer,” such is her reputation for getting to know their dog’s behavior inside and out! It is very evident that Sharon provides wonderful individual attention to her dogs. Dogs are fit for the perfect-sized kennels just for them, paired with other similar-temperament dogs for playtime, and monitored closely at all times to ensure their safety and well-being. Sharon always goes “the extra mile” for her cherished dogs, even to the point of offering the best dog food that money can buy for those who request it.

Cozy Canine is the ideal environment “where dogs can come to have fun, be safe, and feel comfortable as much as possible.” Always accommodating and gracious, Sharon welcomes you to schedule a tour of Cozy Canine by calling 717-642-9557.

Cozy Canine, LLC, is located at 2575 Tract Road in Fairfield, Pennsylvania. Visit their website at www.cozycaninepa.com.

B.K.C. Massage: The Professional Touch

by Joseph Kirchner

Have you ever considered getting a massage? But you weren’t quite sure that you could find a caring, experienced professional who would discreetly provide you with exactly the type of massage that is best for you in a beautiful setting? Then look no further than B.K.C. Massage in downtown Thurmont, where owner-operator Brian Keith Carren’s mission is to “restore, inspire, and promote balance and well-being in the bodies, minds, and souls” of his clients by “combining Eastern and Western massage and healing modalities.”

The first thing you will notice upon entering Brian’s massage studio is a warm, comfortable and quiet setting. Here, soft music may be played to help you relax and after a precise assessment of your massage needs, you will lie on a table especially designed for your body type and the specific type of massage your body needs. This is where Brian truly excels—adapting just the right type of massage for your needs. With over twenty years of experience, this graduate of The Central Maryland School of Massage (and both NCBTMB and MBLEX Certified), is an expert at body assessment and experienced in a multitude of massage methods.



Do you want a “relaxation massage” which features light, long and smooth strokes applied with consistent pressure? Perhaps your body needs a “stress-relief

massage” with aroma-therapy and hot towels to destress you and improve your circulation. You may opt for a Swedish massage, a great overall massage employing different forms of pressure and strokes. B.K.C. also offers a “sports massage,” which involves an active moving of the joints, and a “Russian massage,” which is rougher and applies heavy pressure on the fascia and tissues. These are but a few of the types of massage offered at B.K.C. Whatever your individual needs are, Brian will discuss which massage is perfect for your body!

Brian believes with his entire heart that “massage is about the whole person,” and he has succeeded in facilitating what is the very best massage for each of his unique clients. If you are interested in receiving the perfect massage for your body in a beautiful setting by an experienced and caring professional, then you need to contact Brian today!

B.K.C. Massage is located at 2 East Main Street in Thurmont, adjacent to Thurmont Eye Care. Phone: 240-997-1513. Please visit their website at bkcmassage.abmp.com.

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Bolin's Home Improvement — A Twenty Year Dream

Fairfield native Ed Bolin Jr. (pictured right) recently decided to follow his dream of over twenty years. Mr. Bolin opened Bolin's Home Improvement a little over a year ago after twenty-three years of working at W.S. Drywall. He never really thought he would go into business for himself, as he always had a steady, comfortable job. Unfortunately, Ed was laid off after being at his job for many years, so he decided he was going to try to run his own business. He said “Being laid off just kicked me into starting my own business that I always wanted to, but I had a job.” Mr. Bolin is truly a jack-of-all-trades. He is the only person going out to the homes as of right now; when he needs help, he recruits his son to come with him. Ed pretty much does everything, including but not limited to: interior framing, drywall, installing cabinetry, trim work, drop ceilings, and painting. He said his favorite thing to do is refinishing basements. When asked how he learned his trade he simply responded, “I picked up little things here and there watching other people; when I had a question, I asked and got an answer.” Mr. Bolin made it very clear that he takes a lot of pride in his work, because he does it the right way and does not cut any corners. Ed said he helped out a lot of his friends, because he's not afraid to do anything and will try his hand at just about everything. Therefore, if you're looking for quality home improvement from someone who will treat you fair and honest, give Ed Bolin a call at 717-357-4604.



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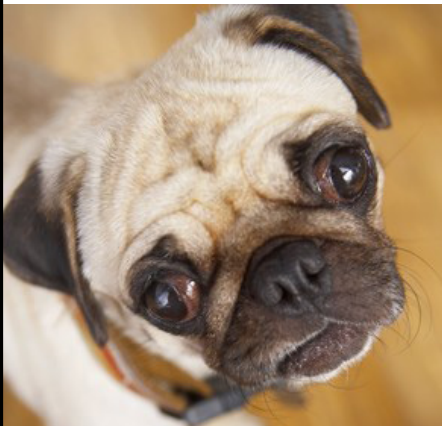
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COMMUNITY news

Rocky Ridge 4-H Community Service

by Club Reporter, Olivia Dutton

The Rocky Ridge Progressive 4-H Club had a busy month in December with their Community Service projects. Rocky Ridge is a large club, with approximately sixty members. When everyone did their part for a recent coat and blanket drive, the results were impressive! So many coats and blankets were collected for the Thurmont Community Clothing Closet that the car used to make the delivery was packed full! New toys were also collected for Toys for Tots, and the participation toward that effort was equally notable. The highlight for the 4-H Club was on December 14, 2012, when the club met in downtown Thurmont for an evening of caroling. After posing for pictures at Ace Hardware—the collection point for the coat and blanket drive—the kids climbed aboard wagons, the use of which was generously donated by Catoctin Mountain Orchard. Then it was



Courtesy Photo

The Rocky Ridge 4-H Club is shown in front of Ace Hardware in Thurmont, the collection point for their coat and blanket drive.

off through the streets, singing everyone's favorite carols, including "Jingle Bells," "Rudolf the Red Nosed Reindeer," "We Wish You a Merry Christmas," and many other well-known songs. Stops along the way included Moser Manor Apartments, as well as the homes of

many other delighted senior citizens of Thurmont, including several members' grandparents. To finish off the evening's events, a pizza party was held at the home of the club leader, Brenda Seiss. Rocky Ridge 4-H really knows how to help their community, and have fun, too!

Scouts Spread Christmas Cheer

The sounds of the season rang loud and clear in the halls at St. Catherine's Nursing Center in Emmitsburg. Cub Scout Pack 270 and Girl Scout Junior Troop 81462 of Thurmont, along with younger siblings, sang a mix of holiday songs and Christmas carols on Sunday, December 9, 2012.

The scouts made Christmas cards and ornaments to give to the residents, adding to the holiday cheer. The Cub Scouts look forward to singing each year at St. Catherine's Nursing Center. Cub Scouts and Girl Scouts also look forward to joining together on future projects to serve their community and those in need.



Courtesy Photo

Girl Scouts 81462 - Madelyn Tatum, Lauren Haller, Shianne Ambrose, Claudia Cruey, Krista Royer, Whitney Cruey - Leader, Meghan Haller - Co-Leader, Richard Tatum - Co-Leader, Traci Tatum - Troop Organizer Emmitsburg; Daisy Troop 81502 - Kylie Putman; Cub Scout Pack 270 - Tigers Den 5 - Ryley McCardell, Colin Jacobs, Wolfs Den 4 - Peter Ambrose, Jacob Stinson, Cody Romsburg, Tanner Seiss, Chris Farkas, Aubrey Summerall, Charlie Farkas; Bears Den 3 - Evan Jacobs, James Knill, Kyle Cantwell, Wyatt Mullican; WeBeLos Den 2 - Brendon Miller; Peter Ambrose, Sr. - Wolf Asst. Den Leader; Matt Jacobs - Bear Den Leader; Brian Seiss Wolf Den Leader and Skip Knill Bear Asst. Den Leader; Siblings - Victoria Seiss, Joseph Knill, and Emmi Tatum.

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Emmitsburg Lions Club Provides Christmas Food Boxes

On December 21, 2012, the Emmitsburg Lions Club, with assistance from Mayor Don Briggs and his wife Libby, provided Christmas Food Boxes to fifty-four Emmitsburg resident families. The Emmitsburg Lions wish to thank all those who contributed either food or financial assistance to this very worthwhile effort.

Pictured (from left, front to rear): Lions Mary Flickenger, Connie Kapriva, and Marilyn Bowers; (from right, front to rear): Lions Mark Zurgable, Sharon Hane, Chris Staiger, and Bill Bowers.

Courtesy Photo



Residents Help Local Scouts with Food Drive

by Kathleen Knill

The empty plastic bags that were hung on doorknobs by local scouts in November 2012 in neighborhoods throughout Thurmont were bursting with food when scouts returned to collect them.

Thurmont Residents supported the Boy Scouts of America (BSA) Annual Scouting for Food drive by providing over 3,000 pounds of food for the area food bank. Thanks to the residents of Thurmont, we were able to help stock the shelves for families in need. We thank the Thurmont Community for their continued support to BSA and to their community.

The Thurmont Food Bank accepts donations of food throughout the



Courtesy Photo

Boy Scout Food Drive

year. Donations are accepted during regular business hours at the Town Office across from the Community Park. If you are in need of help, please visit St. John's Lutheran Church, located at 15 North Church Street in Thurmont, on Tuesdays 6:00-7:30 p.m.; Fridays 3:30-5:00 p.m.; or contact Pastor Sally at 301-271-4554.

Trefoils and Hearts

The tragedy on December 14, 2012, at Sandy Hook Elementary School affected people all over the country. As reports came out and Senior Girl Scout Troop 81200 in Thurmont heard that a handful of the victims were Daisy's and Brownies, which are young girls on their way to becoming Girl Scouts, they wanted to do something to show their support.

Hearing of the Winter Wonderland project the Connecticut PTSA was doing for the students, the girls decided to make trefoil snowflakes to remember the young Girl Scouts. The trefoil is the symbol that unifies all Girl Scouts in the U.S.A. and around the world. These unique, creative snowflakes show their love and support for the families of Sandy Hook Elementary School.



Courtesy Photo

Kelsey Stafford, Girl Scout member of Senior Troop 81200, is shown getting ready to mail the troop's unique trefoil snowflakes.

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The Catoctin-Ettes

The Catoctin-Ettes, Inc., also formerly known as the Catoctin-Aires Twirling Corps, recently produced their annual holiday show. This annual event marks the end of the calendar year for the twirling and color guard corps.

During this event, members are recognized for specific contributions to the corps, as well as for outstanding achievements throughout the year. Awards for perfect attendance, leadership, and outstanding service were presented.

In addition, the group announced a new Queen for the upcoming year. The 2013 Queen is Caitlyn Purdum, daughter of Mr. and Mrs. Mike Purdum of Walkersville, Maryland. She will reign until the ceremony in December of 2013. Her duties include acting as a goodwill ambassador of the organization, promoting good sportsmanship and teamwork within the Catoctin-Ettes as well as similar organizations. She will have the option to feature or to ride in the group's home town parade of Emmitsburg in July.

As part of the evening's entertainment, groups within the marching corps presented their stage-show routines. The regional and state champion color guard and Tiny Tot Pom Team performed their outstanding competitive numbers. The Senior Pom Team also exhibited their championship title winning routine.

All members of the corps participated in new baton twirling numbers, which were set to crowd-pleasing musical selections.

The group is now taking registration for its free, 4-week introductory baton twirling course that begins on Monday, January 28, at the Emmitsburg Community Center gym, from 6:15-7:00 p.m. All children ages 5 and up are welcome to participate. There is no cost whatsoever with these classes, and batons are loaned free of charge for class time.

For registration or more information, call 301-271-4326 or email DONITO@aol.com.

Proposals — Continued from page 1

the dogs necks that would hold the wedding bands and notes, red wine, and stuff for dinner.

Kenneth sent Alyssa a text message letting her know he was making dinner for them. When Kenneth got home, he tested out the string and canisters he bought on their two dogs, Jake and Logan. Jake was easy. Logan, on the other hand... well, Kenneth had to take some time to actually "train" him to be able to put the canister around his neck. Eventually he got it.

Alyssa went about her normal routine after work. She went to the gym, ran a little, did some yoga, and then eventually headed home. When she arrived there, Kenneth was in the kitchen making dinner, so she went upstairs to take a quick shower. She came downstairs to see the TV trays set up with forks, knives, and red wine. She tried to go into the kitchen to see if Kenneth needed help, but he quickly pushed her out and told her to go sit on the couch and relax.

Kenneth brought in the salads and placed them on the trays and told her to go ahead and start eating without him. Before going back into the kitchen, he said, "Enjoy...you're going to remember this dinner for the rest of your life," and then gave her a small kiss. She finished her salad as Kenneth came back in with the main meal. They both started eating, and Kenneth mentioned a special dessert he had planned, and after only a few minutes, he got up and said he was full. He told Alyssa, "Finish eating while I feed the dogs and get dessert ready."

While she was finishing up the last few bites of her meal, the dogs excitedly pranced into the living room with what looked like ornaments tied around their necks. Alyssa called them over and, Jake, of course, immediately went to his mommy first. She saw a note tied to a string, as well as a canister (not an

ornament). The note tied to Jake read "Mommy, I have a present in here for you. If you take it, I will have a real daddy. — Love Jakey." Alyssa opened the canister and saw a ring. It was a simple band with little diamonds all around it. It was not a traditional engagement ring, so...what was this? What was going on?

A little confused and anxious, Alyssa called Logan over to try and read his note. It took a while because he thought it was some kind of game. When she finally got him to sit down, she pulled the string over his head so she could read the note and peak in the canister. Logan's note said, "Alyssa, if you take this ring, you can be my mommy forever and Jake can be my real brother. — Love Logan."

She briefly tried to open Logan's canister, but she was so confused and excited that her hands started to shake. So, she decided to take both canisters into the kitchen. She walked in and said, "What is this?" when she saw Kenneth down on one knee with a little white box in his hand. He made eye contact with her and said, "Alyssa, will you marry me?" "WHAT?!?! AH!!!" Alyssa screamed and jumped into his arms, hugged him, and started crying and squealing like a little girl. Kenneth pulled her away slightly to look her in the eyes and said, "So, is that a yes?" She said "Yes, yes, yes, YES, I will marry you, OF COURSE I will marry you!" and hugged him again.

When they stood up, he took the ring out of the box and handed it to her. It was a beautiful yellow diamond, set around a halo of little clear diamonds on a white gold band that had the same clear diamonds going down either side of the band. As it turned out, the rings in the canisters around the dog's necks were the matching wedding bands to fit perfectly on either side of the engagement ring. Alyssa and Kenneth are to be married August 10, 2013.

Our next couple is Russell and Dawn Smith. They met coincidentally through a dating service. She was a single mom of three small children, and he was a bachelor living his life to the fullest. They had a whirlwind romance and visited each other from states away. Dawn lived in New York and Russell lived in Maryland. So, they only saw each other on the weekends when he would drive all the way to New York just to spend time with her. Wanting to move forward with their relationship, Dawn and Russell decided she would move to Maryland and they would live together. And that is exactly what they did. They moved into a modest town home in Frederick, Maryland, and started their life together. Soon, though, there was a new edition to their family, a little boy. They then realized that they didn't want to raise their children in the hustle and bustle of the "city" life. So, they moved to quiet little Sabillasville, nestled high up in the mountain. Russell soon decided to take the obvious next step in their relationship—marriage.

At that time, with Christmas only a few months away, he started planning his big proposal. He bought a ring and was holding out for that "perfect" moment. Finally, he decided he would propose on Christmas Day, under the Christmas tree with all their children present. On Christmas Eve, Russell, who was terrible at wrapping Christmas presents, put his best effort into wrapping her ring box. He waited until all the presents were out and sneaked back downstairs and placed the small, yet precious, box at the very back of the Christmas tree.

Christmas morning came with a loud screeching sound as their children raced in, "Mommy! Daddy! Santa was here!" They both grumbled about it being so early



in the morning but made their way downstairs and settled around the tree, coffee in hand. The children tore through their presents until there was only one small box left under the tree. Their youngest grabbed the box and tried his best to read the label. Eventually, he gave up and asked Mommy for help. "It says it's for me?" Dawn said, with confusion in her voice. Russell was the epitome of cool, calm, and collected, as she started to unwrap the present.

She got the wrapping paper off and saw that it was a black velvety ring box. Dawn looked up to Russell, who had a big grin on his face. She carefully removed the lid of the box and a gold ring with five diamonds on it stared back at her. She looked to Russell again with watery eyes, "So, will you marry me?" he asked. Dawn began to smile and went over to him and gave him a big hug and a kiss. "Of course I'll marry you," she said.

Later he would tell her that the diamonds each stood for one of their children, and the middle, the fifth, and largest diamond was their love for each other. They were married in St. Johns Church in Sabillasville on a hot summer day in 2006, with their closest family and friends present. This summer will be their seventh year of marriage but will mark fourteen years of being together as a couple.

With that, I want to say congratulations to all couples—new and old—and to have a Happy Valentine's Day. Spend it with the ones dearest to your heart, and always remember what ignited that first moment of love!

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Happy Valentine's Day!

—from all of us at
The Catocin Banner



Valentine's Day Fun Facts

Flowers given during Valentine's Day have different meanings:

Red roses mean love, yellow roses mean friendship, and pink roses mean friendship or sweetheart. Red carnations mean admiration, white carnations mean pure love, red chrysanthemums mean love, and primrose means young love.

—didiyouknowarchive.com

SPORTS news

CYA Competition Cheerleading Takes First Place at Championships

Catocin Youth Association (CYA) Competitive Senior Rec Cheer become First Place Champions at the Holiday Xtreme Cheerleading Championships held December 15, 2012, bringing home the First Place Trophy, placement banner, and t-shirts for each member of the team.



Courtesy Photo

Team Members are Dakota Poole, Ashley Kuhn, Shaelyn Bissell, Olivia Barbour, Natalie Pavlovsky, Morgan Cato, Gabrielle Bodroghy, MaryAlice Glass, and Courtney Putman. Coaches are Penni Wiltrout, Carrie Ridenour, Misty Bradshaw, and Stephanie Everhart.

The Catocin-Ettes Beginner Baton & Dance Poms

The Catocin-Ettes, Inc., a local non-profit youth baton twirling organization is now accepting registration for its free, 4-week beginner baton twirling course. The classes will run on consecutive Monday evenings, beginning on January 28, 2013, at the Emmitsburg Community Center Gymnasium, from 6:15-7:00 p.m. There is no cost. Batons are loaned free for class time. Class is open to any child or youth from age five and up. This is an excellent way to introduce baton twirling as an activity to child with no obligation.

In addition, Dance Poms is coming to our area! The Catocin-Ettes, Inc., are now also taking registration for the exciting sport of Dance Poms.

Anyone ages 5 and up are welcome to join this activity. Dance Poms will perform in local events and parades and compete with other Dance Pom groups in pom competitions! Practices will be held at the Emmitsburg Elementary School on Tuesday evenings beginning in March.

For more information or for registration for these classes, please contact Donna Landsperger at 301-271-4326 or email at DONITO@aol.com.

CYA Wrestling Annual Cougar Challenge

On Sunday, December 9, 2012, Catocin Youth Association (CYA) Wrestling held their 5th Annual Cougar Challenge, hosting over 350 wrestlers from six different states.

Congratulations to the following CYA wrestlers on their wins: Champions — Owen Liller (9U-80lbs); Nathan Schwartzbeck (11U-130lbs); 3rd place: Brooklyn Kehne (7U-40lbs); 2nd place: Peyton Castellow (7U-45lbs); 4th place: Jacob Bell (7U-55lbs); 4th place: Colin Byrne (7U-65lbs); 3rd place: Colby Keilholtz (9U-70lbs); 4th place: Ethan Fuss (14U-80lbs); 4th place: Cody Small (14U-102lbs); and 2nd place: Robert Monaghan (14U-190lbs).

CYA Board of Directors would like to thank Catocin High School (CHS) for the use of their facility, the CHS janitorial staff, and all of the parent volunteers who donated their time to make this a great event for the wrestlers.



Courtesy Photo

Nathan Schwartzbeck (left) and Robert (RJ) Monaghan (right) are pictured with their trophies.

Thurmont Little League Spring Registration Now Open

Even though it's the middle of winter, spring is right around the corner and that means baseball. Registration for the Thurmont 2013 Spring Little League and Babe Ruth baseball season is now open. Online Registration is now available at our websites <http://www.eteamz.com/thurmont/> (for Little League) or www.eteamz.com/thurmontbaberuthleague (for Babe Ruth).

Little League is offering a \$10.00 discount for early online sign-ups until the end of January. After January 31, 2013, fees will increase by \$10.00.

For Babe Ruth players, this \$10.00 discount will continue through the month of February, but increase in March, since their season starts later.

2013 FEES (January only): TBall (Boys and Girls)—\$65; Instructional League—\$95; Minor League—\$95; Little League Major—\$95; 13-15 Babe Ruth—\$155; 16-18 Babe Ruth—\$155.

They will be offering an in-person sign-up as well in the month of February. If you cannot sign up online and wish to take advantage of our "Early Bird" savings, please contact any Thurmont Board Member or contact Mike Randall directly at 301-271-3958.

Send us your Sports news & Sports photos to share in *The Catocin Banner!*
news@thecatocinbanner.com

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Condo on Easy Street in Thurmont  \$159,900	Emmitsburg Main Street  \$147,500 3 br, 2 baths, eat-in kitchen & dining room, liv and family rooms. Off street parking.	Brick Colonial with Mixed Village Use Zoning  \$129,900

Lots for Sale

Gorgeous wooded lot on Pryor Rd., \$169,000!

The Perfect Farmette!
 3 Acres with Barn - \$349,900
 All brick 3 br, 3 bath rancher with screened in porch, rec room w/ wet bar, 2 car garage. Property also includes a great barn. Including, three stalls, hayloft, electric, and water. Fenced pastures great for livestock. Great location close to town with beautiful views!

\$107,000

6.5 Acres
 Dry Bridge Rd., Emmitsburg

Split-rock rancher \$209,000

 Spacious split-rock 3 br, rancher w/ h/w floors, fireplace w/ gas log, 2 family rooms, fenced rear yard.

LEGAL NOTICE

REQUESTS FOR PROPOSALS FOR THE INSTALLATION OF ENERGY EFFICIENT LIGHTING, A HYDRONIC WOODFURNACE, NEW PUMPS AND FILTRATION EQUIPMENT AT HUNTING CREEK FISHERIES THURMONT, MARYLAND.

Hunting Creek Fisheries is seeking proposals for the procurement and installation of various energy efficient lighting equipment and controls, a hydronic woodfurnace heating system, pumps and filtration including all site work (i.e. electrical, gas, and concrete), and the removal and disposal of the existing light fixtures at Hunting Creek Fisheries, 6916 Blacks Mill Road, Thurmont, Maryland 21788.

Complete qualification specifications/requirements and selection criteria can be obtained by e-mailing matt@huntingcreekfisheries.com, to request that a copy be e-mailed. RFPs must be received by 12:00 pm February 8th, 2013 to be considered, at that time the RFPs will be open and reviewed.

A pre-submission site visit is not required but can be arranged by e-mailing matt@huntingcreekfisheries.com.

This project is a Federally Funded project and therefore is required to abide by the following federal rules and regulations: American Recovery and Reinvestment Act of 2009, Public Law 111-5 (ARRA or Recovery Act) provisions; ARRA Addendum -Special Terms and Conditions for ARRA-Funded EECBG Grants (revised July 2010); Davis-Bacon labor and wage requirements, Waste Management Plan & Disposition; the Whistle Blower Protection Act, and other federal requirements.

All Certified minority business enterprises (MBE) and/or disadvantaged business enterprises DBE Firms are encouraged to apply. Contractors must be Equal Employment Opportunity employers.

Hunting Creek Fisheries shall utilize a Best Value approach for the project. Evaluations will include:

- Go/No Go Test
1. Entire project must be completed by April 30, 2013
 2. Proven experience working with aquaculture facilities
- Bids that make it through the go/no-go criteria above will be evaluated by:
- Cost 30%
 - Experience 60%
 - Materials 10%



fitness matters

Expert Answers to your Health and Wellness Questions

by George Puvel, Anytime Fitness Owner

Question: I've been having a tough time with my energy levels for my 6:00 a.m. workouts. I was thinking coffee might help with this, but it seems like it's always getting mixed reviews. Any cause for concern before a workout?

Answer: First things first. If you're experiencing low energy levels, and you're not necessarily focused on fat loss, try having a small breakfast, or even a bar or a shake, before you go workout. This will definitely provide the much-needed energy you're looking for. However, if you're trying to drop body fat and you'd like to avoid calories that early in the morning, coffee is an excellent alternative. The caffeine in coffee is considered a central nervous system stimulant and will provide a boost of energy, though the effect varies greatly among individuals. Caffeine is actually considered an ergogenic aid, meaning it enhances physical performance. In the right amounts, caffeine has been shown to reduce the perception of effort during a workout, which means your workout will seem easier than it actually is. Not bad for a little cup o' joe, huh? Keep in mind, coffee does increase heart rate, respiratory rate and blood pressure, and it can make you a bit jittery if you're a newbie. Luckily, these effects are relatively mild, especially for healthy folks. In fact, much of the research these days is focused on the potential health benefits of coffee, rather than any health risks.

Question: I was in the gym the other day and I overheard a guy talking about his "No Pain, No Gain" weight lifting philosophy. Do I need to adopt this attitude for my own workouts to see results?

Answer: No, not necessarily. It is true that weight training sessions

can be intense, resulting in micro-tears and subsequent muscle soreness for a day or two afterward. This is completely normal, and as the body heals itself, the muscle fibers gradually become larger and stronger. This is the essence of strength training. However, if he was implying that a workout is only effective if pain is involved, he is flat wrong. Mild discomfort is common at the end of a hard set, as fatigue starts to set in, but actual pain is never a good sign during a workout. If you're experiencing this, it usually means you're severely overworking a muscle or you've suffered an injury.

Question: Do I really need to sweat profusely to get in a good workout, or is this another fitness myth?

Answer: Myth all the way! Sweating and the overall quality of your workout do not go hand in hand. Workout quality depends on the type of activity, the intensity and the duration. Sweating is simply a way for your overheated body to cool itself...that's it. Some people sweat from the very beginning of physical activity and others end up doing 30 minutes before the first bead hits the floor. Your environment, specifically the temperature and humidity, certainly plays a role, but the amount you sweat is very individualized as well. When you're physically active, your core body temperature rises and the body looks for an easy way to dissipate heat. So, the next time you're sweating and someone mentions that you look hot, just tell them, "Really, I was just starting to get cool."

About the author: George Puvel is the Club Owner. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.

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**468 Frick Ave.,
Waynesboro - \$154,900**

Beautiful 3 bedroom 2 1/2 bath end unit town house, Beautiful kitchen with lovely cabinets and appliances, great master bedroom with walk in closet and full bath, laundry room on 2nd floor, one car garage. This is a fantastic home for the price.



**3 Lots - Wigville Road
Thurmont, MD**

3 gorgeous building lots just minutes from Cunningham Falls State Park. (\$199,900- 13.35 Acres, 6 BR, perc, well) (\$149,900- 5 Acres, 5 BR, perc, well) (\$159,900- 5.57 Acres, 6 BR, perc, 2 wells)



**211 Crestview Drive
Thurmont, MD - \$139,900**

This affordable 3 bedroom, 1 bath, rancher sits on a wonderful .71 acre lot surrounded by trees and vintage orchard property. Hardwood floors throughout except kitchen and bath. 1 Car Garage/Utility and a carport which works well as a patio to enjoy the nature around you. Roof replaced in last 15 years, Furnace and Water heater in last 10 years. As-Is.



**217 E. Main St.
Emmitsburg - \$155,000**

Fantastically renovated cottage style colonial with 2 bedrooms and 2 full baths. Nothing to do here! Central heat and air, newer carpet, laminate, Maple Cabinets in Kitchen with Granite counter Spacious Living and Dining room with new pellet stove and lovely rear yard with off street parking!



**9022 Old Mill Rd.
Rocky Ridge - \$309,900**

9.78 Acre Country property with spacious rancher and lots of room for your animals! 4 bedrooms, 3 full baths, vaulted ceiling in kitchen and living! Master suite with walk in closet and jetted tub! Fully finished lower level with full bath, 4th bedroom, den, family room w/pellet stove and walk-out to yard! Shed/tractor building and goat/sheep barn.



**10736 Liberty Rd.
Libertytown - \$149,900**

This spacious brick, 4 bedroom, 1 1/2 bath Cape Cod has so much potential! Hardwoods throughout, 2 bedrooms and bath on main level and 2 bedrooms, sitting room and 1/2 bath on upper level. 1 car garage in lower level along with garage addition with large enclosed porch on rear of home. Updated roof, windows and exterior doors. Detached workshop. As-Is.



**7901 Black Road
Thurmont - \$239,900**

2 bedroom, 1 bath single wide mobile home with cedar siding and asphalt shingle roof, sitting room addition w/wood stove and laundry/utility room. Spacious front porch and rear deck all on a gorgeous 13.79 beautifully landscaped lot. Large machine shop w/electric & water hydrant right out front. Newly subdivided & recorded so tax record is incorrect!



**17774 Harbaugh Valley Rd.
Sabillasville**

Charming rancher on 11 acres. Privacy and tremendous views. 2 finished rooms with electric over the garage, perfect for studio, extra bedrooms, computer room, etc. Beautiful stone fireplace, 24 x 36 out bldg. Generator also included. PROPERTY CAN BE SUBDIVIDED. Watch the wild life from the sun room. Call Bonita Smith



**Hemler Road
Thurmont - \$258,900**

3 bedroom, 2 bath rancher on almost one acre. Family room with gas fireplace, living room with wood burning fireplace, master bedroom with full bath, club room with wet bar, 3 sheds, above ground pool, brick bar-b-que. Nice peaceful setting.



**9 West Main St.
Thurmont - \$289,000**

This home has been completely remodeled inside with a new kitchen, bathrooms, carpeting, etc. Can also have business in home. Property to right, 7 West Main St. is also included, but needs TLC. Could be apartment or store front. Call Bonita Smith!



**125 Cody Dr. #12
Thurmont - \$155,000**

This is a great 2 bedroom, 2 bath condo with lots of personal touches. Windows were replaced 2-1/2 years ago, toilets and exhaust fans replaced in both bathrooms, beautiful wood floors, separate storage room. A must see! You won't be disappointed! Call Bonita Smith.



**306 East Main St.
Thurmont - \$349,900**

Brick Colonial offers 5 BR/2.5 BA and has been restored and updated! Hardwood floors throughout. Lower level offers a sunny family room and office along with an expansive storage area! Gorgeous Screened rear porch, wrap front porch and in-ground swimming pool!



**10655 Bailey Springs Ln. #38
Waynesboro - \$51,000**

Very well cared for 2005 manufactured home on lovely lot in Ashton Heights. Spacious home offers 3 bedrooms, 2 full baths, large living room and family room! Fully equip kitchen with separate dining space and laundry/mud room with door to rear yard. Wonderful master bath with soaking tub and separate shower!

PRICE REDUCED



\$169,000

Tower Road, Thurmont Area

3 bedroom, 1 1/2 bath rancher, attached garage plus large storage shed/garage, on 1.09 acre wooded lot. Needs a little TLC. Call Bonita Smith



\$59,000

Rocky Ridge - Lot For Sale!

1.73 acre Building Lot with 4 Bedroom Conventional perc! Well to be installed by seller prior to closing. Winter views of Loys Station Covered Bridge!! Call today for Plat!

PRICE REDUCED



\$99,000

25441 Cascade Road, Cascade

Three bedroom one bath cottage, Nice size shed on almost 1 1/2 acres. This home is in good condition for the price. Call Bonita Smith for details!

SCHOOL news

Lewistown Elementary School Dictionary Presentation

Recently, students from the third grade classes of Ms. Crone, Ms. Burtner, and Ms. Kindred of the Lewistown Elementary School received dictionaries from the Thurmont Grange #409, as part of the Words for Thirds community service project. Dictionaries have been presented to all third grade students in the Catocin feeder area by the Grange.



Courtesy Photo

Pictured from left are Ms. Burtner; Ms. Crone; Ms. Kindred; and Cheryl Lenhart, member of Thurmont Grange.

Who will be the 2013 Teacher of the Year?

Do you know a teacher who goes beyond what is expected? Is there a teacher who has made an impact on your life or your child's life? It's time to recognize these special teachers by nominating them for the Thurmont Lions Club Teacher of the Year Award. Anyone, including parents, students, and fellow teachers, may nominate a teacher.

This award is open to Pre-K through Grade 12 full-time teachers in the Catocin feeder school system: Catocin High, Thurmont Middle, Thurmont Primary and Elementary, Sabillasville Elementary, Lewistown Elementary, Emmitsburg Elementary, and Mother Seton School.

All nominees, nominators, principals, fellow-teachers, parents, and students are invited to attend a reception at Thurmont Middle School on Monday, March 25, 2013, when one finalist from each of the eight schools will be announced.

The final Teacher of the Year will be selected from these finalists by a committee of community leaders and will be announced at the Thurmont Lions Club's Education Night on May 8, 2013.

Nomination forms are available at www.thurmontlionsclub.com and at the Thurmont Regional Library. Nominations are due by Monday, March 4, 2013, at 5:00 p.m.

Exemplary Act of Caring at Mother Seton School

Working to promote a positive environment at Mother Seton School, the School Climate Committee initiated the Christian Character Traits program at the end of October. The goal of the program is to encourage students to become positive role models both in school and in the community. Each month, the school focuses on a different Christian character trait, and students who demonstrate that character trait consistently throughout the month are recognized. The Christian Character Trait for December was Caring. Students discussed what caring means and participated in a variety of service projects within the school and community. Congratulations to the students recognized for showing exemplary acts of caring in December.




Courtesy Photo


Pictured are (front, from left) Katherine Streib, Wyatt Milbourne (Pre-K), Zachary Getz, Sean Grube, Brady Koenig (Kindergarten), Clytie Pavlovic, Gray Grube, (1st grade), Blaise Ridenour, (2nd grade) Natayla Jacobson, Ryan Burns (3rd grade); (back row, from left) Mrs. Tammy Wivell, Mother Seton Learning Center Resource Coordinator; Reese Collins, Lea Roberts (5th grade), Olivia Sica (4th grade) Nicholas Reaver, Jane Bramson, (7th grade), Caroline Mullineaux, Katie Adams (6th grade), Paige Orner, Athena Fream (8th grade); Mrs. Terri Zigler, Mother Seton Learning Center Director. (Not pictured: Nicole Bollinger, Aubrey Harrington (Pre-K) and Faith Collins (Kindergarten).)

Mayor Don Briggs Visits Emmitsburg Elementary School

Mayor Don Briggs visited with 4th grade students from Emmitsburg Elementary School this past Fall Semester. In his presentation to the students he shared old photos from the early 1900s that showed what the town looked like in those days. The students learned that the Mayor had two main campaign issues: to deal with crime and to pursue the "beautification of the town square." They learned that the Mayor creates the annual budget and is responsible for completing projects. The students were allowed to ask questions. After the presentation, the students commented that they were surprised that the Mayor also holds another job (besides being the mayor), surprised at the cost of campaigning, and surprised with the salary of the Mayor.



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Support CHS Safe and Sane Celebration for Class of 2013

The Catoctin High School (CHS) Safe & Sane Committee is holding several upcoming, fun-filled events—something for everyone!

A Dance and Silent Auction will be held on February 16, 2013, at the Thurmont Legion. Tickets cost \$10.00 per person. Music by DJ RHAJ (Adam Jacoby). Doors open at 6:30 p.m.; dance will be from 8:00-11:00 p.m. Event features a cash bar, snacks, auction items, and tip jars. Please contact Laurie Payne 301-748-7662 for tickets.

A Crab Cake Dinner will take place on March 1, 2013, at Emmitsburg Fire Hall, from 5:00 - 8:00 p.m. The dinner includes two crab cakes, Cole slaw, baked potato/fries, roll, and dessert. Tickets are \$15.00 per person. For tickets, please contact Brian Smith at 301-748-6230 or Lisa White at 240-367-6996.

A Benefit Breakfast will be held at Trinity United Church of Christ (102 East Main Street) in Thurmont on March 9, 2013, from 7:00 - 11:00 a.m. The menu includes chipped beef, gravy, sausage, hot cakes, eggs, hominy, O.J., and coffee. Tickets are \$8.00 per person. Please Contact Ed Schildt at 240-285-8079 or Brian Smith 301-748-6230 for tickets.

Another Gun Dinner is in the planning stages for April 6, 2013.

We ask that all senior parents who plan to help with Safe & Sane Night attend four meetings and/or help with four events. All seniors benefit from this wonderful event, so let's try to make this the best night ever for our graduating class of 2013.

CHS Safe & Sane would like to thank the community in advance for coming out and supporting the Class of 2013 CHS Graduating Seniors for their Safe & Sane Celebration by attending these fundraising events.

Frederick Chapter DAR Sponsors Scholarships for local Students

Each year, the Daughters of the American Revolution (DAR) awards over \$150,000 through more than twenty-five scholarships to young people for outstanding academic achievements. DAR Scholarships are offered in a wide range of disciplines, including History, Law, Medicine, Nursing, Music, Education, and many more. The various DAR Scholarships each have different requirements and procedures that must be followed to apply for the scholarship. Go to DAR.org for more information.

If a Frederick area public, private, or home-schooled student would like the Frederick Chapter DAR to consider sponsorship for a scholarship, please contact Anna Peterson, Chairman, Scholarship Committee, Frederick Chapter DAR at FrederickDAR@gmail.com.

Please note that high school seniors are eligible for the following scholarships: The Aura-Lee A. Pittenger and James Hobbs Pittenger American History Scholarship, the Nursing Scholarships, the Margaret Howard Hamilton Scholarship, the Lillian and Arthur Dunn Scholarship, Lucinda Beneventi Findley History Scholarship, the Nellie Love Butcher Music Scholarship, and the Richard and Elizabeth Dean Scholarship.

Awards are placed on deposit with the college or university and any unused portion shall be returned to NSDAR. Awards are based on academic excellence, commitment to field of study, and/or financial need, or other restrictions on specific scholarships. No affiliation with DAR is necessary unless specified. The scholarship packet must be postmarked on or before February 15, 2013, for each specific scholarship.

TMS Sends Hope—Snowflakes for Sandy Hook Elementary

by Carie Stafford

On Friday, December 14, 2012, Sandy Hook Elementary School in Newtown, Connecticut, experienced a violent shooting that resulted in nearly thirty deaths. National PTA President Betsy Landers issued a statement that same day to express her sympathy for the students, families, and communities affected by this horrendous tragedy.

When school resumed for Sandy Hook Elementary students and staff, it was in a new building. Parent-volunteers wanted to ensure that the students were welcomed back by a "Winter Wonderland," with the entire school being decorated with as many unique snowflakes as possible.

Thurmont Middle School (TMS) students were touched by this tragedy and wanted to do something to help. The TMS PTA made available the opportunity to be a part of the "Winter Wonderland" and hundreds of snowflakes were created and sent to Sandy Hook Elementary to be a part of the healing process



Photo by Carie Stafford

TMS Students (from left) Devin Stafford, grade 8; Lori Heir, grade 7; and Dennis Pittenger, grade 7, show a few of the snowflakes sent to Sandy Hook Elementary School.

for families, staff, and students of Newtown, Connecticut.

The Newtown community has received such an outpouring number of snowflakes from all fifty states and four countries. The abundance of support has overflowed, which has resulted in the entire town being decorated in snowflakes.

The Connecticut PTSA is requesting only monetary donations at this time. For service or product donation inquiries, please contact newtownboe@gmail.com. To contact Sandy Hook PTA, please email sandyhook@ctpta.org. Please send all donations to: 3000 Whitney Avenue, Suite 121, Hamden, CT 06518.

TEPS PTA 2013 Calendar of Events

The following is the TEPS PTA February Calendar of Events: **February 7**—Schools Dismiss 2 hours early; **February 7**—PTA Meeting, 6:30 p.m. at TES Media Center; **February 18**—Schools Closed for President's Day; **February 22**—Family Game Night, 7:00-9:00 p.m. at TES Cafeteria.

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You Asked For It by Valerie Nusbaum

In last month's column, I asked you to send me your questions, and I promised that I'd do my best to answer them. You held up your end of the bargain, so here goes. Several of you sent in questions asking for my help, but you asked to remain anonymous. I can't say that I blame you. I completely understand that you wouldn't want your friends and family to know that you're desperate enough to come to me for advice.

In honor of Valentine's Day, I've selected some questions about relationships and love, at least the ones that could be printed in a family publication.

Dear Valerie:

The lady in my life has told me that she doesn't want anything for Valentine's Day. She told me the same thing at Christmas and I gave her what she asked for. She didn't speak to me for two whole weeks. Should I get her a gift this time, or should I honor her request?

Signed,

Not Bill Blakeslee

Dear Not Bill:

The fact that you even have to ask that question tells me that gifts are the least of your problems. At the very least, buy her flowers and chocolates. Of course, after your gaffe at Christmas, you'd be wise to spring for jewelry—the good stuff.

Commit this to memory: When a woman tells a man that she doesn't want a gift, SHE DOESN'T MEAN IT.

It's a test. Do not fail the test a second time. No man gets a third chance.

Good luck,
Valerie

Dear Valerie:

I was wondering if you and Randy argue a lot. My husband and I do, and I sometimes worry that we're abnormal.

Signed,

Combative in Crisis

Dear Combative:

Don't worry. You and your husband are not abnormal at all (unless you bite his head off for saying "Good morning"). It's healthy to air your differences. I'm always suspicious of a couple who profess that they never argue.

Randy and I agree on most of the major life issues, but we bicker about the small stuff all the time. His driving makes me crazy and my worrying and nagging gets on his nerves. Mostly, I worry and nag him about his driving.

Just remember to treat your spouse with respect, and remind him to do the same for you. If you need to yell at him for leaving the seat up, go ahead and do it. Or better yet—get even.

Hang in there,
Valerie

Dear Mrs. Nusbaum:

How can I get my man to lose a few pounds without hurting his feelings?

Signed,

Too Big For His Britches

Dear T.B.:

You said that he needs to lose a "few" pounds, so I'm assuming that he isn't going to be taking up sumo wrestling any time soon. Also, you didn't mention if your man is having health issues that could be due to his weight. I'd suggest that you have him see his doctor for a check-up. That may involve tricking him into going, but it's necessary. If your guy has health issues, the doctor may take care of the diet issue for you.

If the doctor gives your man a clean bill of health, then it's up to you. Get rid of all the junk food and sweets. Cook healthy meals, and suggest that the two of you take walks together or invest in a treadmill. If he's doing the cooking, you might want to get more involved so that you know what you're both eating. I'm a firm believer that anyone who likes to eat should also know how to prepare food.

On the other hand, if your guy is quick to tell you when you gain a few pounds or you look less than perfect, ignore my previous advice. Call him "Porky" and tell him his supermodel days are over.

Whatever works,
Valerie

I am compelled to remind you all that following my advice could be hazardous to your health and your relationships. I am neither qualified nor certified to counsel you. I'm simply offering my opinion, which could change at any time. I'm menopausal. If my advice doesn't work, I really don't want to hear about it.

Some of you also sent in general questions, and I'd like to address a couple of those as well.

Shirley Greene asked me if Randy

and I share the same middle name. Yes, Shirley, we do and we both dislike it. Randy has forbidden me from using that name in print, but I can tell you that he's named after a blue grass song.

Jamie (no last name) wrote me the following: "I was driving past your house the other day and I noticed Randy standing on your porch roof. Why was he doing that? Do you think it was really a good idea?" Several answers come to mind, Jamie: (1) he was being punished for not buying me something; (2) he was hiding from me; or (3) he went up there to think.

The truth is that he was washing the outsides of the windows. I'm pleased to report that the only casualty that day was the bottle of window cleaner. Yes, I am a lucky woman. I married a man who does windows.

I'll answer the rest of your questions another time. My thanks to all of you who helped out with this month's column. Happy Valentine's Day.

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by Labella A. Kreiner

Catoctin Chronicles

Final exams are finally over as we move forward to start our second semester and third term of the year. But, that's not all we have to be happy about! Our winter sport teams are kicking off to a great start. This month, I decided to dedicate my article to the Catoctin Wrestling Team. These boys are amazingly athletic and quick-footed when it comes to the sport that they all love and enjoy. Most of them have been wrestling ever since they were little kids, working to improve their skills every day. So, it's no surprise that their winning results are proof of their hard work.

Their coach allowed me to watch their practices to get a glimpse of the talents of these boys. This team is truly amazing. Their cardiovascular endurance is top notch and their foot work and evasive skills are not to be taken lightly. Together, they have formed a family of capable young men who will hopefully make their way up the ranks this year, and for many years to come. A close friend of mine, Paula Guilday, is a manager for the team, and I got the chance to ask her if she believed that the team will be able to make their way to states in the coming months. Her reply was, "I believe they can. We have very good wrestlers on the team and since most have been wrestling for much of their lives, they have a lot of the skills they need in order to have many victories at the state level."

There are two great seniors on this team that I believe need major recognition. Colin Schildt has done an amazing job with keeping his record clear. When I met with him, he stood undefeated, with 14 wins

under his belt so far this season! He is full of energy and very enthusiastic about wrestling. He works very hard and tries to push his teammates to do the same. Timothy Nodon is also a senior with an undefeated record. At the time of writing this column, Timothy is 14:0 as well. His agility on the mat is amazing and he's not one to be pinned down easily. There's no doubt that these boys will go far in the future as they go off to college and into a world of harder challenges.

In the county matches, three outstanding teammates had top scores. First, in the 113 pound weight group, Garrett Buckley scored first after using wonderful evasive techniques and swift attack strategies. In the 145 pound weight class, Patrick Guilday got first place using his great focus on the different stances and attacks, as well as his defensive tactics. Finally, Colin Schildt got first place in the 160 weight class. Since he's undefeated, you can bet he used some "fancy footwork." These wrestlers were truly amazing, as they went up against many other young men in the county.

As you can see, this team is sure to go far. They work hard in every situation as soon as they step on the mats. It's like there is nothing in the world around them as they face their challengers. It is because of this that they have the support of our staff and students. These young men are truly a team that makes us proud.

If you have any suggestions for future column topics, please contact me at labellakreiner@hotmail.com or call 301-271-7487.



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Local Girl Rises to the World Stage, Returning Home to Sing for a Furnace Town

When Susanne Mentzer was a child growing up outside Frederick, Maryland, she took for granted that the 200-year-old iron workers' village of Catoctin Furnace that stood nearby would always be there. But in the early 1970s, the tiny mill town was threatened by a proposal to widen the two-lane highway that ran through its center. Fortunately, her father, the local park ranger J. Franklin Mentzer, along with three other men, formed the Catoctin Furnace Historical Society and fought to save the village from destruction.

Susanne Mentzer grew up to become a world renowned mezzo soprano with the Metropolitan Opera of New York. She has been described by Opera News as, "vocally impeccable, emotionally compelling...among the premier art song interpreters of our day. Her rich, vibrant sound retains its warmth from top to bottom and throughout its broad dynamic range, and she draws the listener into the spirit of each song..."

On Sunday, March 3, 2013, at 6:30 p.m., Ms. Mentzer returns home for the Catoctin Furnace Historical Society's 40th anniversary. She will perform in a gala house concert at the historic Auburn estate near

Thurmont to benefit the restoration of the village. The concert offers music lovers the opportunity to hear Ms. Mentzer perform classical, folk and leider music from the period when Catoctin Furnace was a thriving iron mill town. The concert also offers a rare chance to visit Auburn, one of Maryland's finest historic houses. The land surrounding the house is steeped in history: Civil War soldiers marched through Auburn's backyard on the way to battle.

In 1774, the Catoctin Furnace was built by four brothers in order to produce iron from the rich deposits of hematite found in nearby Thurmont. The iron furnace at Catoctin played a pivotal role during the industrial revolution in the young United States. Cannonballs fired during the battle of Yorktown were made at the furnace. The furnace industry supported a thriving community, and company houses were established alongside the furnace stack. Throughout the nineteenth century, the furnace produced iron for household and industrial products. After more than 100 years of operation, the Catoctin Furnace ceased production in 1903.

Continued on page 32...



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the health jeanne

by Jeanne Angleberger, *Shaklee Associate for a Healthier Life*

The New Year is your opportunity to make resolutions that will create profound and lasting transformations. Isn't this the reason people make New Year's resolutions? They have the desire to improve or change a behavior about themselves—their chance to get a fresh start!

We know resolutions may come and go. So, how can we keep a New Year's resolution longer than February?

Perhaps these tips can help you attain your goal. They seem easy to understand.

Choose a specific and realistic goal. Losing weight is one many people will decide to do. It must include how much and a time frame. Their goal is looking and feeling better.

Pick only one resolution. Focus your energy on this goal.

Planning is an essential part of achieving any goal. Make a list of things you might do to achieve your goal.

Begin with small steps. Taking on too much is setting you up for failure.

Focus on taking tiny steps that help you reach your larger goal.

Do not make the same resolutions every year. Having tried and failed automatically lowers your self-belief!

Remember that change is a process. Don't expect to change those unhealthy habits in a few weeks. Changing a behavior is something you'll continue to work on for life. There's always going to be challenges. View relapses as learning opportunities.

Ask for support from family and friends. The buddy system works. Having a solid support system is motivating. Share your goals with them.

Keep a journal. Write down the reasons why this particular goal is important to you.

Find what is important to you. Develop the belief that you can really feel and look better when making and keeping a New Year's resolution. Remember it's your choice! Knowing you have control of your health and well-being is a new way to start 2013!

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Chapter 5 by Laura Krauss

It is often said that “every new beginning comes from some other beginning’s end.” As we look back on 2012, and all that has transpired, we can’t help but feel nostalgic. Resolutions find their way into our train of thought and many of us find ourselves creating lists of things we proclaim to change or do differently—our exercise routines, our nutrition habits, our work-life balance, etc. “This year will be different,” we confidently tell ourselves. Yet, if many of you are like me, you find yourself in late January (if not sooner) battling those exact resolutions. “I can skip this morning’s run because I will run twice as long tomorrow” or “OK, I’ll have another cookie—they are small” or “Just one more hour at the office and then I’ll be caught up”—yeah, right.

I won’t pronounce to have suggestions on how to combat, I mean, reach your New Year’s resolutions, whatever they may be. But I will share this month’s Book Nook Chapter on surrounding yourself with the right people in order to achieve the goals you set. “Balcony People” by Joyce Landorf Heatherley is a quick 70-page read that was recommended to me by, well, one of my balcony people. The author shares her insight comparing two types of people in the world: affirmers (balcony people) and evaluators (basement dwellers).

We all know both types of people in our lives, although more often than not we tend to focus on the basement dwellers—those who find distinct pleasure in commenting on what is wrong vs. what is right. They are usually the ones who are always talking instead of listening. The basement people of our minds tell us we can’t do “such and such” for one reason or another. “Balcony people listen and then, instead of tearing down others, they build them up.”

Joyce discusses the “three traits which true balcony people learn and give away: they love, listen, and care from the heart...when balcony people love, they take extraordinary delight in honoring each other. They are not in competition with each other, and they particularly do not keep score.” She continues to share

personal stories of influential people in her life who have showed through examples of kindness in humanity that “the best man in the world is the man who helps himself, and the only way to help one’s self is to help others.”

During this time of new beginnings, make note of those people in your life who attest to be your greatest supporters. They may not be the loudest voice you hear, but they will be the clearest if you are truly listening. Joyce shares her own example of who is listed in her balcony. She “was a little surprised at how few people were present. But then it seemed that it’s not the amount of people, but the high caliber and level of credibility that really counts. After all, it only takes one ‘basement person’ to drown us in the murky waters of failure and discouragement. Why not then, the reverse? It only takes one ‘balcony person’ to lift us up and restore our sense of well-being.”

If you have read any or all of my columns since they first began in *The Catoctin Banner* this Fall, you will undoubtedly notice the similar theme in each one. Every book recommended provides true life stories of how ONE person had a positive impact on others: middle-aged John Kralik writing daily thank you notes to family, friends, and strangers in an effort to change his melancholic views of life; young, successful business manager Laura Schroff befriending a pan-handling child on the streets of NYC and building an unlikely relationship between two people with very different backgrounds; retired UCLA basketball coach John Wooden sharing his beliefs and values on leadership and mentorship with his student athletes; and Ted Gup revealing the surprise of finding out his grandfather was behind one of the greatest acts of human kindness during the Great Depression.

No matter what the age or stage in life, each one of us can have a positive impact on others. I leave you with a choice to make as you enter a new year filled with hope and promise: will you be a basement dweller or balcony climber in 2013?

TES Annual STEM Night

Thurmont Elementary School (TES) hosted their annual STEM (Science Technology Engineering & Mathematics) night on January 16, 2013. Students in grades 3-5 performed science projects and documented the processes on display boards for people to view. Projects ranged from how a volcano blows and how a hologram works to hands-on

interactive stations such as Vortex Zooka, Penny Boat Float (with a record of 477 pennies), Making Oobleck, Tangrams, Paper Rockets, Spaghetti Tower, Promethean Board, Perfect Parachute, and Lava Lamp.

Presenters and Interactive exhibits were hosted by Bechtel Corp., Catoctin High School Astronomy Club, Catoctin Wildlife Preserve and Zoo, Frederick County Career and Technology Center, Northrop Grumman, Thurmont Elementary Students Science Fair Projects, Thurmont Elementary STEM Club, and Tri-State Astronomers. Special thanks to Boy Scout Troop 270, the presenters, T.E.S. Custodial Staff, and the TPS/TES PTA for making the event possible.



Courtesy Photo

Delanie Dewees with help from TES teacher Tammy Woodward try the Vortex zooka. The goal is to create a vortex of air to knock the Styrofoam cups down.

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“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.”

~ Mary Anne Radmacher

looking back – 1875

Thurmont's Seminary Gave Students an Advanced Education

by James Rada, Jr.

At the beginning of July in 1875, the parents and family members of thirty-eight students of the Mechanicstown Male and Female Seminary gathered in Mechanics' Hall for the first graduation from the school.

"The stage was beautifully decorated and ornamented with flowers and evergreens, and everything looked charming as the children and young ladies, all dressed in white, were pyramidically situated upon it," the *Catoctin Clarion* reported.

The seminary had been opened the year before by the Middle Conference of the Lutheran Synod of Maryland. It was located in the Stoner House on East Main Street. The Rev. Victor Miller was principal.

The school's prospectus said that "Its aim is to impart a better education, intellectual and moral, than is afforded by public schools—an education thorough in character and practical as possible."

The school taught three grades, though they don't correspond to the same grades used today. It roughly matches grades 1-6 in elementary schools today. Students were instructed in math, bookkeeping, sciences, Latin and Greek. Students could also receive instruction in music, drawing, and painting for an extra charge. Each school day was also opened and closed with scripture reading and prayer so that "The moral welfare of pupils will be faithfully regarded," according to the prospectus.

The seminary also enforced a discipline policy on students that it said was without "undue severity, yet insisted upon industry, order, prompt obedience, allowing no profane or reproachful language," according to the prospectus.

The Mechanicstown Male and Female Seminary had two terms: one fifteen weeks long and the other twelve weeks long. Tuition for the year cost \$14 to \$22, depending on

the grade the student was in. Students could also board at the school for an additional \$90 a year.

The prospectus pitched the school as a boarding with "the advantages of town, combined with the quiet of country."

After final exams, the closing exercises in Mechanics' Hall showed off what the students had learned during the year.

During the final exercises in July 1875, after the opening, the students sang, "Come to the mountains," was followed by speeches, essays, &c., interspersed by excellent music. Had we space sufficient, it would afford much pleasure to give a synopsis of each...," reported the *Catoctin Clarion*.

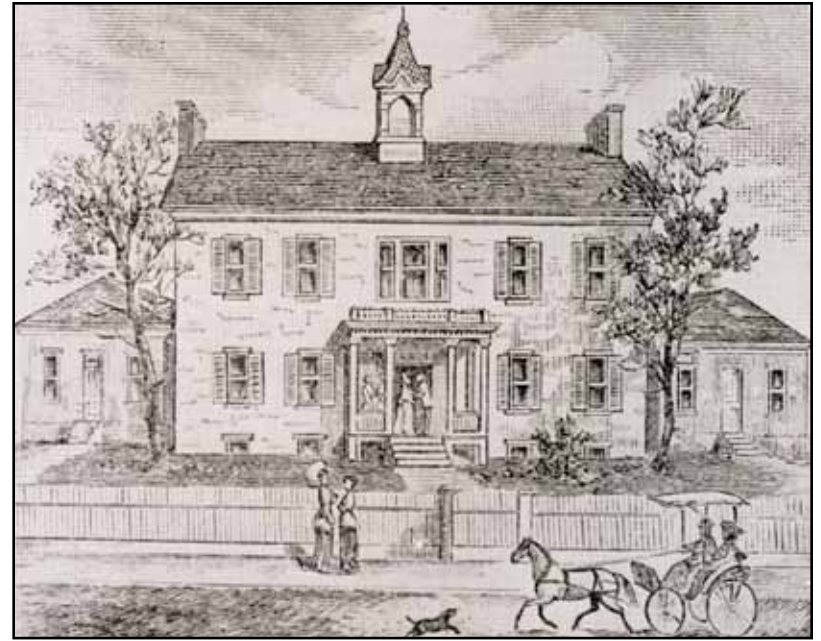


Photo Courtesy of ThurmontImages.com

A drawing of the Mechanicstown Male and Female Seminary that ran in the town bicentennial program in 1951.

Some of the ones the newspaper did mention were the solo version of "A Street Face at the Window," sung by Belle Anders and Annie Webster's reading from Charles Dickens' *The Pickwick Papers*.

"The most brilliant and natural oratorical (sic) powers, however, we think were centered in Master Luke McHenry, a lad of 12 or 14 years of age. His gestures, (sic) articulation, and natural ease and grace of deliverance may well be the envy of many older and greater experienced speakers," the *Catoctin Clarion* noted.

Though the students were young, the *Clarion* praised their abilities and presentations that ended the Mechanicstown Male and Female Seminary's first year.

Mechanicstown would eventually get its first four-room school in 1880 and its first high school in 1892. And even after the seminary closed, the building would go on to house several private schools over the years.

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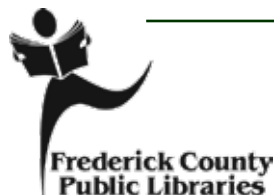
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catoctin voices

Your Place for Poetry & Verse

by L. Claire Cantwell

It just would not be Valentine's Day without a love poem. One of the most beautiful forms of poetry popular with this romantic day is the 14 line sonnet or "little sound or song," as it is defined in Italian. While the poets this month did not employ the sonnet, there are two pieces that would qualify as poetry expressing love. As you eat your box of chocolates, savor also this touching sonnet by the popular Victorian poet of the early 19th century, Elizabeth Barrett Browning. You may even want to read one or two of these Catoctin voices aloud to someone you love.

Amore'

by Sandi L Polvinale

Too many stars in the dark night sky.
Diamond tears squeezed through
Velvet cheesecloth
Hot and cool.
The breeze carrying summer's melody.
I remember sweat and tenderness
Releasing us
Sweet sleep
On the shore
Under teardrops
Falling out of a
Warm summer night.

(Sandi L. Polvinale is an artist and writer living in Fairfield, PA. She is a member of the Adams Country Art Council and Gettysburg Poetry Society.)



The Post Valentine's Day Letter

by Sandi L Polvinale

John my Deere,

February 15

I hate to write this Deere John letter to you after our romantic Valentine's Day playing the field, but honestly, John, you were way too mechanical in intimate ways! You'll probably plow right through this anyway, being as I caught you red handed with Cherry Pie at that party last night. The way you stared at me; I could have run right over you like a deere in the headlights! And everyone knows that nothing runs like a Deere! Well, you know John, Deere, that the grass is always greener on the other side. Besides, I met a fine man with a little age on him named Pete Moss. The Moss family has cultivated a relationship with me and seems very earthy, unlike you! And unlike your drinking issues, they can hold their water just fine. And so it seems to me, our date was mower like the St Valentine's Day massacre than a test mow through the park! And another thing: Next time you make those dull remarks, please remember to sharpen your blades! Your words cut me like a blade of grass. You've always been a quick starter but I am in this for the long run. And everyone has reminded me in the past again, that nothing runs like a Deere, John! SO KEEP ON RUNNIN!

Your X Funny Valentine,
Aneeda Mann

PS: I never appreciated your jokes about me "needing a man!"
And one more thing.....My friends behind your deck
call you a dirty greasy dip stick anyway!

Pure Dark

from Sonnets From the Portuguese: Sonnet 12

by Elizabeth Barrett Browning (public domain)

Indeed this very love which is they boast,
And which, when rising up from [chest] to brow,
Doth crown me with a ruby large enow
To draw men's eyes and prove the inner cost,-
This love, even, all my worth, to the uttermost,
I should not love withal, unless that thou
Hadst set me an example, shown me how,
When first thine earnest eyes with mine were crossed,
And love called love. And thus, I cannot speak
Of love even, as a good thing of my own:
Thy soul hath snatched up mine all faint and weak,
And placed it by thee on a golden throne,-
And that I love (O soul, we must be meek!)
Is by thee only, whom I love alone.

An Ode to My Father

by Nancy Luick

Now I lay me down to sleep
My Ford V-8 is on the street.
If I should die before I wake,
Give it to my cousin Jake.
Yes, it was his pride and joy.
It was, by far, his favorite toy!
He said, "What you give is
what you get, and

when time comes you owe a debt.
If you live a life that's right,
You'll be able to sleep at night!

You can't always do what's expected,
But with your life you stay connected,
No matter where you may roam,
You'll be right with God
when he calls you home!"

(Nancy Luick of Waynesboro, PA., is a grandmother of two who enjoys journal writing. This is her very first poem.)



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Thurmont Community Ambulance Company Holds 60th Anniversary Banquet

The Thurmont Community Ambulance Company held their 60th Anniversary Awards Banquet at the Emmitsburg Ambulance Company Banquet Hall in Emmitsburg on January 19, 2013. A slideshow presentation, compiled by Joyce Stitely, featured photos of the evolution of the ambulance facility, the vehicles and the volunteers that comprise its history.

Lowman Keeney, Company President, served as the Master of Ceremonies. Many special guests were present, including Thurmont Mayor Martin Burns; Thurmont Commissioners, John Kinnaird, Ron Terpko, and Bill Buhner; Thurmont CEO, Bill Blakeslee; Towanda Bailey with the Department of Fire & Rescue Services; Frederick County Commissioner Smith; Assistant Secretary with Frederick County Volunteer Fire and Rescue, Susie Nichols; Bobbie and Fran Black of Catoclin Mountain Orchard; Terry and Bev Frushour of the Guardian Hose Company; Scott Willard of Graceham Volunteer Fire Company; Mike Stull with Lewistown Fire and Rescue Company; Terry and Donna Dewitt with Blue Ridge Summit Volunteer Fire Department; Dennis and Paulette Mathias and Wayne and Karen Lewis with the Rocky Ridge Volunteer Fire Company; Tim Clarke with the Vigilant Hose Company; Eric Stackhouse with the Emmitsburg Volunteer Ambulance Company; Robert Jacobs of the Maryland State Fireman's Association.

The banquet was catered by members of the Emmitsburg Volunteer Ambulance Company. Invocation and prayer were given by Rev. James Hamrick. Company Chief, "DJ" Ott gave the Chief's Report, indicating that volunteers ran 1,262 calls for the year. He said they saved fifteen people whose lives would have been lost without their care. In 2012, the busiest weekend for the Company was during the G8 Summit in May. He said, "Our responders are great, the community is great! Thank you for your (the volunteers) commitment. We do whatever it takes to get the ambulance out."

Top Responders/Awards

The Company's Top Responders in 2012 were Lisa Eichelberger – 198; Amanda Barth – 129; Lowman Keeney – 120; Matt Demarais – 119; William Ott – 119; Becky Ott – 114; Rose Latini – 96; Kassie Manahan – 87; Brooke Kennedy – 69; James Coyle – 67; Nicole Shirey – 66; Chief, DJ Ott – 253. The 2012 Chief's Award was presented to Rose Latini. The 2012 President's Award was given to Lisa Eichelberger.

The Company's junior support team, Venture Crew 270, was represented by several. Venture Crew President, Kelsey Stafford gave a report about the group's achievements for the year.

Certificates of Appreciation were presented to The Town of Thurmont, the Black Family of Catoclin Mountain Orchard, the Catoclin Colorfest, Inc., and Venture Crew 270 for their support.

2013 Officers

2013 Administrative Officers are: President, Lowman Keeney; Vice-President, Jim Humerick; Treasurer, Judy White; Asst. Treasurer, Dennis Ott, Sr.; Secretary, Joyce Stitely; Asst. Secretary, Shirley Stackhouse; Directors, James Hamrick, Dave Riffle and Randy Demarais. 2013 Operational Officers are: Chief, Dennis "DJ" Ott, Jr.; Asst. Chief, Becky Ott; Lieutenant, Lisa Eichelberger; Sergeant, Travis Unger; and Sergeant, Kassie Manahan. Officers were sworn in by Robert Jacobs of the Maryland State Fireman's Association.

Life memberships were presented to Chris Pigula, James Hamrick, Alan Brauer, Roxanne Angell, and Troy Angell.

Meorial was held for Betty Green who passed in 2012.



Top Responders

Photos by Deb Spalding



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Vigilant Hose Company Holds Annual Banquet

The 129th Annual Banquet of the Vigilant Hose Company (VHC) was held on Saturday, January 5, 2013, at Mother Seton School in Emmitsburg. During the banquet, the 2013 Officers of the company were installed.

2013 Officers

Administrative Officers

President: Timothy M. Clarke; Vice President: Frank Rauschenberg; Treasurer: Steven M. Hollinger; Assistant Treasurer: William D. Boyd, Jr.; Secretary: Steven W. Valentine; Assistant Secretary: Thomas Vaughn; Board of Director Members: Gene Fauble, John A. Glass, John S. Hollinger, Randy Myers, Douglas D. Orner, and Carl A. White.

Line Officers

Chief: A. Frank Davis; Deputy Chief: James E. Click; Assistant Chief: Christopher A. Stahley; Captain: Keith Hurtt; Lieutenant: Robert A. Rosensteel, Jr.; Lieutenant: Christopher Ryder; Lieutenant: Chad M. Umbel.

Fire Police

Captain: Paul Krietz; 1st Lieutenant: Samuel Cool; 2nd Lieutenant: Stephen Orndorff.

Auxiliary Officers

President: Diana Hoover; Vice President: Tina Ryder; Treasurer: Jo Ann Boyd; Secretary: Joyce E. Glass; Financial Secretary: Mandy Ryder; Historian: Loretta Sprankle.

During the banquet, the Incoming Auxiliary President, Diana Hoover, presented the Vigilant Hose Company President with a check for \$40,000.

Awards

Length of Service Awards

5 Years: Keith Hurtt; 10 Years: Ronald Face, Melvin Myerly, Jason Powell, and Shane Wivell; 20 Years: Chris Stahley; 30 Years: Dale Glass; 35 Years: Frank Davis and Cliff Shriner; 40 Years: Carl Angleberger and Doug Orner; 45 Years: Jim Kittinger; 50 Years: Robert Hardman, Clarence Orndorff, and Bob Rosensteel, Sr.; 60 Years: Mike Boyle; 65 Years: Sterling Adams.

TOP 12 LOSAP (Length of Service Awards Program) Awards

Twelfth Top LOSAP: Jim Click; Eleventh Top LOSAP: Doug Orner; Tenth Top LOSAP: Tyler Bennett; Ninth Top LOSAP: Alex McKenna; Seventh Top LOSAP (tie): Josh Brotherton & Chris McKenna; Sixth Top LOSAP: Gene Fauble; Fifth Top LOSAP: John Damskey; Third Top LOSAP (tie): Cliff Shriner & Tom Vaughn; Second Top LOSAP: Bill Boyd; Top LOSAP: Derek Rosensteel.

TOP 10 Responders for 2012

Tenth Top Responder: Dale Fogle (139 calls); Ninth Top Responder: Tyler Bennett (150 calls); Eighth Top Responder: Bob Rosensteel, Jr. (153 calls); Seventh Top Responder: Kenny Shoemaker (172 calls); Sixth Top Responder: Shawn Wetzell (177 calls); Fifth Top Responder: Josh Brotherton (197 calls); Fourth Top Responder: Derek Rosensteel (219 calls); Third Top Responder: Chris McKenna (233 calls); Second Top Responder: Alex McKenna (240 calls). Top Responder for 2012: Cliff Shriner (283 calls).

Top Fire Police Responders for 2012

Third Top Responder: Paul Krietz (115 calls); Second Top Responder: Monroe Hewitt (158 calls); Top Responder for 2012: Sam Cool (204 calls).

Joshua Brotherton received an award for the individual who completed the most hours of in-house training and training conducted by outside agencies, which include the Maryland Fire and Rescue Institute, the National Fire Academy, and Frederick County Fire & Rescue for 2012.

Certificates of Recognition were presented to the following members for their dedication of time and effort to the Vigilant Hose Company; these members include: Tim McKenna, Josh Brotherton, Doug Yingling, John Javor, Elyssa Cool, Keith Hurtt, Brandy Barth, Matt Volchansky, Alex McKenna, Chris McKenna, Pat Reaver, Tyler Hollinger, Tyler Bennett, Tyler Arrowood, Ryan Bolger, John Dabbs, Bradley Hartdagen, Dan Swope, Adam Wivell, and Derek Rosensteel.

Bill Boyd was awarded the President's Award for 2012; Alex McKenna was awarded the Chief's Award for 2012; and Derek Rosensteel was awarded the Member of the Year Award for 2012.

The highest award to be presented at the annual banquet is the Hall of Fame Award. This year the VHC inducted Steve Valentine into the Hall of Fame.



Administration Officers

Photos by Rosensteel Studio



Operational Officers



Auxiliary Officers



Businesses Recognized for their Support of VHC with Tip Jars

From left, Robin and Bobby Harne of Rube's Crab Shack; Tina and Danny Ridenour of Red's Tavern; and Terry Ryder and Doug Long of The Palms Restaurant; and Ott House (not pictured).

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Emmitsburg Volunteer Ambulance Company Holds 24th Annual Banquet

The Emmitsburg Volunteer Ambulance Company (EVAC) held their 24th Annual Awards Banquet on Saturday, January 12, 2013, in their banquet facility on Creamery Road in Emmitsburg. Members of the Thurmont Community Ambulance Company prepared the banquet meal. Vice-President, Eric Stackhouse, served as Master of Ceremonies.

Several dignitaries attended, including Frederick County Sheriff Chuck Jenkins; Frederick County Commissioners, Paul Smith and Blaine Young; Mount St. Mary's University President, Thomas Powell and his wife Irene; Emmitsburg Mayor, Don Briggs and his wife Libby; Emmitsburg Town Commissioner, Patrick Joy and his wife Jenni; Frederick County Director of Volunteer Services, Doug Orner; Director of Frederick County Emergency Communications, Chip Jewell, President of the Frederick County Volunteer Fire/Rescue Association, John Zimmerman, and Jake Crider, Assistant Director of Public Safety at Mount St. Mary's University.

The guest speaker was Tom Owens, Director of Fire & Rescue Services with Frederick County. Company officers were sworn in by Dave Keller, 2nd Vice President of the Maryland State Fireman Association.

EVAC was the recipient of the Emmitsburg Business and Professionals Association's 2012 Extraordinary Community Service Award. A video that was created by Conjo Studios was presented. EVAC President, Mary Lou Little, said it was a great honor to receive the award.

Top Responders/Awards

Operational awards were presented to the Company's Top Responders in 2012. They were 5th – Elyssa Cool, 4th – Beth Ruppel, 3rd – Penny Stonesifer, 2nd – John Ruppel, and Top Responder Kaitlyn Smith. Rookie of the Year was awarded to Angela Javor. The Chief's Award was presented to Chris McKenna and the Driver of the Year Award was presented to Chad McNair. EMS Provider of the Year Award was presented to Kaitlyn Smith.

Administrative awards that were presented include the President's Award to Jim Wormley; Donald Byard Humanitarian Award to Kim Bolin; and the Jamie Eylar Volunteer of the Year Award to Beth Ruppel.

This banquet took place during a Baltimore Ravens' Playoff game that was being shown muted on TV monitors around the room. Ironically, Blaine Young was asked if he had any words at the same time the Ravens scored a touchdown. He did have something to say, "Touchdown Ravens!"

2013 Officers

The 2013 Emmitsburg Volunteer Ambulance Company Officers were announced. Operational Officers are: Assistant Chief, John Ruppel; Lieutenant, Ben Haynes; and Sergeant, Eric Stackhouse. Administrative Officers are: President, Mary Lou Little; Vice President, Eric Stackhouse; Secretary, Kaitlyn Smith; Assistant Secretary, Angela Javor; Treasurer, Pam Bolin; Assistant Treasurer, Beth Ruppel. Board of Directors are: Bob Dinterman, Penny Stonesifer, Jean Javor and Ed Little.

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Photos by Deb Spalding

Pictured top: Top Responders are shown left to right: Top Responder Kaitlyn Smith, 2nd - John Ruppel, 3rd - Penny Stonesifer, 4th - Beth Ruppel, and 5th - Elyssa Cool.

Pictured above, EVAC Officers are shown left to right, Mary Lou Little, President; Eric Stackhouse, Vice-President; Kaitlyn Smith, Secretary; Angela Javor, Asst. Secretary; Pam Bolin, Treasurer; Beth Ruppel, Asst. Treasurer. Directors: Ed Little (front), Bob Dinterman, Jean Javor, Penny Stonesifer, and John Ruppel.



Pictured above, special awards were presented. Kaitlyn Smith and Angela Javor are shown with awards.

Pictured right, Mary Lou Little, Kim Bolin, and Beth Ruppel are shown with their special awards.



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Vendors — Continued from page 1

stays pretty busy during this time of the year. To shop his variety of floral options for Valentine's Day, stop by his shop or call 301-271-4178.

To our south and to our west, you may enjoy some additional Valentine specialists. Zoe's Chocolate Company was established in September 2007 by the three Tsoukatos siblings—Zoe, Pantelis, and Petros—and has two locations: 34 E. Main Street in Waynesboro, Pennsylvania, and 121A North Market Street in Frederick, Maryland. They are third generation chocolatiers.

The Tsoukatos family first came to America from Greece in 1902, operating a confection business from a pushcart, led by their passion for chocolate. George Tsoukatos—Zoe, Pantelis, and Petros' father—came to America from Greece in the early 1970s to carry on the tradition, and his children have been following in his footsteps with Zoe's Chocolate Co. for just over five years now.

Their Signature Collection boxes are the most popular Valentine's Day selection. Zoe's chocolates are unique and you will find flavors and textures hand dipped to perfection. They combine the spirit, skill, and tradition of fine artisan chocolate preparation with today's flavors, trends, and ingredients. In one box,

you can get a delectable variety of fine artisan Mediterranean-inspired chocolates. For more information on Zoe's Chocolate Co., you can reach them at 717-387-5882.

Eichholz Flowers, located at 133 East Main Street in Waynesboro, Pennsylvania, has been in business since 1894. It has been operated by two families, spanning five generations. Jonathan K. Ingels, the current owner, takes great pride in his business and the way it is managed.

They offer traditional red roses, but also suggest daisies and carnations if you're looking for something a little different. Mr. Ingels said that a dozen roses with wax flowers is a good choice for something classic with a modern flair. You can order online at eichholzflowers.com, or call in your order at 717-762-7131. For Valentine's Day orders, Mr. Ingels would like to remind customers that by the end of the day on February 14, they are usually sold out of many flowers, so be sure to get your order in as early as possible.

Valentine's Day is just around the corner, so be sure to find what you're looking for and spend the day with your special someone!



Browns' Jewelry & Gifts

Browns' Jewelry & Gifts is located at 9 Water Street in Thurmont.

Photo by Mike Tester

Zoe's Chocolate Co.

Pictured are Zoe, Pantelis, and Petros, owners of Zoe's Chocolate, located at 34 E. Main Street in Waynesboro, Pennsylvania.

Courtesy Photo



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our neighborhood veterans

by Jim Houck, Jr.

The Reason I Write About Veterans and Why They Mean So Much to Me

The picture to the right is me at a young age, posing with my grandfather Harry Wantz (making sure the rifle and I didn't fall over). This picture was taken in 1945, while World War II was still being fought. My father, James A. Houck Sr., was somewhere in Germany serving our country. I hadn't met him yet, because he was deployed before I was born. I was three years old when I finally got to meet Dad. My mother, her siblings (there were thirteen of them), and her parents told me about Dad and showed me pictures of him. I was told that when he stepped off of the train, I recognized him and ran straight to him. When I was about three-and-a-half years old, my grandfather Wantz went for a walk in the woods behind his house—as he often did—and sat down on a rock and passed away. This was very hard on me, as he was like a father to me the first three years of my life. He was the one who gave me horsey rides and got down on the floor and played with me, and now he would no longer be in my life. Granddaddy was a railroad mechanic for the railroad that ran through Emmitsburg.

Granddaddy was gone and my grandmother Annie (I called her Nanny) was left to raise my aunts and uncles alone. Her son, (my uncle) John Joseph Wantz, was in the army, and since he was the oldest, he felt it was his job to now help Nanny raise the family. He asked for a hardship discharge and received one, and he came home to help support his mother and the family. He did a great job of helping the family survive, and the rest of the siblings and their spouses pitched



in and helped where they could. The Korean war broke out around 1951, and two of my uncles—David Bernard Wantz and James Edward Wantz—were old enough and were drafted into the army to fight in the Korean War. I can still remember my uncle Ed—he was the baby of the family and twelve years older than me—inviting Mom, Dad, Nanny, and I to Fort Indiantown Gap, where he was taking basic training, to watch him graduate. While we were there, he took me to the firing range and let me shoot a rifle. He then treated us to a movie at their post movie theater. That visit made quite an impression on me, and I thought that when I was old enough I was going to join the army.

I had quite a few uncles on my grandmothers side of the family (Eylers) that gave service to their country in the armed services, and I would enjoy listening to their

experiences while serving. I was full of questions and some would provide me with answers, and some did not want to talk about it, and I respected that also. The men on the Houck, Blessing, Grabel, and Frounfelter sides served in the armed services, too. I had plenty of family members to keep me excited about serving our country.

I wanted a good education, so I stayed in school until I graduated. I was going to enlist after graduation, but the draft was still in and they called me. So instead of enlisting, I accepted the draft. The day came for my physical exam, and I was on a bus to Fort Hollabaugh. That day, I came back with probably the biggest disappointment of my life. I was classified 1-Y (in case of emergency only). I asked why and they said due to high blood pressure. I waited a few months and then tried to enlist, because I was told that even though I was turned down by the draft physical, if I enlisted, they would take me. Well, they didn't, and that was another great disappointment to me. My brother, Robert Dennis Houck, was drafted into the army about four or five years later and served. I have nephews, great nephews, and even a granddaughter who served or are serving their country in the military.

I now serve the best way I know how by honoring our military veterans in print, and by having the privilege of interviewing our armed service heroes and informing our community of their life in people's neighborhoods.

I belong to several veteran organizations (Sons of Men's Auxiliary) and participate in every function for honoring veterans that I am able to attend.

Folks, I hope you enjoy the stories I write about veterans as much as I

enjoy writing them. I plan to write veteran stories until I am too senile to control my thoughts (I have been told by a few I'm already there). I have received a lot of positive feed back about my column, and I appreciate it. So if you should have any comments, send them to *The Catoctin Banner*, and they will see that I receive them.

For A Soldier

There is discipline in a soldier
you can see it when he walks,
There is honor in a soldier
you hear it when he talks,
There is courage in a soldier
you can see it in his eyes,
There is loyalty in a soldier that he
will not compromise,
There is something in a soldier
that makes him stand apart,
There is strength in a soldier that
beats from his heart,
A soldier isn't a title any man can
be hired to do,
A soldier is the soul of that man
buried deep inside of you,
A soldier's job isn't finished after
an 8 hour day or a 40 hour week,
A soldier is always a soldier even
while he sleeps,
A soldier serves his country first
and his life is left behind,
A soldier has to sacrifice what
comes first in a civilian's mind,
If you are a civilian I am saying
this to you...next time you see a
soldier remember what they do,
A soldier is the reason our land is
the 'Home of the free'
A soldier is the one that is brave
protecting you and me,
If you are a soldier I am saying
this to you... Thank God for every
soldier
Thank God for what you do.

by Summer Sandercox



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community veteran event board

Thurmont American Legion

Old Man Winter is here. We've seen single digits and a little snow, and there is still two months to go. Here at Post 168 the weather is perfect.

During the month of February, we will be having several events—something for everyone. On February 8, Ralph Gann will be doing Karaoke. On February 22, DJ Jake will have the mike, for Karaoke.

The Annual Relay For Life Cancer benefit dance featuring Frederick County's premier Rock Band Sticktime will be on February 9. The following Saturday, February 16, Catoctin High School's Safe & Sane dance will be here.

The American Legion Oratorical contest will be in our auditorium, which gives our high school students a chance to compete for scholarships funded by our American Legion Post.

The Blue & Gold Banquet for the Cub Scouts will be held on February 17—this is a special time for the kids who are moving out of the Cub Scouts and will be joining the Boy Scouts. The Cub Scouts regular meeting is on the 18th.

Also on February 17, Thurmont Little League will be having their sign-ups here from 9:00 a.m.-4:00 p.m. Come on out kids; bring Mom and Dad.

The Frederick Dance Club is having their monthly dance here on February 23. This is a chance for anyone to come on out and see what dancing is about. Dancing can and is a "spectator sport."

The local Girl Scout Leaders will be having a meeting here on February 23, from 9:00-3:30 p.m.

Don't forget, on Thursdays, we have Bingo, and our kitchen is open on Thursdays and Fridays, serving up some pretty good food.

SUPER BOWL XLVII (47) is on February 3—come on out and enjoy the game; bring a dish to share. There will be snacks, special drink prices, and buckets of cheer.

Our meeting dates are: Legion meeting on February 19; SAL on February 14; and the Ladies Aux on February 21. All meetings start at 7:00 p.m.

Fairfield Sons of Amvets #172

Fairfield Sons of Amvets #172 Annual Valentine's Day Benefit Dance on February 16, 2013, to support Brandy's Angels, 3600 Fairfield Road, Fairfield, PA. Doors open at 6:00 p.m. Enjoy the music of "DJ Denny White" from 7:30-11:30 p.m. \$5/person (advanced tickets can be purchased at Amvets Post 172). A silent auction will be held, monetary gifts or items to be auctioned would be greatly appreciated. Any questions or more info please contact Dave Kump at 717-642-8369 or Steve Moritz Jr. at 717-637-6976.

VFW Post 6658, 12 W. Main Street, Emmitsburg

Saturday, February 2, 9, & 23, 2013—DJ Southpaw, 9:00 p.m.-1:00 a.m.; Friday, February 15, 2013—DJ & Karaoke with Bouncin' Bob, 8:00 p.m.-12:00 a.m. Non-members must sign guest book. House rules apply to all. For more information, call 301-447-6141.

Amvets Post 7, 26 Apples Church Road, Thurmont

February 3, 2013—Post 7 Super Bowl party, 6:30 p.m.; February 13, 2013—Auxiliary Bingo, 7:00 p.m.; February 16, 2013—Post 7 Annual Karaoke Idol Contest, 8:00 p.m.-12:00 a.m.; February 27, 2013—Auxiliary Bingo, 7:00 p.m. For more information, call 301-271-3371.

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IN THEIR OWN WORDS

2012 Wivell Family Christmas Party Wrap-Up

The descendants of Roy and Helen Wivell held their annual Christmas party at Mother Seton School on December 30, 2012. Approximately 165 people attended, with the family now totaling 522.

Prayers for the blessing of the food was led by Theresa Topper and the Lord's Prayer was said for all of our deceased family. May they rest in peace.

After the luncheon, an update was given by Linda "Wivell" Kahley. Deaths: Jim and Lorraine Wivell, and their granddaughter, Denise Green Ferguson. Anniversaries: Tom and Mary Jo Wivell—55 years, the rest are celebrated every 5 years. Weddings: Julie Matthews to William Harris Jr., Brittany Reaver to Paul Johnson, Rachel Grecco to Stephen Wagner; Births: Dylan Barker, Abbey Harrington, Paisley Goetz, and Deanna Wivell. Congratulations to all.

Door Prize winners were: Nativity picture—Ben Wivell and Melissa Dawson; \$5.00—Mary Wivell, Cindy Wivell; \$10.00—Doug WivellCaps, Sue Reaver, and Chris Merriman; Photo frame/clock—Randy Hoff.

The Christmas pageant was directed by Cathy Yoder and consisted of the great grandchildren: Mary—Natalie Parsons; Joseph—Tyler Wivell; Baby Jesus—Dylan Barker; Angles—Autumn Kuhn, Erykah, Elysah, and Elyaah Damico; Madisyn Barker, and Nin Matthews; Kings—Madison Kuhn, Taylor Wivell, and Herbie Matthews; Shepards—Avery Stockman, Sam Parsons, and Alex Kuhn. Traditional Christmas songs were sung by the family.

Santa (Fred Hoff Jr.) and Elf (Janie Hoff) made an appearance for the excited children waiting for their presents.

Many items were donated to the local food bank. Monetary donations were given to several in need. A delicious luncheon was enjoyed by all. The Wivell family wishes everyone a Happy New Year, filled with world peace, health, happiness, and love.

—Theresa Topper and Helen Reaver

To the Friends and Family of Vinny Healy

Our son Vinny was an amazing young man. Vinny was the most energetic, passionate fun loving, hard working young man you will ever meet. Vinny touched so many lives, as was evident by the tremendous number of people that attended his viewing and funeral. We are told over 1,000 people attended his viewing and around 400 attended his funeral. We have had the opportunity to speak to so many of you about why Vinny was so special to you. Every conversation started with Vinny always had a smile on his face and could make everyone laugh. Vinny's friends say he was not only the fun friend, he was the friend that would have deep conversations with them about making good decisions in life and his faith. Vinny loved God, loved his family, loved his friends, and loved living life to the fullest.

We know that Vinny was like a son to many families in the area, and we appreciate all of the love and support you gave him over the years. We wish we could list everyone who supported Vinny, and now us as we grieve, but there are far too many to list. We appreciate all the calls, cards, flowers, meals, prayers, and visits. Many of you donated to the Garfield United Methodist Church Youth Group in Vinny's memory. This money has already been put to great use. The Youth Group purchased Christmas gifts for a local family in need. A group of Vinny's friends used some of the money to purchase many of the things on the San Mar Children's Home wish list and delivered the items to that home. These gifts have touched many lives.

We would like to give a special thanks to the Ott House family; Vinny was a part of their family. On the day of the funeral, the Ott House closed their restaurant for the afternoon so all could meet for a meal and share their memories of Vinny. This was a tremendous gesture that is truly appreciated by our family.

To Vinny's friends: Vinny loved all of you very much. We have had the joy of watching so many of you grow up, and we are proud of the fine young men and woman you have become. You are a remarkable group, and we will never forget how you have rallied around our family.

To Vinny's girlfriend: You brought so much joy to Vinny over the last five months; he truly loved you. Please know that you will always be a part of our family.

To Vinny: We all love you more than words can say. You brought us so much joy, and we were all blessed to have you in our life. We are so proud to be your parents, your sister, your brother-in-law, your niece, and your nephew. We will miss you so much and will think of you every day. We take great comfort in knowing we will be reunited some day.

—God bless all of you, The Healy and Burd Family



Dr. Molly Carren, OD

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Tickling Our Tastebuds

by Denise Valentine



Hello, everyone! Here we are again with potential snowy weather in the forecast. Since Valentine's Day is just around the corner, I thought I would share a cookie recipe that you can prepare with the children or grandchildren. The finished product can be enjoyed by you and the children or given as a Valentine gift.

These "Soft Sugar Cookies" are a little less tedious than the typical roll out & cut type of sugar cookie. These cookies are rolled into a ball instead. I hope you enjoy both the preparation and sharing of this holiday recipe.



Soft Sugar Cookies

- | | |
|---------------------------------|------------------------------|
| 1 1/2 cups granulated sugar | 3 1/2 cups all-purpose flour |
| 1 1/3 cups butter or margarine | 2 teaspoons baking powder |
| 2 eggs | 3/4 teaspoon salt |
| 2 1/2 teaspoons vanilla extract | |

Preheat oven to 350 degrees.

In a large bowl, combine sugar and butter or margarine and beat with an electric mixer until creamy, about 5 minutes. Add eggs one at a time, blending well after each addition. Add vanilla, scraping down the sides of the bowl. In a separate bowl, mix together flour, baking powder, and salt. Add flour mixture to butter mixture one cup at a time and blend until all the flour mixture is incorporated.

Roll into 1-inch balls and place on an ungreased cookie sheet, lined with parchment paper. Bake for 10-15 minutes until the bottoms turn light brown. Let stand for 5 minutes before removing to cool on a wire rack. Frost with your favorite icing and top with holiday sprinkles. Makes 24 to 30 cookies.

*Instead of rolling by hand, use a cookie scoop—the cookies are going to go flat on the bottom during the baking process anyway.

did you know?

Interesting Valentine's Day Fact

The saying "wearing your heart on your sleeve" is from the Middle Ages. Boys at this time would draw names of girls to see who would be their "Valentine" and then wear the name pinned on their sleeve for a week.

—didyouknowarchive.com

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Nutrena

senior moments

by Helen Deluca

Hello to all seniors, young and old! It was surprising to see how many seniors were ready to “party” at 12 noon to usher in the New Year.

Some folks were in fine voice and enjoyed the Karaoke and music provided by Tony Cornejo. Happy Birthday wishes were sung to all who celebrated December birthdays, and to Jan Snyder who celebrated on January 1, 2013. All in all, it was a great party.

In addition to all the usual activities, we had a great speaker on reverse mortgages, a pot luck and January Happy Birthday lunch, Brown Bag Bingo, JR’s antiques appraisal, Nurse Steve, the first meeting to start a Book Club, and computer lessons. All this was in January.

We also had a visit from Kelsey Hurley. She came to present a check to the Center. Kelsey is an 18-year-old, full-time nursing student at Shenandoah University in Winchester, Virginia. She is an active member of the Rocky Ridge 4H Club. To qualify for a scholarship from the 4H Club, Kelsey chose to have a yard sale as her community project, with all proceeds going to the Thurmont Senior Center. In addition to all this, she also volunteers at St. Catherine’s Nursing Home. We send our thanks to Kelsey, and wish her the best in all her plans for the future.

There is one area of the Center that we feel was never put to proper use, so we are going to do something about it. It’s the exercise area. So many have asked about the treadmills and stationary bike! If you want to know more about the gym equipment or have questions about why, how, and what is the best way for seniors to exercise, mark your calendars right now for February 15, 2013. Gretchen Smith, owner and operator of “Well Fit Aerobics” on E. Main St. in Thurmont, will be at the Center on February 15 (weather permitting). She is a professional with certification from A.F.A.A. for group instruction. She is also certified in personal training, Tai Chi, first aid, and CPR. She will show the proper way to exercise with or without the gym equipment and answer any questions you may have. We all feel the need to exercise, but at our ages, we’re not sure how much or when. Now is a perfect opportunity to learn at no cost! So, mark your calendar for February

15 at 10:00 a.m. Watch the sign out front of the Center or Channel 99.

Also starting on February 4, 2013, Volunteer Income Tax Assistance (VITA) will be at the Center, every Monday and Friday from 9:00 a.m. until 12:00 p.m. Dave Saylor and Barbara Coolidge will be at the Center to help with your income tax questions at no cost to you.

On Thursday February 14, 2013, a Valentine and Happy Birthday party will take place at noon. Lunch as usual \$5.75 or donation; call one day ahead.

Since Nurse Steve will only be available to us on a quarterly basis, on February 26, 2013, Nurse Kathy will be here to talk to you about various health problems that we



Photo by Irene Matthews

Kelsey Hurley (left) presents donation check to Patt Troxel for the Thurmont Senior Center.

seniors face each day.

These are only some of the special events coming up in February. Unfortunately, some new programs will come up after this article is due to *The Catocin Banner*. So, please visit the Center and pick up a flyer that lists the activities and menu for the month. Come in and meet Kay, our new coordinator. She is a young lady who has a real interest in working with seniors and will gladly answer any questions you may have about the Center and any upcoming events.

Coming soon, the Center is going green! A green van! Yes, we will soon have our green van on the road to pick up those who need a ride to the Center. The van is handicap-equipped. If all goes well, we are also hoping to start home delivered meals again. We also are planning to have monthly 50-50 Bingo games. We keep working to make your Senior Center a place you can enjoy. Like I said, come in and



Courtesy Photo

Pictured are James and Becky Joy, Frank Valentine, Margaret Cornejo, Gene Fogle, and Janice Snyder.

visit us to see what is available.

Need to rent a place for a party or a meeting place? Call the Center for more information. Any rental proceeds will help us to off-set the cost of insurance and any expenses that will come from having the handicap-van service.

Are you aware that starting March 1, 2013, getting social security benefits by paper check will soon be a thing of the past? Quoting from the AARP Bulletin (Jan-Feb. issue): “payments will be accessible through direct deposit or a Direct

Express prepaid debit card. A limited number of hardship cases and people in their 90s who do not convert to electronic payments by March 1 will continue to receive paper checks, but the number of available waivers will dwindle over time. To sign up for direct deposit, go to GoDirect.org or call 800-333-1795.” Perhaps a call to your local bank would help. All I can add is: As we get older, things never seem to get easier—we just have to “get with it.”

Remember to smile—it really does help!

Emmitsburg Senior Center Offers Open Studio Sessions for Artists

Emmitsburg Senior Center is once again offering an opportunity for adult artists and art students to gather at the Senior Center every Monday afternoon, from 1:30-3:30 p.m. to work on individual projects, as well as share knowledge, techniques, and support with one another under the guidance of noted local artist Dorothea Barrick.

For additional information, contact Emmitsburg Senior Center coordinator, Linda Umbel, at 301-600-6350 or lumbel@frederickcountymd.gov.

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CANCER, HEART ATTACK OR STROKE

Do those policies really help and are they worth it?

We all know someone that has either battled cancer or lost their life to cancer. Perhaps you even had to face cancer yourself. The cost of treatment is astronomical and much is done at home now with drug therapy. Although insurance can pay for some of the costs it can be a real strain to your finances.

For Medicare recipients enrolled in Part D there is a coverage gap for medicines. Cancer treatments can put you into this coverage gap quickly and cause financial strain. Besides the drug costs, take a look at your plan's deductibles, co-payments, co-insurance (you pay a percentage of the bill) and your total out of pocket maximum if your plan has one.

Let's look at the costs not covered by health insurance. What is the cost of driving back and forth to your treatments? If you are traveling far for treatments, your spouse and family may need to get a hotel. If you are working, there is the loss of income. Many times children are missing work to help take care of you, and so they too are losing pay or using up personal and sick days. A cancer policy is something to consider and will pay out just for a diagnosis of cancer (whether you choose treatment or not). Not only are these plans extremely affordable but, you can even opt to add a Return of Premium rider, which means you can close your policy after a certain time period and receive your entire paid premium back.

Our plans also offer benefits in the event of a heart attack or stroke as well. Call or stop in for more information at our Thurmont location at 60 Water Street, Thurmont, MD, 301-271-4040.

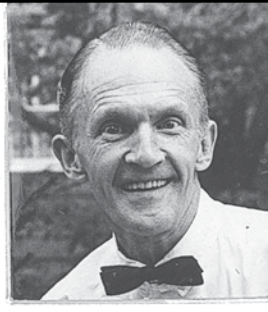
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This and That

by

George W. Wireman



Publisher's note: As of January 2013, we decided to revise George's "This and That Column" on a monthly basis, and we have some plans underway to archive George's work for the good of all.

George wrote for various publications like the *Catocin Enterprise*, *The Times Monthly*, *The Thurmont Times*, *Cozy News*, *The Baltimore Sun*, *High Green*, *Thurmont Topics*, *Water Under the Bridge*, and more, as well as some column articles written for "Then and Now," "This and That," "Did You Know?" George's articles are timeless. Some are historical, some opinionated, some intended to evoke change. We hope that his work will continue to move, educate and inspire you.

Faith is.....

Pacing our Progress

Have you ever given thought to the fact that faith appears at times to be inflicted with contradictions or paradoxes? it may seem like a juggling act in a possibility thinking came. If this be so.....remember this:

Faith is an art. Never consider it a science. Faith advances for a season, then retreats the next. We are ambitious for a season, then relaxed; we become aggressive, then inactive; giving, then taking.

Consider the positive and negative wires that generate the power of electricity, so in faith, negatives are used with positives to create mountain-moving energy to those of us who are believers.

Make no mistake about it, Faith is pacing our progress. The challenges come in knowing: when to push forward, when to hold back; when to dig in, when to yield; when to hold on, when to let go; when to plan alone, when to form a partnership.

It is Faith that paces our progress through life with a rhythmic steadiness regulated by an all-wise timekeeper, God Almighty. When we have strong faith, we are assured of

the divine guidance to MAKE THE RIGHT MOVE, IN THE RIGHT WAY, AT THE RIGHT TIME.

I have found through faith, when I kneel to pray to God for His wisdom, I seem to reach the level of Faith where contradictions become very constructive; and the paradoxes become truth.

As we go through life we must have Faith and trust in God to give us His sense of timing. We must pace ourselves. Now we wait. Now we move. Now we race! Then we rest and then we leap. Then we walk slowly.

You know, possibility thinkers never quit....they just change their pace and end up winning the race. We need a strong faith if we are to be assured of receiving God's divine guidance that will enable us to experience the exhilaration in the ebb and flow of Faith's pilgrimage.

"To everything there is a season/A time for every purpose under heaven..../A time to plant/ And a time to pluck what is planted..../A time to break down,/And a time to build up...." Ecclesiastes 3:1

—GEORGE W. WIREMAN

Thurmont Welcomes Four Businesses to the Community

The Thurmont Economic Development Committee (EDC) and local elected officials welcomed four businesses to Thurmont with ribbon cutting ceremonies: Thurmont Tattoo, J&J's BBQ and Seafood, Thurmont Eye Care, and That Rebel Place.



Thurmont Eye Care

Thurmont Eye Care was welcomed by the Thurmont EDC and local elected officials to its new location on the square in Thurmont. The business is owned by Dr. Molly Carren and her husband Brian, and occupies a historic building in the center of Thurmont, recently renovated by the Carrens. Visit their website at www.thurmonteyecare.com for information about the services and eyewear products offered by Dr. Carren.

J&J's BBQ and Seafood

The Thurmont EDC and local elected officials recently welcomed J&J's BBQ and Seafood, located at 19 Water Street in Thurmont. They serve delicious BBQ and fresh seafood, and they look forward to your visit.



That Rebel Place

The Thurmont EDC welcomed That Rebel Place to their new location in downtown Thurmont with a ribbon cutting on December 15, 2012.

Courtesy Photos

Thurmont Tattoo

The new owners of Thurmont Tattoo were welcomed to the business community with a ribbon cutting on December 15, 2012.



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Mentzer, Catocin Furnace Continued from page 20...

In 1973, the Catocin Furnace Historical Society, Inc. was formed by G. Eugene Anderson, Clement E. Gardiner, J. Franklin Mentzer, and Earl M. Shankle to "foster and promote the restoration of the Catocin Furnace Historic District... and to maintain the same exclusively for educational and scientific purposes...to exhibit to coming generations our heritage of the

past..."

For Ms. Mentzer, the opportunity to help support her father's dream makes her homecoming all the sweeter. All proceeds from the concert will be used for the ongoing restoration of the historic structures in the village of Catocin Furnace.

The CFHS, Inc. is a 501(c)3 not-for-profit organization. Visit www.catocinfurnace.org.

Obituary

*In
Loving
Memory*

**Francis "Jerry"
Gerard Joy**

1935 - 2013



Francis "Jerry" Gerard Joy, age 77, lifelong resident of Emmitsburg, Maryland, died peacefully on Wednesday, January 23, 2013, surrounded by his family at his home. Born July 5, 1935, in Baltimore, Maryland, he was the son of the late Hubert L. and Gertrude R. (Seabold) Joy. He is survived by his loving and devoted wife of 57 years, Dorothy G. (Orndorff) Joy.

Jerry retired from the Federal Government at Ft. Detrick in Frederick as a records manager. He later worked as a purchasing agent at Mt. St. Mary's University, and as a security officer with FEMA/USFA National Emergency Training Center in Emmitsburg. He was a communicant of St. Joseph's Catholic Church in Emmitsburg, and enjoyed riding his Gold-Wing Motorcycle, playing softball, and fishing.

Surviving in addition to his wife are children, Denise Runkles and husband Bill of Thurmont, Perry Joy and wife Suzanne of Westminster, Barry Joy and wife Jean of Emmitsburg, Lori Joy of Emmitsburg, Patrick Joy and wife Tara of Frederick, and Tamara Joy of Bel Air; grandchildren, David Manning and wife Karen, Christopher Manning and wife Jamie, and Elise Manning, Leanne Toms and husband Mark, Wesley, Hayley, Matthew, Alex, and Katie Joy, Lauryn Blair and husband Patrick, Danielle Hoff, and Alexandra Joy Shennings; great-grandchildren, Jared, Braden, Rylan, Emily, and Carson Manning, and Colin Toms; sister, Gloria Bauerline of Emmitsburg; brothers, Michael Joy of Emmitsburg, Donald Joy of Westminster, and Joseph Joy of Baltimore; many nieces and nephews.

He was predeceased by siblings, John, Robert, Kenneth, Patrick, Rosemary Joy, and Delores Henke. A Mass of Christian Burial will be celebrated at 11:00 a.m. on Saturday, January 26, 2013, at St. Joseph's Catholic Church, 44 DePaul St., Emmitsburg with Rev. Charles F. Kreig, C.M. as celebrant. Interment with military honors will follow in the New St. Joseph Catholic Cemetery. The family will receive friends on Friday, January 25, 2013, from 2:00-4:00 p.m. and 6:00-9:00 p.m. at the Myers-Durboraw Funeral Home, 210 West Main St, Emmitsburg, MD, where prayers will begin at 7:30 p.m. Memorial contributions may be made to Hospice of Frederick County, 516 Trail Ave., P.O. Box 1799, Frederick, MD 21702 or St. Joseph's Catholic Church, P.O. Box 376, Emmitsburg, MD 21727. Online condolences may be expressed to the family at myersdurborawfh.com.

Looking for Something to Do?

Check the
Community Calendar on page 35

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Christ's Community Church Grand Opening

Christ's Community Church is having its grand opening on February 10, 2013. Pastor John Talcott is starting an 8-part series of sermons called "Life Matters." Focusing on how to apply God's word to life and relevant Bible teachings, Christ's Community Church has a little bit for everyone. Pastor Talcott's wife, Dana, wants to communicate that there is a kids ministry, and that they are a very family-orientated church. Service starts at 10:30 a.m., with a fellowship meal to follow. Pastor Talcott expresses that the Church is all about "Connecting God and Community," and they want to reach out to those people who don't have a Church to go to but wish to rekindle a relationship with God. So, if you are in search of a place to worship God and make good connections, stop on by the old Up County Family Center on February 10, 2013, to meet Pastor John Talcott and listen to his sermon. Christ's Community Church is located at 303 W. Lincoln Avenue in Emmitsburg. View their advertisement on page 27 for more information.

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Notices

Home and Garden Party and Home Interiors have joined together to become "Celebrating Home" bringing families together. To request a new catalog, host a show, schedule a fundraiser, or learn more about starting your own business, please e-mail MaryLou Little at hgpartygirl62@aol.com or call 301-447-2073. Shop with me online: www.celebratinghome.com/sites/maryloulittle. January is Double Hostess Credit Month. Call me and set the date for your show. Looking for a simple way to earn extra money for your school, organization, church group, day care, etc? Call me for fundraising info and brochures to get you started.

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Test Your Word Power

— Answers —

1. a 2. b 3. c 4. b
5. errant

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by Erin Dingle, Administrator, Thurmont Regional Library/
Emmitsburg Branch Library, edingle@frederickcountymd.gov

Get FREE tickets now! Celtic Concert tickets are available at the Thurmont and Emmitsburg libraries for this year's Celtic Festival featuring Enter the Haggis, a roots rock band from Toronto. The band takes the stage for this year's Celtic Concert on March 7, 2013, at 7:00 p.m. at the Marian Knott Auditorium on the campus of Mount St. Mary's. Because of the success of this annual concert series, tickets are required and limited to four per person. Five albums and a decade on the road have seen Enter The Haggis evolve from wildly popular local band to established international touring act. Their formula for success has been a simple one: record great music, back it up with inspired live performances, and tour constantly. It's this uncompromising commitment to their music and fans that has seen the band garner top-10 charting positions on Billboard, Amazon, and iTunes; major television appearances such as A&E's *Breakfast with the Arts*, and *Live with Regis and Kelly*; and their very own PBS special.

An important service is now being provided through Frederick County Public Libraries at the Emmitsburg Branch. Partnering with United Way of Frederick County, Mount Saint Mary's University, Seton Center, Inc., and the Housing Authority of The City of Frederick, the IRS Volunteer Income Tax Assistance (VITA) site is at the Emmitsburg Branch Library, 300 South Seton Avenue in Emmitsburg. Specially trained volunteers from Mount Saint Mary's business classes will provide free assistance in the library's Community Room every Wednesday from Noon-5:00 p.m., February 6 through April 10, 2013. Through the IRS VITA program, median to low-income tax

payors are able to access free tax preparation services for simple returns for individuals earning less than \$51,000 annually. Walk-ins welcome or make advance registration is required by calling 301-662-0294.

Please pass the word. If you or someone you know is still seeking work, a visit to the Thurmont Library on Tuesday afternoons at 2:00 p.m. will be worth your time. Goodwill Monocacy offers job coaching at no cost to you right in your own neighborhood.

Library books and audios are the perfect winter diversion, as well as the programs we offer to keep your kids active and busy this winter. Always check our website for details about time and registration at www.fcpl.org. February is the month to love your library, where there's plenty of fun going on at both the Thurmont and Emmitsburg branches to lift the winter doldrums. STEM Saturdays continue at both branches, as well as regular story programs for children ages 0-5. Some of our special Valentine programming includes a teen event called Spell it For Valentine with an easy to make sign of love sign craft; a Love Bug craft for younger kids.

Coming up....Look for us at the Annual Thurmont Business Expo on March 15, 2013. It's a "Roaring Twenties" theme this year with many vendors for you to meet and greet, great music to hear, prizes, and more. This event is held from 6:00-8:30 p.m. and is always the most popular place to see and be seen.

Thurmont Regional Library is connected to the community and ready to welcome you and your family seven days a week. Find FCPL at www.fcpl.org, Facebook, Twitter and Pinterest. Call us anytime at 301-600-7212 for information.

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January

- 28....Red Cross Blood Drive, Our Lady of Mount Carmel Church, 103 N. Church St., Thurmont. 2:00-8:00 p.m. Terry 301- 271-7872. Walk-ins welcome.
- 31....Crab Cake Dinner, CHS Girl's Basketball at the Emmitsburg Fire Hall in Emmitsburg. 4:30-7:30 p.m. \$15/person. Contact a girls basketball team member or call 301-271-2830 for tickets. Benefit Catoctin High School Girls Basketball.

February

- 1.....Family Movie and Game Night, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 6:30 p.m.; light supper followed by movie Dr. Suess' The Lorax (PG) or an evening of board games in the Fellowship Hall (bring your favorite game). 301-271-2379.
- 1.....Luncheon, The Department of Aging at the Frederick Senior Center. Speaker Darlene Bumpass presents; Look Good, Feel Good. Open to women of any age who want to look their best, however, particular interest in sharing her knowledge and skill with older women. \$8/person (available at Brunswick, Emmitsburg, Frederick, and Urbana Senior Centers).
- 1.....Registration for Fall 2013 at Mother Seton School. Pre-K through Grade 8 Catholic elementary school, 100 Creamery Rd., Emmitsburg. All welcome/financial aid available. 301-447-3161, www.mothersetonschool.org.
- 1.....Art Exhibit, Thurmont Regional Library Gallery, Thurmont. Alexandra Zealand in exhibit entitled Memory: Things Said/ Things Unsaid. Mixed-media art/poetry exhibit on display through April 25. Artist doing a workshop for tweens and teens on April 18, 2013. 301-600-7212 or www.fcpl.org.
- 2.....Fried Oyster and Turkey Dinner, St. John's Lutheran Church, 8619 Black's Mill Rd., Creagerstown. Noon-5:00 p.m. \$16/Adults; \$7/Children 6-12 yrs.; Free/Children under 5. Carryout/\$17. Fancy 301-898-7905.
- 3.....Free Concert, Horning Theater of the Delaplaine Fine Arts Center, Mount St. Mary's University, Emmitsburg. 3:30 p.m. Music of Karol Szymanowski, considered the greatest figure in Polish music in the first half of the 20th century. Event free, open to public. 301-447-5308.
- 3.....Sunday School (restarted), St. Stephen's United Church of Christ, 25445 Highfield Rd., Cascade, MD. 9:15-10:00 a.m. Children ages 3 to teen. "One Room Sunday School" curriculum "Grow Your Faith by Leaps and Bounds."
- 4.....Free Community Meal "Served with Grace," Graceham Moravian Church, 8231 A Rocky Ridge Rd. (Rt. 77), Thurmont. First Monday of each month. 5:30-7:00 p.m. All are welcome! 301-271-2379.
- 5.....Starlight Family Storytime, Thurmont Regional Library, Thurmont. Every Tuesday 6:30 p.m. Family program, all ages invited. No registration necessary. Feel free to wear your pajamas! Cure cabin fever with active songs/games.
- 6.....Computer Basics for Beginners, Thurmont Regional Library, Thurmont. Adult Program, introductory three-part computer class, 6:00 p.m. Register at information desk or 301-600-7212.
- 6.....Volunteer Income Tax Assistance (VITA), Emmitsburg Branch Library, 300 South Seton Ave., Emmitsburg. Free assistance, every Wednesday from

community calendar

- Noon-5:00 p.m., February 6-April 10, 2013. 301-662-0294.
- 7.....Prevention Health Screenings, Weller United Methodist Church, 101 N. Altamont Ave., Thurmont. Pre-registration required 1-800-257-3516 (source code 100).
- 8.....Country Butchering, Catoctin FFA and FFA Alumni Chapter hosting in Catoctin High School Agriculture area. Meat pick-up: 3:30-7:00 p.m. Sausage (loose or link), pork chops, ribs, pork loins, scrapple, pudding, shoulder roasts, ham roasts, etc. (Inclement weather date: March 8, 2013; pick-up times same.) 240-236-8192.
- 8.....THE BASEMENT COFFEE HOUSE at ELIAS Lutheran Church, Emmitsburg. 7:00 p.m. Monte Meister and Silver Lining Band. Awesome for Kids and Teens. Free-Snacks and Coffee! www.eliaslutheranchurch.org;301-447-6239.
- 9.....Cash Bash, Our Lady of Mount Carmel's Parish Center, 103 Church Street, Thurmont. Doors open 2:00 p.m.; cash awarded every 15 minutes from 3:00-8:00 p.m. \$25/ticket. Music by Back Roads. 301-447-2367.
- 9.....American Cancer Society (ACS) Relay for Life Golf Club Team's Benefit Dance, Thurmont American Legion, 8 Park Lane, Thurmont. Doors open 7:00 p.m.; dance 8:00 p.m.-midnight. Featuring Sticktime. \$15.00 (on sale January 9). You must have a ticket for admission; must be 21 years old to attend. For tickets, call 240-315-5331 or 301-447-3060.
- 9.....BINGO Vera Bradley, Mother Seton School, 100 Creamery Rd., Emmitsburg. Doors open 5:30 p.m.; Bingo 7:00 p.m. \$15/Advance; \$20/Door. 20 regular games; door prizes; concessions available. 301-447-3161 or Lena 301-717-8860. Snow date: February 16.
- 9.....Love Bug Ball (children with an adult), Emmitsburg Branch Library, Community Room, Emmitsburg. 11:00 a.m. Come for holiday inspired fun and leave with your own special love bug. Registration required. 301-662-0294.
- 10....Valentines Basket and Money Bingo, Woodsboro Fire Co. Complex, 10307 Coppermine Rd. Woodsboro. Doors open 12:00 p.m.; Games 1:30 p.m. \$20/in advance; \$25/at door. Admission includes 25 games. Call Ruth 301-845-8406 or Mary 301-401-2824.
- 10....Orders collected for Rocky Ridge Butchering, Rocky Ridge Vol. Fire Company. 301-271-4252.
- 10....Grand Opening, Christ Community Church, 303 W Lincoln Ave., Emmitsburg. www.cccemmitsburg.org.
- 12.....5th Annual Fat Tuesday All You Can Eat Pancake Supper, Trout's Towne Restaurant, 200 North 2nd St., Woodsboro. 4:00-7:00 p.m. Cost: \$8 and a non-perishable food item (food item benefits Glade Valley Food Bank); 100% of all proceeds go to the 1Lt Rob Seidel Wounded Soldiers Fund. 301-898-5686.
- 12....All-You-Can-Eat Shrove Tuesday Pancake Supper, Harriet Chapel, 12625 Catoctin Furnace Rd. (South of the Zoo), Thurmont. 5:00-7:00 p.m. \$6/Adults; \$4/Children ages 5-12; Free/children under age 5. All proceeds support the ministries of the church.
- 12....Take-a-Tour Tuesday, Mother Seton School, 100 Creamery Rd., Emmitsburg. 9:00a.m.-1:00 p.m./7:00-8:00 p.m. www.mothersetonschool.org.
- 13 ...Ash Wednesday Mass, Mother Seton School, 100 Creamery Rd., Emmitsburg. 10:15a.m. All welcome. 301-447-3161.
- 13 ...Ash Wednesday Worship Service, Graceham Moravian Church, 8231 A Rocky Ridge Rd. (Rt. 77), Thurmont. 7:00 p.m. 301-271-2379.
- 13 ...Valentine's Day Celebration, Thurmont Regional Library, Thurmont. 4:00 p.m. Ages 2-8 with an adult. Active games/ create special craft to take home. Refreshments served. Register online fcpl.org or call 301-600-7212.
- 13 ...Open House for membership for The Coed Explorer Post 6, Vigilant Hose Fire Hall, West Main St., Emmitsburg. Open to all new teens interested in becoming a member. 6:00-9:00 p.m. Must be accompanied by parent/guardian, registration fee \$20. Checks payable to Boy Scouts of America. Bob Rosensteel Sr. 301-401-7287.
- 15 ...Habla Espanol? A Special Storytime, Thurmont Regional Library, Thurmont. 10:30 a.m. Ages 2-5 with an adult. Special storytime in Spanish presented by Cynthia Fraga-Canadas from Mount St. Mary's University. Register at fcpl.org or 301-600-7212.
- 16....CHS Safe and Sane Adult Dance, Thurmont American Legion, Park Lane, Thurmont. \$15/couple, \$10/ person. DJ and Silent Auction.
- 16 ... Butchering, Rocky Ridge Fire Company, Motters Station Road, Rocky Ridge. Pick up orders 6:00 to 10:00 a.m.
- 16 ... Read To A Dog - Wags For Hope, Thurmont Regional Library, Thurmont. 11:00 a.m. Elementary aged children w/ adult. Improve reading skills and make a new friend by reading aloud to a therapy dog and its owner/trainer. All reading levels welcome. *Allergy Alert! The dogs are live animals. fcpl.org or 301-600-7212.
- 16 ... Frosty Fun (children w/adult), Emmitsburg Branch Library, Community Room, Emmitsburg. 11:00 a.m. Enjoy activities, crafts, and games centered around polar theme. Food served. Registration required. 301-662-0294.
- 16 ... Dance and Silent Auction, the Thurmont Legion. Doors open 6:30 p.m.; Dance 8:00-11:00 p.m. \$10/person. DJ Music by RHAI (Adam Jacoby). Cash bar, snacks, auction items, and tip jars. Benefits CHS Safe and Sane. Laurie Payne 301-748-7662 for tickets.
- 16 ... Benefit Valentine's Day Dance for "Brandy's Angels," Fairfield Amvets Post 172, 3600 Fairfield Road, Fairfield, PA. Doors open 6:00 p.m. Music of "DJ Denny White," 7:30-11:30 p.m. \$5/ person. Dave Kump 717-642-8369 or Steve Moritz 717-637-6976.
- 16 ... RUUT Concert, ThorpeWood, 12805-A Mink Farm Rd., Thurmont. 6:00-9:00 p.m. \$25/Advance; \$30/Door. Light dinner and dessert included. BYOB. RSVP to jparlaman@thorpewood.org or 301-271-2823 or www.thorpewood.org.
- 17 ... Basket and Gift Card Bingo, Woodsboro Fire Co. Complex, 10307 Coppermine Rd. Woodsboro. Doors open 12:00p.m.; games begin 1:30 p.m. \$20/in advance; \$25/door. Admission includes 25 games. Chrissy 301-639-1787 or Mary 301-401-2824.
- 17, 24Lenten Series, "The Me I Want to Be," Graceham Moravian Church, 8231 A Rocky Ridge Rd. (Rt. 77), Thurmont. 9:15-10:15 a.m. Worship services 8:00 a.m. & 10:30 a.m. 301-271-2379.
- 18 ... Wii at the Thurmont Regional Library, Thurmont. 1:30 p.m. Elementary and middle school aged children with an adult. Have the day off from school? Come in and play some Wii games at the library with your friends. 301-600-7212.

- 20, 27Lenten Series, "The Me I Want to Be," Graceham Moravian Church, 8231 A Rocky Ridge Rd. (Rt. 77), Thurmont. 6:00-7:00 p.m. 301-271-2379.
- 23 ... Fort Ritchie Community Centers "Last Chance Bonanza." Doors open 5:30 p.m.; ends 11:00 p.m. \$35/couple. Benefits the Fort Ritchie Community Center. Tickets call 301-241-5085 (only 139 tickets will be sold). www.theFRCC.org.
- 25....Emmitsburg's Eighth Burns Night, Joann's Ballroom, the Carriage House Inn, 200 South Seton Ave., Emmitsburg. 5:30-8:30 p.m. (Snow date: February 26). Benefit EOPCC. \$50/person. 301-447-2690 or otoole@msmary.edu or www.burnsnite.com. Reservations must be made no later than Jan. 26, 2013.

March

- 1.....Crab Cake Dinner, Emmitsburg Fire Hall, Emmitsburg. 5:00-8:00 p.m. Includes two crab cakes, Cole slaw, baked potato/fries, roll, and desert. \$15/person. Brian Smith 301-748-6230 for tickets. Benefit CHS Safe & Sane.
- 1Open House, St. John's Christian Preschool, 15 N. Church St., Thurmont. 9:00-10:00 a.m. 301-271-4109.

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