

Stavros Pizza is Back in Business

Stavros Pizza will reopen on Tuesday, August 2, 2011. The pizza business was closed for sixteen months as a result of damage from the Old Hotel fire on the square in Emmitsburg last April. Stavros Pizza occupies the basement space of the building. Owner, Beverly Koontz, said, "It's been a long sixteen months but we are back in business."

Customers will notice the new freshly renovated bright interior that resulted from the restoration of the space from what was mainly water damage.

The long closing had an impact on the team of staff members who had to go elsewhere for employment while the business was closed. If you are interested in applying for one of the positions available, just stop by for an application.

Take part in the "Name Your Pizza Special" Contest. Put your idea in a jar at the counter

and you could win a free pizza if your idea is selected.

Bev would like to extend a big thank you to all customers for being so patient and expressing their kind support. Stavros will be open Tuesdays, Wednesdays and Thursdays from 11:30 a.m. to 9:00 p.m., Fridays and Saturdays from 11:30 a.m. to 10:00 p.m. and Sundays from 11:30 a.m. to 9:00 p.m. Call 301-447-6767 to place food orders.

Photo by Deb Spalding



Bev Koontz of Stavros Pizza in Emmitsburg is pictured in the newly renovated restaurant.

We Love a Parade! See photos of the Thurmont Carnival and Parade... Page 19

The Guardian Hose Company's annual fireman's carnival and parade was held the week of July 11 through 16. It provided wholesome family fun to locals. Along with games for all ages and entertainment, a variety of food vendors were available to satisfy a range of tastes. The proceeds from the carnivals are dedicated to supporting the Guardian Hose Company. Each night various local bands from the area played for the young and old alike. Rides entertained the neighborhood kids while adults had various options in entertainment ranging from bingo to 50-50 raffles.

However, if you missed the festivities from this year's carnival—not to fear, Rocky Ridge is set to host their carnival starting the week of August 8. See details on page 3.



Photo by Graceanne Schramm



Pictured above, The Catoctin Zoo & Wildlife Preserve's float in the Thurmont Parade was escorted by a giraffe.

Pictured left, Corey Doody (5) rides the bumble bee ride at the Thurmont Carnival.

Photo by Aaron J. Heiner

See how Emmitsburg's Childcare Center is weathering the Tough Economy... Page 8



Courtesy Photo

Children at the Emmitsburg Early Learning Center in Emmitsburg are shown clapping along with the Storytime Show with Miss Jenni. See more about the EELC on page 8.

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from the publisher

Dear Reader:

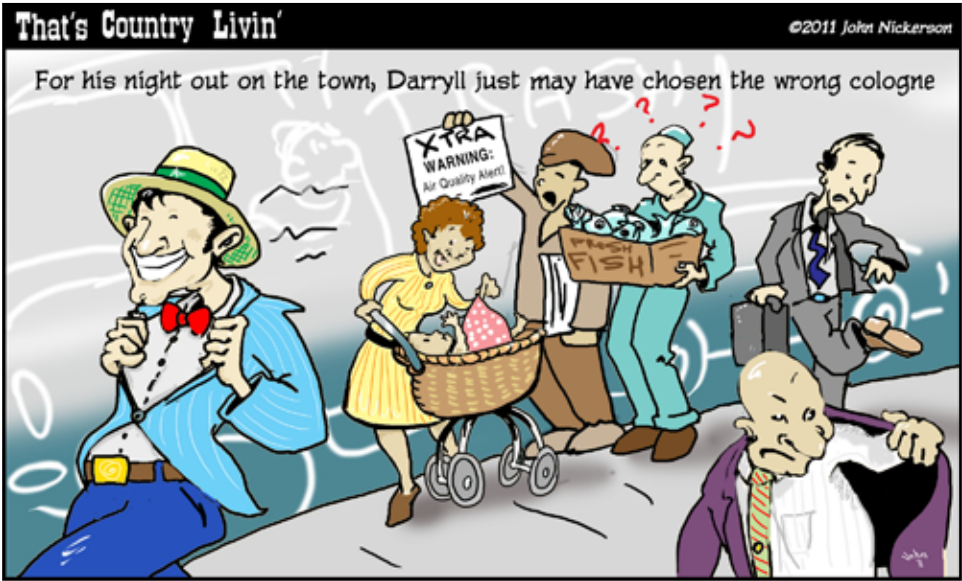
Less than two days before print, we lost the entire layout file for this issue during a bad storm in Emmitsburg. We were probably 85% done the layout. So, let that lesson be a lesson to me and to you... always save your work (which we did) and always back it up (which we didn't). I think I'll be buying additional "cloud" space (internet backup storage) in the near future. If I seem a little rushed in my ramblings here, you know why -- STRESS! Can't live with it and can't live without it. Let's see how fast I can rip through this layout :-)

Did you see our columnist and Thurmont's Official Historian, George W. Wireman, in the Thurmont Firemen's Parade? He had a blast and he's taking a short break from writing his column this month. He'll be back next month. Special thanks to my Uncle Jim Bittner, Bill Coyle and Warren Suker for bringing out their Model A antiques for George and I to ride in the parade. It was a rumble!

We have a NEW phone number for our contest line. Please note it, 240-288-0108. We hope you enjoy our ever-changing good-news publication and we invite your comments and suggestions.

As always, I urge you to patronize the advertisers who reach out to you through *The Catoctin Banner*. Many of our advertisers change the content of their ads from month to month, so look closely. You may even find some discount coupons. Tell them you saw them here! *The Catoctin Banner* exists due to the advertising support of those featured in each publication.

Deb Spalding, *Publisher*



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For Rent

FOR RENT/LEASE: The Sabillasville Church of God of Prophecy, located in Sabillasville, MD, is available for leasing or renting during the week for any reliable business. The church has a large basement with a full kitchen. If your church group is looking for a place to worship, our church is willing to rent or lease our sanctuary for Sunday afternoon and a night during the week for Bible Study. Price is negotiable. Call Sean Cox at 202-441-7797.

FOR RENT: Townhouse in Thurmont. 3 Bedroom, 1 ½ Bath. Newly painted, deck, central air, no smoking, no pets, washer/dryer hook ups available. \$950/month plus utilities and septic. 301-271-7585.

FOR RENT: Thurmont, 202 East Main Street. Three beautifully finished rooms fronting Main Street. Suitable for professional offices, retail, etc. \$695.00/month plus utilities. 2,000 Square Feet+ Finished Space with Loading Dock. Suitable for distribution, clubs, churches, trades, etc. \$6.00/s.f. Please call owner at 1-301-565-0946.

FOR RENT: Office Space in Cascade. 620 s.f. build to suit. 301-241-4726.

MOON BOUNCE for rent, \$125.00 per day. 301-447-2663.

OCEAN CITY, MD RENTALS: 94th Street, 3 bedroom, 3 bath, bay side townhouse. Also 53rd street, 2 bedroom, 2 bath, ocean block, ground floor condo. Each \$995.00 weekly, plus taxes. Off season rates available. 301-447-2342.

OCEAN CITY, MD. RENTALS: 32nd Street Bayside efficiency, sleeps 4, no pets, 2 blocks to beach, 3 night minimum, \$100 per night, tax included. 301-447-2923.

Notices

VENDORS: The Sabillasville Church of God of Prophecy, located in Sabillasville, MD, is opening their grounds for vendors during the Thurmont Colorfest, slated for the second weekend in October. Cost will be \$10 for a 10 sq. ft. space. Call Arietta Grimmertt at 301-241-3707.

NOTICE: Home and Garden Party and Home Interiors have joined together to become "Celebrating Home" bringing families together. To request a new catalog, host a show, schedule a fundraiser, or learn more about starting your own business, please e-mail MaryLou Little at hgpartygirl62@aol.com or call 301-447-2073. Host your party in my home. Call me to set your date and I will do the rest. Celebrating Home Bingo, Tuesday Sept. 6, 2011 - 7pm - \$25 order to me is your paid admission. Call Marylou for more details @ 301-447-2073.

How Would You Like To FEEL 25 Years YOUNGER and LIVE 25 Years LONGER? Go to www.Shaklee.net/JCE NOW! Read how VIVIX Cellular Anti-Aging Tonic is a REVOLUTIONARY BREAKTHROUGH in the fight against cellular aging. All natural. Order yours TODAY! Contact Jeanne at 301-305-1466. www.Shaklee.net/JCE

Help Wanted

POSITION available. Hotel night Auditor 11:00 p.m.-7:00 p.m. shift. Part time/Full Time position. Apply in person at Sleep Inn, Emmitsburg.

POSITION available. Hotel Guest Service Agent. Must be available evenings and weekends. Apply in person at Sleep Inn, Emmitsburg.

Found

Almost a year ago in front of the Ott House in Emmitsburg.. a medal with an angel on one side and "Guardian Angel for Daniel will protect and guide" on the other. Stop at E Plus Copy Center in Emmitsburg to pick up.

Wanted

WANTED: Any unwanted lawn mowers, tillers, yard items. Will haul. 301-271-4266.

DONATE YOUR CAR: All proceeds benefit the Catoctin 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.

WANTED: Looking for a large dog box. Call 301-271-7975.

For Sale

FOR SALE. Gas stove convection/conventional. Asking \$100.00. Call 301-271-4252.

FOR SALE: 2000 Chevy S-10, 97K miles, automatic, 4x4, V6, runs great. \$5,000 firm. Call or text Chris at 301-788-5258.

FOR SALE: Captive bred King snakes and Corn Snakes. 240-731-9936.

FOR SALE: Little Tykes swing set. Includes rope, ladder, 2 swings, steering wheel, sliding board, and open clubhouse. \$300.00/obo. Call or text Lori at 301-606-8413.

FOR SALE: Bissell Pro Heat Deep Cleaner. Never been used. \$100.00, 301-271-9846 leave message if no answer.

FOR SALE: Club Car Golf Cart. Electric, 4 Seater, Great Condition. \$1,600. Call (717)338-9102.

Services

CHILD CARE available. Child care provider with credentials and license number 155029. All ages welcome. Call 757-618-0162.

DAYCARE: Opening for ages 2 through 5. Large fenced outdoor play area. Plenty of activities. Thurmont area. Call 301-271-2180.

DAY CARE OPENINGS Age 2+, Emmitsburg. License # 137984. Call Cindy 301-447-3389.

Rick Hurley & Son Small Engine Repair, call 301-271-2117 or 240-285-2494, leave message.

COMPUTER REPAIR & ASSISTANCE A+ Certified Technician. 301-788-0951 or getzcomp@verizon.net.

GUITAR LESSONS. Acoustic/Electric. Beginners to Advanced. All Styles. All Ages. Taught by an instructor with over 20 years of teaching and performing experience. Call Brent at 240-586-1128 or e-mail at brent@brentpro.com for details.

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Yard Sales

YARD SALE Saint Anthony Shrine Yard Sale and Flea Market, 1st and 3rd Sunday of each month May thru October. Corner of US 15 and St. Anthony Road, Emmitsburg. \$10/spot. 240-529-2737.

Lost

Lost Dog: Red Dapple Miniature Dachshund in the Thurmont Area... REWARD IF FOUND! 240-446-5137.

Hidden Object Game and “Where Am I?” Photo Game

Congratulations! July's *Hidden Object* and “Where Am I?” Game Winners were Susan Talcott (\$25 Gift Certificate) and Karen Shimansky (\$10 Gift Certificate). The hidden sandcastle was located on page 28 in the the Drive Your Tractor to School photo.

Last month's “Where Am I?” photo showed a pie which is shown in billboards along north and south bound lanes of US Route #15. The billboards advertise Catocin Mountain Orchard. This month's Hidden Object is a computer mouse.

For the “Where Am I?” photo contest, take a look at the photo directly below this box and tell us where it was taken. It is somewhere in or around our Northern Frederick County Area. Our area is defined as Rocky Ridge to Cascade and Lewistown to Emmitsburg, Foxville to Creagerstown and everywhere 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. Please only leave game messages on the message line. Call our regular number with all other inquiries.

‘Where Am I?’ Contest




Photo by Deb Spalding

About The Catocin Banner & The Catocin Banner Incentive Program

Here at *The Catocin Banner*, the majority of the content is information that community members submit in paragraph briefs and photos. The rest of the content is created by column contributors who are, for the most part, volunteers. We have a few paid staff members who work for E Plus Copy Center & Promotions as graphic designers and general do-everything gophers. We integrate the work of the paper as a project of the store. We appreciate all the contributions of content and readership that we receive. Keep sending your information and we'll keep it going.

We created *The Catocin Banner* Incentive Program to reward our supporters. The Incentive Program is a program where any person can sell an ad or ads and earn money by helping to support this little newspaper.

Here's how it works... simply send an advertiser to us and we'll review the details with them. If they sign a six or twelve month contract and name you as the person who referred them, we will pay you \$40 once we've received payment from your advertiser for his or her first ad in their contract term.

 <p>Serving Northern Frederick County, Maryland 515B E. Main Street • Emmitsburg, MD 21727 or 13425 Moser Road • Thurmont, MD 21788 Phone: 240-288-0108 Message Line 301-271-1050 Mobile • Fax: 301-447-2946 www.thecatocinbanner.com email: news@thecatocinbanner.com CIRCULATION: 9,300 copies mailed to all postal customers in Thurmont, Rocky Ridge, Cascade, Sabillasville & Emmitsburg, MD Published by E+ Copy Center & Promotions</p>	<p>The goal of The Catocin Banner is to provide good community news and information for residents of northern Frederick County, Maryland; promoting a sense of community pride and spirit.</p> <p>Published on the 1st Thursday of each month. DEADLINE: The Monday of the final full week of each Month.</p> <p>YEARLY SUBSCRIPTIONS: \$15 Deb Spalding, Publisher</p> <p>Contributors: Barbara Abraham, Graceanne Schramm, Jeanne Angleberger, Michele Cuseo, John Kinnaird, Mandy Eyler, Teresa Dukich, Aaron J. Heiner, Jim Houck, Jr., John Nickerson, Valerie Nusbaum, Laura O'Donnell, Robert Rosensteel, Carie Stafford, Michele Tester, Denise Valentine, Meghan Jackson and George W. Wireman</p>
<p>POLICY: The publisher of <i>The Catocin Banner</i> reserves the right to revise, reclassify, or reject any advertisement or any article for any reason, at any time, and to omit all copy when not submitted in time to conform with deadline. The views expressed in advertisements may not be those supported by the staff of <i>The Catocin Banner</i>. The deadline for submission is the Monday of the final full week of each month. Information and advertising copy received after the deadline will be accepted at the discretion of the publisher. The publisher assumes no liability for misinformation, misprinting, or typographical errors. The publisher reserves the right to edit all submitted material.</p>	

Rocky Ridge Volunteer Fire Company Carnival August 15-20

The Rocky Ridge Volunteer Fire Company Carnival will be held August 15 through August 20, 2011. At the carnival last year the company's first-ever Cake Judging and Auction fundraiser was held. This was such a huge success that it was voted to be held again this year on Monday night.

If you like to bake cakes and would like to possibly win some money and a ribbon for your effort, cakes maybe entered on Sunday, August 14, from 1:00-4:00 p.m. and on Monday, August 15, from 11:00 a.m. - noon at the activities building in Rocky Ridge. There are two age categories: youth (ages 11-18) and adult (19 years and up).

If you are not a baker, but you like cake, then plan to attend the Cake Auction on Monday August 15, at 7:00 p.m. in the Mt. Tabor Park to purchase a cake. All the proceeds from the cake auction go to the fire company, so they can continue to be one of the few all-volunteer fire companies left in the county.

The carnival is the company's biggest fundraiser of the year and this is just one small part of the week-long activities held August 15-20. Don't forget to try their famous fried ham sandwiches, fresh cut french fries, hand-dipped ice cream, and lots of other delicious home-cooked food during the week.

The line of entertainment is: Monday—Cake Auction; Tuesday—CB Pickers (Bluegrass); Wednesday—Paul Ledford Band (Country), Parade at 7:00 p.m.; Thursday—The Rivers Band (Classic Country); Friday—Brush Fire (Variety); Saturday—Roll The Dice (Classic Rock). The parade will be held on Wednesday, August 17, starting at 7:00 p.m.

Enter the 55th Annual Thurmont and Emmitsburg Community Show

Show booklets now available for free at local businesses.

See details on page 6.

Corrections to Last Issue:

In the July 2011 issue of *The Catocin Banner*, in the “55th Annual Thurmont & Emmitsburg Community Show” article. Catocin Mountain Park was mentioned as celebrating their 50th Anniversary in error. They are actually celebrating their 75th Anniversary in November.

Last month, one of the kids in the Fishing Derby pics (the one in the purple) was identified as Lynzee Davis. She is 5 years old and won 5th prize with a 15 oz. bass.

Our apologies to Ken Oland for leaving out the Vacation Bible School info he sent in. Also, our apologies to Gretchen Smith at WellFit for missing her ad altogether.

The name of the boy in the Emmitsburg Ambulance Company Open House photo was Damian McKenney.

<h3>Your Hassle - Free Local Home Buying Team</h3>		
		
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Emmitsburg, July 2011

Town Pool Party for Safe and Sane

Mark your calendars for August 21 for a pool party at the Emmitsburg Town Swimming Pool. A majority of the proceeds will be handed over to the Safe and Sane fund raiser for the Catocin High School seniors. Cost for the pool will be the regular daily rate. Catocin seniors will be working the door. The town is also sponsoring a couple more pool parties for the rest of the summer. Watch for fliers around town advertising pool parties.

Budget Cuts and Town Sheriff Retirement

Effective in July, Sheriff Deputy Jim Moxley retired. This retirement has fulfilled the budget decision to cut one resident sheriff from the town for a cost savings. The town will still receive the full services from the Frederick County Sheriff's Department.

Town Election in September- Judges Needed

The next town election will be on September 22. Emmitsburg will vote for two seats up for election, the Mayor's seat and one Commissioner's seat.

Once again, the town is in need of election judges to help with the election process. Anyone interested in helping with this worthy cause is

town hall reports

by Michele Cuseo

encouraged to call the town office.

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

Rohrersville Cornet Band in Thurmont August 7

The final summer concert of the 2011 series will be held Sunday, August 7 at 6:00 p.m. in Thurmont Memorial Park and features the Rohrersville Cornet Band. The band, organized in 1837, is celebrating 174 years of service and has been a regular feature of the Thurmont Summer Concert Series since its beginning in 1987. Bring lawn chairs or blankets for seating in the park.

Share Your Good News!

Send your news to
The Catocin Banner
515B East Main Street, Emmitsburg, MD 21727
13425 Moser Road, Thurmont, MD 21788
news@thecatocinbanner.com
E+ Copy Center & Promotions in Emmitsburg

Thurmont, July 2011

Senior Center News Update

The Town of Thurmont has had an agreement with the county to receive \$6000 annually to help fund the Senior Center in Thurmont. Each year the town has included these funds in their budget numbers. However, in this time of budget-cutting the Frederick County Commissioners decided to eliminate the support for the Thurmont Senior Center. The Town of Thurmont had already planned on receiving the county funds in their budget for 2011-2012. Mayor Burns reached out to the county commissioners and asked if Thurmont could still receive the designated funds for just this year since they had already passed their budget. The county commissioners graciously agreed to allow the \$6000 this year.

With the decision to eliminate funding for the Thurmont Senior Center, the Frederick County Commissioners also agreed to provide a one time payment of \$13,000 toward helping fund the Senior center meals. The Center just contracted with the Cozy Restaurant to have hot meals catered to the center.

The town is also working on improvements to the center that include handicap accessibility and an updated kitchen that was funded through a state grant.

Recycling & Yard Waste for Town Residents

The county recently took away the recycling containers that were located at the Eyler Park area. To fill the void, the town will be renting a recycling dumpster that will be placed behind the substation.

Access to the site can be found via the library parking lot. To offset the expense, the town will charge a \$5 fee per truck load to use the dumpster. All the normal recyclable items -- paper, plastic, aluminum, etc., will be accepted. Recycling will maintain the same schedule as yard waste. Town staff will be on site to accept recycling and yard waste. For people not wanting to wait two weeks for the recycling truck, this is a good option. This service is for town residents only.

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

Farmer's Markets:

Emmitsburg -- South Seton Avenue, Fridays from 3:00-5:30 p.m.
Thurmont -- Thurmont Carnival Grounds on Boundary Avenue, Saturdays, 9:00 a.m. to noon.



Thurmont Lions Club Summer Sandwich Sales

Don't miss the last two Summer Sandwich Sales of the season. This is your last chance to enjoy pit beef, pork, turkey and ham sandwiches. If you want a complete meal, choose platters that include either fries or baked beans plus cole slaw and a beverage. Delicious desserts will also be on sale. Outdoor seating is available so you can bring the whole family. Of course, take out is always an option because of the convenient location: Bell Hill Farm, 1 1/2 miles north of Thurmont along US 15.

The Thurmont Lions Club recently donated over \$40,000 to organizations that provide services to the disabled, poor, homeless, or elderly in our community, as well as help for military families and support for vision and hearing. These sandwich sales provide some of the funds for donations to these and many other organizations. Please help us continue to support these causes.

Put these dates on your calendar: Saturday, August 6 and September 3. 10:00 a.m. to 3:00 p.m. (or until sold out). For details, call 301-271-0558.

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Thanks for a Successful Carnival!

The Guardian Hose Company

www.guardianhose.org



Congratulations to our Parade Contestants!!

Fire Department Traveling the Greatest Distance - Mount Airy Vol. Fire Co.

Judge's Award - Thurmont Riding Club

President's Award - Best Appearing Fire Department - Independent Hose Vol. Fire Co.

Best Appearing Awards

Brush Unit - Mount Airy Vol. Fire Co.

Engine - 3rd Place - Rocky Ridge Vol. Fire Co.

Engine - 2nd Place - Wolfsville Vol. Fire Co.

Engine - 1st Place - Independent Hose Vol. Fire Co.

Pumper/Tanker - Graceham Vol. Fire Co.

Squad - 2nd Place - Walkersville Vol. Fire Co.

Squad - 1st Place - Vigilant Hose Vol. Fire Co.

Tanker - Lewistown Vol. Fire Co.

Aerial Apparatus - Vigilant Hose Fire Co.

Special Purpose Unit - 2nd Place - Independent Vol. Fire Co.

Special Purpose Unit - 1st Place - Lewistown Vol. Fire Co.

Ambulance - 2nd Place - Independent Vol. Fire Co.

Ambulance - 1st Place - Emmitsburg Vol. Ambulance Co.

Adult Entry - 3rd Place - Thurmont Senior Center

Adult Entry - 2nd Place - Thurmont Heritage Days

Adult Entry - 1st Place - Thurmont Lions Club

Youth Entry - 3rd Place - Rocky Ridge Vol. Fire Co. Jr. Members

Youth Entry - 2nd Place - Girl Scout Junior Troop #81790

Youth Entry - 1st Place - Catocin High School FFA

Commercial Entry - 3rd Place - Cuttingham Falls State Park

Commercial Entry - 2nd Place - Digging and Rigging

Commercial Entry - 1st Place - Thurmont Ace Hardware

Color Gaurd - Thurmont AMVETS Post #7

Marching Unit - Catocin High School Marching Band

Majorette Unit - Catocin Aires Twirling Corps

Antique Non - Fire Vehicle - 3rd Place - Mike Moser

Antique Non - Fire Vehicle - 2nd Place - Merhle Young

Antique Non - Fire Vehicle - 1st Place - Golden Gears Car Club

Antique Fire Vehicle - 3rd Place - Bob Dinsmore

Antique Fire Vehicle - 2nd Place - Malden Miller Jr.

Antique Fire Vehicle - 1st Place - Topper Cramer

Thank You to Our 2011 Carnival Sponsors

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SONS OF AMVETS POST 7

STALEY'S STORAGE

SUPER 8 MOTEL, THURMONT

THURMONT AMVETS POST 7

THRUMONT AMVETS POST 7, AUXILLARY

THURMONT LIONS CLUB, TLC FOUNDATION

THURMONT MIDDLE SCHOOL - LEO CLUB

THURONT PLAZA

TOWN OF THURMONT

TRACEY'S AUTO REPAIR

VERONICA AND WALTER LOIVACHEK

WAL-MART, RT 26, FREDERICK

WOODSBORO BANK, THURMONT

WTHU

Thanks to our sponsors for their support!

We are accepting sponsors for our 2012 Carnival. It will be our 125th Anniversary.

Please write to:

Guardian Hose Co. Inc., 21 N. Church St. Thurmont, MD 21788 (301-271-3413)

Cross-Eyed Cricket

by Aaron J. Heiner



Photo by Aaron J. Heiner

Cross-Eyed Cricket owners, Rolanda and Ernie Smith are pictured in front of the bar and grill.

Formally known as Little's Tavern, the Cross-Eyed Cricket, located at 6 East Main Street in Thurmont, came under new ownership in January. Owners, Rolanda and Ernie Smith, bought the bar from the previous owner who planned to close down. The Cross-Eyed Cricket hopes to expand the dining room to the adjoining property if opportunity allows it.

Helen Rice, one of eight staff members, has been with the Cross-Eyed Cricket three months. "I see the same regulars here and I love them." When asked about the food, Rice reasoned, "The food is great!"

Unexpectedly, the Cross-Eyed Cricket is open for breakfast. As Ernie Smith explained, "We don't do major breakfast, but we do breakfast sandwiches, such as bacon, egg and cheese and stuff like that. We use local butchers for the meat, and we support the local town." Moving the topic to lunch and dinner fare, he said, "All the meats are fresh meats, as well as the seafood." About seafood, he said, "The people who usually get them [seafood] here are pretty loyal. They have been getting them here for years."

The pub plans to have all-you-can-eat crabs, as well as continue the popular karaoke and pool. The Cross-Eyed Cricket sponsors "DT Racing," a local drag racing team.

Smith referenced the racing team, saying, "I've known them for years. We've gone camping together." He added with a chuckle, "DT Racing has raced for the last two years, but didn't have a sponsor. I want to race, but I don't have a car. So, I give him money for gas to do race."



Photo by Aaron J. Heiner

Helen Rice is shown tending bar at the Cross-Eyed Cricket on East Main Street in Thurmont.

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55th Annual Thurmont & Emmitsburg Community Show

The Thurmont & Emmitsburg Community Show will be held at Catocin High School, 14745 Sabillasville Road, in Thurmont, Maryland on September 9, 10 and 11.

The time for entering exhibits is as follows: Thursday night, September 8, 2011 from 6:00 to 9:00 p.m., Friday, September 9, 2011 from 8:00 a.m. to 11:30 a.m. Please note this change on entering of exhibits on Friday. You may also visit the Community Show's website at www.thurmontemmitsburgcommunityshow.webs.com to view the premium list for 2011 and the community show booklet. The booklet is now available in local grocery stores, banks and restaurants.

Entries can be made in the following categories – Fresh Fruits, Fresh Vegetables, Home Products Display, Canned Fruit, Canned Vegetables, Jellies & Preserves; Pickles, Canned and Home Cured Meats; Baked products, Sewing, Crocheting, Needlework, Embroidery and Knitting; Flowers & Plants; Arts, Painting & Drawings; Crafts, Photography, Corn, Small Grains & Seeds; Eggs, Nuts, Poultry & Rabbits; Hay & Straw; Dairy; Dairy Goats;

Junior Department (ages 10 and under), Youth Department (ages 11 through 18).

The show will open to the public at 6:00 p.m. on Friday, September 9. There is no admission charge to the event; however, a silver offering will be collected.

Over 3000 farm and garden, household, quilt, livestock, machinery and commercial displays can be seen during the three day event.

This year, the show committee will honor the 75th anniversary of the Catocin Mountain Park.

Entries may be removed on Sunday, September 11 from 3:00 to 7:00 p.m.

The Community Show is sponsored by the Thurmont Grange, Catocin FFA Chapter, Catocin FFA Alumni and the Maryland State Agricultural Fair Board.

Come and see the many farm, garden, household, canned goods, flowers, baked products, quilts, sewing exhibits and animals exhibited by the residents of the Catocin High School area. There will be plenty of good food, entertainment, free parking and door prizes, donated by area businesses.

A Note from Emmitsburg's Mayor, Jim Hoover

Elections for Mayor in Emmitsburg, Maryland, occur every three years and it's that time again. It's been a privilege serving as Mayor of Emmitsburg for the past nine and a half years. In my initial 2002 campaign for Mayor, I pledged to be accessible, offer professional leadership, and improve communication between town government and its residents.

I believe a new direction for our town emerged, a direction that emphasizes small-town character with sustainable prosperity. Town government has taken action to build upon that direction. I think the evidence is demonstrated by the improvement in our parks, upgrades to our infrastructure, hosting new events, and residents contributing to the community. We can point to many achievements. Decisions made over the past nine years have had a far-reaching impact in shaping the quality of life in Emmitsburg for generations to come.

As your mayor, I've been a passionate spokesperson for our town and community and offer professional leadership for the benefit of our town.

In my third (current) term, the downturn in the economy has had a significant impact on our town. Fortunately, through proactive planning the town was, and remains, financially sound and we've created a "rainy day fund." Difficult decisions had to be made but, proactive steps and professional planning for the unknown provided the town with the necessary funds to maintain essential core services and to continue investing in capital improvements without raising taxes.

I'm a person who likes change and I like to try new things, but I don't believe that this is the time to change everything. It's no small feat to face challenges, and at the same time, keep faith in ourselves and maintain the wisdom necessary to make good business decisions. It's easy to become fixated on what we didn't do and what we couldn't afford, but it's more important and more productive to establish achievable priorities. In challenging times, leaders must establish attainable priorities and set an emotional tone that contributes to the successful completion of those priorities.

In these difficult times we need to stick with the fundamentals of what is working. Tough times require diligence, discipline, and a focus to keep doing the right things that complete the day-to-day activities and at the same time, continue to plan and protect Emmitsburg's future.

There is more to being a mayor than just attending two town meetings a month. As Mayor, I frequently attend community functions, staff meetings, meetings with state and county officials, potential businesses owners, residents, attorneys, developers, etc.

Many of you may have heard that I was not going to seek another term as Mayor, but after a considerable amount of thought, I've changed my mind and I am seeking a fourth term. I've enjoyed my time in office thus far and I truly appreciate the support that I have received over the past decade. I hope the residents of Emmitsburg will give me the opportunity to continue to serve.



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is motivated and willing to
consider reasonable offers.
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including the commercial buildings that used to
house Sayler's Store. House offers 6 bedrooms,
1 full and 1 half bath, large kitchen and 2 front
parlors both with hardwood floors. .24 acre
parcel ID #1105170729 also included in sale.*



Emmitsburg Early Learning Center – A Bright Light in a Dimming Economy

Despite a downturn in the economy and decreases in subsidies by United Way and other government agencies, Emmitsburg Early Learning Center is continuing to provide excellent care at rates well below comparable centers.

The Emmitsburg Early Learning Center is a non-profit entity that has occupied the former school building on South Seton Avenue in Emmitsburg for over 35 years. Mr. Al Opack has managed the operation for the past 16 years and several staff members are tenured in the operation



Julie Sweeney and Barb Elmore

including administrator, Ann Marie Green, and teachers, Bonnie Rexroth and Julie Sweeney. All of these ladies have been a member of the EELC team for as many as 35 years. The Center's Director, Julie Scott, holds a Bachelor's Degree in

Elementary Education from Mount St. Mary's University. She has welcomed clients at the center for nine years.

EELC teachers follow a curriculum of the High Reach Learning program to compliment pre-school participants' curriculum in school and prepare them for school. This structure is complimented with the opportunity to enjoy three meals that are prepared at the center each day. With care available for ages 18 months to 12 years from 5:45 a.m. to 6:00 p.m., Mondays through Fridays, this center provides a well-rounded support for children of working parents. It is worth noting that there are several

to and from local schools are also a plus to support and prepare youngsters for school.

Assistant Teacher, Laura Faulkner said, "This is a fun place to work because of the kids and the other people I work with. Everyone is nice." EELC is fully licensed and in full compliance with State and local child care regulations.

EELC is conveniently located for commuting parents. For more information, please call 301-447-6100 or visit www.emmitsburgearlylearningcenter.com.



Bonnie Rexroth and Christy Howard



Laura Faulkner and Sharon Cullison

EELC staff members, pictured, continue to provide the same quality care even in a challenging economy.



Amy Svec and Julee Talbot



Cindy True and Kim Thibadeau



Ann Marie Green and Julie Scott.

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Did somebody Say Fruit?

by Aaron J. Heiner

On a hot summer afternoon in mid-July at Pryor's Orchard in Thurmont, Audrey Sugar (age 5), was excited as she selected locally grown produce off a shelf and took it to the counter to pay for it. Her father, Allen, grinned with amusement at his little girl, who was so looking forward to taking home an assortment of fruits picked from a nearby bushel.

Pryor's Orchard's owners, John and Martha Hauver, stated that the 70-acre orchard has been in continuous operation since 1905. The Hauvers have been running the orchard for fifty-two years.

The orchard offers a wide variety of items throughout the year—peaches, sweet plums, nectarines, apples, and soon, pears will be in season.

"We carry a variety of vegetables, as well, such as sweet potatoes," Mrs. Hauver noted. Mr. Hauver added, "Nuts and berries. We try to grow good stuff. Quality fruit can do it."

And while Pryor's Orchard may be a little farther off US-15 than neighboring orchards, Mrs. Hauver points out that they offer slightly lower prices and a lot more shade, as well as a quieter environment without the busy US-15 right in the middle of the farm.

Out in the orchard, at the bottom of a hill near the edge of a field, employees Dong Choi and Chon Ann, both natives from Korea, were having a pleasant conversation, while picking blueberries from the vine.

Their progress seemed unabated by the heat.

Choi noted that she came to the states ten years ago, and enjoys her work at the orchard. She said she likes seeing people enjoy the fruits she spends her day picking.

Meanwhile, little Audrey is on her way home to enjoy some of the fruits she purchased at Pryor's Orchard. Pryor's Orchard is located at 13841B Pryor Road in Thurmont. Call them at 301-271-2693 or visit them online at www.pryorsorchard.com.



Pictured top, Audrey Sugar and her dad, Allen prepare to carry their fruit to their car.



Pictured directly above, Pryor's Orchard owners, Martha and Johnny Hauver are shown.

Photos by Aaron J. Heiner

business news

Light Therapies at Tahiti Sun

Tahiti Sun, LLC is located in the Silo Hill Shopping Center in Emmitsburg and has been in business for 14 years. Owned by Russell and Penny Rice, Penny also owns Modern Reflections Hair Salon which is located inside of Tahiti Sun. Penny specializes in foil highlights. Please call for an appointment because she is always booked.

Tahiti Sun offers three levels of tanning: low, medium and high pressure. Low pressure is the standard 100 watt 20 minute tanning bed; medium pressure consists of an orbit 160 watt 12 minute bed which is a stand up tanning bed; high pressure is an ultra bronze 99% UVA ray that will not burn you. Instead, the ultra bronze makes your skin brown. The last level is Red Light Therapy. For more information visit www.lightsource.com/redlamps.

The results of tanning are amazing. Red Light Therapy is specifically developed by NASA and is purely cosmetic. It is used for collagen-restoring elasticity, smoothing and reducing wrinkles as well as fine lines and acne. It stimulates the healing of wound scars and stretch marks. Nearly 70% of all Americans are Vitamin D3 deficient. Ironically, Vitamin D3 is not a vitamin at all, it is a prohormone produced from cholesterol by ultra violet light (Vitamin D Council).

According to James F. Balch, M.D., in his article, "Prescription for Nutritional Healing," the body's circadian rhythm – its inner clock – is regulated by the pineal gland. This gland is affected by the absence or presence of light to regulate hormone production, body temperature and sleep. Disturbances in the circadian rhythm can lead to depression, insomnia, etc. The use of natural light which contains the full spectrum of light needed to maintain health is necessary. He indicates that a variety of light therapies including

Full-Spectrum Light Therapy and Ultraviolet Light Therapy that are available at Tahiti Sun have been used effectively in the treatment of light-related disorders.

Always at Tahiti Sun and Modern Reflections, customers receive the best service for the best price. We care about our clients and want to thank you for supporting us for 14 years. Find us on Facebook at Tahiti Sun or call 301-447-6882.



Photo by Deb Spalding

Penny and Russell Rice, owners of Tahiti Sun and Modern Reflections Hair Salon are pictured in their shop which is located in Silo Hill Shopping Center in Emmitsburg.



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body wisdom

by Teresa Dukich, L.M.T.

It seems seasonally appropriate to reveal to readers the nutritional wonders of the summer's bounty. We all know how grand the fresh fruits and vegetables taste, but do you know which vegetables provide which vitamins or minerals? Later we'll delve into what each vitamin and mineral does for our body.

Since many of you raise your own vegetables, I'm going to focus on that food group. However, please be sure to frequent our local fruit orchards as they're offering some of the best peaches you'll ever taste this summer.

It's important to remember all of these nutrients can be found in other foods, not just vegetables. You can find:

Vit A: Squash, carrots, sweet potatoes, pumpkins, broccoli; dark, green, leafy vegetables such as spinach, collard greens and turnip greens

Vit B 1: green peas

Vit B 2: spinach and green peas

Vit B 3: green peas

Vit B 5: corn

Vit B 6: spinach and brussel sprouts

Vit B 9: spinach, asparagus and legumes (beans)

Vit C: raw, red Bell peppers, broccoli, cauliflower, romaine lettuce, mustard greens, Brussels sprouts, kale and turnip greens

Vit E: turnip greens

Vit F: green, leafy vegetables, avocados and rhubarb

Protein: okra, watercress and yams

Potassium: potatoes, sweet potatoes, spinach, watercress, broccoli, winter squash and raw, green, leafy vegetables

Sodium: celery, carrots, beets and raw, green, leafy vegetables

Calcium: Collard greens, turnip greens, raw spinach, kale, broccoli, chick peas, all legumes, Chinese cabbage and Jerusalem artichokes

Zinc: green peas and raw, green, leafy vegetables

Iron: spinach, kidney beans and (you guessed it) raw, green, leafy vegetables

Magnesium: spinach and green, leafy vegetables

Manganese: lima beans, garbanzo beans, lentils and legumes

Who will be the Thurmont Volunteer of the Year for 2011?

Nominate someone who is making a difference in the lives of others: working with children in the schools or helping at the food bank, a member of a service organization or church, a special neighbor who is always there to help whenever needed. The only requirement is that the volunteer service must be done in the area of zip code 21788.

Nominations are due October 1, 2011. Forms are available at the Thurmont Regional Library, the Thurmont Town Office or online at: www.thurmontlionsclub.com. Coordinated by the Thurmont Lions Club.

How do you fix a broken tomato?
With tomato paste!

people making news

Staley Performs for Wounded Soldiers

Harold Staley of Thurmont performed vocally with his guitar at Walter Reed Hospital on July 13 for our wounded soldiers. Harold saw for himself the tremendous physical and mental sacrifices that are made by our service personnel. He said, "I am proud of them." Even though they suffered numerous injuries, he was awe struck by the positive attitude they displayed. Harold closed his show with his rendition of "God Bless the USA" and it was well received.



Courtesy Photo

Harold Staley is pictured with some of the soldiers in attendance for his performance at Welter Reed Hospital.

Sanders Joins DeLauder Insurance in Frederick

Jacqueline Sanders, a native of northern Frederick County who resides in the Thurmont area has joined the DeLauder Insurance Agency, LLC in Frederick. Jackie will be working primarily with the personal lines division (homeowners and auto insurance, etc). Delauder Insurance is happy to add her great smile and pleasant personality to help clients have a positive and professional insurance experience!



Courtesy Photo

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Photo by Sandy Long

Clydesdales Visit Fairfield

A crowd turned out to see the awesome Budweiser Clydesdales Parade in Fairfield on July 7, 2011. The team of horses started at the Fairfield Fire Hall proudly leading their wagon along the way to Venturas. The Clydesdales were in town for their appearance in Gettysburg Bike Week.

Raffle Tickets for Rebecca Pearl Art

Tickets are still available for the Thurmont Lions Club raffle of Rebecca Pearl's "Glimpse of Yesteryear," a matted and framed artist proof signed by the artist. Commissioned in 2004 on the occasion of the 75th anniversary of the Thurmont Lions Club, the painting depicts how Thurmont looked in 1929, when the Thurmont Lions Club was established. This is the only available artist proof left of the 75 created. Tickets are available at all Lions sandwich sales or by calling Jo Ann at 301-271-2924.

Thurmont's Main Street Saturday Stroll— "Stuff a Backpack"

Thurmont First, Inc has scheduled the next Saturday Stroll event for August 20, 2011, from 12:00-4:00 p.m. The theme this month is "Pack a Backpack." The event encourages visitors to bring their pets—large or small—to stroll the main street area and visit merchants and vendors. Enter to win door prizes and take advantage of specials offered by most of the local businesses and vendors. Each participating business will be giving out special backpack items. Come and help fill a backpack that will go to charity. Sit and listen to live entertainment and an "OPEN MIKE" from 12:00-4:00 p.m. Special entertainment from "DeNell and Jam Session," Neo Soul, acoustic band out of Baltimore, Maryland, will come and do at least two sets with us. Enjoy the music while you enjoy great food, free ice cream, free popcorn, wine tasting, specials, and tours of historic Thurmont. The Thurmont Lions Club will sponsor a sandwich sale, which we encourage all to enjoy. This year, the Strolls take place May through September 2011, on the third Saturday of each month. Each Saturday has a different theme, so visitors are sure to have a jam-packed day of history, fun, entertainment, and good food—Thurmont-style.

Our Gateway sponsors are Catocin Wildlife Preserve and Zoo, Main Street Groomers, and Frederick County Office of Economic Development. Our Main Street Sponsors are Pondscapes, PNC Bank, Town House Realty, Powell Insurance, Frederick County Bark Busters, Catocin Mountain Spa and Tub, and DearBought Farms.

Participating businesses include, but not limited to, Timeless Trends Boutique, Gateway Flower and Gift Shop, Tecjunkies, Hobb's Hardware, Heart and Hands Decorators, Browns Jewelry and Gift Store, WTHU Radio Station, Catocin Train and Hobbies, Thurmont Barber Show and Styling Salon, Intowne Barber Shop, Bollinger's Restaurant, Kountry Kitchen, Rube's Crab Shack, J & J Catering, Quiznos, Simply Asia, 7-11 Lewistown, Avon, Gnarley Artly, Cocktail Candles, and more.

Saturday Stroll is also a food drive for the Thurmont Food Bank, so please remember to bring an item to donate. If you would like to be a participating vendor, there is still time to sign up. Please visit us on Facebook or contact Cindy McKane-Wagester, Thurmont Main Street Manager, at 301-271-7313 ext 212 or visit www.thurmontfirst.com.

briefs

Community Gives the Gift of Life

by Aaron J. Heiner

Robert Dinterman, Sr. of the Emmitsburg Ambulance Company was at the front door greeting and signing in blood donors on July 14, 2011.

The ambulance company has been holding blood drives with the American Red Cross for the past eight years, starting at the old building and moving to the current location three years ago. "We have a blood drive every three months on the second

Thursday from 2:00-8:00 p.m.," said Dinterman. "We usually have between twenty-eight and thirty, but last time we had forty-three [people donating blood]," Dinterman went on to state, speaking up over the announcer of the company's weekly bingo game, which was in full swing.



Photo by Aaron J. Heiner

Ilisha Davis prepares to draw blood from Eric Stackhouse, a volunteer from the ambulance company.

Fred Hill, the supervisor, was in charge of the blood drive. "A lot of patients are in need of our blood products." Hill has been working the blood drive in Emmitsburg for three years and was very upbeat about the work he performs in the community. "Unfortunately, there are a lot of people out there that are in need of blood. One pint can potentially help three people."

Once the blood is collected, the contents are then secured and sent to the Mount Hope lab in Baltimore to be tested. Once the blood is inspected for safety to ensure there are no contaminants that pose risk to transfusion patients, the blood is then sent to local area hospitals.


On a nearby gurney, Eric Stackhouse was being prepped for the first stages of donating blood by Ilisha Davis, phlebotomist with the Red Cross. Stackhouse, the assistant secretary for the ambulance company, stated that he has donated blood so many times, he has lost count. "I came out to help with bingo and donate blood and serve the community in so many ways," Stackhouse said as the announcer called out "B31."

The Red Cross reminds donors before arriving to ensure that they have had a good full night's sleep, eaten a healthy meal, and drank plenty of water. The Red Cross also states donors should have healthy iron levels prior to donating.

Hill asks, "If you have the time and can afford to come out and give blood, then please come out. It doesn't take long."

The Frederick County Chapter of the American Red Cross can be reached at: <http://www.frederickredcross.org> or by calling (301) 662-5131. The Emmitsburg Ambulance Company may be reached at: <http://www.emmitsburgems.org>.

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Fishy Pics

This year's Fishy Pic submissions were a little light, but we are happy to show those that we received. Happy fishing!

Pictured right is Colton Tyeryar, age 3, of Thurmont with his first fish, caught at Cunningham Falls State Park.

Pictured below are Carl and Jake Dolly from Thurmont, who caught two largemouth bass on July 3.

Courtesy Photos



"I got a new fly rod and reel for my wife... best trade I ever made."
- Thomas Horan

Seton Center Thrift Shop Plans Bag Sale August 6 and 7

The Thrift Shop of Seton Center, Inc., a nonprofit sponsored work of the Daughters of Charity of St. Vincent de Paul, at 16840 Seton Ave. is holding a Bag Sale on Friday, August 6 from 10:00 a.m. to 4:00 p.m. and Saturday, August 7 from 8:00 a.m. to 4:00 p.m. Shoppers are allowed to get a grocery-sized paper bag and fill it full of merchandise for just \$5.00.

The Thrift Shop is open Tuesday through Friday from 10:00 a.m. to 4:00 p.m. and on Saturdays from 8:00 a.m. to 2:00 p.m.

For more information or to make donations, please call 301-447-6102, email setoncenterinc@doc.org, or visit www.setoncenterinc.org.

Plant and Be Counted

A Trees Initiative was launched in 2009 to encourage citizens and organizations to partner with the State to plant 50,000 new trees. Citizens rose to the challenge, planting and registering more than 54,000 trees in just under two years. Building upon this phenomenal success, Maryland celebrated Arbor Day 2011 by issuing a new challenge, doubling our goal and asking citizens to plant an additional 50,000 trees by the end of 2012.

Now in its second year, the Maryland School Challenge is also engaging young people in our effort to plant and be counted. And, with the help of Maryland inmates, State agencies will soon celebrate the planting of 1 million new trees by our Forest Brigade.

Trees provide ecological, economic and quality of life benefits – protecting air and water quality, reducing energy costs, increasing property values and beautifying neighborhoods and highways.

As Marylanders, we take pride in our State and our natural world. We understand the value of stewardship and the importance of a sustainable future, and are committed to working together to create a smarter, greener State.

Visit www.trees.maryland.gov for a \$25.00 coupon towards the purchase of a tree. Learn more about what your State government is doing to create a more sustainable future and how your participation can make a difference at www.green.maryland.gov.

Mt. Bethel UMC Annual Picnic

Mt. Bethel United Methodist Church located on Stottlemeyer Road near Foxville will hold the annual picnic in the picnic woods adjacent to the church on August 13, 2011 from 10:00 a.m. to 5:00 p.m. Food, drink, and baked goods will be available. Entertainment will be provided by the Chapel Blue Grass Band.

Check the Calendar

Be sure to check the calendar on page 31 for bingos, breakfasts, dinners, programs, benefits and other events of interest.

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Thurmont Police, Part I: Chief Elyer

by Aaron J. Heiner

The town of Thurmont faces many challenges shared by many other local communities throughout the state of Maryland. The town consists of roughly 4.1 square miles with 27 miles of streets and highways and a population of approximately 5,600 people. It is located along a major north-south route linking Pennsylvania with Washington, D.C. Considering that Camp David and Raven Rock are close by, Thurmont is faced with unique situations that other towns are not. Thankfully, those challenges can be met head on by the Thurmont Police Department with its modern and well-trained police force; ready to serve the community in a moment's notice.

Currently the department staffs 10 officers including Chief Elyer and Lt. Droneburg with plans to hire one more officer. It employs two administrative personnel, a code enforcement officer, two permanent and two alternate school crossing guards. Six officers are currently trained for bicycle patrol operations which are utilized during special events such as Colorfest.

The department also has a fleet of late-model Crown Victoria and Dodge Charger cruisers outfitted with the latest state-of-the-art crime fighting and community service equipment. With all of these resources, the Thurmont Police Department is always prepared to keep the citizens of Thurmont safe and protect the peace.

In a continuous effort to keep the force up-to-date with the latest technology and skills necessary to perform the ever-changing task of protecting the town, the officers are constantly training and improving their skills with the latest community service methods.

In the event that there is a crime, Thurmont police are ready to respond. To ensure cases are fully and completely investigated, the department staffs one investigator

full-time. The investigator is rotated every six months from bids placed by one of the eight regular officers. By having a full-time investigator working on all the cases, the rest of the officers have more street time to patrol for crime, ensure safe vehicular operations, and respond to citizen response calls faster.

Chief Gregory Elyer has been the Chief of the Thurmont Police Department for the past six years come this December. The Chief started his career in 1979 in Thurmont, then went to Frederick County where he worked as a Deputy Sheriff until his retirement at the rank of Major with 25 years of service. He returned to Thurmont where he started his career to become chief.

What Chief Elyer enjoys most about Thurmont is that it is "a small community. Even though people think of Thurmont as a small town, the crimes [here] are the same as they are in the county and the state. I like it [in Thurmont] because I know just about everyone here, and they know me." The Chief went on to state, "It helps me to find out what the town needs from the police department."

The biggest challenge for the Chief when he took over the agency was that the police department had less than ideal communications with the public which lead to a less than perfect public perception of the department. "We're more involved with the citizens and the visitors. We are now receiving more tips than ever before. I think the trust is there now between the citizens and the police department," the Chief stated.

One of the largest challenges the department faces today are drugs and gangs. "We stay on top of that.



Photo by Aaron J. Heiner

I expect a zero tolerance for gang issues and zero tolerance for alcohol and drug abuse." The Chief also wants to remind the citizens that cases involving drugs take time to build a case and that patience is necessary in order to protect the public interest and to ensure case work is complete with the details of all the facts.

The department is involved in many areas of community outreach including the In Case of Emergency (ICE) Program, police ride-a-longs, child safety seat installations, and bicycle registrations. Other services that the department provides include the Neighborhood Watch, Residential House Check Program, and the STOP program, just to name a few.

Chief Elyer stated, "As long as I am chief, they [the citizens of Thurmont] are going to have the most professional department they can have. We are going to serve the public."


This is part one of a two part article on the Thurmont Police Department.

National Night Out Event in Thurmont

The Thurmont Police Department will be hosting their National Night Out Event on Tuesday, August 2, 2011 from 6:00 until 7:30 p.m. at the Thurmont Police Department Headquarters. National Night Out was established in 1984 by the National Association of Town Watch. While the traditional "lights on" and front porch vigils remain a part of the National Night Out, activities have expanded considerably over the years. National Night Out is designed to heighten crime and drug prevention awareness; generate support for and participation in local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals, letting them know that neighborhoods are organized and fighting back. This event provides an opportunity to get to know your neighbors, the Thurmont Police Department and other local Emergency Services as the parking lot will be lined with fire trucks and ambulances from the Guardian Hose Company and the Thurmont Community Ambulance Service.

At this year's event there will be free food and drink, activities and displays including bicycle registration, safety seat inspections, moon bounce, displays and interactive material from Cunningham Falls and Gambrill State Parks and Catocin Mountain Park Service, baseball pitch, child ID kit, other information tables, and a dress up station for youngsters to suit up as a police officer.

Contact the Thurmont Police Department at 301-271-0905 for more information about the event.



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Daughters of Charity, Civil War Nurses

by Terry W. Burger

Curators and staff at the Elizabeth Ann Seton National Shrine in Emmitsburg are creating a special niche in their museum to honor the Sisters who treated hordes of wounded soldiers after the Battle of Gettysburg. "Their dedication to render quality nursing care to all casualties contributed greatly to diminishing religious prejudice, particularly toward Roman Catholics," read one document found in the Daughters of Charity archives. "At Gettysburg one eyewitness to a touching deathbed scene said with great emotion to his fellow soldiers, 'I have often heard of Daughters of Charity, and I can now testify to their having the right name.'"

Much of the information and artifacts are coming from within the Daughters of Charity Archives at the institution founded in 1810 as Saint Joseph's Academy and Free School by Mother Seton, the first American canonized as a saint.

But a good deal of assistance is also coming from a Connecticut-based man whose strong religious faith is bolstered by his love of history.

Kevin Drake, author of "Test Your Knowledge On The Battle Of Gettysburg," which came out in November of last year, is 46. At that, he's done more than most people do

with twice that much time. "I did professional wrestling for two years, and I was a bouncer for about 10 years," he said.

He also operates his own real estate company with his wife, Pam, has started his own publishing firm, Gettysburg Publishing, and he runs a landscape and design operation.

In November of last year, after having a heart defect he'd had since birth repaired, he had a heart attack and stroke.

"I'm lucky to be alive. Since then, I've viewed every day as a gift," he said. It didn't slow him down much. He's writing a book, the title of which is still in the head-scratching stage, but it's about a fictional visitor to Gettysburg during the battle who links true stories together."

Drake's wife comes to Gettysburg with him about once a year, but his mom, like her son a history buff, makes every trip.

"My mother can't get enough of the history," Drake said. "Being Catholic, one of the big things Mom wants to do is go to the shrine at Mount Saint Mary's. Well, we went to the Shrine, because I wanted to give Sister Betty (Sister Betty Ann McNeil, D.C., the

head archivist for the Daughters of Charity at Emmitsburg) a copy of my book."

To make a long story short, the sisters got Drake hooked on their project. "I figured I'd better help," he said. "I have a lot of artifacts. I told them they could borrow any of them."

Jennifer McAlice, a communications specialist with the Seton Heritage Foundation, gestured to a long, curving row of glassed display cabinets in the room the Civil War-themed displays and artifacts will call home. "This is where Mr. Drake's items will be displayed," she said.

McAlice said displays are being created with text and both period and re-enactment photos of the Daughters of Charity in their role of caregivers at the time of the famous battle. The display should have a "soft opening" August 13, with an official opening later in the month.

Drake said few visitors to Gettysburg have realized in the past that the Sisters in little Emmitsburg played such a humanitarian role in the battle. "We are trying to establish that conduit,"

he said. "So many of the sisters came to Gettysburg to help with the wounded. We're hoping that will act as a beacon to draw people down to the shrine."



Photo by T. W. Burger

Jennifer McAlice of Seton Heritage, makes some adjustments on an authentic Daughters of Charity gown, while behind her another mannequin stands dressed in a Sisters of Charity dress such as Mother Elizabeth Ann Seton herself once wore. The two mannequins are part of a display at the Seton Shrine Visitor Center which will highlight the role of a group of Sisters who trekked from St. Joseph's School to the aftermath of the Battle of Gettysburg and their experiences treating the wounded of both sides. The center hopes to have the new room ready for visitors by the end of August.

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Emmitsburg - Thurmont TransIT Shuttle

by Aaron Heiner

On a balmy Monday morning, Henry Welch's bus departs the TransIT Service Center at Frederick (MARC) Station to begin his morning run from Frederick to Emmitsburg via Thurmont and back. Welch, a Thurmont resident, has been making this run nearly every weekday for the past eight years.

The Emmitsburg/Thurmont Shuttle began its life in the 1980s as part of Trans-Serve of Frederick County. TransIT was created in 1993, when Trans-Serve was merged with the Frederick City Transit system. The shuttle buses grew from smaller vans to the cutaway style mini-buses used today.

Welch is especially enthusiastic about working for TransIT. "We're like one big happy family," referring to his employer, as he looks down at a list of special stops he has to make. "I really, really like TransIT, and working here."

Prior to working for TransIT, Welch was a truck driver, who tired of the long hours and days on the road. With a family member who became disabled, Welch left the trucking industry to become a paratransit operator for Paramed until he joined TransIT, "I just really enjoy being able to help people."

Passengers also appear to share Welch's ebullience for the service. Sue Fogle was on the shuttle on the way to work. "I've been riding TransIT since October. It's cheaper," she stated, as fellow travelers agreed. When compared to other modes of transportation, the cost savings with riding the bus at \$1.25 compared to that of driving or using a taxi, is relatively substantial.

At each intersection, John Tavor of Emmitsburg looks out the right side passenger window and announces the "way is clear" to Welch. Welch welcomes the additional safety suggestions that come from his passengers and replies in kind that the "way is clear" to the left as well.

Aside from Welch's love of helping people, comes his commitment to safety and his love of talking to his

passengers. Before the bus stops at each stop, Welch reminds passengers to remain seated until the bus has stopped. Prior to departing each stop, Welch would ensure all passengers are seated before moving the bus.

David Harris, who catches the bus in the morning from the TransIT Service Center on East Street, rides each morning to Endless Summer RV's, then takes the returning bus in the evening. "It's a clean bus that is always on time." Harris, who has been riding the shuttle for fourteen years, goes on to note, "I like the driver most of all. He's real cool."

Sitting in an aisle seat, Rahzel Tucker uses the bus to return home from school. "I like the service. It's a pretty good service, as it really helps me a lot to socialize. I like talking

to people." A lot of his fellow passengers nodded in agreement with Tucker's statement—an approving grin can be seen in the mirror coming from Welch.

Gayla White boarded the bus at Beckley's Motel on Willow Road to transfer to the #65

Walkersville Connector. "I like riding the bus." White, who has ridden the bus for years, also enjoys the time

spent talking with her fellow passengers.

Seated near White, fellow passenger Jimmy Shuff, a passenger of 19 years, states, "[I ride because] Henry's a friend himself." Upon arriving in Emmitsburg, Welch stopped the bus in front of Shuff's house, as Shuff has limited mobility, demonstrating Welch's desire to assist his passengers.

While Shuff's house is directly on the bus route, the shuttle can deviate off its assigned route up to three quarters of a mile to pick up passengers with special needs. "I like helping people, getting them to where they need to go," Welch again reiterated, while stopped at Shuff's house. As Shuff alights, the driver glances over a list of passengers that he needs to make alterations to his route in order to pick up. Passengers may request pick-ups off the route, if they call TransIT forty-eight hours in advance. There is an additional fare for route deviations.

TransIT also offers paratransit service to Emmitsburg and Thurmont, with its TransIT Plus service—a flexible passenger transportation system that does not follow fixed routes or schedules. However, passengers must be senior citizens and persons with disabilities to be eligible to ride TransIT Plus program.

Upon arriving at the Transit Service Center at the Frederick (MARC) Station (also known as the Frederick Greyhound Bus Station), passengers can alight the bus to other connecting services, which includes most all other TransIT Shuttles and Connector routes, MARC service to



Passengers enjoy a peaceful morning ride inbound to Frederick on the Emmitsburg Shuttle.

DC, Greyhound Lines, and various taxis. By transferring to the #20, passengers can reach Monocacy (MARC) Station to connect to MegaBus or the MTA 991 bus service.

General public one-way base fare between Frederick & Emmitsburg is \$1.25 a ride. A ten-trip ticket may be purchased for \$10, or for \$45 one may purchase a monthly pass. There are significant discounts and alternate fares available for students, the elderly, and the disabled.

Tickets and passes may be purchased at 30 North Market Street and the TransIT office or ordered by mail. Medicare card holders are entitled to reduced fares, according to the TransIT reduced fare policy. Children under three feet tall ride for free, and all children under 12 must be accompanied by an adult. Please see the TransIT website or call the offices at Rocky Springs Road for additional information.

For more information, visit TransIT's website hosted by Frederick County government at <http://frederickcountymd.gov/>.

Reporters Note: An additional thank you goes to the drivers of the #65 Walkersville Connector, who provided additional transportation to and from downtown Frederick and provided additional information on TransIT for this report.



Photos by Aaron J. Heiner
Gayla White boards the Emmitsburg Shuttle inbound to Frederick where she will connect to the #65 bound for Walkersville.

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Raven Knob Adventure

Boy Scout Troop 270 and Venturing Crew 270 spent July 11-16, 2011, at Raven Knob Boy Scout Reservation, outside of Mount Airy, North Carolina. The scouts enjoyed a week of high temperatures, daily hiking, learning how to survive in the outdoors, and much more. Each of the scouts earned merit badges for programs that they participated in and completed, such as Indian Lore, Leatherwork, Woodwork, First Aid, Fishing, Swimming, Canoeing, and many more.

The scouts were privileged to witness and participate in an OA ceremony. The OA is short for The Order of the Arrow, which is a group of Boy Scouts who live and exemplify the Scout Oath and Law and whose purpose is service to Scouting. The members are selected by their own troop for induction into the OA during a traditional Indian ceremony.

The ceremony was a demonstration of Indian war dances, the sharing of the peace pipe with different Indian nations, and an appreciation dance to our military troops. It was a breathtaking display of honor performed by boys of all ages. Troop 270 was awarded Honor Troop award for the week.

Fort Ritchie Community Center to hold Back To School Yard Sale

The Fort Ritchie Community Center is holding a “Back to School Indoor/Outdoor Yard Sale” on August 27, 2011, from 9:00 a.m.-2:00 p.m. We are looking for vendors. Cost: Indoor space \$15.00/Outdoor space \$10.00. Call the community center at 301-241-5085 and ask for Bev.



Courtesy Photo

Pictured left to right are Ron Demory, Doug Beaseley, Kenny Hubbard, Harold Staley and Jim Brown.

Lewistown Ruritan Amateur Golf Tournament

The Lewistown Ruritan Golf Tournament will be held with a shotgun start of the four person scramble at 8:00 a.m. on Friday, September 9 at Maple Run Golf Course on Moser Road in Thurmont. Entry is @220.00 per team or \$55.00 per player by September 7.

To register call 301-748-1708, drop registration at the golf course or mail it care of Harold Staley, 6830A Putman Road, Thurmont, MD 21788.

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pets of interest

Sweet Petunia

by Carie Stafford

If you move slowly so I don't get scared, I will unroll and visit with you. My name is Petunia and I am a Pinto Hedgehog. I am one of 17 different types of hedgehogs found in Europe, Asia, Africa and New Zealand. I am not found in the Americas or Australia, so I am considered an exotic pet.

I am from the spiny mammal family and I am jumpy and scare easily. When I get scared I roll up into a ball and stick my quills out. My quills are my defense mechanism against preying animals; mostly birds, owls and ferrets. I am born with my quills; they are hollow hairs of keratin. I do not shoot them out like a porcupine. I only lose my quills one time during my 'quelling' time and that's when my baby ones are replaced by my adult quills.

I am a nocturnal animal, so I sleep during the day and live, work and play at night. I like to live independently of other hedgehogs. I do not mind it when my family comes to visit with me during the day, I enjoy their company and they pet me gently and I do not poke them with my quills. I do have a mate, Mushroom, but he is not the nicest hog in the bunch, so he lives in his own cage. I am an easy pet to take care of and my family loves me dearly. They call me 'sweet petunia.' I love hearing them say that; it is like gentle rain on a flower. I like to be held by them when things are quiet and calm. I especially like my belly rubbed, I get so relaxed, sigh!

I do talk or make noises as my family will say. I grunt and snuffle and sometimes if I am really scared or hurt I will squeal. I am supposed to be omnivorous, eating vegetation, but I really am not a fan of the stuff.



Photo by Carie Stafford

Sweet Petunia, a hedgehog, cautiously poses for the camera.

I guess you could say I am more of an insectivorous. I do like that cat food though, and every now and then my family will give me some meal worms for a treat....mmmmm, tasty.

I am very easy to get along with. My cats and the dog friends and I have 'nosed' each other and found no reason to be uncivilized to each other. One of my cat buddies, Fivel, loves to watch me when I am out running around the room or when I am in my wheel.

I can live up to seven years in captivity, sometimes longer. I live in a 30 gallon fish tank, My bedding is an all-natural recycled compressed cellulose paper (we are allergic to pine and cedar shavings). I have a little hut I like to hang out in, a wheel for fun and a sleeping bag. My sleeping bag is my favorite place; it is where I burrow to sleep. I curl up into a little ball and off I go into never-never land.

"Huh! What was that noise?"
Into a ball I go, spikes up!



Courtesy Photo

Pictured (top, left to right): Manager Phil Tylicki, Michael Tylicki, Justin Hipkins, Coach Rick Mercer, Joe Killam, Jesse Hurrier, Coach Les Fisher, and Thomas Wood; (bottom, left to right) Cameron Andrew, Austin Reed, Will Smith, Cole Mercer, Ryan Fisher, and Thomas Lind.

Thurmont Little League Cardinals Go Undefeated

Thurmont Little League Cardinals went undefeated in regular season play, ending their season 15-0. This accomplishment earned them a berth in the Maryland District 2 Tournament of Champions, where they finished 3-0. Behind the combined NO-HIT pitching of Justin Hipkins, Thomas Wood, Cole Mercer, and Michael Tylicki, the Thurmont Cardinals defeated the Frederick American AmVets, 12-0. Hipkins led the hitting parade for the Cardinals, hitting a three-run homer, while Jesse Burrier added a two-run home run.

In their second game, the Cardinals rallied in the 6th to defeat Four County, 3-2. Michael Tylicki pitched 5 and 2/3 innings to get the win. In the Championship, Thomas Wood pitched 5 1/3 innings, retiring the first 14 batters he faced, as the Thurmont Cardinals became the District 2, 2011 Little League Tournament of Champions Winner by defeating the Frederick National Lions, 12-3. Wood was helped offensively as four Cardinals hit homers in the game. Ryan Fisher hit the first pitch of the game for his first Little League homerun, Will Smith added his first homer, Justin Hipkins added a three-run shot, and Michael Tylicki hit a three-run homer in the sixth for his 16th home run of the season. The Cardinals finished the 2011 season 18-0, overall. The Cardinal team is managed by Phil Tylicki and coached by Les Fisher and Rick Mercer. Players are Michael Tylicki, Ryan Fisher, Cole Mercer, Justin Hipkins, Joe Killam, Thomas Lind, Thomas Wood, Will Smith, Jesse Burrier, Cameron Andrew, and Austin Reed.

Check out the His Place Car Show Benefit for Mother Seton School on page 21.



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It's a Small World After All

by Deb Spalding

From California, Kentucky and many other parts of our United States, descendants of William Elder of Emmitsburg, Maryland gathered for a reunion the weekend of July 22-24, 2011 in Emmitsburg. William Elder was born in 1707 and died April 22, 1775. He is buried on the family's pre-Civil War farm in a family plot located north of Motters Station Road in Emmitsburg. Donna Younkin Logan states on the Family Trail Website, "He (William Elder) is probably most well-known for his help with establishing the Catholic Church in this rugged northwestern part of Maryland. His children (Arnold, Thomas, Ignatius, Francis, Aloysius, William, Charles, Guy, Richard, Mary LILLY, Elizabeth BRAWNER, Anne SPALDING) were also active with the church, helping to establish the "Church on the Mountain" then called St. Mary's [built in 1806] in Emmitsburg. Eventually it was this family's donation of land which also helped establish Mount Saint Mary's College and Seminary, in Emmitsburg, erected in 1808."

His children's homes were built in this area and when Daniel Boone opened Cumberland Trail, some relocated to establish homes in

Kentucky and points westward.

Jim Houck, Jr., Commander of the Francis X. Elder American Legion Post #121 in Emmitsburg, served as guest speaker for the opening ceremony in remembrance of Francis X. Elder who was the first Northern Frederick County casualty in World War I.

Tim Gallagher, President of the William Elder of Maryland Descendants Association, Inc. was the coordinator of this year's gathering. The first such gathering was held in 1988 by James W. Elder, who was also present at this reunion. James told of two stories about being an Elder.

The first story places him in San Francisco, California in 1956 as a young Navy man. Upon arriving at the base, James W. Elder, Electricians Mate, was called to report to Master of Arms. He did so only to find that they had called a person of the same name and rank as him. He soon met his cousin, James W. Elder who hailed from Louisville, Kentucky.

James said, "The rest of the story gets even better!" Fast forward to 1980. James was an Independent Insurance Adjuster investigating a fire loss in Fuquay Varina, North Carolina. The guy in charge at the fire asked for identification. After looking at James' badge with a strange look, that guy went to get two of his bosses. Those guys asked if James would produce additional identification. Then they asked if James was playing a joke on them. It turns out that their fire investigation trainer was James W. Elder of Louisville, Kentucky. James said, "It really is a small world."

For additional information on the Elder reunion or Elder genealogy, visit www.williamelderofmaryland.com.



Pictured above left to right are Penny Adams, American Legion District President, Missy Saylor, President of Post #121 Auxiliary, Jim Houck, Jr., Commander Sons of the American Legion Francis X. Elder Post #121, Tim Gallagher, President of the Elder Reunion, Kelley Mahan Cedillo, and Dale Valentine, American Legion Auxiliary Western Maryland Post Commander.

Pictured right are James W. Elder and Timothy Gallagher. Both have served multiple years as coordinators of the Elder Reunion.



Below, Elder descendents are pictured in front of St. Anthony's Catholic Church in Emmitsburg on July 22, 2011.

Photos by Deb Spalding



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Pictured top, the Catocotin High School Future Farmers of America members drive their tractor in keeping with the FFA.

Above, members of the Thurmont Thespians cast of Narnia regally roll through the parade.


Pictured left, Kenneth Baker of Guardian Hose Company #10 hosts the glass pitch tent.

Above, George W. Wireman, Thurmont's Official Historian, rides in the rumble seat of a 1929 Model A Ford.

Top, the Catocotin High School Marching Band stays in rhythm despite the heat.

July 14, 2011

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tickling our taste buds

by Denise Valentine,

A monthly column by a community member who loves to cook!

Each month, as I decide what recipe to share with you, I try to pick one that is relatively simple to prepare, has ingredients that are easy to find in your local market and most importantly, one that really tastes good.

I sometimes have trouble deciding what type of recipe to share...everyone is looking for different things, so I've tried to do a broad range of recipes over these past few years. I've had many wonderful comments about my selections and I really appreciate that people do try the recipes I've shared. But since I sometimes find myself thinking what I should do this month, I talked to Deb Spalding, the publisher of this publication, to see if I could ask the readers for suggestions.

She was very supportive of this idea... so if you have a suggestion for a recipe to be shared, please email news@thecatocinbanner.com and forward your idea with "Idea for Tickle Your Tastebuds" in the subject line. I will do my best to find what you're looking for and share it in an article sometime.

We were at the Thurmont Carnival recently chatting with friends and as my husband approached with two funnel cakes in hand, our friend, Faye, said I should do a recipe for them sometime. What a great idea! 'Carnival food' in your own home. Following is the recipe for funnel cakes that I got from Faye. I tried them for dessert recently and they were delicious. Enjoy!!

Funnel Cakes

2 cups flour	½ teaspoon salt
1 tablespoon sugar	2 eggs, slightly beaten
1 teaspoon baking powder	1¼ cups milk

Heat cooking oil to 375 degrees. As the oil is heating, combine ingredients in a bowl and stir well. Holding your finger over the bottom, place ½ to ¾ cup of batter in a funnel. Hold over oil and as you take your finger away from the hole, make a circular pattern and then zig-zag back and forth to use all of the batter.

When bottom is golden brown (about 1 – 1½ minutes) use tongs and gently flip to brown the other side. When done, place on a paper towel covered plate and top with 10X sugar, cinnamon & sugar, or fruit.

Yield: 5 – 8" funnel cakes



Photo by Deb Spalding

Bobbi Jo 5K Run and Fun Walk

Participants in this year's Bobbi Jo 5K Run and Fun Walk are shown running through the Roddy Road Covered Bridge on Saturday, July 22, 2011.

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We will be CLOSED on
September 5th.
We hope everyone has
a happy holiday!!



Thurmont Lions Club Installs Officers

The Thurmont Lions Club installation of officers for the 2011-2012 year was held recently at the Cozy Restaurant. Standing from left to right are: Ray Williams, 3rd Vice President; Allen Krenzer and Vic Jagow, Board of Directors; Wes Hamrick, Dues Treasurer; Shirley Long, Board of Directors; Larry Mundy, Lion Tamer; Don Keeney, 2nd Vice President; Tim Stuart, 1st Vice President; George Bolling, Membership Chair; Doug Favorite, Treasurer; Margarito Ochoa, Immediate Past President.

For more information about the Thurmont Lions Club, visit their website: <http://www.thurmontlionsclub.com>.



Photos by Alban Little

Seated from left to right are: Joyce Anthony, Board of Directors; Ross Smith, President; Susan Favorite, Secretary; Kimbra Grimm, Assistant Secretary. Not available for photo is Charlie Frey, Tail Twister.

A french fry walks into a restaurant and says to his waiter, "Hey, could I get a soda please?"

The waiter looks at him shaking his head and says, "No, we don't serve food here."

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briefs

George Bolling (pictured on right) recently received the Lions International President's Letter of Commendation for 2010-2011 from District 22W District Governor Richard Liebno (on left). Since joining the Thurmont Lions Club in 1999, Bolling has served as First Vice President, President, and Candidates Forum Moderator. Lion George Bolling has worked on many committees, including membership, scholarship, and Make A Difference Day. He facilitated the start of the two Thurmont Lions Club Leo Clubs and is currently the District Governor's Cabinet LEO Chair and has been for the last three years.



Pictured from left are Lions Club District 22-W District Governor Richard Liebno, Lion Victor Jagow and Thurmont Lions Club President Margarito Ochoa. Lion Vic was recently named to the Lions Club District 22W Honor Roll. He has been an active member of the Thurmont Lions Club for 55 years and has been a mentor to many other Lions during that time. He is a Melvin Jones Fellow and has also served at the District 22-W and Multiple District 22 levels.

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Rocky's Pizza, Thurmont

Of all the New York-style pizza joints in Frederick County—and of those within a 15-minute drive of my house—I'd say Rocky's New York Pizza & Italian Restaurant ranks high on my list when it comes to New York-style pizza. I don't know, maybe because my mother's family are all from New York, I have an idea of what a true New York pizza is suppose to taste like. Of course, being born in Pittsburgh, maybe I don't. However, Rocky's pizza seems closest to what I recall from my family outings in the Big Apple.

On my last dine-in visit, I went with a simple order, two slices of cheese pizza (\$1.50/slice) and a Mellow Yellow (\$1.25). On my pizza, I love toppings, but when it comes to conducting a review, I order a plain pizza. If one can't master a plain cheese pizza, then no amount of toppings in the

world can cover up a bad pizza.

The wait-time was relatively short. And, within a few minutes, two piping hot slices found their way on to my plate. The waitress was polite and asked how things were going so far. Granted, just receiving the pizza, the question was a bit hard to answer.

The first thing I usually notice—and also the first thing I am critical of when ordering pizza by the slice at



Photo by Aaron J. Heiner

a pizza shop—is this terrible pitfall that places have of cooking an entire pizza, and selling by-the-slice. After it



has been baked, the chef places it in a glass case, later removing those slices and re-firing them in the oven. Then when an order comes in for a single slice, you're actually eating a twice-baked pizza, resulting in an overall stale taste.

From a cost perspective, this makes good financial sense, but from a quality standpoint, it makes for a lacking dining experience. However, this has not been the case on any of my past trips to Rocky's. Rocky's has always shown a certain level of quality. Of course, I have always seen those pizzas in the window on the counter, so maybe they have a magic wand when re-firing, or those are special not-for-consumption model pizzas.

Having carried out pizzas from Rocky's on a regular basis, I have to

note that I cannot discern any quality difference between a single-slice order when I dine in, from a carry-out order for an entire pie.

As a follow-up, I ordered a 16" half bacon, half mushroom (\$11.00) pizza for carry-out. The pie survived a 15-minute ride and remained hot. Again, no discernible difference in quality from the last dine-in visit ordering by-the-slice.

I think that's what I like the best about Rocky's NY Pizza—its quality is consistent. For a good pizza dining experience, I give Rocky's NY Pizza my rating of four thumbs up!

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Thurmont Heritage Days Concerts

"The Morgan Family." Concert held recently by Thurmont Heritage Days in Greencastle, Pennsylvania featured four little fiddlers, Maggie, 11; Jessie, 9; Abbie, 7; and Henry, 4, with Mary (mother), David (father), Uncle Bean, and a surprise visit from Sweden was David's sister, Donna, who sang three songs. The girls, as their father, David, said, all have straight A's in school and his only son, Henry, is still exploring in life. How wonderful it is to be heard and accomplished in life. They created a feeling of pride to be an American by just seeing such a wonderful family performance.

The next Thurmont Heritage Days concert will be held on August 5, 2011, at Green Grove Gardens near Greencastle, Pennsylvania, starring tribute artist Kevin Booth as Elvis Presley and Conway Twitty. Doors open at 6:00 p.m., and the show starts at 7:00 p.m. It is advised that you get your tickets early for the price of \$15, instead of waiting and paying \$20 at the door. This concert is held in air conditioning. Refreshments will be available. Call 301-271-2023, 717-765-6772, or 301-418-2727 for tickets and information.

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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, "Worked at Thurmont Super Thrift before automatic scanning; owns local business for 20 years; people have cleaner cars because of him; in car blurb for Halloween car shows; middle and high school band member."

Those who guessed correctly are: Michael Dewees, Robert Joel and Jackie Miller.

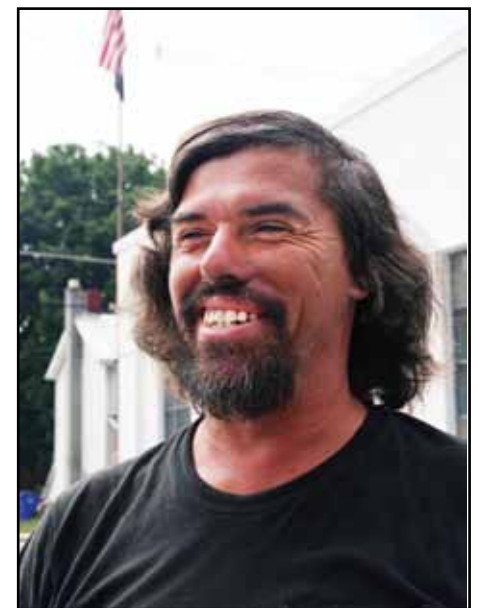
I am Kevin Troxell

You might see Kevin Troxell sporting around Thurmont with his 3 1/2 year old son, Robert, in his 1966 Chevy II Nova or his trade mark pick-up truck. About the truck, he says, "As the saying goes, 'A good body man never drives something pretty,' there's never enough time to do work for yourself. The customer's come first."

Kevin and his brother and sister attended Thurmont schools and graduated from Catocin High School. He played in the Thurmont Middle School Concert Band and the Catocin High School's marching band as a snare drummer.

He worked at the Thurmont Super Thrift in grocery. He was Dairy Manager there for a while. This was before grocery scanners were used. In 1995, he was part of Gateway Cruisers who held Halloween car shows for someone who had cancer.

Today he is well-known for his meticulous attention to detail in his profession. He owns and operates Kevin's Auto Kleening, a vehicle detailing business. Since 1991, owners of motorcycles, boats, horse trailers, campers, cars, trucks, SUVs and school buses have sought Kevin out to complete bumper to bumper detailing of their vehicles. Kevin is



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He hopes that someday, his detailing business and his coveted '66 Chevy Nova II will be passed along to his son. He says, "Someday it will be his." Until then, call Kevin at 301-524-8438 to set up your detailing appointment.

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What's Up At the Thurmont Senior Center?

by Helen Deluca

If you were among the many that enjoyed the Fireman's parade, you saw the Senior Center float. The banners on the float said it all: "THURMONT SENIOR CENTER – ALIVE AND KICKING." Did you get to see Tina Turner on the float?

It's hard to say who had more fun, those riding on the float, or those who enjoyed it from the sidelines. Happy to say the Seniors won third place. Many thanks are sent out to Joe Eyler, who gave his time and equipment to make the day so much fun.

The new lunch program, catered by Cozy, is doing very well. It's nice to see the new faces coming in to enjoy the food and companionship. Lunch is served daily at 12:00 p.m. The cost is

\$5.00, and the honor system is used for payment. Please call a day before you plan to have lunch at 301-271-7911. The menu for the month, as well as planned activities, can be picked up at the Center from 9:00 a.m. to 3:00 p.m.

The renovation of the Center will be starting at the end of July, and will require the Center to close for a short time. We are looking into the possibility that lunches may be served at another location during that time.

After the grand re-opening, we plan to schedule some new programs and activities. You currently can enjoy Laf-a-Yoga, exercises, cards, dominoes, puzzles, MahJong, RummiKub, and a nice selection of books in our "library." Our wish list includes exercise equipment. So, if you have a stationary bike, treadmill, or any type of exercise equipment that a senior could use that you would like to donate, we

sure would like to hear from you. In addition, if you have a special talent that you could share—for instance, crafts or art, knitting, crocheting, or maybe you would like to start a Pinochle or Canasta club—let us know. After the renovations are completed, we will have more space to add more activities.

I want to remind you of the Pen Mar picnic catered by Cozy, being held on



August 3, 2011, at 11:00 a.m. The cost is \$10.00 per person—bingo, entertainment, and a great way to become re-acquainted with some folks you may not have seen for a while. Please call ahead to make reservations. We don't have a van yet at the Center, but if you would like to join us for

the day, call the Center, and we will make every effort to set you up for a ride. If you have already planned to be there, ask your neighbor to join you.

It may seem a bit early, but mark December 3, 2011, on your calendar for the Senior Christmas dinner at the Moravian church.

I like to compare the Center to a boat. The "boat" is afloat! The Department of Aging has "jumped ship," and the Town can't afford to come aboard because of the current budget problems, but the "boat" is still floating. It's just missing a good MOTOR (money). So, it comes down to the community that the Center serves. The "crew" (volunteers) is doing all that they can to keep the boat floating, but we send an "SOS" to all those who can help us keep afloat. We are in dire need of a van to transport people to the Center for lunches and

grocery shopping. Any ideas or help from you would be greatly appreciated. How can you help?

I would like to tell you about two members on our Board of Directors who are "Captain" and "Co-Captain," and who are keeping our boat afloat. They really don't need to be introduced to you, because between them, they have approximately 44 years serving the Center.

How many of you came to the Center when Patt Troxell was the Director? Patt was working at the high

school cafeteria in 1977, when Charlie Anders told her that Mrs. Elower, who started the Center, was in need of some help. So, that was the start of Patt's 22 years of serving the seniors of Thurmont. She started as the kitchen manager and

moved on up to van driver. Mrs. Elower suffered a stroke, so Patt took over as Director—and what a job she did! I was lucky enough to experience it first-hand.

At that time, the Center did not receive financial help from the town or county, so Patt, with the help of Gerry Boller, planned bus trips to make money for the Center. She also cooked gallons of chicken corn soup for Colorfest and made it fun for all who volunteered to help.

Patt was born in Hagerstown, but she moved to Thurmont when she married Richard. She and Richard were a perfect match. They both loved skating and travel. Richard always told the story of meeting Patt at the skating rink and about after that meeting, "they started going around together." Patt and Richard married in 1959, and they have shared their love of camping and travel with their three children. Paula, Richard Lee, and Lu-Anne added six grandchildren to their happy family.

Music and singing have always been an important part of the Troxell family. Patt is blessed with a beautiful voice, Richard Lee is a world-renowned opera star, Paula and her family are active in music and theater, and Lu-Anne and her family all sing in the choir at Apples Church. It came as no surprise when Patt started a singing group at the Center. They are called the Canaries, and they were good enough to entertain in 1980 in the Green Room at the White House. The Canaries are still active and use their talents to entertain at various retirement centers and nursing homes. If you like to sing, call Patt. Patt retired in 1999 from the Center, but we are happy to have her

back as President of the BoD.

Another familiar face at the Center is Roy Clever. Roy is Vice President of the BoD. He served as President for just over 22 years, but we won't let him retire. Patt says she needs a Co-Captain, and between them, they run a tight ship.

Roy was born in Chambersburg, Pennsylvania. He met his wife, Dorothy, in high school back in 1949. They recently celebrated their 61st wedding anniversary. They were blessed with three sons, and now blessed with five grandchildren.



Roy has an extensive background in education. He earned his BS degree at Shippensburg University, and his Masters degree at Western Maryland College in Westminster. He was a teacher for five years, when he moved

up the ladder to spend the next 28 years as principal at various schools. Perhaps you met him when he served at Sabillasville and then Lewistown. He was the first principal at Waverly School in Frederick. He then came to Thurmont, and finally to Middletown, where he retired.

He now enjoys a good game of golf when he gets the time. He is an active member of his church and is always available whenever needed at the Center.

The years that Roy and Patt worked together at the Center became the foundation for the Thurmont Center to become the most active and successful center in all of Frederick County. Roy's hope for the future is that the Thurmont Center continues to be a friendly and vibrant place that seniors can enjoy.

Patt and the Center BoD share that hope and vision with him. Come and join us.

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catocin corner

by Meghan Jackson

What's up my fellow cougars? Before I begin, I would like to introduce myself. My name is Meghan Jackson, and I am a new correspondent representing Catocin High School for *The Catocin Banner Newspaper*. In this column, you will find all you need to know to keep up with the life of a Catocin Cougar. Whether you are young or old, tall or short, boy or girl, this is where you will have an up-close and personal run down on what's up around Catocin.

To start us off, I hope you all had a totally rockin' summer of 2011. I hope it was full of tanning, water fights, cookouts, and whatever else you guys enjoy doing. I know over the summer there were several carnivals here and in the surrounding area. I attended the Emmitsburg carnival; it was a blast—tons of rides and great live entertainment! I'm sure the carnivals in Thurmont and Walkersville were just as great. I saw a pretty good turnout for the Crumland Farms fireworks for the fourth of July. Unfortunately, it rained—literally rained on our parade...bummer.

Over the summer we got our Advanced Placement (AP) scores back in the mail. Even if you are not satisfied with your score, you should give yourself a pat on the back for taking on the challenge that is AP. I'm sure you also got your HSA scores back, and I want to congratulate all of you Cougars for giving it your all. Now you can sit back and relax and not study all night!

What's more, I hope everyone is happy about their schedules—I know I am! New classes, new facts to learn, new people to interact with. It is going to be great, Catocin!

Something I know you all are dreading is the start of another

school year. As summer comes to an end, it's time to step up our game—new school year, fresh start. Let's get those A's cranking out, and your favorite outfit ready to go!

There are a few things you should mark on your calendar, and some things to be looking forward to in this exciting new school year. First, you should all have on your calendars the start of school, which is August 29—welcome class of 2015! Also, if you are an SSL (student service learning), there will be a mandatory meeting on August 18, from 10:00 a.m. to 12:00 p.m., in room 302. Be there or just be square!

I also have some exciting news for you Cougars! In this upcoming 2011-2012 school year, there will be three new teachers! Ms. Sarah Kerr and Mr. Tyler Ausherman will be new in the Math department, and Mr. William King will be new to the English department. I also have some bad news, our assistant principal Mrs. Boyenton will be leaving to go to TJ High School. Though, on the bright side, Mr. Marcus Allen will be filling her place. Welcome to all! One more little thing to add to these updates: the school is in the process of creating a new school motto! Lots to look forward to!

Before wrapping this up, I want to give you a taste of who will be your eyes and ears of Catocin High School. I am a junior this year, and I am very passionate about my writing. I have five brothers and sisters—one older, four younger. I recently moved to Thurmont in July of 2010 from Baltimore, Maryland. Let me tell you, it is a HUGE change. Let's just say that I came from the other side of the tracks and the grass is definitely greener here—but smellier. I immediately sensed the compassion and care radiating from this small town. In Baltimore, I didn't get that, so you could say coming to Thurmont was like going to the Land of Oz, mysterious yet wonderful at the same time. I love living here, and even though it is different from what I am used to, I wouldn't change it for the world. I am looking forward to bringing you my personal outlook on this town and school for many more months to come. Catch you on the flipside!

school news

Back to School

School begins on August 29 for the 2011-2012 school year. Area businesses have the school supply lists already. If you do not have a list of what your student will need, go to www.fcps.org for further information.

5% Comes Back to Schools

Office Depot is offering a 5% Back-to-Schools Program. When you enter the store, the lists of supplies for each school are on the left. Each school has a code, and when you are done shopping for school supplies, you give the code to the cashier, where it is then entered in the computer. Some exclusions do apply, and the program is limited to PreK-12th grade. Ask an associate or visit www.officedepot.com for program terms and conditions.

The codes for the Catocin feeder schools are: Catocin High School 70047485, Lewistown Elementary School 70046592, Thurmont Elementary School 70047484, Thurmont Middle School 70047482, Thurmont Primary School 70119213, Sabillasville Elementary School 70047275, Emmitsburg Elementary School 70046554, and Mother Seton School 70046553.

Box Tops

Keep collecting those Box Tops for Education. In the 2010-2011 school year, schools collected more Box Tops than years prior. With the budget cuts as they are, this program has helped fund many programs to benefit the students. This is the easiest way to help your local schools, even if you no longer have children in the school system. Cut out those Box Tops and drop them off at the front office of your local school, and know that you are making a difference.

Catocin High School “Standing Room Only” Show Choir Announces New Direction and Tryout Dates for 2011-2012 School Year

Catocin High School's (CHS) “Standing Room Only” Show Choir will hold tryouts for the 2011-2012 school year on Wednesday, September 7 and Thursday, September 8, from 5:30 p.m.-7:00 p.m. in the auditorium at Catocin High School. Tryouts are open to all students entering Grades 9 through 12.

The high school show choir began in 2009, under the direction of Mrs. Berna LaForce, who saw the need and desire of students at the high school level to perform and compete—and they have been extremely successful. We are excited to announce that this coming school year, the show choir will be under the new direction of Ms. Stephanie Weigelt, with Mrs. Berna LaForce continuing as the vocal director.

Ms. Weigelt is currently a dance teacher at Urbana High School and is in her 19th year of teaching. She holds a B.A. in English from McDaniel College in Westminster, after also attending James Madison University in Harrisonburg, Virginia. Ms. Weigelt began teaching both English and Drama at her alma mater, Linganore High School. After three years, she transferred to the newly built Urbana High School, and has been there ever since. Ms. Weigelt started Urbana's drama program, acting as both drama teacher and theater director. As the school grew, she gave up English classes to better focus on both theater and TV Production, and 11 years ago also began offering dance.

She currently teaches beginner, intermediate, and advanced classes, as well as an auditioned dance company that has traveled to State, Regional, and National High School Dance Festivals. She serves on Urbana's School Improvement Team and is Co-Advisor for Urbana High School's Senior Class. Each year, she choreographs for the school's musical, organizes the annual Mr. Urbana Pageant, and acts as advisor for the National Dance Honor Society.

In 2009, Ms. Weigelt was awarded the Hood College Charles E. Tressler Distinguished Teaching Award. Ms. Weigelt resides in Emmitsburg, Maryland, with her husband, two children and dog.

For additional information, visit www.chsshowchoir.org or contact the CHS Show Choir Boosters President, Laura Knott at knott8895@gmail.com.

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OUR NEIGHBORHOOD VETERANS

by Jim Houck, Jr.

Michael P. Mahoney Sergeant U. S. M. C. Provost Marshall 3rd M A W West Pacific

Born December 7, 1952, at St. Joseph Hospital, in Baltimore, Maryland, to Mildred and Chief Petty Officer Alexander M. Mahoney, U. S. Navy WWII retired, was a son they named Michael (Mike). The family had migrated to Maryland from Mildred, Pennsylvania, when Michael's father retired from the Navy and went to work for Martin Aircraft at Baltimore, Maryland. Mike went to school at Immaculate Heart of Mary Elementary School in Towson, Maryland, until sixth grade, when the family moved back to Pennsylvania to the Wilkes Barre-Scranton area. He attended West Side Tech Junior High School in Wilkes Barre, Pennsylvania, where he played football and basketball at the junior high school level. His father got a job with Mack Truck Company in Hagerstown, Maryland, in 1967. The family settled in Blue Ridge Summit, Pennsylvania, where he attended Waynesboro Senior High School for his sophomore, junior and senior years.

Mike was on the cross country team and wrestling and track teams. He was captain of the cross country team and co-captain of the track and field team. He set seven track records at nine meets while a senior at Waynesboro High School.

Summer to Mike meant little league, pony league, American Legion league—playing seventeen years of slow pitch softball between church leagues and Waynesboro town leagues. After graduating from high school, he attended Mount St. Mary's College in Emmitsburg, Maryland, for one year before entering the U. S. Marine Corps in 1972, where he served three years active duty and three years reserve duty.

Parris Island, North Carolina, is where Mike had his boot camp training. Camp Geiger at Jacksonville, North Carolina, is where he had his infantry training. He was assigned to serve as a military policeman because he took classes at Mount St. Mary's to become a probation officer to work with juveniles and took training at Victor Cullen boy's training school at Sabillasville, Maryland. He went to military police school at Fort McClellan, Alabama. After leaving there, he was assigned to the Marine Corp Air Station at Yuma, Arizona,

where he started out as a regular MP. He also provided security and did cross-country chases to the California coast to transport detainees from different facilities like from Balboa, Twenty-nine Palms and El Toro.

Mike ended his tour on the west coast as Duty Supervisor. He became Corporal in the detention facility where he worked twenty-four hours on and forty-eight off, and where he would see three different duty shifts during his time. He was an expert on the rifle range and a sharpshooter on the forty-five pistol range.

He returned to Mount St. Mary's to finish his college education majoring in Social Psychology (he had enough credits in history and political science that he could have majored in either). After graduation, he went to work for Homes by Keystone in Waynesboro, Pennsylvania, where he worked for seven years in the cabinet shop building cabinets. His grandfather Mahoney was a contractor in the depression years and had taught Mike a lot of things about carpentry which helped him make his decision to choose remodeling and carpentry as his career. He went to Commercial Trade Institute of Chicago, Illinois, to earn a degree in building construction. He went to work for Northern Virginia Ryan Homes (NVR), where he spent twenty-five years in the construction field. He did inventory control and was a lumber buyer while working for Ryan Homes.

Mike joined the American Legion Post 239 at Cascade, Maryland, a member of the Western Maryland District. He also joined VFW Post 695 Waynesboro, Pennsylvania, and then found a home at AMVETS Post 7 in Thurmont, Maryland, where he has been a member for about twenty years. He started out at Post 7 by working as an attendant, then became involved as an officer working through several positions until he became Post Commander—serving three different years in that position. He served as the VAVS officer for quite a few years. He also became involved with the state organization in 2003, where he worked in several positions until becoming State Commander. He has the distinction of being the only State

Commander serving two consecutive terms.

Mike is proud to be involved with the Major General Boyd Cook Memorial Foundation, helping Afghanistan Veterans as associate board director, he's currently the Maryland VSO Chief Coordinator for the foundation. He is also active in helping veterans find jobs. He volunteers at various nursing homes and V. A. Hospitals and started Post 7's VAVS program working out of the Martinsburg, West Virginia, V. A. Hospital. When the program first started, three people attended—at the last trip, there were seventeen volunteers. He has been the Sons of AMVETS Post 7 adviser for about nine years and the State Sons Adviser for about six years. He praises The Sons of Post 7 and the hard work they have done for veterans, the community, and Post 7. He said the programs the Sons have initiated, such as the Sweats for Vets, handing out robes at nursing homes, and making quarterly visits to veterans at St. Catherine's Center, makes him very proud. Mike said he is in awe of the hard work the Sons do to earn money just to give it all away to our veterans.

Mike and his wife, Mary, who are also best of friends and best of spouses, have made a home at Mount Hope, Pennsylvania, next to a state park and have been happily married since October 2006. He met Mary while tending bar at AMVETS Post 7. He asked her out on a date on her birthday in 2004, where he took her to dinner at the Dobbin House in Gettysburg, Pennsylvania. They soon fell in love and got married. Talk about a whirlwind romance...way to go Mike and Mary!

Mike has three children. The first child, Michael (age 30), lives in Arizona and was a farmer but now does remodeling construction. His second child is Staff Sergeant, Rachel Mahoney (age 28), who has served a year in Iraq and has nine years in service. Rachel has one child



Courtesy Photo

and is planning on making a career in the military; she is currently in Camp Pendleton California. Mike's youngest child is son, Alex (age 26), who just had a child and works in excavating construction.

Since 2004, he has enjoyed a hobby that gives everyone an opportunity to become a star. He performs as DJ and Karaoke emcee at various functions, mostly non-profit events and performs a show called the "Dr. Mud Cats Medicine Show." He says that if he does a fundraiser for an organization, he stays and does his show free for the club that is sponsoring the fundraiser.

Mike is multi-talented and is also a song writer and plans to record twelve of his original songs. I had a very educational experience talking with him, and I just know he will do well with his future plans. I am sure you can tell after reading his story that he has done well to this point. I am proud to know such a giving man as Mike Mahoney.

Check the Calendar

Be sure to check the calendar on page 31 for bingos, breakfasts, dinners, programs, benefits and other events of interest.

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A Simple "Thank You" Would Suffice

by Valerie Nusbaum

I don't normally get preachy in my column. I don't try to change the world or tell you how to do things. I don't try to teach you how to be your best or how to live a better life. My job is just to find humor in everyday situations. That being said, I don't find it funny when people are too busy or too lazy for common courtesy. Whatever happened to saying "thank you"?

Randy and I have been together for 20 years, and we still say "please" and "thank you" to each other. We also say "I'm sorry" when it's warranted. He says it a lot more than I do, but if you'll refer to my column on breakfast, you'll understand why.

I've been on a tear lately, because people don't send thank you notes. I get it that my friends and family are busy and have a lot going on in their lives. I do, too. I just feel that if I've gone to the trouble, and taken the time to send someone a gift or a card, or if I've done something unexpectedly nice, then the least the other person can do is say "thank you." I don't need a long flowery note telling me that I'm wonderful. It could be a card with the words "Thank You" printed on it, along with a simple signature. It could be a phone call or a message left on my answering machine. I'd even settle for an email. Just please let me know that you received my card, gift, cash, flowers, food, or whatever gesture I may have made. It only takes a few minutes to acknowledge another person's thoughtfulness.

Both my mother and my mother-in-law are note-writers and card-senders. Randy and I have inherited that gene. We had no choice. It was beaten into us. I understand that in other homes, mothers did not force their children to write thank you notes for Christmas and birthday gifts—sitting on hard wooden chairs for hours on end and writing with cramped fingers by the light of a single candle, having only a scrap of bread and some water for sustenance. Our mothers were sticklers for that kind of thing. They both used wooden paddles. These days, it's called "child abuse."

My cousin's daughter got married last October. She had a beautiful, lavish outdoor wedding at her grandparents' farm in West Virginia. Randy and I gave her what I thought was a nice gift and some cash. I don't know if she liked it or not. I don't even know if she received it. I haven't heard from her. I barely know the

girl, and I'm thinking bad things about her. Apparently, she didn't send any thank you notes. None of the family has received one. Is that the trend now? We saw the newlyweds on Christmas Eve, and it would only have taken a few seconds for her to say "thank you for the wedding gift and for driving all the way to West Virginia for the ceremony," but I'm not even sure she spoke to us. As I said, we hardly know each other, but her dad is my first cousin and we grew up together. He didn't like me when we were kids. He used to call me a "big ox," because I was taller than he was, so my other cousin, Lou, used to beat him up for being mean to me. No matter what, a thank you was still in order.

Now that Oprah has stopped doing her show, I feel that it's up to me to fill the void. My lesson for today is this: when someone does you a solid, say "thank you," even if it means missing a few minutes of television. You'll feel good about yourself for doing it, and you'll make someone else's day.

Since I'm all about being grateful this month, I'd like to send a big "thank you" to Loberta Staley for her very kind words about my work. I really do appreciate it. You went to the trouble to write a note, and I'm only too happy to respond. My Mom used to babysit Loberta and her siblings. Loberta told me once that she asked my Mom if it would be okay to kiss a boy. Mom responded that he'd have to be pretty cute. Funny, I don't remember Mom telling me that when I asked her the same question. It's just as well. She probably would have made me write a thank you note.

Lastly, to Bill Blakeslee...you know what you did. Thank you.

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Question: I keep hearing about the Mediterranean diet. Good, bad, or indifferent?

Answer: The Mediterranean diet is actually more of a lifestyle, and does incorporate many healthy foods and behaviors. For many years, it has consisted of high levels of activity, low stress, and a highly-moderated earthy and nutritious diet. Living in the United States, we don't often see the high activity and low stress combination very abundantly. But no matter where we are in the world or what our situation is, following a Mediterranean meal plan is never a bad idea. Their diet is centered on small portions and an abundance of plant sources: fruits, vegetables, potatoes, breads and grains, beans, nuts, and seeds. They strive to stay away from any processed foods and their main source of fat comes from olive oil. They promote fish a couple times a week and red meats a couple times a month. Fruit is the main option on their dessert platter. Their fitness guidelines are pretty broad, but they do recommend an amount of physical activity that promotes a healthy weight and well-being. In the end, the Mediterranean diet is thought to be one of the healthiest diets out there.

Question: I have a punching bag in my basement—could I be using that to workout?

Answer: Yes, absolutely! Using a punching bag, or boxing, is a very unique and useful way to workout. However, simply punching the bag with no routine or training can lead to injury. Boxing is a great way to improve the body's speed, coordination, endurance, and strength. In order to properly utilize this type of workout, you must be educated on the different types of punches. I'm talking about the jab, uppercut, hook, body punch, and so on. You should also try and use a basic routine until you get the hang of things, such as jab, cross, hook, repeat. When you learn the basics of boxing, you can begin to reap the benefits, which include, most notably, stress relief. We all know there's nothing better than relieving a day's worth of stress on a punching bag. Boxers also develop great upper body muscle tone and excellent endurance levels. Also, learning the techniques of boxing is a great way to develop self-defense and could be applied in real-life situations if needed (though we hope it isn't).

Question: Should I be eating my vegetables fresh or should I cook them?

Answer: In truth, there are benefits to both. But one thing is certain—eating vegetables, whether they're grilled, roasted, baked, steamed, boiled, or raw, is always good. Regarding this particular question though, it really depends on the nutrients in the vegetables and how they react to temperature. For example, eating cooked carrots, spinach, mushrooms, asparagus, and cabbage, amongst others, supply more antioxidants to the body when they are cooked. Tomatoes have proven to supply more lycopene when cooked, which is thought to reduce the risk of cancer and heart disease. But when it comes to water-soluble vitamins like B-complex and C, eating raw vegetables may be the way to go. Studies have shown that cooking vegetables with water-soluble nutrients can deplete the amount of these nutrients from the vegetables and transfer them to the water. Unfortunately, there's no simple answer to this question. The only way to ensure you're getting the most out of your vegetables is to include a combination of both cooked and raw options.

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 email@anytimefitness.com.

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the health jeanne

by Jeanne Angleberger

Shaklee Associate for a Healthier Life

Do you believe healthy aging is possible? Absolutely! If you start thinking about the desire to age in a healthful way, it's likely you'll seek changes in your lifestyle. Awareness is the first step of changing!

Where do you rank your own health? You're probably headed in the right direction if you feel good about your health and body. This means staying informed about healthiness and applying what you are learning.

Research shows that our rate of aging is determined by several factors, including genetics, well-being and lifestyle choices, such as level of exercise, ability to handle stress, quality and amount of sleep, level of nutrition and environmental exposures.

A particular age has little to do with how old we feel. It's up to us to define the age we feel like. Yours truly advises to "enjoy your age."

Perhaps you are familiar with the National Senior Games when seniors

(age 50+) compete in various sports. It is incredible to witness the physical abilities of these athletes. Last month yours truly competed in women's basketball at the national games in Houston. There were over 10,000 athletes in attendance. Their healthy ages ranged from 50 to 100. It was a huge reminder that people can and do age healthfully!

Healthy aging can be achieved. Three important components are exercise, fitness and nutrition. Eating a variety of healthy foods, practicing portion control and including physical activity in your daily routine -- can go a long way promoting healthy aging.

Always consult with your health provider before starting an exercise program. A nutritionist consultation can be beneficial when making healthy food choices. Remember, it's never too late to begin making healthier lifestyle choices! Create a plan and begin healthy aging today!

Pre-register Now for Annual Health Fair

If you have been postponing health screenings due to cost or inconvenience, you have another option: the Annual Health Fair. The Health Fair will be held on September 24, 2011. This event is sponsored by The Thurmont Lions Club and Gettysburg Hospital. It will be held from 6:30-9:30 a.m. at Thurmont Middle School, located at 408 E. Main Street. Use the Summit Avenue entrance to the school for this event.

For only \$32, you can sign up for blood screenings for over 40 tests, including blood chemistry, cholesterol, triglycerides, and complete blood count. Because your blood offers many clues about your health, these tests could possibly save your life. Blood screenings require pre-registration and a 10-12 hour fast. To schedule, call Wellspan Health at 1-800-840-5905, Monday through Friday from 8:00 a.m. to 4:30 p.m.

The cost for prostate cancer screening for men over 45 (PSA) is only \$15. Thyroid testing (TSH) is \$10, and the test for diabetes (HbA1C) is \$15. For \$20, the test for vitamin B12 is also available.

2012 Safe and Sane Events

The 2012 Safe and Sane Committee will be holding their first event on August 20, 2011, from 12:00 p.m. until 7:00 p.m. They will be holding a Pool Party at the Emmitsburg Town Pool. Come join the fun; there will be music, prizes, games, snacks, and more! The event is open to the public and daily admission prices will apply. For more information, contact Anne Reaver at 301-447-3007 or Jim Hoover at 301-447-2140 or visit our website at www.catocinsafeandsane.com.

On September 10, 2011, the committee will be holding a Golf Tournament at Maple Run Golf Course. The start time will be at 9:00 a.m., with registration beginning at 8:15 a.m. The cost is \$75.00 per person or \$300.00 per foursome. There will be various contests throughout the day, including a "Closest to the Pin," "Longest Drive," and "Putting Contest."

Lunch and door prizes will also be included. The committee is currently looking for "hole" sponsors, as well as donations. If you wish to golf in this "sure to be fun" event or would like to assist by volunteering or becoming a sponsor, please contact Keith Delauter at 301-788-6417 or Tina Delauter at 301-748-8553. You can also find the registration forms and more information on the CHS Safe and Sane website at www.catocinsafeandsane.com. Proceeds from both events will go to the 2012 Safe and Sane program.

Sun

by Francis Smith

Sun bursts over the eastern edge of the earth ablaze with gold and silhouettes the locust trees atop the pasture field. Nearby a bushy maple frames the sunrise its dark oval clump in contrast to the semi-circle sun now pinking the low gray wisps of clouds just swished across the pale blue sky of dawn.



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Mothers of Preschoolers International (MOPS) of Victory Tabernacle

In March 2011, Victory Tabernacle Church in Thurmont received its official charter from Mothers of Preschoolers International (MOPS). MOPS is an international organization designed to support mothers of young children through the trying and difficult stages of early motherhood. The group launches on Thursday, September 15, 2011, at 6:00 p.m., with an open house at Victory Tabernacle. Moms from the Thurmont and Emmitsburg areas are invited, along with their children, to see what the group is about and how it can help them find a community of mothers who are dedicated to raising their children with morals and values.

While Victory Tabernacle is the sponsor organization for this group, MOPS International® is a non-denominational organization that invites all mothers, regardless of their spiritual background. It is an open group that concentrates on building strong moms. Any woman who is mothering from pregnancy through kindergarten is invited to attend. Included is a program for children (birth through 5th grade), lovingly referred to as MOPPETS. The staff is trained and cleared through background checks. Lacy Reynolds, Co-coordinator for the Victory Tabernacle MOPS, says that "MOPS became the community

I needed as a young mother. When I doubted my own ability as a mom, I found a group of women who did not judge or look down on me because of my parenting decisions. Instead, they encouraged me and helped me to develop my mothering skills."

A typical MOPS meeting is more than just a play group where the moms sip coffee. It consists of some free discussion time and a presentation of a relevant topic for moms—examples include: sensible decision making, raising children with respect, and developing patience. Every few meetings have a time set aside for a creative activity or service projects. "We at Victory Tabernacle do not just want to help ourselves. We want to reach out to others and serve our community. It causes us to look outside of our world and help those around us. It teaches our kids something important, too," says Reynolds.

The regular meeting schedule begins on September 22, 2011, meeting the 2nd and 4th Thursdays of each month from September to May from 6:00 to 8:00 p.m. Refreshments are served and free child care is provided. Victory Tabernacle is located at 6710 Kellys Store Road in Thurmont.

For more information, e-mail vtmops@gmail.com or visit www.vtmops.blogspot.com.

school news

Have you been Home Schooling or Thinking about it? There is H.O.P.E.



Courtesy Photo

Homeschool students in grades 7 through 9 examine an oyster in their Chesapeake Bay Study class. Pictured left to right: Karyn Flanick, teacher; Susan Garcia, parent; students Katie Cofer, Joanna Garcia, and Anna Hail. Not pictured, but present: Anita Staley, teacher; students Levi Fisher, Anna Staley, Bethany Garcia, Noah Weaver, Curtis Dorsey, and Adam Flanick.

H.O.P.E Homeschool Co-op Group would like to assist you by being one of many resources available to you as you pursue educating your children at home.

Having served northern Frederick County for more than 12 years, H.O.P.E. Homeschool exists as a distinctly Christian support group, comprised of both veteran and new area families dedicated to teaching their children. It is the mission of H.O.P.E. to offer support and information regarding homeschooling to our members and to those exploring the possibility of homeschooling. We hold monthly parent meetings, which are open to current or prospective homeschoolers.

Another aspect of H.O.P.E. is the fall and spring Co-op, offering classes for students in kindergarten through grade 12. This optional Co-op is coordinated and taught by member families on a volunteer basis in Walkersville. Various social events have included talent shows, field and park days, as well as high school graduations. Extensive networking makes us a resource worth considering as you do your homework in regards to what works for your home.

Get your questions answered as you join H.O.P.E. for an evening of general home school information and encouragement, to be held on the tentative date of Friday, August 12, 2011, at 7:00 p.m. Enjoy a Q&A session, plus reflections by some of the H.O.P.E. high school seniors. Giveaways and refreshments will follow the home school session. Please access our website for location and final date information. In addition, check out the fall class line-up (now open for enrollment) and more on the web at www.hopehomeschoolfamilies.webs.com.

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Children and Teens at the Thurmont Regional Library
by Janet Vogel, Children's Services Supervisor, Thurmont Regional Library

The Thurmont Regional Library has a beautiful display case in their lobby that they would like to share with the public. Local non-profit organizations are welcome to use it to promote anniversaries, events and activities or display historical artifacts or private collections of interesting items that others might enjoy. Displays remain in the locked case for one month. For further information and to sign up to display for one month, call Erin Dingle at 301-7212 or email her at edingle@frederickcountymd.

Summer is wrapping up, but we still have plenty of programs and activities to keep you going. In fact, you still have a little time to register for the Summer Reading Program at the library! Kids win prizes just for visiting the library and teens earn prize drawing entries for every hour that they read or program that they attend. Visit the library or on-line "http://www.fcpl.org/src" www.fcpl.org/src for more details.

Do you like old-timey games? Register to participate in our Jacks and Marbles Tournaments that will be held on August 4, at 2:30 p.m. We will have prizes for the winner of each tournament in one of two age groups: 6-8 and 9-11. We have the equipment, you bring the skills! You can also meet the National Champion coach of the Frederick Knucklers Marbles team.

On Saturday, August 13, we will wrap up the Summer Reading Club with our Finale Party (you can claim your prizes until August 31). Meet foxes, chinchillas, and other animals from around the world with Wildlife Adventures beginning at 10:30 a.m. Stay after the show for free Rita's Ice on the deck and fun and games in the children's department until noon.

Teens looking for something new and different this summer can participate in a special international dance program. Register for Dances Around the World on August 18 at 6:00 p.m. Learn some colorful steps from dances around the world in this program led by Stephanie Long, teen librarian by day and dance instructor by night!

We didn't forget the little ones this summer! Fans of Tots 'n' Tunes can continue to enjoy both "Tiny Tots" for children 12 months - 2 years and Tots 'n' Tunes for ages 3-6 on the first Friday of every month at 10:15 and 11:00 a.m. respectively. Dance and move in this special story time for active kids! Be on the lookout for additional Tiny Tots 'n' Tunes dates this fall. Older ones ages 3-6 can come back for our *new* Movin' and Groovin' Storytime at 10:05 a.m. on August 19. This will be

your last chance until winter to move and shake in Ms. Lesa's special story time!

This is just a sampling of the many programs we have to offer this summer. Visit our website www.fcpl.org/information/branches/thurmont/ or call the Children's Department at 301-600-7214 for more information about upcoming programs. Our online calendar already has programs scheduled through November, so take a look at the new book clubs, LEGO events, and other exciting programs we have planned this year.

Share Your Good News!

Send your community news and photographs to share with others.
The Catocin Banner welcomes your good news!

news@thecatocinbanner.com
301-447-2946 fax

Thanks for Making the 6th Annual Mountaintop Heritage Days a Success

I am writing to thank a number of people and organizations for making the 6th Annual Mountaintop Heritage Days—recently held on June 25 and 26 in Blue Ridge Summit, Pennsylvania and Cascade, Maryland—a rousing success. First, thanks to all who attended and participated in the two-day event. The fireworks were spectacular, as usual, and the Salute to our Armed Forces by the Williamsport Community Band was dramatic and stirring.

Also, I can't praise, or thank enough, the over 90 One Mountain Foundation members and community volunteers who came out and helped with the dirty, but necessary, tasks of directing traffic, parking, and picking up trash. Thanks to all the craft, food, and business vendors; Civil War reenactors; providers of the children's games and rides, boats, and helicopter; car and steam engine show participants; and musical entertainers. Each brought their unique offering to the event. The steam-engine driven ice cream churns produced heavenly home-made ice cream!

In addition, thanks to our corporate and business sponsors for supporting and trusting the One Mountain Foundation to organize and conduct such a large and complex event. Our sponsors this year included PenMar Development Corporation, Corporate Offices Property Trust, The Hagerstown-Washington County Convention & Visitors Bureau, ISP Minerals Inc., McLaughlin's Heating Oils and LP Gas, Mountain Gate Family Restaurant, Flohr True Value Lumber, and the Fort Ritchie Community Center. And lastly, thanks to The Catocin Banner and WHAG TV25 for their support and superb coverage of our event.

The 6th Annual Mountaintop Heritage Days event showed how a small, dedicated and determined community group—working together—can make a huge impact, resulting in successful fundraising for multiple non-profits and good family fun for all who attended. The non-profit organizations that will benefit from this two-day event are the three

churches, two volunteer fire departments, Sons of the American Legion food vendors, the Fort Ritchie Community Center, and the One Mountain Foundation Scholarship Fund.

Again, thanks to all.

Bill Carter, Chairman, One Mountain Foundation
Jeff Coyle, Chairman, Mountaintop Heritage Days Committee

Vacation Bible School

St. John's Lutheran Church -- Vacation Bible School will be held at St. John's Lutheran Church, 8619 Black's Mill Road, Creagerstown, on August 1-5, 2011, from 6:00-8:30 p.m. All children ages 3 to 12 are welcome. For more information, call 301-418-1760.

Mt. Zion United Methodist Church -- Mt. Zion United Methodist Church, located at 13010 Mount Zion Rd, Sabillasville, will be holding Vacation Bible School on August 8-12, 2011, from 6:00 to 8:00 p.m. Come "Backstage with the Bible!" and get ready to experience the ultimate "concert" each day! There will be tickets for children in grades K through 6th. There will even be an adult class! For more information, please call 301-271-3357.

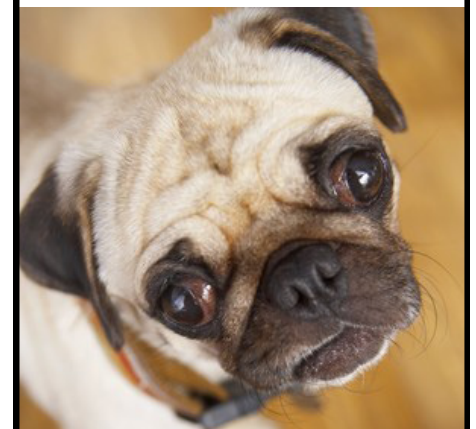
Mt. View Ministries -- Family VBS "Avalanche Ranch," 103 Apples Church Rd., Thurmont MD. All are welcome. Classes from kindergarten through fifth grade available. August 8- August 12, from 7:00 p.m.-8:30 p.m. Call 301-271-9088.

Reunions

Attention CHS class of 1986 -- Planning is under way for the 25th class reunion of Catocin High School's Class of 1986. The reunion will be held this fall. Your help is needed. Please call Cyndi at 240-422-3521 or email cyndi8168@yahoo.com with your mailing and email addresses as soon as possible. We will be needing donations for raffles, so if you can donate anything, it would be greatly appreciated.

Descendents of R.D. Long Reunion -- September 4, around 1:00 p.m. at the Parish Hall in Creagerstown.

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- 3 Thurmont Senior Center Picnic, Pen Mar Park. 301-271-7911.
- 5 Tribute Artist Kevin Booth is Elvis Presley & Conway Twitty, Green Grove Gardens, Buchanan Trail, Greencastle, PA. 7:00 p.m. (doors open at 6:00 p.m.). Tickets: \$15 pre-ordered/\$20 at the door. Tickets available at Mt. Gate Family Restaurants in Thurmont and Waynesboro at Green Grove Gardens or by calling 301-271-2023. Sponsored by Thurmont Heritage Days.
- 6 Music on the Deck, Thurmont Regional Library, 76 East Moser Road, Thurmont. 1:00 p.m. Featuring "Off Track." Sponsored by The Friends of the Thurmont Regional Library, www.fcpl.org or call 301-600-7212.
- 6 Sportsman Drawing & Dinner, Emmitsburg Volunteer Ambulance Company, 17701 Creamery Road, Emmitsburg. Doors open 5:00 p.m., dinner 6:00 p.m. \$25/ticket. 301-447-6626 ext. 102 or 240-674-9834.
- 6 Summer Sandwich Sale, hosted by Thurmont Lions Club at Bell Hill Farm, 1 1/2 miles north of Thurmont along US 15. 10:00 a.m.-3:00 p.m. (or until sold out). Menu includes pit beef, pork, turkey and ham—sandwiches and platters—including fries. For details, call 301-271-0558.
- 7 Lewistown Ruritan Chicken Barb-B-Q, U.S. 15 North & Fish Hatchery Road.
- 7 Concert, Rohrsersville Cornet Band at Thurmont Memorial Park, East Main Street, Thurmont. 6:00 p.m. Bring lawn chairs or blankets.
- 13... Civil War "Charity Afire" events and Organ and Oreos program for the kids!, Seton Shrine, 339 S. Seton Avenue, Emmitsburg. 301-447-8037. www.setonheritage.org
- 13 .. Rocky Ridge Annual Big Picnic, Mt. Tabor Park, Rocky Ridge. Soup/Sandwiches/Ice Cream 11:00 a.m. - 9:00 p.m., Baby show (2 yrs and under) 1:00 p.m., Fried Chicken Platters 2:00 - 7:00 p.m., Golden Gears Car Show noon - 4:00 p.m., J.R. Country Band: 6:00 - 9:00 p.m. Everyone Welcome.
- 13... Annual Picnic, Mt. Bethel United Methodist Church, Stottlemeyer Road, Foxville. 10:00 a.m.-5:00 p.m. Featuring Chapel Blue Grass Band.
- 14,15... Bring cakes in for Cake Judging and Auction, Rocky Ridge Vol. Fire Co. Activities Building, 13516 Motters Station Road, Rocky Ridge. 1:00-4:00 p.m. (14th), 11:00 a.m.-1:00 p.m. (15th).
- 15-20... Rocky Ridge Annual Carnival, Motters Station Road, Rocky Ridge. August 15—Cake Judging and Auction 7:00 p.m. August 17—Parade 7:00 p.m.
- 17... Parade, Rocky Ridge Annual Carnival, Motters Station Road, Rocky Ridge. 7:00 p.m.
- 17-20... Maryland Hunter Education Course, Thurmont Conservation and Sportsman's Club, 11617 Hunt Club Road, Thurmont. 6:00-9:00 p.m.—Wed., Thurs., & Fri./8:00 a.m.-1:00 p.m. —Saturday. To register, contact 301-946-5553 or tcshuntersafety@crosslink.net for registration.
- 20... Safe & Sane Pool Party, Emmitsburg Town Pool, Emmitsburg. 2:00 p.m. until 7:00 p.m. Music, prizes, games, snacks, and more. Open to the public, daily admission prices apply. Anne Reaver 301-447-3007 or Jim Hoover 301-447-2140 or visit www.catocinsafeandsane.com. Rain

date: August 26.

- 20... St. John's UCC Annual Festival, Harbaugh Valley Road, Sabillasville. 3:00 p.m. Cruise-In. Old engine and equipment display.
- 20... Thurmont's Main Street Saturday Stroll. 12:00-4:00 p.m. Theme is "Back to School." Fill a back pack. Scavenger hunt throughout the main streets.
- 21... Sing Fest, St. John's Chapel, 8619 Black's Mill Rd., Creagerstown. 3:00 p.m. Featuring Rick Hill and others. For information, contact Judy 301-898-7218.
- 21... Rose Hill Day Festival, Rose Hill Manor Park, 1611 North Market Street, Frederick Ice Cream Social, noon - 3:00 p.m. Old-fashioned lawn games, toys, and kids' activities. Fee for ice cream, toppings, drinks, and Manor tours. Antique car show 10:00 a.m. - 3:00 p.m. sponsored by the Francis Scott Key Car Club with car parts flea market. Car show -- free to spectators. 301-600-1650 or www.rosehillmuseum.com.
- 27... Flea Market, Car, Bike, Truck Show & Chicken Bar-B-Que, Thurmont American Legion. Flea Market—8:00 a.m.-2:00 p.m. (\$10/10x10 Space); Chicken Bar-B-Que—11:00 a.m.; Car Show—12:00 p.m.-4:00 p.m. Registration begins 10:00 a.m. \$10/Entrant. Call 240-288-8119 or 301-271-3820. Sponsored by Thurmont Ambulance Co. Held Rain or Shine.
- 27... Back to School Indoor/Outdoor Yard Sale, Fort Ritchie Community Center, Cascade. 9:00 a.m.-2:00 p.m. We are looking for vendors. Cost: Indoor space \$15.00/Outdoor space \$10.00. Call the Community Center at 301-241-5085 and ask for Bev.
- 28... Celebrate St. Elizabeth Ann's 237th birthday with us!, Seton Shrine, 339 S. Seton Avenue, Emmitsburg. 301-447-8037, www.setonheritage.org.

september

- 3 Summer Sandwich Sale, hosted by Thurmont Lions Club, Bell Hill Farm, 1 1/2 miles north of Thurmont along MD 15. 10:00 a.m.-3:00 p.m. (or until sold out). Menu includes pit beef, pork, turkey and ham (sandwiches and platters), including fries. For details, call 301-271-0558.
- 4 4th Annual ThorpeWood Trails 5K Fun Walk & 10K Run, ThorpeWood, 12805-A Mink Farm Road, Thurmont. Check-in 8:30 a.m., race begins 9:00 a.m. www.thorpewood.org, 301-271-2823.
- 4 "Day of Pilgrimage" in the Basilica - soon to be an every Sunday event!, Seton Shrine, 339 S. Seton Avenue, Emmitsburg. 301-447-8037. www.setonheritage.org.
- 7 Meeting of the Catocin Furnace Historical Society, Inc., Log Collier House, 12607 Catocin Furnace Road. 10:00 a.m. Meeting to organize and catalog the historic files and records of the society. New members are welcome and should contact Elizabeth Comer at 410-243-6767 or ecomer@eacarchaeology.com.
- 7,8.. Show Choir Tryouts, Catocin High School's (CHS) "Standing Room Only" Show Choir, in the auditorium at Catocin High School. 5:30 p.m.-7:00 p.m. Open to all students

community event calendar

- entering Grades 9 through 12.
- 9 18th Annual Lewistown Ruritan Amateur Golf Tournament, Maple Run Golf Course. Benefits the Lewistown Ruritan Scholarship Fund. Shot gun start at 8:00 a.m. \$220/team or \$55/player. Cost includes fees, refreshments, prizes, and lunch. 301-748-1708.
- 10... Safe & Sane Golf Tournament, Maple Run Golf Course. Start time 9:00 a.m., with registration at 8:15 a.m. Cost: \$75/person; \$300/foursome. Various contests throughout the day: "Closest to the Pin," "Longest Drive," and "Putting Contest." Lunch and door prizes will also be included. The committee is currently looking for "hole" sponsors, as well as donations. Contact Keith Delauter at 301-788-6417 or Tina Delauter at 301-748-8553. Registration forms available at www.catocinsafeandsane.com.
- 11... Lewistown Ruritan Chicken Barb-B-Q, U.S. 15 North & Fish Hatchery Road.
- 14-17... Maryland Hunter Education Course, Thurmont Conservation and Sportsman's Club, 11617 Hunt Club Road, Thurmont. 6:00-9:00 p.m.—Wed., Thurs., & Fri./8:00 a.m.-1:00 p.m. —Saturday. To register, contact 301-946-5553 or tcshuntersafety@crosslink.net for registration.
- 17... Thurmont's Main Street Saturday Stroll. 12:00-4:00 p.m. Theme will be "Furmont Day/Fall Harvest." Scavenger hunt throughout the main streets.
- 18... Quartermania, Rocky Ridge Volunteer Fire Company, Motters Station Road, Rocky Ridge. 2:00 p.m.
- 23... James H. Mackley Golf Day, Guardian Hose Company, 13610 Moser Road, Thurmont. Registration begins at 7:00 a.m. and shot gun start at 9:00 a.m., \$260.00/ group of four, \$65.00/participant. 301-271-4289.
- 24... Sportsman's Drawing, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. Doors open 5:30 p.m. Tickets \$25 each. 301-271-

4682.

- 25... Eat all you want at the "Maryland Crab Feast", Seton Shrine, 339 S. Seton Avenue, Emmitsburg. 301-447-8037. Tickets are only \$55! www.setonheritage.org.
- 30... Dinner Theater. The One Mountain Foundation is hosting the Blue Ridge Theater Guild in their production of "The Night is My Enemy," at the Blue Ridge Fire and Rescue Squad Hall on Monterey Lane in Blue Ridge Summit, PA.

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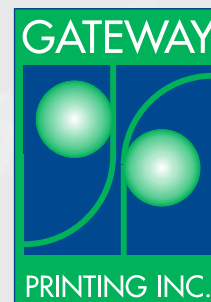
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