

The Catoctin Banner

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"Fabulous 50's" Proved Fabulous at the 2012 Thurmont Business Expo



Photos by Deb Spalding

Pictured above, left to right, are Greg and Joni Rouse, Pam Springer, Tina and Steve McNaughton of Gotta Swing Lindy Hop & Jitterbug Dance Group from Hagerstown.

Pictured right are Betty Smith of Woodsboro and Mary Eckenrode of Thurmont are shown with their mother, Betty Nusbaum of Hampstead, Maryland.



Pictured above, Beth Atwood (Lucey) and Erin Dingle (Ethel) won Best Dressed Costume for their "I Love Libraries" booth.

Nicky Willard (right) of Thurmont is pictured with 1950s hair and flames.



If you didn't attend the Thurmont EDC's Business Expo on March 23, 2012, at Catoctin High School, you missed a good show. Participants and displays were decked out in cool 1950s outfits and decorations. Lucy and Ethel and even the Fonze were in attendance. Girls could be seen

in poodle skirts and saddle shoes, and guys in patent leather. In the eight-year history of the show, this year boasted the largest number of vendors and participants.

Volunteers from Thurmont Middle School's Leo Club, a subgroup of the Thurmont Lions

Club, were very helpful throughout the evening. Special guests included the Gotta Swing Lindy Hop & Jitterbug Dance Group from Hagerstown, Smokey the Bear from Catoctin Mountain Park, and Catoctin High School's "Standing Room Only" Show Choir.

The Thurmont Regional Library won Best Dressed Costume and R.S. Kinnaird Memorials won Best Business Booth. A Vintage Local Car Show was held in front of the school. This year, participants enjoyed the largest amount of food stands ever. The Thurmont Lions Club handed out hors d'oeuvres and (thank you so much) bottled water, Cozy Restaurant shared Root Beer Cake, and Mountain Gate Family Restaurant shared Rice Krispies Treats (a treat that originated in 1950). Other food vendors were Quiznos, the Girl Scouts' bake sale, Shamrock Restaurant, Pizza Hut, and Global Force Auction Group.

A special thank you to all Gold and Silver Sponsors—it was the most the event had ever had. Gold

Sponsors were: Powell Insurance, Ficus Fitness, Shank & Associates, Catoctin Dental, and R. S. Kinnaird Memorials. Silver Sponsors were *The Catoctin Banner*, Mike's Auto Body, Affordable Self Storage, Avon, Food Lion, The Answer Group, Stauffer Funeral Home, Tourism Council, and Woodsboro Bank.

Diana Stull, Expo Coordinator, would like to extend a special thank you to all of the Expo Committee members and volunteers. They dedicated countless hours to bring the event together. Also, thank you to John Nickerson for painting the murals on the old Library windows. They sparked a lot of attention. The signs posted on Rt. 15 were eye-catching, as well.

Diana urges all vendors to fill out their questionnaires and return them, so the Expo can continue to improve each year. See photos from the Expo at Catoctin Banner Newspaper on Facebook® pages, and, courtesy of John Kinnaird, on the Main Street Thurmont Facebook® pages and ThurmontFirst.com.

Local Teacher's Book Series *Folks* Hot Off the Press

Thurmont Middle School eighth grade Language Arts teacher, Adam Umak, originally from Pittsburgh, Pennsylvania, recently published his first book in a five-book series entitled, *Folks – Book One: History Repeats Itself*. The book spotlights well-known personalities from American folklore, including lead characters Paul Bunyan and John Henry, an immigrant and ex-slave, respectively. Readers follow this newly-formed superhero team as

they solve captivating and historical mysteries across America. The plot of the first book revolves around the settlement of Roanoke, Virginia, and its citizens mysteriously vanishing.

Being a big fan of comic books and super heroes, Umak's characters' share their super talents to capture their reader's attention, while learning a history lesson along the way. The difference between truth and fiction is obvious in *Folks*.

Hot Off the Press —
Continued on page 10

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What's a G8 Summit?

See article on page 15.



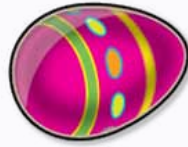
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3 E. Main St.

Thurmont- \$164,900

Excellent opportunity to own a retail storefront with 2 one bedroom apartments upstairs (both currently rented), laundry on second floor for tenants, many possibilities! Recently updated. Storefront currently offered for rent. Call Bonita Smith!



**14750 Sabillasville Rd.
Thurmont- \$362,900**

Spacious 2750 sq. ft rancher with in ground pool on over .75 of an acre! Gorgeous cherry kitchen, hardwood floors, stone fireplace and incredible library/office off of master suite with built-ins and separate entrance!



**14144 Buchanan Trail
Waynesboro-\$109,900.**

This lovely 2 bedroom, 1 bath rancher has so much to offer! Large family room w/vaulted ceiling, spacious eat in kitchen, main level laundry, updated bath, updated windows, new water heater, newer furnace, 2 decks and partially fenced yard! Left wing of home is currently housing a Tanning Salon that has a private entrance or could be a large 3rd bedroom.



**125 Cody Dr.
#12-Thurmont-\$179,000-**
This is a great condo! Offering 2 bedrooms and 2 baths with lots of personal touches. Windows were replaced 2 1/2 years ago, toilets and exhaust fans replaced in both bathrooms, beautiful wood floors and separate storage room. This is a must see! Subject to third party approval.

**PRICE
REDUCED**



**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



**134 Hammaker St.
Thurmont- \$155,000**
3 bedroom, 2 full and
2 half bath townhome,
partially finished basement
with half w/bath. Fenced
back yard. The carpets have
just been cleaned. Needs
just a little tender loving
care.



**25331 Military Rd.
Cascade/Fort**
Ritchie-\$199,900
Commercial property offers
so many options! Solidly
constructed brick 2 story bldg.
ready for occupancy. Approx
2900 sq. ft with a 3 bedroom,
2 bath apartment on second
floor (currently rented) could
also be used as a 2 bedroom,
1 bath apartment with
separate office w/bath. Call
Bonita Smith!

Lots for Sale

NEW PRICE!

Rocky Ridge- \$65,000

1.73 Acre building lot
with 4 bedroom conv.
perc. close to covered
bridge.

Cascade-\$29,900

.36 Acre/Pen Mar Rd.
Beautiful lot close
to park with winter
views of the valley.
Public water and
sewer!



Wigville Rd- Thurmont

3 gorgeous building
lots just minutes from
Cunningham Falls
SP. (\$219,000- 13.35
Acres, 6 BR, perc, well)
(\$179,900- 5 Acres,
5 BR, perc, well)
(\$169,900- 5.57 Acres,
6 BR, perc, 2 wells)

This spacious 5 bedroom, 3.5 bath modified cape is just fantastic! Over 3400sq. ft. with large living spaces, tons of hardwoods, a stone fireplace and in-ground pool, all located on 22 acres of expansive pastures with gorgeous views! A lovely pond, creek, greenhouse, barn and tractor shed round out the property! Updated windows, roof, HVAC and is freshly painted! This is a must see.



13005 Graceham Rd. Thurmont - \$499,900

9 Meadow Lane, Thurmont - \$149,900



Practically Brand New! This home is so well done! 2 bedroom, 1 bath newly renovated rancher. Sunny kitchen offers, custom cabinets, ceramic tile floor and new appliances. Updated bath, with ceramic tile and solid surface vanity top! New windows throughout. Hardwood floors, crown molding, new vinyl siding, front porch, central heat and a/c and so much more!

Emmitsburg, March 2012

Grass & Weed Ordinance

This new ordinance will allow certain property lots to be identified as "meadow lands." The town manager will approve or disapprove properties that want this designation. This will allow properties to have tall grass that is only required to be mowed just twice a year. The ordinance is also meant to prevent property owners from using pesticides to keep the grass from growing. Pesticides will not be considered an acceptable method to control grass height.

Splash Park for Emmitsburg Approved

Emmitsburg received a grant for \$45,000 from the Program Open Space to help pay for the new splash park that is planned to be installed at the Emmitsburg Town Pool. The contract to build the splash park was awarded to Paddock Pools for \$69,491. The Mayor is hopeful that the splash park will be built in time for this Summer's season, but is not certain that it can be built in time. The pool will need to be closed for the construction of the splash park. Also under consideration for future pool improvements is a device that would make the pool accessible for the handicapped.

by Michele Cuseo

town hall reports

Town Pool Fees to Remain the Same

The Mayor and Commissioners discussed their concerns about the cost of operating the town pool. The pool has never been self-sufficient. The town has always paid for the deficit. Revenue ideas to generate the funds to operate the pool—such as a recreation tax, a real estate tax, or an increase in the pool fee—were all rejected. The decision was made to continue to pay for the pool from the town budget.

For more information about the town of Emmitsburg, log onto www.emmitsburgmd.gov.

Thurmont, March 2012

Thurmont Flea & Farmer's Market- Buy or Sell

The 8th Annual Thurmont Flea Market and Farmer's Market will start Saturday, June 9, and run every Saturday through September 22. Hours are 9:00 a.m. to 12:00 p.m. Whether you are a business or just want to have a yard sale, you can set up at the Market. The location is on Boundary Avenue next to the

Fair Grounds area. The Market will be open each Saturday except for the weekend of the Thurmont Carnival. The cost is only \$20.00 for the summer or \$5.00 each Saturday.

Applications will be available online starting about mid-April at www.ThurmontFirst.net. Anyone interested can call Karen Kinnard at 301-606-9458 or email her at karen@kinnairdmemorials.com or John Kinnaird at john@kinnairdmemorials.com

Water & Sewer Rate Hike Discussion

A rate hike for the water and sewer bills for town residents is still being worked out by the Mayor and Commissioners. A tiered billing method has been the basic agreement among the town officials as the fairest billing option. With this method, the average citizen would pay an additional cost per household of an estimated \$20-\$25 per quarter. Mayor Burns stated that these added costs were better than he originally thought they would be. The rate hike will help relieve some of the town debt.

Summer Job Opportunity for Teens with Conservation Corps

Teens, ages 15-18, can apply for a job working at the Catocin Mountain Park this summer as part of the Youth Conservation Corps (YCC) program. The job will include projects that involve monitoring fish populations, monitoring gypsy moths, control and removal of exotic plants, trail maintenance, construction, and painting. The job pays \$7.25/hr. from June 25 through August 17. Applications can be obtained from the local high school guidance counselors or by contacting Becky Loncosky at 301-416-0536.

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

Good Time to Become a Member of Local Business Organizations

Membership in our local business organizations including the Emmitsburg Business & Professionals Association (EBPA), the Thurmont Economic and Development Committee (Thurmont EDC) and the Frederick County Chamber of Commerce is very reasonable and benefits your business with more exposure to the customers that make your business grow and thrive. In addition, your voice will be heard. Participation in these organizations gives you a chance to have your say in how and what is done to promote our area and businesses.

A willingness to volunteer and give just a little of your time to various projects and fundraisers can only make them more successful. However, business owners do have a lot of demands on their time, so even the simple act of joining gives you the opportunity to contribute.

The Frederick County Chamber of Commerce will celebrate its 100th Anniversary as the first chartered Chamber in the United States. This occasion will be commemorated with a Centennial Gala. It is a good time to become a member of the Chamber and get involved.

For more information about EBPA, call Chris Ohanian at 410-756-4450 or visit www.ebpa.biz; Thurmont EDC call 301-271-2273, email john@kinnairdmemorials.com or visit www.thurmontfirst.com; Frederick Chamber of Commerce call 301-662-4164, visit www.frederickchamber.org.

Check the Calendar

Be sure to check the calendar on page 35 for bingos, breakfasts, dinners, programs, benefits, and other events of interest.



Easter Sunday & Mother's Day

Serving 11-6 in our Main Dining Rooms

Serving our Dinner Menu,

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Emmitsburg Class of 1962 Looking for Classmates

Emmitsburg High School class of 1962 is having a 50th Class Reunion on October 7, 2012. The event is being held in the cafeteria of the old high school, which has been renovated as a Community Center. This event follows the Emmitsburg High School Annual Alumni Banquet, being held on Saturday, October 6, 2012. The planning committee is trying to locate any classmates who were in their classes in Grade 1 through Grade 12. A DVD of memories and memorabilia is being created. Anyone with relevant material is asked to send it to Leroy Valentine, 502 Tippin Court, Thurmont, MD 21788.

Thurmont High School Alumni Association Dinner

The Thurmont High School Alumni Association dinner will be held Saturday, June 2, 2012, at the Lewistown Volunteer Fire Hall in Lewistown, Maryland. If you have not received an invitation by now and would like to attend, please call Victoria Mathias or send the information to Victoria Mathias, 7929 Black Road, Thurmont, MD 21788.

The social hour for the event will begin at 6:00 p.m., followed by a roast beef, turkey and fried oyster dinner at 7:00 p.m. The classes being recognized that evening are those ending in 2 or 7.

The winners of the T.H.S. Alumni Association Scholarship will be announced that evening. Students can obtain an application now from Catocin High School in the guidance department or by calling Vice President, Joan Freeze at 301-271-7387 or by e-mailing her at joaniefreeze@verizon.com. Applications must be returned by May 12, 2012.

The price for the dinner is \$20.00 per person. Paid reservations must be returned by Saturday, May 19, 2012. For more information, contact T.H.S. Alumni Association President, Wayne Martin at 240-215-7664; Vice President, Joan Freeze at 301-271-7387; Treasurer, Bill Eyler at 301-663-1134; or Secretary, Victoria Mathias at 301-271-7614.

Classified Advertising costs 25¢ per word with a minimum of \$5 for line listings. Photo Classified are \$15 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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Easter Services

Tom's Creek United Methodist Church, located at the corner of Tom's Creek Road and Simmons Road in Emmitsburg, Maryland, will be holding their Easter Sunrise Services on April 8, 2012. The service will begin at 6:30 a.m. There will also be services at 8:00 a.m. and 10:30 a.m. The program will be presented by Children's Sunday School at 9:40 a.m. (See their ad on page 21.)

Trinity United Church of Christ, 101 East Main Street, Thurmont, Maryland. Church at 11:00 a.m. every Sunday, Sunday School follows. Children's Chat every Sunday. Palm Sunday Service April 1, 2012, at 11:00 a.m., Good Friday Service April 6, 2012, at 7:00 p.m., Easter Sunday Service April 8, 2012, at 11:00 a.m. Pastor Sean DeLauder. Everyone is welcome!

St. John's Evangelical Lutheran Church, located at 15 N. Church Street, Thurmont, Maryland. Maundy Thursday Service will be held on April 5, 2012, at 7:00 p.m. Good Friday Service will be held on April 6, at 7:00 p.m. Easter Sunday Service will be held on April 8, 2012, at 10:00 a.m.

Lewistown United Methodist Church Holy Week & Easter Services, located at 11032 Hessong Bridge Road, Lewistown, Maryland. Palm Sunday Services 9:00 a.m., with a special anthem combining choir, instruments, and youth. Good Friday observance begins at 7:00 p.m., with readings from Max Lucado's "When God Whispers Your Name," along with prayer station instructions. Easter Services: Sunrise Service will be at 6:00 a.m., with special music followed by breakfast; Easter morning worship continues at 9:00 a.m., with additional special music and an inspirational video. For additional information, call 301-898-7888.

St. Stephen's United Church of Christ, located at 25445 Highfield Road, Cascade, Maryland, will hold a Maundy Thursday Service April 5, 2012, starting at 6:30 p.m. A simple meal of soup and bread will follow the worship service. A Good Friday Service of "The Shadow of the Cross" will be held on April 6, 2012, at 7:00 p.m. A "Celebration of Christ Resurrection" service will be held on Easter Sunday, April 8, 2012, at 11:00 a.m. All are welcome to attend services. If you have any questions, please call 301-418-8297.

Elias Lutheran Church, located at 100 W. North Ave. in Emmitsburg, Maryland, is holding an Easter Egg Hunt for ages 3-12 at 9:30 a.m. Sunrise service will be held at 6:00 a.m., breakfast at 7:30 a.m., and Family Easter Service of Celebration at 10:30 a.m. For more information, please call 301-447-6239.

The Graceham Moravian Church, located at 8231-A Rocky Ridge Road in Thurmont, Maryland, will hold its Easter Sunrise service at 6:15 a.m. on April 8, 2012. Worshipers will walk in silence to the nearby cemetery at conclusion of service, where singing will be accompanied by a brass choir. A Moravian Lovefeast will begin at 7:00 a.m.; a covered dish breakfast will be served at 8:30 a.m.

Easter Celebration worship will be held at 10:30 a.m. A handbell choir will play at the 7:00 and 10:30 a.m. services.

Holy Week Reading Services will be held nightly from Palm Sunday through Good Friday, April 1-6, 2012, at 7:00 p.m. Holy Communion will be celebrated on Maundy Thursday, April 5, 2012. All services are open to all. For more information, please call 301-271-2379.

Good News Baptist Church, located at 14421 Royer Lake Drive in Cascade, Maryland, will be holding an Easter Sunday Worship Service April 8, 2012, at 10:30 a.m. They hope you can join them for worship on Easter and beyond, as they explore the Bible and learn of God and His purposes for our lives. Visit their website at www.goodnewsmountainvalley.com. (See their ad on page 10.)

Weller United Methodist Church, located at 101 North Altamont Avenue in Thurmont, Maryland, will be holding an Easter Egg Hunt on April 7, 2012. The Egg Hunt will begin at 11:00 a.m. This event is open to the community for children grades 5 and under. Meet in the church before beginning the Easter Egg Hunt. Easter Services, April 8, 2012: Sunrise Service will be held at 6:30 a.m.; Traditional Service will be held at 8:30 a.m.; Contemporary Service will be held at 11:00 a.m. For more information, call 301-271-2802 or www.wellerumc.com.

Check the Community Calendar

Be sure to check the calendar on page 35 for bingos, breakfasts, dinners, programs, benefits, and many other events of interest.

Vigilant Hose Company Spring Fling

Get Your Spring Fling Tickets Now! Vigilant Hose Company #6's 4th Annual Spring Fling event is scheduled for Saturday, May 19, 2012, on Echo Field at Mount St. Mary's University. During this popular event, over \$30,000 in prizes is given away. Other features include horseshoes, good food, live music, and tons of fun.

The Spring Fling is a benefit for Vigilant Hose Company and VHC Explorers Post. For tickets or information, call Chris Stahley at 301-447-3081, John Glass at 301-447-3648, Gabe Baker at 301-447-2212 or Bill Boyd at 717-642-9717. (See their ad on page 36.)

Easter Bunny Hopping into Thurmont

The Easter Bunny will hop into town on Sunday, April 8, 2012, for the annual Easter Egg Hunt. Children (age 12 and under) are invited to join the fun at 2:00 p.m. at the Thurmont Community Park. Over 1,000 eggs, filled with candy and prizes, will be scattered throughout the park. Don't forget to bring your own basket to fill with treats, and a camera to take pictures with the Easter Bunny. This free community event is sponsored by the Thurmont Lions Club, with special thanks to Gateway Market for their donation. For more information, visit www.thurmontlionsclub.com and www.facebook.com/thurmontlionsclub.

Catholics Returning Home

St. Joseph's Catholic Church, Emmitsburg, Maryland will conduct an ongoing series called Catholics Returning Home on six consecutive Tuesday evenings from 7:00-8:30 p.m. at the Parish Hall, beginning Tuesday, April 17, 2012. These sessions are for non-practicing Catholics who are seeking questions about returning to the Church. There will be informal sharing and an update of the Catholic faith. For information, call Mary Myers at 301-447-2712, St. Joseph's Rectory at 301-447-2326, or e-mail myersmary@ymail.com.

JD's Family Restaurant

Hershey's Ice Cream - April 15

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AROUND town

Thurmont Grange Sponsors Medicine Disposal Drop-off

As part of a National Grange community service initiative across the United States, the members of Thurmont Grange #409 are sponsoring a medicine disposal drop-off on Saturday, April 14, 2012, from 9:00 a.m. to 1:00 p.m. at the Thurmont Grange Hall, located at 13 A Carroll Street, Thurmont, Maryland.

If you have any expired and/or unused prescriptions, you may bring them to the Grange hall at that time. A representative of the Sheriff's Department will be onsite to receive controlled drugs. Grange members will be available to assist with this project.

So, remember as you are doing your spring cleaning to drop off your expired and/or unused medicine on April 14, 2012. This is among many community service projects that the Grange provides for citizens of the community.

Annual Spring Dinner Theater Presents *Boeing Boeing*

The One Mountain Foundation (OMF) will host its 5th Annual Spring Dinner Theater with a production of *Boeing Boeing*, a 1960's French farce adapted for the English-speaking stage. The play will be presented by the Blue Ridge Theatre Guild in a dinner theater format to be held at the Blue Ridge Summit, Pennsylvania, Fire Hall on Friday and Saturday evenings, April 13 and April 14, 2012, and a show-only matinee on April 14, 2012. Doors for the evening shows will open at 6:00 p.m., with dinner served at 7:00 p.m., and the show starting at 8:00 p.m. The doors will open for the Saturday matinee at 1:15 p.m., with the show starting at 2:00 p.m.

The evening performance tickets are \$40.00 per person and include a buffet dinner provided by the Mountain Gate Family Restaurant. The matinee tickets are \$20.00 per person. Tickets are available from any One Mountain Foundation Board member or by calling Alice Humphrey at 717-794-5121 or Nina Rouzer at 717-794-0061. Group advance seating is available by also calling either Alice or Nina.

This production is an important event for the OMF and starts the fifth year sponsorship of a spring dinner theater on the mountaintop. The Blue Ridge Fire and Rescue Squad donate the use of their building, and Alice and committee—with the help of the Blue Ridge Garden Club—turn the fire hall into a beautiful theater for the weekend. It's a fun-filled evening, with the proceeds going to support the OMF Scholarship Fund and the Blue Ridge Theatre Guild. Visit their website at www.onemountainfoundation.org.

Mother Seton School Vera Bradley Bingo Night

Don't miss the Vera Bradley Bingo Night at Mother Seton School, 100 Creamery Road in Emmitsburg, on April 28, 2012. Doors open at 5:30 p.m. with games beginning at 7:00 p.m. It's a bingo you can't miss with special, raffles, door prizes and concessions. Call 301-447-3161 or see their ad on page 17 for more information.

Traditional Spring in the Village

The Catocin Furnace Historical Society, Inc. is hosting a Traditional Spring in the Village at the ca. 1810 Collier's Log house, located at 12607B Catocin Furnace Road in Catocin Furnace. On Saturday, May 5, 2012, from 9:00 a.m. to 5:00 p.m., the public is invited to visit the log house, which will be decorated with spring flowers, plants and herbs, and filled with traditional crafts and foods. Craft demonstrations will include pottery making, basketry, plein air painting, leatherwork, and weaving. Traditional music and foods will complete the ambiance of a village spring celebration, more than 200 years ago when the Catocin Furnace was in blast. Spring fruit punch and baked goods made from village recipes handed down over multiple generations will be available for sale, as well as handmade crafts, such as soaps, baskets, pottery, crocheted and sewn items, spring wreaths, plants, herbs, and flowers in handmade small garden pots. Period furniture and reproductions will also be for sale. Admission is free. Proceeds from the event will be utilized for the replacement of the hand-split cedar shake roof on the historic structure, a critical need. For information, please call 410-243-2626 or visit www.catocinfurnace.org.

Catocin High School Presents *Once Upon A Mattress*

The Drama department of Catocin High School (CHS) is proud to announce its Spring Musical, *Once Upon A Mattress*. This hilarious, family-friendly musical is based on "The Princess and the Pea" fairytale, by Hans Christian Andersen. The musical will be performed on April 19, 20, and 21 at 7:30 p.m., in the auditorium at Catocin High School, located at 14745 Sabillasville Road, Thurmont, Maryland, and is under the direction of Mrs. Karen Stitley.

The cast includes the talents of sophomore Megan Kelly as Princess Winnifred—the loud, adorable princess who shakes up the kingdom. Sophomore Ethan Larsen plays Prince Dauntless, who is desperate to be wed, against the wishes of his wicked, overbearing mother, Queen Aggravain. For the first time, the CHS spring musical is bringing faculty onto the stage, with English teacher Jen Hosey debuting as the evil queen.

Other lead roles include Robin Wivell as the mute king, Jacob Cochran as Sir Harry, and Maggie Kaetzel as Lady Larken.

The cost of tickets is \$10.00 for adults and \$8.00 for students. If you have a child at Thurmont Elementary or Thurmont Middle Schools, be sure to check their take-home folders in early April for discount coupons.



Courtesy Photo

Maggie Kaetzel and Megan Kelly, female leads in *Once Upon A Mattress*.

Life Horse Program's 7th Annual Fun Day

The Life Horse Annual Family Fun Day will be held on May 12, 2012, from 10:00 a.m. to 2:00 p.m., at Breezy Hill Stables, located at 15117 Mud College Road near Thurmont. This fun-filled day includes face painting, moon bounces, pony rides, hay rides, food, and much more. Admission is free. Bring the whole family to experience a day worth remembering.

This event will be held rain or shine and is sponsored by Life Horse. Directions to Breezy Hill Stables: Take Rt. 15 north past Thurmont. Turn right onto Orndorff Road. At the stop sign, go straight. Advance about a mile and at the Y Orndorff Road goes off to the left and Mud College goes straight. Stay on Mud College Road. The barn is about 1/2 mile on the left. Call 301-447-2663 and/or visit their website at breezyhillstables.com.

"Success is not final, failure is not fatal: it is the courage to continue that counts."

~ Winston Churchill

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Harrington's Equipment Company Opens New Facility in Time for Early Mowing Season

At the new Harrington's Equipment Company, Richard and Christine Harrington are waiting on customers who need parts for their lawnmowers and weed eaters, so they can mow and trim their lawns that are growing quickly in the unseasonably warm weather. The Harringtons have worked tirelessly to organize their newly built facility, which is located at 475 Orchard Road in Fairfield, Pennsylvania. Located just 1,500 feet from the Maryland/Pennsylvania state line on Route 16 west of Emmitsburg, customers can't miss the attractive facility, where various lawn mowers and yard equipment are displayed on the grounds and inside the showroom.

Richard and Christine both grew up in Montgomery County, Maryland. When the Harringtons moved to Emmitsburg in the 1970s, Richard helped open the original Harrington & Sons, and then opened his own facility in Germantown, Maryland. He met Christine in 1995, and they moved to Harney in 2003, where they operated Harrington's Service Center in a rented facility. Recently, they jumped at the opportunity to own their own shop. Christine said with a smile, "Now we have a mortgage." Their son, Seth, and Gretchen Nees are helping to organize.

Christine is in charge of retail operations, while Richard manages repairs. Richard works on all types of equipment and strives for a 7-10 day turn-around on repairs. They sell Echo, Hustler, Ferris, Shindaiwa, BCS (and more) brands of mowers and hand-held equipment, such as chain saws, trimmers, blowers, tillers, snow blowers, generators, pressure washers, and small construction equipment. They have a large stock of parts and will search out parts or comparable parts for all of your equipment needs. Christine said, "We are very happy to be here. It's a beautiful building. With our son, Seth, involved, we are really excited."

While waiting on Donny Shaffer and LeeEsta Fishkorn of Fairfield, Christine told them, "Nobody likes taking a mower home to find out it doesn't work and the dealer says, 'Sorry.'" She explained that they have warranties on all of the new and refurbished equipment that they sell.

Stop in at Harrington's Equipment Mondays through Fridays, from 8:00 a.m.-5:00 p.m.; and Saturdays, from 8:00 a.m.-2:00 p.m. For more information, call 410-756-2506 or 717-642-6001 or visit www.HarringtonsEquipment.com.

Please note that Harrington's Equipment Company is not affiliated with Harrington & Sons of Emmitsburg and are not responsible for repair work or services performed by the Emmitsburg Company. (See their ad on page 4.)



Photo by Deb Spalding

Christine Harrington helps customers Donny Shaffer and LeeEsta Fishkorn, who are in need of parts for their lawn equipment.

Bollinger's Family Restaurant Celebrates Five Years of "Soups, Sandwiches, and Small Talk" With a Special Price Roll-Back

Miss Donna (pictured right) is shown at the grill preparing Ronnie Kuhn's breakfast order.

Photos by Deb Spalding



Ronnie Kuhn (pictured left) chats while reading the newspaper, as Miss Donna prepares his breakfast order in the kitchen.

This month, "Miss Donna" Bollinger, her son and business partner, Josh Bollinger, along

with their extended family, celebrate serving their community "family" for five years at Bollinger's Family Restaurant, located at 210 N. Church Street in Thurmont, Maryland. This location opened on March 27, 2007. To celebrate the anniversary, they're serving up some specials with prices rolled back five years. On Wednesday, April 5, the Breakfast Special of Two Hot Cakes and Two Eggs will be \$3.29; on Thursday, April 6, the Tuna Salad Lunch Platter will be \$4.99; and on Friday, April 7, the Fish Dinner Special will be \$5.99.

Diners are special at Bollinger's Family Restaurant. Members of the ROMEO Club (Retired Old Men Eating Out) congregate at the restaurant often to have what Ronnie Kuhn calls, "The Best food in town." He added, "We come in every morning (the ROMEOs) and sometimes twice a day." Bob Valentine added, "I want to talk about the service," as he snickered to suggest that he wasn't getting the best. Miss Donna gave him "THE look," and Bob was quick to add, "I've been blessed in many ways." Meanwhile, Uncle Greenie (Clifford Green) laughed along, while quietly enjoying his coffee.

These characters show a glimpse of the average day at the restaurant. The staff's shirts say, "Where family meets family." Josh's Uncle Dirty BBQ sauces spice up various entrees, and sometimes he creates spur of the moment cuisine by request or as a sample of a new recipe that he's trying.

The history of the restaurant goes back to 1946, when Eva "Momma B" Bollinger opened a small restaurant on the square corner in Thurmont. Around 1953, she opened Bollinger's Dairy on the Bollinger Family Farm that was located on what is now the Catocin Heights Community, across from Catocin High School in Thurmont. It was followed by Bollinger's Family Restaurant, which opened in the Thurmont Plaza Shopping Center in 1971, and served up good vittles and small talk until it closed in 2003 due to lease changes. Today's restaurant continues to carry on the family's traditions. Miss Donna said, "We really appreciate and thank our customers. They've helped make us as successful as we are."

Diners who own or work for a small business (small being defined as having 10 or less employees) are invited to drop their business cards to enter a free drawing to win an office lunch for their business. This contest will be held through the month of April.

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BUSINESS news

Pondscapes Wins Top Award at Frederick Home Show

Thurmont residents, Paul and Stacie Zelenka, were thrilled when it was announced that Pondscapes won Best in Show during the Frederick Home Show. Pondscapes is a Watergarden Design, Installation and Maintenance company that Paul and Stacie run out of their home in Thurmont, Maryland.



Courtesy Photo
Paul & Stacie Zelenka, owners of Pondscapes, win Best in Show.

Pondscapes has been in business for thirteen years. They specialize in creating beautiful backyard sanctuaries using natural stone, moving water, fish and aquatic plants. "Paul is a true artist. He never ceases to amaze me!" said Stacie. In addition to providing all pond supplies and expert services, Pondscapes also specializes in natural stone patios, walkways, and stone walls. Pondscapes does free estimates for customers in the Thurmont and surrounding area. Visit their website at www.PondscapesMaryland.com or call at 301-271-4550. You can also check them out on Facebook.



Photo by Patty Troxell

Pictured from the back row, left to right, are Caitlin Troxell and Brianna Saylor; front row, left to right, are Breanna Valentine, Cody Valentine, and Loren Troxell.

They made \$233.00 and the money was donated to the Frederick County Animal Control and Adoption Center.

Hearts for Hounds

The Junior Auxiliary Unit and one Youth member of Sons of the American Legion, from Post 121 Emmitsburg, Maryland, made and sold dog biscuits and catnip bags at the Jubilee food store in Emmitsburg.

The Chicken is Back!

Pam Forrest, manager of the newly opened Thurmont Beer & Deli store in Thurmont, Maryland, exclaimed, "The chicken is back!" Several years ago, she and Jane Ridenour served up chicken, mac & cheese, and potato quarters at the sub counter in Mountain Gate Plaza. For those of you who frequented the former store, you will identify with the chicken being back. You may still be able to imagine the delicious smell and the taste of your favorites.

The new store is located in the same space as it was before; however, a wall has been added to separate the space from the 7-11 store next door. To enter the deli, use the center entrance of the plaza.

Stop in for breakfast, lunch, and dinner and choose from a menu of



Photo by Deb Spalding

Pam Forrest, manager of the Thurmont Beer & Deli in Thurmont is shown inside the store ready to serve you.

carry-out fare. Pam said, "And of course, we've got beer, too." They carry cold beer and sodas in singles, six packs, and case quantities.

Pam and Jane invite customers—old and new—during store hours 6:00 a.m. to 10:00 p.m., Mondays through Saturdays; and 10:00 a.m. to 7:00 p.m. on Sundays. To pre-order, call 240-288-8214.

4H Therapeutic Riding Program Spring Volunteer

The Frederick County 4H Therapeutic Riding Program is having their Spring Volunteer Training on April 14, 2012, from 9:00 a.m. until 1:00 p.m. We are looking for new volunteers who can assist their riders with disabilities during their lessons. We need volunteers to get horses ready for lessons, sidewalk, and to lead horses during lessons. No experience is necessary. We will teach you needed skills. It is great exercise and a lot of fun. For more information or to sign up, please call 301-898-3587 or email fc4htpr@aol.com.

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~ Woody Allen



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April's Driving Tip
Drive with lights on **LOW** beam. High beams will reflect off the fog, creating a "white wall" effect.

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BUSINESS news

...continued

Kreative Korner Opens inThurmont

Rhea Eckenrode always wanted a craft shop. She worked thirty years at Ft. Detrick as a Lead Transportation Assistant, shipping out household goods on the base. She retired, but still works there part-time. In her spare time, she's opened her craft shop in Thurmont. Kreative Korner is located just up from the stop light, on the back side of the square corner, #2 Rear North Church Street, Thurmont, Maryland. Look for her signs that direct you to her space behind Elsie's Nails.

Rhea grew up in "The Furnace." She said, "I've always loved crafting." She has over twenty years of experience hand-painting. Right now, she's specializing in flower pots painted with sports logos. She also creates wreaths, center pieces, and arrangements. Rhea takes orders for specialty items, too.

Rhea rents space to other crafters. She's divvied up her store into 4-foot long spaces that have four shelves in each space. She invites you to display your crafts in her store. Current vendors display embroidery items, quilted items, International Tractor items, and more. For more information, call 301-271-2440.



Photo by Deb Spalding

Local Teacher's Book Series *Folks* Hot Off the Press —from page 1


Photo by Deb Spalding
Adam Umak holds his recently published book, *Folks - Book One: History Repeats Itself*.

Mr. Umak conducted substantial research over a two-year period in order to develop an accurate basis upon which historical icons like Bunyan and Henry solve American history's mysteries. Mr. Umak said, "It's very exciting to have the book finally released." He treated his research, writing, and story development as a second job, adding, "It was very tedious to prep, edit, and connect the plot together." He anticipates completing the *Folks* series over the next five years. *Folks - Book Two: The Uncivil War*, featuring the Battle of Gettysburg, will be published around Christmas of this year.

Mr. Umak self-publishes his books with his wife, Jamie, who developed his website: www.adamumak.com. She has been instrumental in the creation of the design of Mr. Umak's books. Be sure to go online for a free download of the book's first chapter, free audiobook, or order a soft-cover copy of the book to be mailed to you.

In addition to *Folks*, Mr. Umak is the author of a book called *Positive Disintegration*, which is about a teenager who, after graduation, decides to become a super-villain. Also, he is collaborating with two former students on another project, *Tax Returns*, a bizarre collection of absurd short stories.

You can also find Mr. Umak working with the DC Conspiracy, a collective of writers and artists who embody the best of creative comics talent in the Washington D.C. area. Their work runs the gamut from literary works to comics. Individually, they create, but collectively, they work to expand comics readership and fraternity through anthologies, minis, and webcomics.

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Town Liquors in Creagerstown Now Open For Business

Town Liquors, the newest community store, is now open for business, welcoming all customers in the northern Frederick county area. Pradeep “Freddy” Sannini, owner of Village Liquors, located in Emmitsburg, had been planning for some time to open another successful location. He was looking for another location,



Photo by Deb Spalding

as well as waiting on obtaining a liquor license, which are few and far between in Maryland. Luckily, the store owner had some luck, and a license became available just at the right time. Soon enough, the ideal location had opened up in Creagerstown, in front of Bill’s Auto Body. Freddy said “This was an ideal location for the community, drawing in new traffic from Thurmont and Woodsboro.”

Town Liquors will provide it’s customers with an extensive variety of beers, such as micro-brews, foreign and domestic brands. The store also specializes in promoting local wineries in the area, which previously did not have an outlet. Looking for something no other liquor store in the region provides? Look no further—Town Liquors accepts specialty orders for all Liquors, Beers, and Wines that normally would not be found in stores. Another special quality about this store is that they will guarantee the lowest prices in Frederick County. Freddy will happily beat the pricing for any bulk orders.

Town Liquors plans to expand their selection in the near future, and is always looking for new suggestions from their customers. Stop in and visit; Town Liquors is open seven days a week until 9:00 p.m. or 10:00 p.m. every night. Not only does this store sell beer and liquor, it is a “Community Store,” offering Maryland Lottery, soda, snacks, convenience items, and tobacco products.

Hidden Object Game, “Where Am I?” Photo Game & “Who Am I?” Game Winners



Photo by Jose Pedreanez

From the March issue of *The Catocin Banner*, Paul Bankard was the winner of the Hidden Object Contest (\$25 gift certificate). The 5-leaf clover was hidden in L&S Furniture ad on page 28. Last month’s “Where Am I?” photo was taken in a yard on extended East Main Street in Emmitsburg. Thanks to Alan Hawkins for allowing us to use his cannon for the shot. This month we’re holding our own egg hunt for our Hidden Object Contest. Keep count of how many decorated eggs you can find! Call in with your total number.

Donna Miller was the winner of the “Where Am I?” Game (\$10 gift certificate). For the “Where Am I?” Photo contest, take a look at the photo 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. Call 240-288-0108 to leave a message or e-mail news@thecatocinbanner.com. Don’t forget to leave your name and phone number.

Test Your Word Power

(Answers on Page 34)

- | | |
|--|--|
| 1. Benevolent (adj.)
a) Not humane
b) Disposed of doing good
c) Soberly thoughtful | 3. Convivial (adj.)
a) Solemn
b) Immobile
c) fun-loving |
| 2. Incognito (adv., adj.)
a) Undisclosed
b) Observable
c) Well travelled | 4. Venerate (v.)
a) Regard with respect
b) Make one’s exit
c) Mock or ridicule |

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PEOPLE making news

Emmitsburg Lions Club Welcomes New Members



Courtesy Photo

Pictured from left are Club President, Cliff Sweeney; Suzie Glass; Bobby Ott; and their Lions Club sponsor, Sharon Hane.

On March 8, 2012, The Emmitsburg Lions Club welcomed two new members. The Lions Club, which is extremely active in charitable and community endeavors, increased its membership with the addition of Suzie Glass and Bobby Ott.

Thurmont Lions Club Inducts New Members



Photo by Alban Little

Pictured from left are Lion Mike Irons with new member Curtis Greene, and Lion Glenn Rickard with new member Mary Ethel Michael.

The Thurmont Lions Club recently inducted two new members. To see the many ways they proudly serve their community, visit www.thurmontlionsclub.com or www.facebook.com/thurmontlionsclub.

Nominate an FCPS Support Employee

Frederick County Public Schools (FCPS) is accepting nominations for its 2012 Support Employee of the Year Award. This award recognizes outstanding members of the FCPS first-class support staff.

Nomination eligibility, criteria, and process information are available at www.fcps.org/awards. Nomination packets are due to the Communication Services office, 191 S. East Street, Frederick, Maryland, by 3:00 p.m., on Friday, April 13, 2012.

The school system will recognize one finalist from eight broad job classifications at the June 13, 2012, Board of Education meeting. The job classifications are: Business Support; nonschool-based Custodial/Maintenance/Warehouse; school-based Custodial; Food Services; Instructional & Mainstream Assistant/Community Liaison; nonschool-based Secretarial; school-based Secretarial; and Transportation.

One Mountain Foundation Names Jim Bittner Pillar of the Community

The One Mountain Foundation (OMF) hosted an all-you-can-eat spaghetti dinner, auction, and dance on Saturday, March 10, 2012, at the American Legion Post #239 on McAfee Hill Road in Cascade.



Photo by Deb Spalding

OMF Chairman Bill Carter, left, presents Jim Bittner, center, with the OMF's Pillar of the Community Award. Jeff Coyle is pictured right. Bill Coyle is in background.

The room was packed full of participants who helped celebrate OMF's 10th Anniversary as a Foundation, and Jim Bittner's designation as the OMF's 2nd Annual recipient of their Pillar of the Community Award.

While the lead-in about the award recipient was being presented by OMF Chairman, Bill Carter, Mr. Bittner seemed to be pre-occupied by entertaining a youngster in a seat next to him. However, he must have been listening, because at the point of comprehension that he was the person being honored, he exclaimed, "Oh ____!" Mr. Bittner was surrounded by friends and family who attended the dinner under the guise of a surprise birthday party for his birthday, which was March 13. The birthday party was also a surprise to him. For a person who recently had two surgeries on his heart, it is comforting to know that his heart is super-fit having survived multiple surprises.

Bill Carter highlighted Mr. Bittner's kindness, contributions, and volunteer activities while introducing Mr. Bittner as the award recipient. Mr. Bittner acknowledged his father, Harold Bittner, as the role model who inspired him to dedicate a large part of his life to helping others and his community. He fondly remembered visits to drop off food and help out neighbors throughout his childhood.

This event kicked off OMF's activities for 2012, including the 7th Annual Mountaintop Heritage Days scheduled for June 30 and July 1. More information about the One Mountain Foundation may be found on the OMF website at www.onemountainfoundation.org.

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by Helen Deluca

Hello, again, to all the seniors of Thurmont and surrounding areas.

I'm assuming, and that's not always a good thing, that your copy of *The Catocin Banner* was delivered to your home on time. It gives me one last chance to remind you of the Grand Re-Opening of the Thurmont Senior Center, on Wednesday, April 4, 2012. Open House will be from 11:00 a.m. to 7:00 p.m. The Ribbon Cutting Ceremony is to begin at 11:00 a.m., with State and local officials presiding. Lunch, catered by Cozy, will be served at 12:00 p.m. The cost is a \$5.00 donation. Call 24 hours in advance for reservation. There will be entertainment and refreshments throughout the day, with a Silent Auction from 11:00 a.m. to 6:30 p.m. Come and join in the fun as we celebrate.

Another important date to put on your calendar is Saturday, April 28, 2012. The Thurmont Ambulance Company is supporting the Center with a Cash Bingo which will be held at the Thurmont Ambulance Company. Doors open at 5:00 p.m. and games begin at 7:00 p.m. Tickets are \$20.00 with limited seating, so get your tickets early. For tickets, come into or call the Center at 301-271-7911, daily between 9:00 a.m. and 3:00 p.m.; or Thursday evening, from 7:00-8:30 p.m. You can also contact any of the seniors; they will be glad to sell you a ticket.

The Silent Auction on April 4, and the Bingo on April 28, are two important fundraisers for the Center. You can also donate your used car to the Center. Monies made on the sale of the car will benefit the Center.

We are encountering a food price

increase, but I want to assure you that there will NOT be an increase to the seniors who come to the Center to enjoy a good lunch and companionship. I repeat, the price is still \$5.00 or a donation. Our top priority is to provide a lunch to any and all seniors.

There are some new happenings coming up for you to share.

Every Friday at 10:30 a.m., a member of the Thurmont Ambulance Company will be at the Center to check blood pressure. The service is available primarily for seniors but all are welcome. No appointment is necessary, just come on in.

While you are there, check out the new Senior Gift Shop. Primarily called "Sunshine Corner, Senior Crafts." Handmade items and flower arrangements are featured and fairly priced (pictured right).

Join the exercise classes on Tuesdays and Thursdays at 9:15 a.m. Exercises using tapes directed towards Arthritis problems are featured, from simple chair exercises to easy aerobics. After we are through the Grand Re-Opening fun, we will set up our "gym." We have two treadmills and a stationary bike for your use. We do request that you sign an agreement that you use the machines at your own risk.

Computer classes lasting one hour are on the schedule. Call the Center for more information.

On May 16, 2012, we will have our annual Birthday Dinner at the Cozy Restaurant at 6:00 p.m. Cost is \$12.00. This is a special party where volunteers decorate a table featuring each month of the year.

You can sit at your birthday table

and meet new people, but it is not required. When you make your reservation, make your choice where you prefer to sit.

Speaking of volunteers! The Center could not operate without them. We are in need of kitchen help. No, there is no cooking, just serve the meals that Cozy brings in and help clean up.

Call the Center for more information if you can help.

You may have noticed more construction going on at the Center. The foyer and coat room are being renovated with new windows, carpet, and paint. I tell you, we are getting so spruced up! Come and see for yourself. You are always welcome.

Did you hear about the pastor who



Courtesy Photo

The Seniors Gift Shop "Sunshine Corner."

got a new set of false teeth? His first sermon after that was ten minutes long, the next Sunday it was twenty minutes long. But the third time, it lasted two hours. One member of the congregation questioned why his sermon lasted so long? He said his teeth hurt so badly, he used his wife's teeth and then he couldn't shut up!

'Til next time, Happy Spring!

Five Generations



Courtesy Photo

Pictured top center is great-great grandmother, Doris Roman; on right are great grandparents, Sue and Mike Oehmig; on left are grandparents, Tricia and Guy Mutchler; lower center is mother Elizabeth Mutchler with one-year-old Jacob.

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catoctin voices

Your Place for Poetry & Verse

by L. Claire Cantwell

If spring seems early this year, trust your senses, because it is, indeed, early. According to the website, space.com, the vernal equinox or first day of spring took place on March 20—the earliest intersect since 1896, to be exact. Farmers have been busy in our mountain valley with calving and lambing and liming the soils, judiciously prepping for planting. Gardens boast blossoms of buttery daffodils, grape hyacinths and tulips every color of the rainbow already. Wildflowers like bloodroot, spring beauties and wild ginger are appearing in the Catoctin mountain woodlands. April is full of splendid themes, of which most prominent is certainly spring, Easter, and Earth Day. Such seasonal inspiration is found in two of the three poems offered by regional writers this month. The other has nothing to do with nature, but instead a common object, that we take somewhat for granted. Please remember to send in your submissions for May by the 21st. May is full of subjects like the celebrations of May Day, Memorial Day, and Mother's Day for inspiration, so get writing! And, enjoy these "Catoctin Voices."

Spring Fever in Baugher's Orchard

by Sister Anne Higgins

Thick green orchard canopy:
cherries hide in clusters under leaves;
I just touch them;
they drop into my hand,
fleshy as compliments.
Birds leave the pits attached
to the stems attached to the leaves
attached to the branches.

Roar of chainsaw – brown worker hacks off a branch
heavy with cherries
for a wheezing woman
to glean on the ground
where she stands on thick legs.
I hope this is how they prune the trees.
Sun glints through the heavy canopy
in the cool green cabana.
Honeysuckle drunken air drenches,
thorough as flattery.

(Sister Anne Higgins teaches at Mount Saint Mary's University. She is the author of five volumes of poetry.)

Thoughts of Spring

by Dorothy Coyle

It is only the middle of February,
but could it be that Spring is here?
The groundhog predicted six weeks more of winter,
but signs of Spring can be seen -
Lilacs and forsythia pushing out their buds,
and the grass is turning green.

The crocus and daffodils are blooming,
hyacinths and tulips can't be far behind
Now it is the first week of March
and a robin is singing outside my window
The birds are pairing off to build their nests -
robins, doves and starlings so far I've seen
Of course they will have to wait awhile,
until the leaves on the trees are green
They know they need the leaves
as shelter for their nests.

So far there's been no winter,
only a few cold days, a few snow flurries
It's been very mild for this time of year,
so Spring must be here!

(Dorothy Coyle lives in Cascade, MD)

The Paper Bag

by Leonora Bernheisel

Begun from something like a template
folded and glued carefully to contain.
Some are sturdy enough to accept trash
arousing enough for Halloween
protective enough for school books
if not thrown away first.

Simple material made from trees,
natural. . .to push, wrinkle, squish and tear,
unwrap, enwrap, fill up, and close in.
Have you tasted one, or smelled it
when wet. . .or seen one spill its
contents on the parking lot asphalt?

Paper bags are small enough for ribbons and lunches
big enough for bathroom rugs.
Notice the shops that use paper
instead of plastic for bagging wares.
Gifts of bags of fuchsia
or printed in poetry.
Ten cents worth in thin membrane
that carry little weight, and plain thick ones
with many lives donated to the local co-op.
Can people like paper bags
be replaced by plastic?

(Leonora Bernheisel lives on an organic farm in the Catoctin mountains)

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What's a G8 Summit?

by Carie Stafford

What is a Summit? As most know, a summit is the highest point of a mountain, the peak. In the political arena, it is a meeting of the highest level of government officials/leaders who meet to discuss matters of importance.

Once called the "fireside chats" in the 1970s, the Group 8 (G8) and Group 20 (G20) would meet informally in the library at the White House. Since that time, world leaders have met annually to discuss matters of importance, thus the G8 and G20 have evolved.

The March 5th announcement that the G8 Summit will be held at Camp David on May 19-21, 2012, will, once again, put Thurmont in the history books. The NATO Summit is still scheduled to be held in Chicago. The countries of the G8 are Russia, Canada, France, Germany, Italy, Japan, and the United Kingdom. This will be the first time that President Obama has hosted any world leader at Camp David.

In talking with George Wireman last fall, he told me about the last Summit that was held at Camp David in July 2000, when former President Clinton was in office. The Middle East Peace Summit was to



Courtesy Photo from George Wireman Archives

Former President Clinton addresses the press at Thurmont Elementary School in 2000.

negotiate a final settlement of the Israeli-Palestinian conflict, for which no resolution was found. Thurmont Elementary School made the history books at that time, as it became the hub of the press community.

Mr. Wireman told me how he had made fast friends with some of the most famous news anchors in the country and from abroad and how he, being the town historian, was interviewed himself about the history of Thurmont. George said the highlight of the weekend events was when President Clinton stopped by Thurmont Elementary School to thank the press for their diligence

during the Summit.

With any political meeting comes a mass of people: dignitaries, motorcades, spouses, family members and host staff. However, also included are the protestors that make things difficult for regular daily events to occur, and, of course, the mass of press.

In talking with Thurmont's Chief of Police, Gregory L. Eyler, he stated they have had several meetings with the secret service and neighboring law enforcement departments on the same issues, and will continue to have more meetings as the time grows closer to the Summit. At

this time, there has not been any information on protestors coming to Thurmont. Protestors have stated in interviews that they are going to be in Chicago for the NATO Summit.

According to Chief Eyler, he suggests that residents of Thurmont continue their daily routine, but also to be aware of their surroundings. If you encounter an area where protestors are congregating, and no law enforcement is present, call 911. With the added staffing and security during the Summit, law enforcement officers will be available to off-set any potential problems.

Chief Eyler stated the hub of the press was not going to be housed in Thurmont like the last Summit. This news will hopefully eliminate some of the many concerns residents may have. However, that does not mean the press will not be visiting Thurmont; they may, in fact, be around asking for your comments.

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SPORTS news

Catoctin High School Wrestling Recap

The Catoctin High Wrestling team has enjoyed one of the most successful seasons in its 25 year history. As a team, Catoctin won all but four of their 2011-2012 regular season dual meets and finished the season with an 11 and 4 dual meet record, and an invitation to the 2012 1A-2A Regional Duals along with powerhouse wrestling clubs Winters Mill, Middletown, and Mountain Ridge.

The Cougars also compiled an 8 and 1 tournament dual record earning them honorable mention spots in the state rankings for both dual teams and tournament teams. Their combined dual meet record consisted of 19 wins and only 5 losses. They faired equally well in tournaments boasting a 3rd place finish out of 22 teams at the Magruder Mad Mats tournament in Rockville where the competition consisted mostly of 3A-4A schools.

Catoctin secured a 6th place finish out of 25 teams from three states including Pennsylvania and West Virginia at the legendary Hub Cup in Hagerstown. The Cougars took 2nd place out of 15 teams at the super-tough Catoctin Duals, 3rd place in the Frederick County Championships, and a 5th place finish out of 22 teams at the 1A-2A West Regional Championships in Frostburg, arguably the toughest region in the state of Maryland for high school wrestling. In the Maryland State Wrestling Championships, Catoctin finished 13th in a field of 88 1A-2A schools.

2012 Frederick County Wrestling Championships

Frederick High School hosted the 2012 County Championships. Wrestlers took to the mats from ten high schools. First place champions included freshman Charlie Perella

at 126 pounds, sophomore Patrick Guilday at 138 pounds, and junior Colin Schildt at 152 pounds. Perella was also named the tournament's outstanding wrestler and received the celebrated Fred Burgee Award for his performance which included a 9-3 victory over a senior 2011 state finalist.

Guilday and Schildt each won tight championship matches edging out their opponents by a single point. Second place finalists included 106 pound freshman Garrett Buckley and 113 pound junior Tim Nordan. Both Buckley and Nordan lost super fast-paced finals matches to undefeated wrestlers and eventual state placers. 220 pound senior Eric Stone captured third place with what Coach Green called, "his best performance of the year."

Fourth place finishers included: 120 pound senior Michael Overzat who just missed a regional birth and rounded out his season with a 12-9 record; 132 pound freshman Kevin Simmel who advanced to regionals.

Junior Kyle Wathen, who also qualified for regionals at 145 pounds, senior Garrett Rohrbaugh at 160 pounds, and sophomore, first-year wrestler Ethan Shriner at 182 pounds -- all took fifth place. Rohrbaugh and Shriner both battled back to claim fifth place after losing their preliminary bouts, but were just shy of regional bids. Sophomore Dan Biser finished sixth at 195 pounds, winning three matches in the process. Freshman 132 pounder Joey Puvel and junior 152 pounder Shawn Kopper were both crowned champions in their respective weight classes in the junior varsity division.

2012 MPSSAA 1A-2A West Regional Championships

Catoctin High School sent eight qualifiers to the 1A-2A West



Courtesy Photo

Maryland State Wrestling Championships Place Winners from left are Colin Schildt, Garrett Buckley, Coach Ryan Green, and Charlie Perella.

Regional Wrestling Championship in Frostburg, the most ever in a single season. Qualifiers included Garrett Buckley, Tim Nordan, Charlie Perella, Kevin Simmel, Patrick Guilday, Kyle Wathen, Colin Schildt, and Eric Stone. Colin Schildt, with a dominating 13-2 win in his finals match, was Catoctin's only Regional Champion at 152 pounds. Second place finishers included 113 pounder Tim Nordan and 126 pounder Charlie Perella. Nordan voluntarily forfeited his finals contest to rest an injured knee in preparation for the state championships. Perella lost a 10-4 finals match decision to the eventual 2012 state champion. Garrett Buckley finished third at 106 pounds by winning a decisive grudge match against an opponent that had beat him earlier in the season. Patrick Guilday finished fourth at 138 pounds guaranteeing himself a spot in the sixteen-man bracket at the state championships. Although 132 pounder Kevin Simmel did not place in one of the toughest weight classes at the regional or state tournament, he finished his freshman season with a formidable 26-14 record. Junior Kyle Wathen wrapped up his season with an 18-16 record and senior Eric Stone finished his high school wrestling career with a 17-19 season record.

2012 MPSSAA State Wrestling Championships

Each year thousands of wrestlers representing 189 public high schools from across the state of Maryland set their sights on the Maryland State Wrestling Championships at the University of Maryland's Cole Field House in College Park. Only two Catoctin High wrestlers have ever achieved State Champion status, Shane Tiffany in 1995 and Seth Chilson in 2010.

Catoctin High sent five qualifiers to the state tournament this year including Garrett Buckley, Tim Nordan, Charlie Perella, Patrick

Guilday, and Colin Schildt. Freshman 106 pounder Garrett Buckley secured Catoctin's highest placement this year with third. Battling all the way back from a disappointing loss in semi-finals, Buckley showed the kind of toughness and heart that made him so successful this season. He ended the season with a remarkable 39 and 7 record and is ranked fourteenth overall in the state.

Charlie Perella, the freshman 126 pounder also suffered a stinging loss in his semi-finals match, one that lasted seven periods. In the fourth sudden victory overtime period, Perella came up short, just missing an opportunity to advance to the finals. He managed to wrestle back to a fourth place finish. He wraps up his freshman season with a respectable record of 37 and 8 and an overall state ranking of thirteenth.

Junior 152 pounder Colin Schildt, made his third appearance to the state championships in as many years. He also finished in fourth place after suffering his first loss of the year in his quarter-finals match. Knowing that another loss would eliminate him from the tournament, Schildt was determined to wrestle back to the medal rounds, capturing his 100th career victory in the process. He ended his junior season with an astounding 42 and 2 record and an overall state ranking of fifteenth.

Nordan won his first match with a quick fall, but lost two consecutive bouts eliminating his chance of placing. He ended the season with a 36-3 record and an overall state ranking of twenty-first.

Guilday lost his preliminary match, won a very close wrestle-back with seconds left, and lost a 2-1 decision to end his chance of placing. He finishes the season with a 32-12 record and ranked seventeenth in the state.

—Continued on page 17





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Catoctin High School Wrestling Recap —from page 16

This marks the third time that Head Coach Ryan Green has placed three wrestlers at the state finals; once as the Head Coach of Linganore High school and twice at Catoctin.

Frederick News Post All-Area Wrestling Team

Several Catoctin High School wrestlers were named to the 2011-2012 Frederick News Post All-Area Wrestling Team. First team honorees included freshmen Garrett Buckley and Charlie Perella and junior Colin Schildt. Sophomore Patrick Guilday and junior Tim Nordan were named to the All-Area second team. When asked about looking ahead and his expectations for next season, Head Coach Ryan Green said, "I'd like to pick up right where we left off. We had a remarkable season for such a young team. I have one of the most talented, if not the most talented and dedicated group of returning wrestlers that I can remember. Many of these kids will continue to wrestle in the off season and train in the different styles of greco and freestyle. Some of these guys will compete and place in National events in the upcoming months, so, yes I'm excited about next season."

CYA Wrestling Recap

Catoctin Youth Association (CYA) wrestlers had a busy past few months

competing not only in their weekend league matches, but participating in several tournaments along the way. Thirteen CYA wrestlers participated in the highly competitive Mid-Winter Classic in Williamsport in February. This tournament was host to over 500 young wrestlers traveling from seven states as far away as Georgia and Florida. CYA place winners included: 1st place, Matthew Linker; 2nd place, Kane Richardson; 3rd place, Griffin Puvel; 4th place Tyler and Joshua Grasmick.

The ninth annual Maryland State Wrestling Association (MSWA) State Championships were held in Westminster on February 18th and 19th. Jacob Baker, Owen Liller and Nathan Schwartzbeck each qualified for this event by placing second in their respective weight classes in Boonsboro and took home impressive medals for their hard work. At states, Jacob earned 3rd place in the 10U 80 pound division while Nathan earned a 4th place finish in the 10U 135 pound division. The second annual Maryland Wrestling Association for Youth (MDWAY) State Championships were held the following weekend at UMBC. Six CYA wrestlers participated in this



Photo by Laura Fitzgerald

CYA Mason Dixon Championship: Peyton Castellow, right, is 6 years old and weighs 40 lbs. He is shown battling an unknown opponent.

event with Kane Richardson bringing home a state title in the 10U 105 pound weight class while Jacob Baker took 6th place.

The Mason-Dixon Championships were held March 9th and 10th. This tournament included 609 wrestlers from 18 teams representing four states, each vying to place in the top eight in their weight class. CYA placed 6th overall as a team as a result of the following place winners. Champions: Griffin Puvel, Colby Keilholtz, Matthew Linker and Payne Harrison. 2nd place: Jacob Baker, Joshua Small, and Joshua Grasmick. 3rd place: Peyton Castellow, Ryan Fitzgerald and Alex

Taylor. 4th place: Braden Bell, Tyler Grasmick and Ethen Fuss. 6th place: Carson Sickeri, and Josh Mullenex. 7th place: Nathan Schwartzbeck and Ryan Springer. 8th place: Joseph Risser, Jarryd Rosenberry, and Devin Stafford.

Former CYA club members Zachary Bryant, Gage Randall, and Dylan and Logan Mulligan have also continued to polish their skills on the mat in the Capitol Area Wrestling League (CAWL). Zachary earned 1st place this year in the MSWA State Championships in the 12U 70 pound weight class, making him a two-time Maryland State wrestling champion. Zachary and Gage wrestled in the CAWL league championships in Alexandria, Virginia, on March 4th with both wrestlers earning a spot on the podium. Zachary placed 2nd and Gage placed 4th. The Mulligan brothers wrestled in the MDWAY state championships where Logan finished 4th and Dylan finished 5th.

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SPORTS news

...continued



Courtesy Photo

Varsity Girls Mid-Maryland Team went 12-4 for the season. They won the Championship in the year-end division tournament.

Pictured, front row: Anna Marie Fostik, Morgan Springer, Megan Jenkins, Allison Larochele, and Taylor Crum; back row: Coach Mark Topper, Emily Valentine, Morgan Tracy, Marah Williams, Hannah Gray, Emily Kuykendall, Jessie Bryant, and Coach Jeff Raubaugh.



Courtesy Photo

12U MYBA Team went 9-2 for the season, finishing in Third Place in the year-end division tournament.

Front Row: Rachel Waldron, Melanie Topper, Olivia Crum, Bre Tingler, and Sydney Zentz; Back Row: Coach Mark Topper, Caitlyn Naff, Andrea Barber, Lizzie Dougherty, Rachel Boggs, Kelly Glass, Coach Jason Crum, and Coach Jeff Barber.



Courtesy Photo

JV Girls Mid-Maryland Team went 13-7 for the season, finishing in Third Place in the year-end division tournament.

Front Row: Alexis Smith, Courtney Orndorff, Emily Keller, and Alexi Baumgardner; Back Row: Coach Lara Keller, Brietta Latham, Lauren Drumheller, Camryn Skowronski, Michaela Persinger, Carrie Reaver, and Coach Dwight Baumgardner.



Courtesy Photo

CYA Recreational League, The Wildcats, Grades 6-9, went 11-0 for the season. They played four teams to get to championships, and then won the championship game. "Best group of girls I have ever coached," stated Coach Jenn.

Coach Jenn Cregger, Coach Jimmy Pryor, Cheyenne Scobie, Jordan Pryor, Anna Harrich, Sydney Ghanayenn, Julia Cool, Jessica Boyd, Macy Randall, Anissa Lyons, Jenny Kelly, and Nicole Cantwell.

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Chorus is an organization of women who perform quality music in the barbershop style. We are a chapter of the Sweet Adelines International and have been chartered in Frederick since 1996.


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The Clustered Spires Chorus sings throughout the community with performances for businesses, service organizations, churches, senior communities and homes, seasonal celebrations, FCC, the Weinberg Center, First Saturdays, the Pangea Festival, Center for the Performing Arts, and the Frederick Keys. So come join us on April 25, 2012, and you can be a part of this great organization and sing the National Anthem to open a Keys Game.



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Catocin Youth Association Football & Cheerleading Registration

Registration for the Catocin Youth Association (CYA) Football and Cheerleading programs will be held on the following dates: April 21, 10:00 a.m.-3:00 p.m.; May 20, 1:00-4:00 p.m.; June 9, 9:00 a.m.-1:00 p.m.; and July 14, 10:00 a.m.-3:00 p.m. Registration will be held at the Thurmont Ambulance Building (upstairs). All football players—new and returning—need a copy of their birth certificate the day of registration. Any registration received after July 14, 2012, will be charged an additional \$20.00.

CYA Football and Cheerleading Scholarship

The Catocin Youth Association (CYA) Football and Cheerleading program is accepting applications for two \$500.00 scholarships—one for football and one for cheerleading—through May 1, 2012. Winners may use the awards for any additional training after graduation, including four-year university, community college, vocational training, or any other form of continuing education. Candidates must have participated in two years of CYA football or cheerleading and two years of Catocin High School football or cheerleading.

CYA voting members will review applications and finalists may be contacted for an interview. Applications are available at the Catocin High School Guidance Office, online at catocinfootball.net, or by calling Rob or Sherry at 301-447-3430.

Scholarship Opportunity

The Frederick Chapter of the National Contract Management Association (NCMA) Announces Academic Scholarship Opportunity, through April 15, 2012. Prospective scholarship applicants for this opportunity should visit the Chapter website at www.frederickncma.org to download applicable application documents and review application criteria and deadlines. Inquiries and completed applications should be submitted to: NCMA Scholarship Chairperson, PO Box 1688, Frederick, MD 21702.

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Apples Cemetery Preservation Project

Apples United Church of Christ is taking the first steps in the Apples Cemetery Preservation Project on Saturday April 21, 2012 (rain date April 28). Robert Mosko, Chief Conservator of Mosko Cemetery Monument Services, will train volunteers to do small and simple projects in the cemetery such as resetting tablet grave markers and address larger and more complex grave markers in need of professional care. Apples Cemetery has been part of the Thurmont community for well over 200 years, serving as a resting place for the ancestors and loved ones of many local families and contains the remains of veterans dating back to Revolutionary War.

We wish it to be a place of peace, healing, beauty, and remembrance for many years to come. In the spirit of this vision, we are taking on the Preservation Project to be implemented in phases due to considerable financial expense. In this first phase, we have begun changing maintenance practices, training volunteers, and have requested the services of Mr. Mosko. We invite anyone interested to come April 21 for a learning experience. Contact Roger Troxell or Victoria Selby at Apples Church, 301-271-2087, for information or to RSVP.

Ask the Anytime Fitness Gal

Expert answers to your health and wellness questions by Inga Olsen

Question: I love fast food, but I am trying to lose weight and improve my health. Is it okay to eat fast foods while on a diet program?

Answer: Yes, but as always, there are a few important points to keep in mind. We all know fast food isn't necessarily the healthiest meal in town, but we also know that setting realistic goals is an important component of any successful weight loss program. Therefore, it doesn't make sense to completely deprive yourself of fast food, especially if it's appropriate for your specific situation. In other words, if you're crunched for time, fast food may be the only reasonable option. That said, if an occasional trip turns into four or five weekly trips, your weight loss efforts and health goals will likely suffer as a result. The key is to become a savvy shopper and watch out for calorie-laden foods with added sugars, sodium, and fat. Look for a Nutrition Facts pamphlet in local restaurants and educate yourself on their menus. If you make the effort, you'll be able to find a sensible meal no matter where you go. Remember, balance, variety, and moderation are the words to live by when it comes to food. If you apply these principles

regularly, you won't have to sacrifice your health and wellness goals when eating out.

Question: I've heard some people say dieting just doesn't work, and that you should focus on exercise if you want to lose weight. Is this true?

Answer: No, this is simply not true. If you've ever looked at food labels and compared them to the calorie counters on your exercise equipment, you'll likely come to some startling conclusions. It is much easier to decrease your calorie intake by 300-500 calories per day than it is to expend that many more calories each day through exercise. Researchers have addressed this issue as well, and it is generally accepted that diet is the more important variable when it comes to weight loss. Exercise is still beneficial however, and actually plays a much more prominent role in weight maintenance. Here's the bottom line... incorporate both healthy eating and exercise no matter where you are in the weight loss process.

Question: My wife thinks she'll



get big and bulky if she starts lifting weights with me. How do I convince her otherwise?

Answer: This is one of the biggest myths out there. First of all, women simply don't have the proper hormonal balance to put on large amounts of muscle tissue. Secondly, even if they did have the right physiology, it would take some serious training to do it. Getting bigger muscles requires high-volume workouts (lots of sets and repetitions) and a pretty high intensity level, as well. Picking up a few weights here and there isn't a recipe for building mass—it's what you do and how you do it that really makes the difference. Remind your wife that weight training programs can always be tailored to specific goals, so if she doesn't want to put on large amounts of muscle, that's just fine. Generally speaking, a full-body circuit with higher repetition ranges a few days per week would work well if she's just looking to tone up or maintain her current level of muscle tissue. If she wants to get an individualized program based on her goals, look for a qualified personal trainer in your area.

About the author: Inga Olsen is the Club Manager and NSPA Certified Conditioning Specialist and Nutrition and Weight Management Specialist at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.

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Thurmont Maple Syrup Festival

by Aaron Heiner

The unseasonably warm weather this March had taken a day off during the St. Patrick's Day weekend on Sunday, March 18, 2012. This particular Sunday started out cool and foggy, quite a contrast to the warm, sunny weather we had experienced only the day before. And while the luck of the Irish may not have been much help—in terms of weather—to Cunningham Falls State park rangers who were speaking to the crowds around them, plenty of people were out in full force during the annual Maple Syrup Festival.

The Maryland Park Services held the 42nd Annual Maple Syrup Demonstration near the lake in Cunningham Falls State Park. Presentations were given by rangers and naturalists, who demonstrated the process of making maple syrup—from the initial tree tap, all the way through the steps, including boiling and distribution. Park personnel and volunteers also talked about the local history of making syrup in Maryland. “We put on the demonstration during the colder months, but it wasn't really that cool outside this year,” said Eric Creter, a veteran park ranger and crew supervisor with the Department of Natural Resources.

Creter, a Cumberland native, has been participating in the demonstration for about eight years, and said typically park staff would put out 18-20 tin buckets to collect sap from local trees that will be used to make syrup. Once the sap is collected, it is placed inside a kettle that is heated from below by a wood-burning fire. Those standing upwind of the kettle would want to quickly relocate out of the range of the smoke that is emitted from this heating process.

“The kettle is 22 gallons, and will produce about a half gallon,” Creter said, as he stirred a large spoon inside the kettle to help the process. “We scoop it and stir it routinely throughout the day to keep the impurities out.” As the day progresses, the purity of the syrup becomes more apparent.

Stepping back for a moment to prepare a few display pieces, a second ranger stepped up to continue explaining the process of making maple syrup to the crowd of excited children, who were eager to see the sweet, sticky confection being prepared a few feet in front of them. Due to state health regulations, the finished syrup made during the demonstration is not available for the public to sample.

“We really enjoy explaining to the public about this part of American history,” Alicia Norris added enthusiastically, the other state park

ranger also originally from Cumberland. “The demonstrations run a half an hour, but sometimes we get so involved with the public that we can lose track of time.”

To assist with hearing-impaired guests, Sabrina Brullo from Deafnet—a private, non-profit organization serving Western Maryland, the Northern and Eastern Panhandle of West Virginia, South Central Pennsylvania, and North Western Virginia—was on-hand.

Along with the maple syrup demonstration, the festival also hosted area vendors. Manning a small booth were Matt Irons and his father, Mike Irons—both park volunteers—serving up samples of Western Maryland syrup. Available for purchase, S&S syrup from Cumberland is locally made, according to the Irons.

In addition, if watching all that syrup being made wasn't enough, and the samples being given out only made guests crave for more, the festival also hosted a pancake breakfast, complete with syrup.

Along with all of the educational events occurring, many children participated in the various family-friendly activities that were also taking place during the festival.

Nick Hansen and Ashley Adkins with the Maryland Park Service's, Maryland Conservation Corps., told stories to the children in attendance. In addition to the story tellers, a tent was set up nearby that provided children the opportunity to play with



Photos by Aaron J. Heiner

Park rangers, Alicia Norris (pictured left) and Eric Creter (pictured right) demonstrate the process of making syrup at the 42nd Annual Maple Syrup Demonstration on March 18, 2012, as Sabrina Brullo (center) signs to the hearing impaired.

musical instruments.

“We got to go and make things [at the craft tent]. And, I got to eat pancakes, too,” said Alexa Gleaton, age 5, from Frederick. “I had fun because we got to listen to a story and some music.”

Other children appeared to have an equal amount of fun at the festivities. While most of the children were energetic, many of the parents were enjoying the opportunity to spend time with their families and to enjoy the day, which had actually gotten warmer and sunnier as the day progressed—maybe there was a little luck of the Irish at work, after all.

For families with more energy, short hikes up to the falls and canoe rides were available to park visitors, despite the heavy fog that clung on to the mountain on Sunday.

“The syrup is really yummy,” said one small child who was leaving the event. “Can we come again next year?”

The Annual Maple Syrup Making Demonstration is held yearly and draws large crowds. For more information, contact the Maryland Park Service's Department of Natural Resources at: <http://www.dnr.state.md.us/>.

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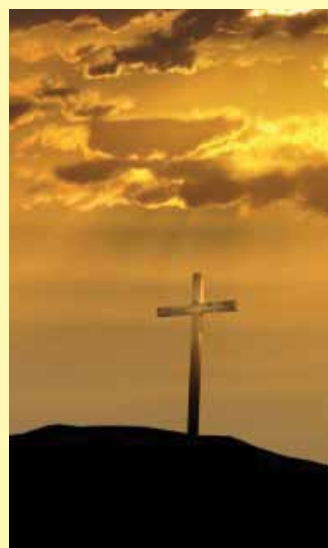
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by Denise Valentine, *A monthly column by a community member who loves to cook!*

I hope everyone is looking forward to the Easter holiday—I always enjoy our family get-togethers. When we have our Easter celebration, it is also like a signal that spring is really here and summer is right around the corner.

Everyone has their own routine for the family meal rotation: one side of the family for lunch, the other side for dinner. My biggest dilemma each year (Thanksgiving and Christmas, also) is eating way too much food. My husband has a large family, and we do “pot luck” at lunchtime. This is great because with so many families bringing food, there are lots of good dishes to try. We have our evening meal with my family, and since most of the time we are still full from lunch, we have scaled it back to ham, shrimp, a few sides, and dessert.

My sister is making a delicious pasta salad this year that I would like to share with you. The great thing about this recipe is that it can be made a day or two ahead of time (it gets better as it sits), and then you can enjoy your holiday a little more. I hope all of you have a Happy Easter!



Pasta Salad

1 lb. package of Tri-Colored Spiral Pasta
1 16 oz. bottle of Italian Dressing
1 box of Sliced Pepperoni (quartered)

Optional:

Cherry Tomatoes (halved)
Cucumbers (peeled, sliced & quartered)
Red or Green Peppers (seeded & diced)

Cook pasta according to package directions. Drain and rinse with cold water. Let drain again completely. Place pasta, dressing, and pepperoni into a bowl with a sealable lid. You can also add any optional ingredients that you like at this time. Gently stir ingredients. Turn bowl over several times until served, to mix dressing into pasta.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

~ Maya Angelou

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Mother Seton School Teacher Awarded Teacher of Excellence

On January 29, 2012, Cheryl Carney from Mother Seton School (MSS) was awarded the Teacher of Excellence Award from Friends of Catholic Education (FOCE) at its 14th annual Teacher Appreciation Dinner.

Carney, who has been teaching Music at MSS for 15 years, is no stranger to the Emmitsburg, Maryland area.

The daughter of Clyde and Sis Springer of Emmitsburg, Carney received her B.A. in Music Education K-12 from Frostburg State. Before beginning her teaching career, she taught private voice, piano, and flute lessons, and has performed with the Dixie Hiway Band for over 30 years. Besides teaching at Mother Seton School, Carney also currently teaches at Sacred Heart School in Hanover, Pennsylvania, and directs the choirs at Elias Lutheran Church in Emmitsburg. “Cheryl brings her wide experience and love for music to the students and faculty of Mother Seton,” said Principal, Sister JoAnne Goecke, D.C. “She skillfully opens musical doors from kindergarten through eighth grade with her wonderful smile, endless patience, excellent organization, and love for music and children,” continued Goecke.

When asked what her favorite part of being a music teacher is, Carney replied, “I would say that my very favorite part is working with the chorus. The chorus students have such an abundance of enthusiasm for singing and performing. It doesn’t matter if it’s a ‘moldy-oldie’ or a brand new song. They sing every song with great joy in their heart.” Samantha Nigida, a current eighth grader who has been in chorus for four years, was happy that Carney received the FOCE award. “I love chorus! Mrs. Carney works really hard on all the plays and makes it fun. She definitely deserves the award,” said Nigida.

The FOCE awardee is chosen by their peers in their respective school. “Being nominated by my peers to receive this award reaffirms the team and family spirit that is always present at MSS,” said Carney. “It is such a pleasure to teach in a school environment where the students feel safe and loved and the staff is always supportive.” At the awards dinner, Sister JoAnne Goecke, D.C., said, “Cheryl once remarked that she always had a special attraction for Elizabeth Ann Seton. Could this be because Elizabeth Ann was an accomplished pianist? Whatever brought the two together, we at Mother Seton School are the better for it!”



Courtesy Photo

Mrs. Caroline Pugh (left), Executive Director Friends of Catholic Education and Sister JoAnne Goecke, D.C., Principal of Mother Seton School, Emmitsburg, present the Teacher of Excellence Award to Mrs. Cheryl Carney (right), music teacher at Mother Seton School.

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SCHOOL news

Local Spelling Bee Winners

The Gazette's 5th Frederick County Spelling Bee was held on March 10, 2012, at Frederick Community College's Jack B. Kussmaul theater. Over thirty students participated in the event—22 public, 7 private, and 1 home school.

Winning First Place was 6th grader, Stephen Hochschild, from Mother Seton School. Accepting Second Place was 8th grader, Justin Cissel, from Thurmont Middle School. Both winners stated that they had to win the spelling bee in their individual schools first in order to go on to the final bee at Frederick Community College. Both boys studied on their own and then practiced with a teacher a week before the final bee. Congratulations to both boys for an A+ in spelling!



Courtesy Photo

Justin Cissel, an 8th grader at Thurmont Middle School, wins Second Place at annual Spelling Bee.

Thurmont Middle School Leos Shoot for the Basket...and Score!

by Labella A. Kreiner, Thurmont Middle Leo Club

On Thursday March 8, 2012, the Thurmont Middle School Leos held their Hoops for Heart basketball and hula-hooping ceremony, after raising \$1,000 from approximately twenty Leos. They held 4-on-4 basketball matches (which team 4 won—Go Team!) and got as fierce as they could in order to prevent “friendly giveaways.” Afterwards, the Leo Club members all hung out outside

at the Thurmont Middle “cage,” eating apples and oranges. When they returned, the 4-on-4 games became Knockout and 21 for the last hour of activities; in addition, some of the Leos hula-hooped or jumped rope. The good sportsmanship that was shared between friends made the games seem to fly by and a very enjoyable time was shared by all.

Safe and Sane Events

The Catocin High School (CHS) 2012 Safe and Sane Committee needs your help in raising funds for this year's Safe and Sane events. On Sunday, April 1, 2012, a Safe and Sane Cash Bingo will be held at the AMVETS in Thurmont. The doors will open at 12:30 p.m., with bingo starting at 2:00 p.m. Tickets are \$15 in advance and \$20 at the door. The committee is currently seeking sponsors for this event, as well as participants. For more information or to download a sponsorship form, go to www.catocinSAFEandsane.com or contact Denise Shriver at 301-447-3640.

On April 21, 2012, the committee will hold a Golf Tournament at the Mountain View Golf Club. Watch www.catocinSAFEandsane.com for more information as it becomes available or contact Bobby Phelan at 301-447-6644.

Join the CHS Safe and Sane Committee on the second Wednesday of each month at 7:00 p.m. in the Media Center at Catocin High School for their monthly meeting. Come out and see what they are planning.

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Mother Seton School Teachers Win Big Against Eighth Graders in the “Have a Heart” Charity Games

Mother Seton School teacher, Sister Ann Claire Rhoads, D.C., competes during the Teachers vs. Eighth Grade “Have a Heart” Charity games. Students raised over \$630 for the DePaul School in Manipur, India.

The competition was fierce on Friday, February 17, 2012, when Mother Seton School (MSS) teachers tried desperately to beat their long time rivals, the eighth graders, in the annual MSS “Have a Heart” Charity games. With great effort and a lot of fun, the MSS teachers beat the eighth grade students—40 to 20—and students raised over \$630 for the DePaul School, a school entrusted to the Daughters of Charity in Puni Pfosemi, Manipur, India.

As part of the fundraiser, MSS students participated in a “tag” day, when they could wear non-uniform shirts, and then attend the charity games where they had a chance to cheer for their favorite team. In support of Cardinal O'Brien's recent promotion to the position of Cardinal, the teachers wore red. Students wore red, white and blue in solidarity with the students at the DePaul School, who wear red, white and blue uniforms.

This year the games consisted of several mini-games instead of the annual basketball game. “We decided to make the games more open for students and teachers who do not play basketball,” said Mrs. Sheila Dorsey, First Grade teacher and co-organizer of the event. “It was fun to try something different, and more teachers and students participated.”

Living the MSS mission to love and serve Christ, students hold several fundraisers throughout the year to benefit those in need, both locally and globally. The student members of the Vincentian Marian Youth Seton Council decided on the DePaul School in India for this year's designated charity for the “Have a Heart” game day. Entrusted to the Daughters of Charity in 2006, MSS students learned that the Naga people of Puni Pfosemi endure harsh climates, tribal wars, wide-spread poverty and they lack the resources necessary to provide their children a meaningful education. Students recognized the significant impact of their \$630 donation, because just \$27 would provide schooling for one child for one year. They were pleased to recognize that their gift will help educate more than 23 children next year.

Emmitsburg Elementary School Top Banana

Mrs. Hoffman's second grade class at Emmitsburg Elementary School enjoys the Top Banana for the week. It is a week about “you and what is important to you.” The Top Banana gets to share what is important to them with their classmates.

Colan Droneburg, pictured, was the Top Banana for the week of March 5, 2012. What is important to Colan? Motorcross. He shared his dirt bikes with his classmates at school. Colan and Cody Droneburg started racing at Happy Ramblers at 4 years old. They are still racing today at age 8.

They have sponsors and support from D&S Cycle Racing, Stavros Pizza, and Dad and Mom.



Courtesy Photo

Mother Seton School teacher, Sister Ann Claire Rhoads, D.C., competes during the Teachers vs. Eighth Grade “Have a Heart” Charity games. Students raised over \$630 for the DePaul School in Manipur, India.



Courtesy Photo

Mother Seton School Bull Roast a Big Success Thanks to Sponsors



Courtesy Photo

MSS First Grade students with their Teacher, Sheila Dorsey (right), and Teacher Assistant, Kim Benjamin (left), as they proudly display their classroom project, a decorated kids picnic table, which was auctioned off at the MSS Bull Roast on March 3, 2012.

Decked out in cowboy boots and jeans, over 160 attendees at the first Mother Seton School (MSS) Bull Roast spent a relaxing evening on March 3, 2012, enjoying delicious home-cooked food, provided by Feed Bag Catering from Fairfield, Pennsylvania, and a lively auction by Johnsville Auction House of classroom projects created by our students, including a handmade quilt and a kids picnic table decorated by the first graders.

The Bull Roast was a new Home and School Association (H.S.A.) event for 2012. The H.S.A. is made up of parents and friends who volunteer their time to raise much-needed funds for Mother Seton School. In 2011, the H.S.A. was able to donate over \$42,000 to support MSS students with new textbooks, learning software, classroom supplies, playground equipment, field trip transportation, and much more.

The MSS H.S.A. would like to thank the following sponsors and donors who helped to make the evening a successful FUNdraiser: Sr. Eleanor Casey, Peter Fitzpatrick, Mark and Janet Hoke, The Metts Family, Marian and Nick Nicholson, Joe and Barbara Onofrey, and Susan Valenti.

Several businesses also contributed to the success of the Bull Roast: Belleza Hair Salon (Frederick), Crouse Ford (Taneytown), Feed Bag Catering (Fairfield), Johnsville Auction House and auctioneer Greg Smith, Kohl's Department Store and Kohl's Cares Volunteers (Frederick), Panera Bread (Frederick), Starbucks (Frederick), The Temple -- A Paul Mitchell Partner School (Frederick), Union Bridge General Store, Walmart (Rt. 26 Frederick), and Wegmans (Frederick).

In bull riding, riders strive to stay on the bull for eight seconds. These riders are considered the best of the best. The Bull Roast was also supported by special "8 Second Circle" donors: Todd and Donna Herring, David and Caroline Morningstar, Mother Seton House, Kathryn Riley and family, and Kate Marshall and Kirk Ruthenburg.

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A Night of Music

On February 11, 2012, middle school students from all over Frederick County came together in a performance that was amazing. All songs were beautifully directed by guest conductor Michelle Rafter. Thurmont Middle School was represented by Michelle Mills, Morgan Mulligan, Kendra Pastor, Logan Lewis, Hannah Shanton, Ryleigh Scheetz, Olivia Keller, Abigail Jacobs, Miranda Horn, Mariam Harper, Heaven Gonyea, Emily Cofer, Anna Kaetzel, Alyssa Barbour, Morgan Glass, Janice Campbell, Eryn Keyser, Megan Wright, Morgan Tracey, Lucy Crampton, Macy Randall, Morgan Moreland, Paula Guilday, Justin Cissel, Paul Slotwinski, Devin Stafford, and Michael Phelps.

The middle school orchestra strummed music such as Air on the G String by Bach/Gazda, B Suite for Strings by Gruselle, Arlington Sketches by Del Borgo and Tango by McLean, all artfully directed by guest conductor Matthew Horwitz-Lee.

The middle school band kept the night hopping with wonderful music and a special tribute to our military members and emergency responders, with In Honor of the Fallen by Barry Miller, respectfully directed by guest director, Dr. Keith Wharton. Thurmont Middle School was represented by Alexi Baumgardner, Brietta Latham, Emily Robinson, Morgan Kock, Emmalee Miller, Jansen Waltz, and Madi Wehler.



Courtesy Photos



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Mountain Gate Family Restaurant

When it comes to family gatherings and after-church lunches, only one place has the seating capacity and a big enough parking lot to handle buses—The Mountain Gate Family Restaurant, located in Thurmont, Maryland. The Mountain Gate Restaurant has been feeding hungry northern county residents, as well as countless visitors, with their well-known buffet style breakfasts, lunches, and dinners for over thirty years.

On my latest visit to the Mountain Gate Restaurant, my entourage of hungry co-diners decided on the buffet over my protest for the more traditional meal. Typically, I do not like buffets, as quality usually suffers at the hands of quantity.

The décor resembles the classic small-town family restaurant. The



Photo by Aaron J. Heiner

entry-way features a gift store that sells local knick-knacks, but I'll go in to more detail on that later. The waitress seated us promptly, so there was little time to shop around the gift store.

At the buffet, I started with roast beef, turkey, mashed potatoes, stuffing, and turkey gravy. The roast beef was cut right in front of me. Next, I had some mac n' cheese and

some turkey pot pie. The pot pie was average, and I thought the mac n' cheese was typical American-style.

For dessert, I tried the raspberry cheesecake, the Boston Creme Pie, and the coconut pie. All three desserts were decent, and the selection of desserts was good. From what I have heard, some folks seem to make the trek to this destination just for the endless selection of pies.

One thing I would suggest avoiding is the morning rush or evening dinner times, when the tour buses usually arrive—especially on the weekends. I would venture to guess the building is good for a couple hundred guests, but the buffet bar itself is not. Expect congestion and delays getting to the food when the restaurant is full.

Making a quick note on what I stated earlier about the gift shop is that this country store features a wide variety of souvenirs, crafts, toys, cards, candy, collectibles, and so on. There used to be a country store gift shop and Cozy Carry-out across the street that I loved, but they closed it down a few years ago, turning it in to a 7-11.

Overall, the food is decent for a family-style buffet; and I think they hit their mark well, catering towards the older crowd, families with kids, and those passing through the area.

So, with that all said, Mountain Gate does a solid business, seats are packed daily, and buses (and motorcycles on weekends during warmer months) in the parking lot gives the indication that while the recession still may be going on, the food hasn't stopped moving at the Mountain Gate Family Restaurant.

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Who Am I?



Who Am I? Next Issue

Your clues are: *"A machinist; born and raised dairy; went to Alabama with a banjo on his mind; plays mandolin; blue grass lover who is married to a pastor; member of Tom's Creek."*

You can submit your answer in either of two ways: call 240-288-0108 and leave a message or send an e-mail to who@thecatocinbanner.com. Correct answers will be entered into a contest for prizes at the end of the year. Each month's winners will be revealed in the following month's issue. Each month a new "Who Am I?" will be featured, plus we will reveal the answer to the previous month's local mystery figure.

Article and photo by Deb Spalding

Your clues were: *"Knows the history of hallowed ground; gets into spirits without drinking; spent many years pulling appendages; home on the 'range; has a taste for Apples; gets paid to tell people where to go; really down to earth and water quality."*

Those who guessed correctly were Marian Pelkey and Connie Fox.

I am Roger Troxell

Roger Troxell says, "I've spent most of my life 'pulling appendages'." He smiles and adds, "You know... milking cows?" Roger's parents, Russell and Mabel (Wastler) Troxell, and siblings—Theodore, Richard, Margaret, Bernard, Marian, and James—were all dairy farmers on their farm in Thurmont. "When you lived on the farm when it was still wilderness, you were out of civilization." Roger took over the farm—rented it and then purchased it—but he no longer does dairy, having moved on with the times to farm mainly pasture and hay.

Roger attended the same Thurmont School all twelve years where, he says, "You could usually find me in the library when I wasn't in class." On a farm, chores prevented mischief and in school, books did the same. Members of his class called him "Trixie" instead of Troxell. The Thurmont Grange was a big part of his life from early on. He was asked to join and he wanted to be part of it. He said, "It was something to do off the farm."

He has read a lot of history and likes historical fiction. With a passion for history, and an emphasis on the Civil War, he went to Gettysburg with the goal to do history tours. His sister, Marian, suggested that he do ghost tours. So, in 2003, he began to lead ghost tours with Mark Nesbitt's Ghost of Gettysburg Tours in Gettysburg. One could say that he "gets into spirits without drinking."

He also worked at the Mason-Dixon Discovery Visitors Center on Southbound Route #15, where he welcomed visitors, promoted Maryland tourism, and told them where to go (giving them directions). Now, he works as the main tour guide for the Jenny Wade House in Gettysburg.

He's a story teller. He tells about stories he's been told. Personally, he has never seen a ghost. But, he said that he has smelled and heard signs of lingering spirits—like gun powder and rifle shots—and he has sometimes felt like he's been tapped on the shoulder.

He explained that he paints a

picture in people's minds during his tours. At the Jenny Wade house, the script he wrote says, "Jenny Wade entered the house." He explained that during a tour, "I don't say Jenny Wade entered the house. I help paint a picture in the imagination by pointing down the sidewalk where Jenny Wade might have walked. I say that Jenny Wade approached the house carrying a crippled boy by the name of Isaac, dragging her 6-year-old brother down the street to get to the house where her mother and sister are waiting. She made it to the house safely, and went into the kitchen to bake bread. In the kitchen, she was shot through the door. The shot struck her in the back just under her left shoulder blade, piercing her heart. She was killed instantly. Her mother saw it happen, and ran to tell Georgia, her sister, who ran to her and instantly screamed. Union soldiers heard the scream, ran through the wounded soldiers laying in the yard and burst through the door to see what was the matter. They took charge of the situation and sent the family into the cellar. Mrs. Wade would not leave her daughter's body. Jenny Wade's body was laid on a bench in the cellar, where her body was covered by a quilt. Jenny Wade was the only civilian killed in the battle of



Gettysburg."

Roger has been on the Board of Directors of the Frederick Soil & Conservation District for twenty years. This board oversees measures to prevent soil erosion to protect the waters of Maryland, including sediment control for new buildings.

He has attended Apples Church all of his life. He adds, "including the nine months before I was born."

In June, he'll be hosting animal stories on the deck at the Thurmont Regional Library. Look for more details to come.

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Trolley Trail Clean up



Photo by Julie Bostian

Pictured from left are Ben Bostian, John Wright, Patrick McCardell, Walt Ellengerg, Jared Snyder, Dwayne Snyder, Jacob Dumbrowski, Ryley McCardell, Ben McCardell, Sean McCardell, and Devin Stafford. Not pictured: Peter Wright, Taylor Ellenberg, Michael Bramson, Kieren Lorenz, JB Bramson, Drew Bramson, Steve Vaughn, Philip Norris, Dennis Norris, Julie Bostian, Josh Bostian, Vince Cover, Kyle Cover, and Patrick Stellitano.

Two or three times a year, Boy Scout Troop 270 takes a Saturday morning and picks up trash on the Trolley Trail, starting at Memorial Park and heading down to the town library. In past years, there has been an interesting range of items found on the trail and in the creek that runs alongside it. This past Saturday, March 17, 2012, was no exception. At least five to seven lawn-size garbage bags full of trash were collected, including a heaping pile of rusty metal, a lawn mower, a toilet, an oil tank (200 gallon size), and many more strange items cleared from the Trolley Trail on this visit. This is a community service effort that the local Boy Scouts, sponsored by the Thurmont Lions Club who championed the Trail, will continue to perform.

World Friendship Day in Thurmont



Courtesy Photo

Daisy Troop 81128 hosted Japan for World Friendship Day.

Also known as Thinking Day, Girl Scouts from around the world celebrate this day by "hosting" different countries. Each troop picks a country of their choice and researches the culture, religion, history, and all about girl scouting specific to that country. The troop puts together a display board and then presents their findings to other girl scouts of all ages. Each year, a different troop hosts the event and picks the venue. This year, Daisy Troop 81128's represented Japan when they hosted World Friendship Day at the American Legion on Saturday, March 3, 2012. Countries including Egypt, Japan, Russia, Greece, Guatemala, Costa Rica, Chile, Nicaragua, Madagascar, Guyana, and Ireland were represented.

"Half our life is spent trying to find something to do with the time we have rushed through life trying to save."

~ Will Rogers

the health jeanne

by Jeanne Angleberger, Shaklee Associate for a Healthier Life

When I was growing up, I do not recall knowing how important calcium was in my diet. Even though I drank milk as a child, today it seems there is more awareness about the importance of maintaining healthy bone density. Therefore, why is calcium so important? It is the key for growing bones!

Adequate calcium taken in during childhood and adolescence may be the best way to prevent osteoporosis (a disease of bones that leads to an increased risk of fracture) later in life. This condition affects about 10 million people in the United States. That number is expected to rise if preventive measures are not taken.

Children may not reach their peak potential bone mass if they do not get enough calcium while growing.

If a survey was taken to find out what beverages the teen population

is drinking, what would the response be? Are they consuming more sugary beverages instead of milk?

It is extremely important that parents provide their children with calcium-rich foods.

The main sources of calcium are dairy products. They include milk, yogurt, and cheese. Other foods include deep-green leafy vegetables like kale, collards, and broccoli and fortified foods like orange juice and cereals.

Whether they get their calcium from a glass of low-fat milk or from a plate of vegetables is not the question. What is important is that our children get enough calcium to support their growing bones.

Remember, prevention is the key! Include calcium-rich foods or dairy in your diet every day. Keeping your skeleton strong will provide many years of a healthy and active lifestyle!

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The Thrill of the Hunt

by Valerie Nusbaum

I did some research on the custom of hiding eggs at Easter time. It turns out that the egg is a symbol of rebirth, dating all the way back to the Pagans. Originally, eggs symbolized the rebirth of the earth (spring). Later, the egg was used by Christians to reflect the rebirth of man (the resurrection).

Through the years, people began hiding eggs for children to find, making a game of it, with prizes for finding specially marked eggs. The prize was usually candy or a sweet treat.

In modern times, egg hunts are used to torture and embarrass little children. At least, that's the way it was in my family.

Our parents made my brother and I go out in the yard on Easter Sunday morning to hunt not just eggs, but also our Easter baskets. My little brother was adorable in his jammies and cowboy hat and boots, with his holster strapped around his waist. I, on the other hand, was huge and wearing a ratty robe with curlers in my hair. Our aunt and uncle lived across the street from us, and Aunt Faye always came out to watch the hunt, as did our next-door neighbors, Pearl and Pete. They laughed at us and yelled out directions: "You're cold. You're getting warmer. You're hot. Look up!" My brother was four years old, and he loved it. I was ten years old and mortified. If you've ever seen the movie *A Christmas Story*, think of Ralphie in that fuzzy pink bunny suit. That was me on Easter morning.

After the indignity of the dreaded annual hunt was over, we had just enough time to glance at the

treasures in our baskets through the layers of cellophane and get ready for church.

We got cleaned up and dressed in our Easter finest, and John and I posed for the obligatory photo. There I was, big as life, wearing the lovely dress my grandmother bought for me, with my hair all combed out and my bangs plastered to my forehead. There was always one piece of hair that wouldn't do the flip, and the expression on my face in all the photos could only be described as "pained." Attached to my leg, just above my lace-trimmed socks and white patent leather shoes was my darling brother wearing his Buster Brown suit and bow tie. I had already reached my full height of 5'6" by fourth grade, and the boys called me "Stringbean." My brother was a tiny, blonde-haired, blue-eyed, rosy-cheeked cherub, much too pretty to be a boy.

After church and Easter dinner with our grandparents, it was finally time to tear into our baskets. We always got those big chocolate rabbits, and just to aggravate me, my grandfather would bite the ears off mine. One time, that little joke of his came back to bite him in the "you-know-what," because he walked into our house and grabbed the rabbit off the coffee table and bit into it. That particular rabbit was a ceramic one that Mom had made in her class, and Pap chipped his tooth. After that, he left my candy alone.

In the afternoon on Easter Sunday, we got into the car and drove to my grandmother's house in West Virginia for more food and another Easter egg

hunt. All eight of us cousins were there, and Mam-maw had hidden dozens of eggs in her yard for us to find. She was so cool. She always used real eggs for her egg hunt—not those plastic ones—except for the big golden egg. I think pantyhose had come in that one, but we loved it. The kid who found the golden egg got a big chocolate bunny. There was a lot of fighting and yelling, even though we'd all just been to church.

I asked Randy about Easter traditions in his family. His parents didn't hide his basket. They just gave it to him like normal people. His breakfast was a soft-boiled egg and bread and whatever candy he wanted from his basket, because his parents let Randy and his brother eat candy for breakfast.

As I got older, there was less candy in my Easter baskets, and more books, art supplies, and music. I got cosmetics and hair supplies, because my hair had finally been tamed, although to this day, I still have that one piece that sticks up. I've learned to like it. There were egg hunts during the teenage years, too, but they were plastic eggs containing I.O.U.s for special treats and outings. Yes, I know. Our parents were pretty great after all. I just had to grow up a little to realize it.

Several years ago, Randy and I hosted Easter dinner at our own home. We had hidden eggs all over our yard, and, after dinner, we sent our guests out to hunt them. We had my parents, his parents, his grandmother, and his cousin Linda at our house for dinner that year. In her excitement, Mam-maw tromped through my flower bed and trampled all the pansies, but we had to laugh. Our neighbors thought that we were either crazy or really mean to make old people do that.

Spring seems to hold so much promise. It really is a rebirth. I enjoy Easter and as old as I am, I still get an Easter basket from my mom. Now it contains antacids and prunes. Thankfully, she doesn't hide my basket anymore because ants might get after the prunes.

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Staff Sergeant Thomas E. Hoke

by Jim Houck, Jr.

Thomas E. Hoke, son of Joseph R. Hoke and Effie E. (Eyer) Hoke, was born November 19, 1923, at his home in Emmitsburg, Maryland. Tom, as he is called by his family and friends, had one brother (John) and three sisters (Elizabeth, Ann and Rebecca) that are now deceased. Tom had a typical life as a kid raised in the 1920s and 1930s, and he really enjoyed being outside. He had fun in the winter sledding and ice skating and in the summer playing ball and swimming. He likes to reminisce about his childhood and the one thing that sticks in his mind is about "The Willows," a swimming hole in Toms Creek where he and his friends and classmates spent many a summers day swimming. He remembers vividly the day he was swinging over the creek on a rope the kids had tied on the branch of one of the trees leaning over the creek. The rope broke, he hit his head and almost drowned. He was saved by one of his friends, but that would not stop a tough boy like Tom. He was soon back at it again. Tom and 26 of his classmates graduated from Emmitsburg High School in 1940.

The Second World War started shortly after Tom graduated. Being of age, on February 12, 1943 he was drafted into the U. S. Army. Tom went through training to become an army medic and served in the European Theater of War and participated in The Battle of The



Courtesy Photo

Bulge. Tom made many buddies while serving his country and still keeps in touch with them by attending Armed Service reunions all over the U.S. He was discharged January 9, 1946 with the rank of Staff Sergeant. He is one of the few remaining charter members of the Emmitsburg Veterans of Foreign Wars. He is also a member of the Emmitsburg America Legion Post 121 where his name is, as all Emmitsburg Veterans, on the Wall of Veterans displayed in front of the Post.

Tom's first job after coming home was with Charles Harner, a local businessman who owned a grocery store and poultry house. Tom worked

at both business locations. Stocking shelves and bagging groceries were among his many responsibilities at the grocery store. Tom's jobs at the poultry house were killing, plucking and dressing chickens and turkeys to have them ready for delivery in Baltimore and Washington D C. He also worked for the Troxell Brothers Feed Store delivering coal to families in and around Emmitsburg. Tom said that was a hard, dirty and tedious job. He crawled around many cellars in town. Tom had a few more jobs around the Emmitsburg area over the years and really liked most of them, but found his career as a heavy equipment operator for Potomac Edison Electric Co., working out of the Frederick, Maryland, Plant. He retired from there in 1985 at 62 years of age.

Tom met Ethel Grace Long and married her August 23, 1947. Tom and Ethel had a son, John Thomas (everyone knows him as "Jack") and a daughter, Rebecca Ann (known as "Becky"). The Hoke family's first home was on Federal Avenue (also known as Bunker Hill) located at the north end of Emmitsburg. Tom had a house built on Harney Road where he now resides. "Jack" and "Becky" got married and moved away. Tom

and Ethel lived there alone together. They had a wonderful life together until Ethel passed away on May 27, 2003. He says the house is getting too big for him. He is the sole housekeeper and, in my opinion, a good one.

Tom has always loved gardening and being outdoors. He takes care of a large garden, a huge yard, which he maintains beautifully, and also has some nice fruit-producing trees. He says it is getting hard for him to keep up, but as always, he will have a great garden and a well-kept yard. When the garden is producing, he will give the majority of the produce away to friends and neighbors for free as a gift because he is, and has always been, a very generous man.

Tom told me, and he will tell you too, that he is not a very interesting man and no one would want to read about him. I told him, and I will tell you, that I consider anyone who fought for my freedom and survived the rigors of war, then came home and made a life for themselves and their family, to be very interesting and worth reading about. Tom is truly, in my opinion, a man of valor, honor, and interest -- and a person I am proud to know.

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American Legion News

by Edwin G. Creager Post 168 Thurmont

Spring is here and winter is behind us now. Winter has been quite eventful at Post 168.

Thanks to the Sons of the Legion (SAL), the lounge area has a fresh coat of paint. Our Ladies' Auxiliary painted and decorated the ladies' bathroom, and also put up a decorative border around the lounge.

There have been several events here at the Legion, too. The Frederick County Oratorical Scholarship Contest was held here. This contest had high school students sharing their knowledge of the United States Constitution in eight-to-ten-minute speeches. If you've never experienced this event before, it's truly amazing to listen to these bright and talented young people.

Also, we have had several dances here at the Post. We've enjoyed Frederick's premiere rock and roll band, Sticktime. This has become an annual event to raise funds for the American Cancer Society. Sticktime

donates their time and energy to help raise funds for Frederick's Relay for Life. We have had the Rock n' Roll Relics here, too. This group also has a huge following in the Frederick area. In addition to these bands, we've also had a benefit dance for Catocin High School's Safe and Sane event. We always have a nice crowd for all of these dances.

Did you know that Post 168 also has a dance club meeting here each month? Also, using our facilities here at Post 168 are the Cub Scouts, meeting weekly. The Thurmont Thespians have their wonderful productions here. Finally, throughout the winter season, we have held karaoke every other Friday evening in our lounge area.

Upcoming events and improvements to American Legion's Post 168 include more dances featuring the Rock n' Roll Relics. Karaoke will continue, as well, and will feature Ralph Gann and DJ,

Jacob Tregoning. We will be having Wii Bowling. Anyone interested in league bowling, here is your chance! We have contracted to have a new roof put on our building. Also, we will be building a new patio area adjacent to our lounge for those who wish to smoke and/or enjoy refreshments outside.

We, the Members, the Sons of the Legion, and the Ladies' Auxiliary would like to say a huge "Thanks" to Lee Fisher. Lee retired his position as Finance Officer of our Post, effective March 1. Lee has given more than half a century of dedication to our Post and to the Legion, holding just about every office there is in local, county, district, state, and several national positions.

Send your Veteran Organization's News to:

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American Legion Auxiliary Unit 121 Celebrity Bartender Day

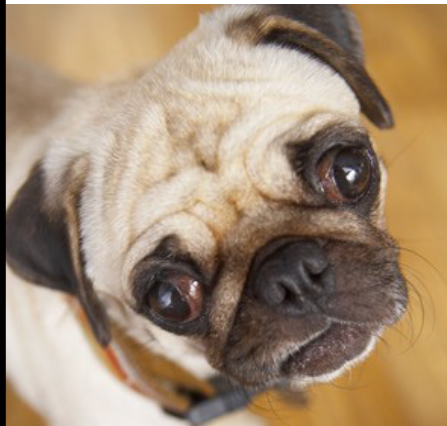
American Legion Auxiliary Unit 121 is holding a Celebrity Bartender fundraising event on Saturday, May 5, 2012, from 12:00 p.m. to 7:00 p.m., at 105 N. Seton Avenue in Emmitsburg. Doors will open at 11:00 a.m.

The theme this year is Cinco de Mayo and proceeds will benefit American Legion Post 121 building fund, Martinsburg VA Medical Center, and Emmitsburg Community Fireworks.

All volunteers who are interested in being a celebrity bartender should pick up and fill out a volunteer form at the American Legion Post 121, 105 N. Seton Avenue, Emmitsburg, no later than April 7, 2012. The earlier you get your form in, the better chance you have to get your first choice of time slots!

The American Legion Auxiliary Post 121 is seeking donations to help in these fundraising efforts. Examples of donations needed are gift certificates and/or merchandise promoting your business. Thank you in advance for your generosity.

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body wisdom

by Teresa Dukich, L.M.T.

In the near future, Thurmont will experience a political Colorfest in the form of the G8 Summit. There has been lots of discussion as to how the event will impact our quaint little town.

If you live by the cup-half-full theory, you anticipate the possible notoriety and the increased revenue to our borough.

If you're more of a cup-half-empty frame of mind, then you probably fear protests, increased traffic, and a general sense of unrest to your "normal life."

The latter outlook could have a dramatic impact on your health and here's why.

The autonomic nervous system (ANS) regulates the organs of the body. These functions happen automatically without our mental command.

This system basically has two parts: the sympathetic (stress) response, and the parasympathetic (rest/relax) response. Each part is vitally important.

The command center for the ANS is the hypothalamus and is located at the center of the brain. The interpretation of even a *perceived* threat commands the sympathetic system by preparing to run from or fight the danger, hence the term "fight or flight."

The following are some of the ways the sympathetic response prepares the body: increased heart rate, pupil dilation, sweating, elevated blood pressure, boosted immune system, energized muscles, reduced production of bile, and decreased motion in the stomach and intestines. The nervous system signals the endocrine system to release the hormones epinephrine, norepinephrine, adrenalin, and cortisol. These are all good things if you're running from a bear, but, over time, this stress will deplete your body and could lead to a damaged immune system, hypertension, hypoglycemia (a form of diabetes), or muscle toxicity, just to name a few.

In contrast, the parasympathetic response does the opposite of the sympathetic response. When we are resting, sleeping, getting a massage, or just kicking back on the weekend, our bodies are rebuilding, conserving and recharging energy. During this rest/relax time, the digestive activity of bile, enzymes, and insulin secretion are increased; stomach digestion and intestinal peristalsis begin again; the heart rate is decreased; and hormone secretion returns to normal. Ahhhh, life is good once more.

So, whether you're experiencing a global event like the upcoming G8 Summit or facing a different challenge, pay attention to your attitude toward that challenge. It could either compromise or complement your health.

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Catoctin Mountain Park Announces 2012 Youth Conservation Corps Program

The National Park Service is pleased to announce that applications are now being accepted for the 2012 Youth Conservation Corps (YCC) program at Catoctin Mountain Park. This is an exciting opportunity for high school students to spend their summer doing meaningful work in a National Park site. The YCC program is scheduled to last for eight weeks beginning on June 25, 2012 and ending on August 17, 2012. The workday will begin at 8:00 a.m. and end at 4:30 p.m.

The program is open to young men and women 15 through 18 years of age. All applicants who meet the eligibility requirements listed on the back of the application will be considered. The position will require daily outdoor labor, working in heat, and using a variety of hand tools. The 2012 work projects include monitoring of fish populations, gypsy moth monitoring, exotic plant control and removal, trail maintenance and construction, and painting projects. Enrollees will be selected through a random drawing. Please note, previous enrollees may only be considered in the event that an insufficient number of new applications are received. The rate of pay will be \$7.25 per hour.

Applications may be obtained from local high school guidance counselors or by contacting Becky Loncosky at Catoctin Mountain Park, 6602 Foxville Road, Thurmont, MD 21788. Completed application forms must be mailed to Ms Loncosky at the above address by April 15, 2012.

If you have any questions concerning this program, please contact Becky Loncosky at 301-416-0536 or by email at becky_loncosky@nps.gov.

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My first weigh and measure session with Gretchen, was painful. No one wants to know for sure how big they really are. Gretchen was very encouraging, and took my knees and back into consideration when setting up my first workout. When I said I couldn't, Gretchen was there to ensure me that I could.

This encouraged me even more to continue with the workouts. After my revision, I lost 5 lbs. total! Gretchen revised my routine for the next month. Again, the old me came out and I told Gretchen I can't do that. Gretchen smiled and said, "Yes, you can."

Gretchen has been there for me every step of the way, cheering me on and providing compliments on my progress. I had set a personal goal to lose 38 lbs in eight months. I am only two pounds away.

*Thank you Gretchen and Well Fit for all the encouragement and assistance in helping me be more healthy, physically and emotionally.
I will always be grateful!*

This is me Then.



This is me Now.

Well Fit
Aerobic & Fitness Center

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Thurmont, MD 21788
301-271-6926

Kelly's Totals in 8 Mos.

Weight Lost - 36 lbs.

Body Fat - 9.1% (27 lbs.)

Inches Lost - 35.75"

Arms: 1.25"
Bust: 4.5"
Waist: 9.5"

Abs: 5.75"
Gluts: 6.75"
Thighs: 7"

Catoctin Forest Alliance Meeting Will Feature Richard Louv, Author of bestselling book *Last Child in the Woods*

Richard Louv, author of the bestselling book, *Last Child in the Woods*, will deliver the keynote speech at the Catoctin Forest Alliance (CFA) 4th annual meeting at Mount Saint Mary's University on May 4, 2012. The conference, known as Meeting on the Mountain (MOM) IV, will gather local, regional, and other stakeholders for a series of lectures and panel discussions expounding Maryland's Environmental Literacy Master Plan.

Richard Louv has written eight books about the connections between family, nature, and community. His newest book, *The Nature Principal: Human Restoration and the End of Nature Deficit Disorder*, offers a new vision of the future in which our lives are equally immersed in nature and technology. Louv is also the founding chairman of the Children & Nature Network, an organization helping build the movement to connect today's children and future generations to the natural world. Louv coined the term Nature Deficit Disorder™, which has become the defining phrase of this important issue.

The Catoctin Forest Alliance promotes nature- and service-based education for schools, Scout and other organized youth groups, operating on the premise that these experiences will help unlock the natural world for today's children. Students are encouraged to devote a portion of the hours spent with the computer to playing outside, developing personal interactions, and doing their part to protect the environment. Small connections, played forward through the children and their families can positively impact the Catoctin Forest Region and surrounding communities. Examples of previous and current programs facilitated by CFA, in conjunction with Catoctin Mountain Park and the National Park Service, include the award-winning First Bloom program and the Park Steward program that reintroduced overnight environmental education to Camp Greentop, the former location of the Frederick County Outdoor School program that was discontinued in 1996.

The meeting will be held at Mount Saint Mary's University on Friday, May 4, 2012, from 8:00 a.m. to 4:30 p.m.

To download a copy of the MOM IV flier, go to <http://catocinforall.org/media/MOM-IV-flier-2-20-2012.pdf>.

Obituary

In
Loving
Memory

William A. Groff, Sr.

1926 - 2012



Mr. William A. Groff, Sr. died March 1, 2012, at his home in Forest Hill, Maryland, surrounded by his loving family. He was 85 years old. The son of the late Reverend William and Lottie Miller Groff, he was born August 17, 1926, in Edinburg, Virginia. He was a veteran of World War II, serving in the Philippine Islands and Japan from 1944 to 1946. A graduate of the University of Virginia and a Research Chemist for the United States Research Institute of Chemical Defense, he retired in 1981. Mr. Groff was also the author and co-author of numerous medical research publications, developed innovative research techniques for which he received recognition, and was an Emeritus of Sigma XI, Scientific Research Society.

He is survived by his wife June Long Groff and three children, Pamela S. Spacek, William A Groff, Jr. and Stephen M. Groff; seven grandchildren and four great-grandchildren.

At his request, his remains were donated to the Anatomy Gifts Registry. No public service will be held. A private memorial service and inurnment will be held at a later date. The family requests expressions of sympathy to be forwarded to St. Jude Children's Research Hospital, P. O. Box 50, Memphis, TN 38101.

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books, nooks, programs and more at the library

by Erin Dingle, Administrator, Thurmont Regional Library

The Emmitsburg and Thurmont libraries have always worked together to provide services and programs for the North County community. The Celtic Concert each year in March is an overwhelming success story and is just one example of the two branches joining resources to do more for you. As part of the same region, staff is assisting at each branch to provide circulation and reference services, plus providing storytime support. You'll see some of the same faces no matter which branch you use. In fact, both branches are managed by me, and, together with the combined staff, I will continue to look for input from you—the patrons—to find out how we can better serve you. Don't hesitate to contact me; my email address is edingle@FrederickCountyMD.gov.

There is something important and valuable that both branches share: public meeting spaces. These are available to businesses to use for a fee, and available for non-profit organizations at no cost. For a big crowd, Thurmont offers the large Community Room and is perfect for large workshops or seminars, seating up to 100 people. Thurmont and Emmitsburg both have smaller rooms that can seat between 25 and 40 people and are perfect for board meetings, book discussions groups, or troop get-togethers. There's plenty of free parking at both branches. All the information is on our website, where the rooms can be reserved online. Visit the site at <http://www.fcpl.org/information/meetingrooms/index.htm>. At the Thurmont Regional Library, there are two private study rooms that can seat up to five people and no

reservation is needed. And finally, the outdoor deck is the place to turn your conventional meeting into a more relaxed, comfortable gathering. The library can even provide extra tables and chairs for larger groups. If you would like to find out more about any of our meeting room spaces, call us at 301-600-7214.

Between the two branches, your child will always have a story program to attend. Every day, our professionally trained staff shares the world of books and music with kids of all ages. Babies and two-year olds each have a special day at both branches; Pre-schoolers, too. Stop in for our free program guide or go online to see which program fits your schedule. Even teens can find something special at either branch. We love to do special programs, too. Coming up at Thurmont this month is: Rose Hill Manor presents An American Girl, April 4, 2:00 p.m., Elementary School–Discover Felicity™ and learn about the life and times of Anne Johnson Grahame, Rose Hill's own American Girl. Bring your own American Girl™. T-Shirt Jewelry, April 5, 6:00 p.m., Tweens and Teens–You can make jewelry out of the most unusual materials. Bring your old t-shirt and cut it up to make a necklace or bracelet. Slithering Snakes, April 14, 10:30 a.m., Elementary School–Hiss, Hiss! Snake enthusiast Peter Jolles will be bringing some of his snakes to the library for an educational presentation. Learn about these fascinating reptiles from an expert. The Guys Book Club of Supersonic Awesomeness, April 18, 4:00 p.m., Boys ages 8-12–Let's hear it for the guys! This book club is for guys, so come check it out. This club is loaded with cool games, books, snacks and fun. Owl Pellet Delight, April 19, 6:00 p.m., Tweens and Teens–Get an up-close look at a real live "Angry Bird" - the Great Horned Owl. Then, we'll dissect owl pellets to examine a day in the life of an owl. Find bones, skulls and skeletons! Live owl courtesy of Scales and Tales, Cunningham Falls State Park.

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WANTED: St. Stephen's UCC, Cascade, MD, is seeking a pianist/organist for worship/special services. Students will be considered. For more information, call 301-418-8297.

DONATE YOUR CAR: All proceeds benefit the Catocin Pregnancy Center. 301-447-3391.

WANTED Antiques & Collectibles like crocks, jugs, postcards, photographs, advertising items, old signs, toys, trains (pre-1965), vintage jewelry (sterling & gold), antique furniture, guns, pottery, old holiday decorations, political items, hunting/fishing items, artwork, old dolls, etc. Will buy one item, collection or entire estate. 301-514-2631.

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april

- 4.....Thurmont Senior Center Grand Re-opening, 11:00 a.m.-7:00 p.m. Ribbon cutting 11:00 a.m.; lunch at noon. Silent auction, entertainment, refreshments. Reserve lunch 24 hours ahead 301-271-7911.
- 5,6...The Vigilant Hose Company's Annual Seafood Bonanza, 25 West Main St., Emmitsburg. 11:00 a.m.-6:30 p.m. each day. Crab cakes, oysters, fried shrimp, fried fish, steamed shrimp, and crab soup. 301-447-2728.
- 6.....Spaghetti and Pizza--All You Can Eat Dinner, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m. \$8/12-Adult; \$4/4-11; Free/3 & under. 301-271-2666.
- 7.....Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m. 301-271-2666.
- 13,14.....Boeing-Boeing Dinner Theater, hosted by One Mountain Foundation, Blue Ridge Summit, Pennsylvania Fire Hall. Friday and Saturday evenings—doors open 6:00 p.m.; dinner 7:00 p.m.; show 8:00 p.m. Show-only matinee (April 14)—doors open 1:15 p.m.; show 2:00 p.m. Evening tickets \$40/person (includes buffet dinner); Matinee tickets \$20/person. Alice Humphrey 717-794-5121 or Nina Rouzer 717-794-0061.
- 14....Steamed and Fried Shrimp and Fried Chicken Feed, Sponsored by Sons of American Legion Squadron 121, Emmitsburg, held at Post home. 4:00-7:00 p.m. Must be over 21 to attend. \$20/ticket (only 80 tickets will be sold). Purchase tickets at the American Legion bar, Zurgables Hardware, and Mountain Liquors.
- 14....Shrimp Feed, Emmitsburg Ambulance Company, 17701 Creamery Road, Emmitsburg. Doors open 4:30 p.m., dinner 6:00 - 8:30 p.m. \$25/person. 240-285-3184.
- 14....Thurmont Grange #409 Medicine Disposal Drop-off, Thurmont Grange Hall, 13 A Carroll Street, Thurmont. 9:00 a.m.-1:00 p.m. Expired and/or unused prescriptions.
- 14....Nursing A Nation Divided: Civil War Event, Basilica of the National Shrine of St. Elizabeth Ann Seton, 339 S. Seton Ave, Emmitsburg. 12:00-4:30 p.m. Interactive family event focusing on medical science during the Civil War. Free. office@setonheritage.org or 301-447-6606.
- 14....Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m. 301-271-2666.
- 14....Sportsman's Bingo, Thurmont Ambulance Company, N. Church Street, Thurmont. Doors open 5:30 p.m.; games begin 7:00 p.m. 301-748-5359 or 301-271-3820, www.thurmontambulance.com.
- 14....Frederick County 4H Therapeutic Riding Program's Spring Volunteer Training. 9:00 a.m.-1:00 p.m. No experience necessary. Will teach needed skills. 301-898-3587 or email fc4htrp@aol.com.
- 16....All-You-Can-Eat Spaghetti Dinner, Rocky's Pizza, Thurmont. 5:00-8:30 p.m. Hosted by the TMS LEO Club. \$10/10 to adult; \$5/children 5-9; free/4 and under (tickets also available at door). Sandy Zimmerman or Mary Lee Quealy 240-236-5100.
- 17....Open House, Mother Seton School, 100 Creamery Road, Emmitsburg. 10:00 a.m.-1:00 p.m. & 7:00-8:00 p.m. 301-447-3161, www.mothersetonschool.org
- 19-21 Spring musical *Once Upon A Mattress*, Catocin High School, 14745 Sabillasville Rd., Thurmont. 7:30 p.m. Adults/\$10; Students/\$8.00.

- 20....Stars of Hope Relay for Life Team Cash Bingo, Fireman's Activities Building, 123 East Main Street, Thurmont. Doors open 5:00 p.m.; games begin 7:00 p.m. \$25/advance; \$30/door. Benefits The American Cancer Society's Relay For Life. 301-271-3129.
- 21....CYA Football & Cheerleading Registration, Thurmont Ambulance Building (upstairs), North Church Street, Thurmont. 10:00 a.m.-3:00 p.m. 301-447-3430.
- 21....Basket and Vera Bradley Bingo, Thurmont Fire Company's Activities Building, 123 East Main Street, Thurmont, MD. Doors open 4:30 p.m.; bingo starts 6:00 p.m. Winners pick basket or handbag. \$15/advance, \$20/door. Food by Thurmont Fire Dept. Benefit Faith UCC. 301-271-7573.
- 21....CHS Safe & Sane Golf Tournament, Mountain View Golf Club. www.catocinsafeandsane.com or contact Bobby Phelan 301-447-6644.
- 21....Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m. 301-271-2666.
- 22....Take A Walk Through History to Fund a Cure, MS Walk sponsored by Giant Food Stores, Inc. at the Gettysburg Rec Park. Civil War reenactors invited. Debbie Bollinger 717-398-9234.
- 28....Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m. 301-271-2666.
- 28....Senior Citizens Bingo, Thurmont Ambulance Company, N. Church Street, Thurmont. 301-748-5359, 301-271-3820, www.thurmontambulance.com.
- 28....Community Bingo Fundraising Event, Blue Ridge Fire & Rescue, Blue Ridge Summit, PA. Doors open 12:30 p.m. Hosted by Sabillasville Elementary School PTA. Games begin 2:00 p.m. \$15/9pk (Adults); \$5/3pk (Children 12 and under); 20 games (regular & specials). 301-241-4384.
- 28....Sandwich Sale, Thurmont Lions Club at Bell Hill Farm, 1½ miles North of Thurmont, along US Rt. 15. 10:00 a.m.-3:00 p.m. (until sold out). www.thurmontlionsclub.com or www.facebook.com/thurmontlionsclub.
- 28....Mystery of the Rosary, Basilica of the National Shrine of St. Elizabeth Ann Seton, 339 S. Seton Ave, Emmitsburg. Children and Parent program at 10:00 a.m.; Adults (16yr and older) program 1:00 p.m. Registration required. 301-447-6606.
- 28....Spring Tea, Lewistown United Methodist Church, 11032 Hessong Bridge Rd., Lewistown. Two seatings: 11:00 a.m. and 1:00 p.m. Bazaar Items and Baked Goods. \$15/person. Benefit Missions projects of LUMC. Reservations: Barbara 301-898-5572 or Ruby 301-898-7888.
- 28....Cash Bingo, Thurmont Ambulance Company, 27 North Church St, Thurmont. Doors open 5:00 p.m., games begin 7:00 p.m. Tickets/\$20. Benefit Thurmont Senior Center. 20 regular games \$100; small jackpot \$250; large jackpot \$500. 301-271-7911.
- 28....Bingo Vera Bradley, Mother Seton School, Emmitsburg. Doors open 5:30 p.m., bingo starts 7:00 p.m. \$15/advance; \$20/door. 301-447-3161 or Lena 301-717-8860.
- 28....Fried Shrimp and Roast Beef Dinner, St John's Lutheran Church, 8619 Blackmill Rd., Creagerstown. 12:00-5:00 p.m. \$15/adults; \$7/children (6-

12); Free/5 and under. Carryouts/\$16. 301-898-7905.

- 28....Cash Bingo, Emmitsburg Baseball and Softball League at Vigilant Hose Company, 25 West Main Street, Emmitsburg. Doors open 4:30 p.m.; Early Birds 5:45 p.m., bingo begins 6:00 p.m.
- 28,29.....Spring Festival, The Children's Museum of Rose Hill Manor Park, 1611 N. Market Street, Frederick, MD. April 28—10:00 a.m.-4:00 p.m.; April 29—12:00-4:00 p.m. Children's old-fashioned toys, games, and hands-on crafts. Sat. morning tractor pull, Sunday kiddie pedal tractor pull. Exhibits, hayrides, animals, food, crafts, & music. Parking donation \$1 (fees for crafts, food, hayrides, and tours). 301-600-1650 or www.rosehillmuseum.com.
- 29....Quartermania, Quarter Auction, Woodsboro Fire Co. Complex, 10307 Coppermine Rd., Woodsboro, MD. \$5/advance, \$8/door. Benefits Woodsboro Ladies Aux. 301-401-2824.

may

- 5.....3rd Annual Gregory A. Brashears Memorial Bus Trip, depart Thurmont Plaza 7:00 am sharp. \$45/person non-refundable. Must be 21 years of age to participate. Lori Long 301-748-6007.
- 5.....Emmitsburg Lions Club's Chicken Dinner Barbecue and Yard Sale, across from the Getty Mart on South Seton Ave, Emmitsburg. Yard sale 8:00 a.m.; chicken dinner barbecue 11:00 a.m. (until sold out). Reserve table for yard sale, 301-447-2020.
- 5.....Traditional Spring in the Village, Collier's Log House, ca. 1810, 12607 Catocin Furnace Rd., Thurmont. Wonderful Mother's Day Gifts and Decorations for Sale. 9:00 a.m.-5:00 p.m. Sponsored by the Catocin Furnace Historical Society, Inc.
- 5.....Annual Celebrity Bartender Day Fund Raising Event, Auxiliary Unit 121 Francis X. Elder American Legion, Emmitsburg. Noon-7:00 p.m. Doors open 11:00 a.m. Food, Door Prizes, Lots of fun! Benefits Martinburg V.A. Medical Center, Emmitsburg Community Day & Fireworks, American Legion Post 121 Building Fund.
- 5.....Bingo, Emmitsburg Ambulance Co., 17701 Creamery Road, Emmitsburg. Doors open 4:00 p.m., games begin 7:00 p.m. \$35/ticket. 240-285-3184 or 717-642-9335.

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Easter activities

- 2.....Community Lenten Service, Thurmont Ministerium Sharing Bread, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 12:00 p.m. 301-271-2379.
- 6.....First Friday Fun, The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick, MD. 9:30-10:30 a.m. Peter Rabbit program for ages 2-6; includes story, activities, craft. \$4/Child. 301-600-1650, rosehillmuseum.com.
- 7.....Easter Egg Hunt, Weller United Methodist Church, 101 North Altamont Avenue, Thurmont. 11:00 a.m. Open to the community for grades 5 and under. Meet in the church. 301-271-2802 or www.wellerumc.com.
- 7.....Spring Easter Egg Roll, The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick, MD. 1:00-4:00 p.m. Ages 2-12. Bring an Easter basket with grass; meet Easter Bunny; petting zoo; hayride; games & crafts. \$5/Child. Pre-registration 301-600-2936 or visit www.rosehillmuseum.com.
- 8.....Easter Services, Lewistown United Methodist Church, 11032 Hessong Bridge Road, Lewistown. Sunrise Service 6:00 a.m., with special music followed by breakfast; Easter morning worship 9:00 a.m., with additional special music and an inspirational video. 301-898-7888.
- 8.....Easter Sunday Service, Trinity UCC, 101 East Main Street, Thurmont. 11:00 a.m. Pastor Sean DeLauder. Everyone is welcome!
- 8.....Elias Lutheran Church, 100 W. North Ave., Emmitsburg. Egg Hunt for ages 3-12 at 9:30 a.m. Sunrise service 6:00 a.m., Breakfast, 7:30 a.m., Family Easter Service of Celebration 10:30 a.m. 301-447-6239.
- 8.....Annual Easter Egg Hunt, Thurmont Community Park, Thurmont. Over 1,000 eggs. For children (age 12 and under). 2:00 p.m. Bring your own basket and camera to take picture with Easter Bunny. Free event. Sponsored by Thurmont Lions Club. www.thurmontlionsclub.com.
- 8.....Easter Sunday Sunrise Service. Mt. Moriah Lutheran Church, 15116 Foxville Church Rd., Sabillasville, MD. Service 6:30 a.m.; Light refreshments follow. Regular service 9:30 a.m. All are welcome. Contact Pastor Julie Brigham 301-824-7774.
- 8.....Trinity United Church of Christ, 101 East Main Street, Thurmont, MD. Worship Service and Sunday School 11:00 a.m. on Sunday morning. Reverend Sean Delawder, Pastor.



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