

The Catoctin Banner

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Catoctin Volunteers Make A Difference Every Day

by Joseph Kirchner

The spirit of volunteerism is alive and well in the Catoctin region! It seems that we are surrounded by infinite human needs and also by the people who extend themselves most generously to alleviate those needs. Whether it is for a church, for the community at large, for a particular cause, or even for many needs in the same community, many generous souls have stepped up to the plate and given graciously of their time and talent. Let's meet some of these beautiful people...

For a Cause

Many times, the inspiration to work for a cause is motivated by the need to honor a loved one. Such is the case with Lynn Ott, who has worked mightily for the American Cancer Society for the past ten years to honor her father Ron Eyler, who died from colon cancer in 2002. For the past four years, Lynn has participated on the G.O.L.F. Club Team (an acronym for "Going onward with the long fight, care and love undertaking the battle") at the A.C.S. Relay for Life Benefit Dance held in Thurmont. Held last month, this major fundraiser featured 50-70 teams in an all-night relay event. The event was once again a great success, as the band Sticktime graciously donated their services (as they have for every benefit dance) and Lynn's team alone raised six thousand dollars!

The Ott family involvement is nearly an all-year commitment. Lynn's sister, Lisa Reed, is the chief organizer for the benefit dance; sister, Tracey Gormer, heads the Kid's Walk; mom, Alice Eyler, makes a quilt that is raffled at the dance; and all are

involved in the golf tournament held in June. The two chief goals of these volunteer efforts are to raise awareness regarding cancer (especially cancer prevention)

and to raise funds for eventual cures. Remarkably, the G.O.L.F. Club Team raises approximately fifteen thousand dollars annually for the American Cancer Society! Lynn and her family's dedication to this most worthy cause shows all of us that "hope is greater than cancer."

For the Kids

Many an athletic child has taken part in Catoctin-area youth athletic programs, which are provided by gracious adults who share their knowledge of sports through volunteerism. The Catoctin Youth Association (CYA), Catoctin Recreation Council (CRC), Emmitsburg Baseball and Softball League (EBSL), and Thurmont Little League organizations are just a few of our local volunteer organizations that provide these services.

Dwight Baumgardner is the President of CYA Basketball and has been for the past six years. He grew up locally and played CYA basketball and Catoctin High School basketball. He's been coaching for ten years, including time at CHS and CYA. CYA in general serves over 500 kids while, CYA Basketball serves 275



Catoctin Youth Association President, Dwight Baumgardner is shown at a recent basketball game at Thurmont Middle School.

Photo by Deb Spalding

boys and girls in grades one through eight.

Dwight has a soft spot for basketball. He said, "I started basketball in 4th grade and have either played or coached every year since." He enjoys playing the game, coaching, coordinating, and just being around the sport.

"I think the key to being a volunteer is having passion for what the organization is trying to accomplish. For me basketball has always been a huge part of my life, and I feel I have something to offer and just want to give back and try to have a positive impact on kids, give them something fun to do, and give them goals to strive for," Dwight expressed, adding, "I really want to

see Catoctin High School thrive in basketball."

His two kids play basketball with CYA and his wife, Kim, helps out, too. These days, being involved in recreational sports not only gets kids off the streets, Dwight said, "it gets them off the video games."

Any organization is only as good as the people who put forth the efforts to make it successful. As CYA Basketball President, Dwight said, "I want to personally thank all twenty-six head coaches and the many assistant coaches within our organization. I'd also like to thank our board members for all of their behind the scenes work, as well."

As with many selfless volunteers, Dwight also gives of himself in other roles. He volunteers at his church, Our Lady of Mt. Carmel, quite a bit. He is a member of the finance committee, ushers weekly masses, and has worked many fundraising functions.

For the Good of All

If you live in Emmitsburg, then it is likely that you have crossed paths at least once with one of its most generous citizens, Raymond Sanders. Raymond is simply a general "good-deed doer" who pours his heart

Volunteers

— Continued on page 20

A Retired Race Horse Discovers an Amazing Talent

Read all about the Incredible Story of Metro Meteor

—Page 3



Photo Courtesy of Heidi Geraci

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From the Publisher

Dear Reader:

This month, we're highlighting a few of our community's volunteers in order to draw attention to the masses of volunteers who extend their time and talents toward the good of others and our community. I can never brag enough about the good people in our region who really go the extra mile, expecting nothing in return.

From an early age, our culture teaches us to expect rewards for our achievements. I can honestly say that many of the super volunteers and good deed-doers in our area are humble. They don't seek the limelight, recognition, or rewards. They just do their thing!

Since owning this good news newspaper, there have been times when I've been tempted to use this note to complain. Complaining is so easy to do, but even I look forward to the breath of fresh goodness that this newspaper brings to its readers each month. We are all going through a stressful time right now. Some call it a recession. Lately, I've noticed more people out of work, feeling under the weather or sick, going through financial hardship, or living in a general state of worry. With this good news newspaper, we will continue to celebrate good stuff and good people. That's what it's all about. Just remember that no matter how bad it gets, there will always be something good on which to focus.

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

Deb Spalding,
Publisher



did you
know?

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gets a pinch!

That's Teenage Livin'

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Mom! Dad! Can I have a sleepover?

UM, HOW MANY, DEAR?

HRMMM...

Just Jillian, Jenny, Cindy, Soozie...

Kathy, Beth, Lori, DotRoseandDeb! that's all!!!

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Oh! I already thought of that!

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Artist Paints in a “Stable” Environment

by Danielle Hoff

Previously known in a horse race as Metro Meteor, this ten-year-old thoroughbred has won eight races and \$300,000 in prize money. Having to retire due to bad knees, Metro has found a new talent and career, painting abstract impressionism works of art.

Once Metro was forced to retire from racing, he was adopted by his current owners Ron and Wendy Krajewski, owners of Motter Station Stables in Rocky Ridge. On the lookout for a trail horse, Ron and Wendy came across Metro and decided to take him home with them. Once they got Metro home, they had a vet visit to take a look at him. The vet informed them that Metro had arthritis, carpalitis, floating bone chips in his knees, and ulcers. These conditions render Metro unridable, so Ron started thinking about what he could do to lessen Metro's pain.

Upon noticing Metro's habit of bobbing his head up and down, and Ron being a painter himself, he got the idea to try and teach Metro how to paint. Ron first began training Metro by teaching him to touch his nose to the canvas and rewarding him with a treat after doing so.

Then he taught him to hold the paintbrush in his mouth and touch it to the canvas, also rewarding him with a treat. Ron stated that Metro picked up on painting very quickly.

Once Metro is set up and ready to paint, Ron places the paint on the brush. Metro takes the brush with his mouth and then strokes the brush on the canvas. If Ron takes too long putting the paint on the brush, Metro gets impatient and starts scraping his feet on the ground or nipping on Ron's jacket. You can really tell Metro loves being an artist. He seems very proud of his work.

One of Metro's paintings is completed in two to three 15-minute sessions. For each session, a different color of paint is used. Each color is allowed time to dry before the next is started. The technique that Metro uses involves layers, occasionally getting globs of paint on the canvas, creating neat textures in the painting. Wendy said that one time Metro knocked the painting off the easel, and it ended up getting saw dust stuck on the wet paint, giving it some horse-like character, which Metro's fans loved.

Photo Courtesy of Heidi Geraci



Metro shown doing what he loves to do best: creating works of art.

Metro's paintings sell anywhere from \$40 to \$400. Half of the proceeds from the paintings go to New Vocations Racehorse Adoption Program, which is a group that assists retired racehorses, like Metro himself, to become adopted. The other half of the proceeds go to help pay for Metro's medical care.

Metro's paintings sell all across the United States, and some have gone all the way to the Netherlands. His paintings can be purchased from his website, www.paintedbymetro.com, or from Gallery 30 in Gettysburg, Pennsylvania. Metro also has a Facebook page that is updated regularly.

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

Don't forget to Play our **Hidden Object and Where Am I? Games** on page 5!

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town hall reports

by Michele Cuseo

Emmitsburg
February 2013

Emmitsburg's "Backyard Poultry"

Town resident, Adam Leverette, age12, proposed that the town rescind its ban on keeping chickens in town. One of the town ordinances prohibits chickens, among other animals/livestock, within the town. Adam had twenty signatures in support of his proposal and a T-shirt stating "Backyard Poultry" for better small flocks. The Commissioners unanimously agreed to consider Adam's proposal. The town will need to follow the process to change the zoning ordinance and allow comments from the public before a true decision is made.

Town Commissioner Resigns for Health Reasons

After serving the community for seven years, Commissioner Glenn Blanchard stepped down from his post as the President of the Commissioners stating on-going health issues. Blanchard thanked the citizens who voted and supported him through the years. He also thanked the town commissioners for all their hard work. The mayor and commissioners all expressed how much they will miss him. He is described as a resourceful, good man, a moderate voice in the group of commissioners. Some of his achievements include improvements to the town pool, promotion of concerts in the park, and leading many community groups and local events. The town has appointed former Mayor, Jim Hoover, to fill the

post until the September elections.

Town Redesign Moves Forward

The town commissioners agreed unanimously to fund the town's portion of the construction drawings for the town's redesign, and to have all future expenses for the project come through the Capital Improvements Program budget. Some improvements will include new traffic signal timing, crosswalks and sidewalks, decorative pillars, bricks, directional signs, a clock, and a possible fountain. Mayor Briggs said there is interest from some citizens in buying naming rights to imprint into the bricks, pillars, and/or clock.

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

Thurmont
February 2013

Thurmont Business Expo Reflects Roaring Twenties Theme

The Thurmont Economic Development Committee is preparing for the Annual Business Expo to be held on March 15 at Catoctin High School. The goal of the Expo is to promote local businesses in the Thurmont 21788 zip code area. Approximately 1,500 people will stream through the event. Vendors have an opportunity to promote their businesses, and citizens have a chance to explore what the local businesses have to offer. The event is held on Friday evening, from 6:00 p.m. to

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8:30 p.m. The theme this year is the Roaring 20's. For more information visit www.thurmontfirst.com.

Police Dept. Adding a "Drug" Dog

The Town of Thurmont has authorized the purchase of a "Drug" Dog to help the Thurmont Police Department in searching for illegal drugs. A police officer will be hired and trained to work with the dog. Commissioner Kinnard stated that the dog is to be used for searching and "sniffing" out drugs. "This dog will not track criminals and is not trained to pin people. So, it might be a beagle we purchase as opposed to a german sheppard," joked Kinnard. All joking aside, the Commissioner stated that the town's goal was to keep drugs from entering the Thurmont area.

Annual Maple Syrup Demonstration & Pancake Breakfast at Cunningham Falls State Park

This annual demonstration will be held March 9, 10, 16, and 17 at the Cunningham Falls State Park in the William Houck Lake area from 10:00 a.m.-2:00 p.m. Included in the event are kids' activities, live music, heated tents, and a pancake and sausage breakfast (additional charge-cash only). A sign language interpreter is on site on Sundays. Requested donation for the demonstration is \$2.00 per person and \$1.00 per child for youth groups. The Lake is located off route 15, route 77 exit. For more information call 301-271-7574.

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

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Play Our Games

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

Where Am I? Photo Contest



Photo by Irene Matthews

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

Last month's "Where Am I?" photo was taken at the National Fire Academy entrance in Emmitsburg. Last month's winner is Rachel Dukich. If the winner has not been contacted, please call us to claim your prize.

Hidden Object Game

Last month's Hidden Object was the Eiffel Tower. It was located on page 8 in the Main Street Upholstery advertisement. The winner of the Hidden Object Game is Tracey Law. If the winner has not been contacted, please call us to claim your prize. This month's Hidden Object is a picture frame.



Test Your Word Power

(Answers on page 35)

- | | |
|--|---|
| 1. Resolute (adj.)
a) Narrow-minded
b) Claimed; alleged
c) Firm in purpose; determined | 3. Eminent (adj.)
a) Rejected; denied
b) High rank or quality; noteworthy
c) Believable; plausible |
| 2. Exuberance (n.)
a) Liveliness; high spirits
b) Frankness; sincerity
c) Charitable; tolerant | 4. Unscrupulous (adj.)
a) Unsupported; chosen at random
b) Unprincipled; immoral
c) Frightful; homely |

5. Which word above would work best in this sentence?
The _____ of the housing market was an encouraging economic indicator.

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Lewistown UMC Coffeeshouse

Friday nights are coming alive in Lewistown. Beginning in October 2012, the Lewistown United Methodist Church (LUMC) has hosted a Coffeeshouse on the first Friday of each month. Live performance is a popular feature at the Coffeeshouse, and as co-host Tyrone Snowden notes, “the Church’s cozy, welcoming fellowship hall and primarily unplugged, open-mic format appeals to musicians and audiences alike.” The Coffeeshouse, which starts at 7:00 p.m. until roughly 9:00 p.m., is open to all ages and always free of charge. Co-hosts Snowden and Rich Gibbs note that while attendance thus far has been relatively small, the attendees—both audience and participants—have been enthusiastic and lively. Snowden notes that the monthly Coffeeshouse is open to anyone who wishes to attend, whether to simply experience the fellowship or to actively participate. Guests are invited and encouraged—but not pressured—to share their musical talent or to share a story or testimony with the audience.

The Church provides light refreshments, as well as a small

PA system for those who wish to utilize it. Performers who wish to sing along—karaoke style—to their favorite artists simply need to bring the accompaniment CD, as the forum’s PA system is outfitted to handle that type of performance. Other than karaoke, the hosts advise that if you have a compelling reason for why you need a microphone, they’ll let you. But, acoustically, the room can handle good old-fashioned, non-amplified vocals, and that’s all part of the fun. Thus far, most of the performers have eschewed the use of the PA system, preferring to simply play guitars and sing without the benefit of a microphone. As LUMC Pastor Elza Hurst observed, “Everyone who’s performed has been pretty darn good at it. And for all those shy singers out there, well, this is just about one of the most supportive places anyone can play.” Hurst added, that “it’s no surprise to see the encouragement and sincere acceptance of each person’s unique message and talent.”

The Coffeeshouse is run on the basis of a “come one and come all” invitation, where every performer is extended the same courtesies



Courtesy Photo

Local singer/songwriter Rick Hill playing “The Cat Came Back” at the February 1, 2013, Coffeeshouse at Lewistown United Methodist Church.

and opportunity to share their talents, and no performer is given “headliner” billing. Participants over the past few months have included local musicians who have shared their favorite songs, including songs they’ve written, or simply songs they enjoy. The first Coffeeshouse included a performance by Donovan Gibbs, a Thurmont Middle School student who shared a song from an album he is recording, as well as music from host Tyrone Snowden who performed some of his favorite gospel songs. Other Coffeeshouses have featured performances from Renae and Keegan Coolidge (also a Thurmont Middle School student), and the music of Kathy Morgan, as well as poetry readings and Christian testimonies of several attendees. January’s Coffeeshouse included several sets performed by local folk singer Rick Hill, who entertained with his unique brand of folk and lighthearted songs, both originals and classics, and featured a trumpet virtuoso performance by Joe Eyler.

Still in its infancy, the social event has been attracting a wide

range of talent. Lewistown UMC views this as an outreach opportunity, inviting those who wish spiritual enrichment to attend for the fellowship, while providing a welcoming, comfortable and family-oriented setting to those who wish to share their story, song, skit, poem, or other talent with an accepting and friendly audience. Performances are limited to acoustic or lightly-amplified performances only. Musicians who wish to play need to bring their instrument(s) and any other equipment they deem necessary.

The Coffeeshouses are attended by some of the area’s most talented and most supportive musicians. Hosts Snowden and Gibbs ask that you forget what you thought you knew about Open Mics and check out the Lewistown UMC Coffeeshouse! All styles of music, poetry, and performance are welcome, as long as it’s G-rated and family-friendly. The Church (and fellowship hall) is located at 11032 Hessong Bridge Road in Lewistown.



Come Play With Us!

Sunday & Monday Bingo

Doors Open at 5 PM
Games Begin at 7 PM

\$1000 Jackpot • \$500 Jr. Jackpot
Regular games pay \$100

Winner-Take-All • (2) 50/50's • U-Pik-Em

Smokeless • Refreshments Available

Holiday Bonanza Goes Off - March 17, 2013



Beth Shalom Community Center
1011 N. Market St. | Frederick, MD | 21701
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www.bethsholomfrederick.org

NO BINGO MARCH 24, 25, 31 & APRIL 1


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AROUND town

19th Century House Concert

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

Take a Tour at Mother Seton School

"Take a Tour" Tuesday at Mother Seton School will be held on March 19, 2013, from 9:00 a.m.-1:00 p.m. and 7:00-8:00 p.m. To schedule a personal tour, call 301-447-3165. View their advertisement on page 8 for more information.

Beth Sholom Congregation Night Bingo

Play Sunday & Monday Night Bingo at Beth Sholom Community Center, located at 1011 N. Market Street in Frederick, Maryland. Regular games pay \$100; featuring \$1,000 Jackpot and \$500 Jackpot! No Bingo on March 24, 25, and 31, 2013. View their advertisement on page 6 for more information and visit their website at www.bethsholomfrederick.org.

A Small Church With a Big Heart

Visit Apples Church, located at 7908 Apples Church Road in Thurmont, for Worship Service, Sundays at 9:30 a.m. View their advertisement on page 8 for more information.

Easter Services at Weller United Methodist Church

Join Weller United Methodist Church for their Easter Services: Holy Thursday, March 28, 2013—7:00 p.m.; Good Friday, March 29, 2013—7:00 p.m.; Easter Sunday, March 31, 2013—Sunrise Service, 6:30 a.m., Traditional Service, 8:30 a.m., Contemporary Service, 11:00 a.m.; Easter Cantata, April 7, 2013—10:00 a.m., featuring music by their choir, handbell choir, and guitar ensemble. The church is located at 101 N. Altamont Avenue in Thurmont. View their advertisement on page 29 for more information.

4th Annual His Place Car Show

The 4th Annual His Place Car Show will be held on May 11, 2013, at Mother Seton School, located at 100 Creamery Road in Emmitsburg. Registration begins at 8:00 a.m. Dash plaques will be given to the first 200 cars to arrive. Featuring food, raffles, door prizes, music, and more! Entry is \$15.00 at the door; \$12.00 pre-registration via bkuhn3@yahoo.com. Event benefits Mother Seton School and the Emmitsburg Osteopathic Primary Care Center. View their advertisement on page 21 for more information.

Seton Center Thrift Shop March \$5 Bag Sale

The Thrift Shop of Seton Center, Inc., a nonprofit sponsored work of the Daughters of Charity, located at 16840 Seton Avenue, is holding a \$5 Bag Sale on Friday, March 15, 2013, from 10:00 a.m.-4:00 p.m.; and Saturday, March 16, 2013, from 10:00 a.m.-3:00 p.m.

Shoppers are given a grocery-sized paper bag by Seton Center and are asked not to bring their own bags. Customers are allowed to fill it full of merchandise for \$5 and overflow bags will be charged \$7. Items for sale include clothing, as well as household items and merchandise that are on shelves; new items will be placed out on Saturday, March 16. Customers will not be allowed to bring in infant strollers or baby buggies due to limited space in the Thrift Shop.

Revenue from the Thrift Shop is used for Seton Center's Outreach programs, which provides services for people in need, primarily in northern Frederick County. Services include emergency and temporary financial assistance with rent, heat, utilities and prescriptions, referral and information services, supportive counseling, advocating for the needs of the poor and other services. Seton Center's Outreach Services serve approximately 10,000 people a year.

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

EVAC's Bingo Bash

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

Peeps for Mike Case Cash Bingo Benefit

Relay for Life & American Cancer Society's Cash Bingo Benefit will take place on April 6, 2013, at New Midway Firehall. Doors will open at 5:00 p.m.; Bingo will start at 7:00 p.m. Tickets are \$20.00 in advance; \$25.00 at the door. View their advertisement on page 27 for more information.

Thurmont Business EXPO

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

This year's theme will be the Roaring 20s, and guests are welcome to come dressed with the Roaring 20s in mind!

Visit www.thurmontfirst.com for more information and for vendors to download a copy of the rules, an application form, and sponsorship information. View their advertisement on page 3 for more information.

Emmitsburg Lions Club "Rock & Roll" Dance

On April 13, 2013, the Emmitsburg Lions Club will sponsor a "Rock & Roll" Dance at the Emmitsburg Ambulance Company building, located at 17701 Creamery Road in Emmitsburg. The Dance will feature sounds from the 50s and 60s, played from 8:00 p.m. until midnight, by the band Rock & Roll Relics. The cost of tickets is \$15.00 per person if purchased in advance; and \$20.00 if purchased at the door. To purchase tickets in advance, contact Zurgable Hardware at 301-447-2020 or Sharon Hane at 301-447-2401. This is a "BYOB" event. All proceeds support charitable events in the Emmitsburg area. View their advertisement on page 16.

Christ's Community Church Easter Bazaar

Join Christ's Community Church for their Easter Bazaar on March 9, 2013, from 9:00 a.m.-3:00 p.m., featuring Easter Crafts for kids, scavenger hunt, silent auction, and much more! The church is located at 303 West Lincoln Avenue in Emmitsburg. View their advertisement on page 5 for more information.

Trinity United Methodist Church

Trinity United Methodist Church, located at 313 West Main Street in Emmitsburg will be having Easter Sunday Worship Service on March 31, starting at 9:00 a.m.; a Spring Family Fun Day and Egg Hunt on March 23, from 2:00-4:00 p.m.; a Palm Sunday Service of Poetry & Music on March 24, starting at 9:00 a.m.; and a Good Friday Worship Service on March 29 at 7:00 p.m. For more information, please see their advertisement on page 32.

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

BINGO BASH

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

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

Bingo!

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

All Group reservations must be made by March 1, 2013. No Add ons or exceptions after this date.
Any tickets being paid for at the door will not include a saved seat! No Exceptions!
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10 E. E STREET

BRUNSWICK, MD - \$109,900

Cape Cod w/3 Bedrooms and Den. Off street parking, large backyard and wonderful deck on dead end street make this home a true bargain!



12921 WOODSBORO PIKE

KEYMAR, MD - \$269,000

3 Bedroom, 2 bath Rancher w/1cg on 4+ acres so you can bring your horse! It also has a 1200sqft detached garage ready for a car enthusiast or other hobbies. All in a private park like setting yet convenient Frederick County location!



PRICE REDUCED!

9921 ROCKY RIDGE RD

ROCKY RIDGE, MD - \$224,900

Full Brick Rancher with 3BR, 3BA and a 2-car garage on beautiful 3/4 acre lot. Plus a 24x20 detached building with a wood burning fireplace! Verify Village Center Zoning for Business Use! One owner home with beautiful hwd flrs, plaster walls, warm radiant heat & CAC.

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BUSINESS news

Who Are You Going To Call? Bark Busters!

by Danielle Hoff



Courtesy Photo

Is your dog misbehaving or disobedient? Do you want a happy and well-behaved dog? Bark Busters will make a house call to straighten out behavioral issues for your canine.

Bark Busters was originally founded in Australia by Sylvia and Danny Wilson in 1989. Bark Busters made its way into the United States in June 2000, and now has 40 offices in the U.S. and 400 locations worldwide. Bark Busters has trained over 750,000 dogs in their forty years of operating. Bark Busters is now in Thurmont since residents, Maxine Medaglia and John Trobaugh, are operating a branch of this multi-national franchise.

Bark Busters uses a hands-off, non-treat method to train. All training is done in your dog's home, where most of the problems usually occur. In addition, the dogs are more comfortable in their own home and also don't have as many distractions. The Bark Busters method shows you how to communicate with your dog in a language your dog understands while using techniques that fit

your lifestyle and your relationship with your dog.

Bark Busters techniques put you in control of your dog, using your voice tone and body language to effectively communicate. Maxine and John offer group training sessions for puppies, giving them the

chance to socialize with other dogs. Puppy training begins with crate training, house training, and leash training. By using Bark Busters training you will see improvements in your dog's behavior within two hours, along with continuous improvement with work and time. They also offer a lifetime guarantee on their work giving you the comfort and trust in their business.

Maxine and John are members of Wags for Hope, which is a group of volunteers and their pets who visit nursing homes, assisted living facilities, hospitals, and Hospice. They also visit local libraries to improve literacy skills in children of the community. Maxine is a Canine Good Citizenship evaluator. This program is made to reward dogs who have good manners at home and in the community. John and Maxine often speak about dog safety and proper handling.

Maxine and John will be at the Thurmont Business Expo on Friday, March 15, 2013, at Catocin High School, from 6:00-8:30 p.m. to answer any of your doggy questions or to set up an appointment. You can also contact them through email at frederickco@barkbusters.com or by calling 301-271-3030.

View their advertisement on page 29 for more information.

Need to Place a Classified?

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

At Home Primitives Opens Room in Timeless Trends Boutique

Brenda and John Seiss of Graceham have been hard at work creating high quality hand-made gifts and furniture in a mix of country and primitive styles. For several years, the couple has worked out of their house and garage to construct and decorate their wares. Often seen at craft shows and consignment locations, Brenda and John have recently opened a room on the second floor of Timeless Trends Boutique. Their business, At Home Primitives, and Timeless Trends Boutique are located at 21 East Main Street in Thurmont. Business hours are Tuesdays, Wednesdays, and Saturdays from 10:00 a.m. to 5:00 p.m.; Thursdays and Fridays from 10:00 a.m. to 7:00 p.m.; and Sundays from noon to 5:00 p.m. Call 240-288-8226 for more information. See their advertisement on page 25.

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

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



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

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



**16177 Eyler's Valley Rd.
Thurmont - \$149,900**

This very unique property offer a 3 bedroom, 2 bath stone and brick home on 8.41 wooded acres! 5 car detached garages, lots of stone hardscape, paved driveway, gazebo, etc. Home was originally 2 single wide trailers joined together by an enclosed breeze way to create a rancher. Recent updates to furnace and water heater, flooring, etc.



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

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



**17774 Harbaugh Valley Rd.
Sabillasville**

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



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

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



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

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



**125 Cody Dr. #12
Thurmont - \$140,000**

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



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

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



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

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



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

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



**9 Blackford Circle
Thurmont - \$262,500**

Well maintained and nicely decorated this 3 bedroom, 2 full bath split foyer has freshly painted walls, new roof, updated appliances, central vac and laminate floor in Kitchen. Bright and sunny Living, Dining, Kitchen and 3 bedrooms/bath on main level with a spacious Family Room w/fireplace, full bath and Storage area in lower level. Deck, Carport and private backyard make this a must see!



**13 Ironmaster Dr.
Thurmont - \$259,900**

This 4 bedroom, 2 full bath Split Foyer offers a large dining room/sun room addition. Newer hardwood floors in living, dining and kitchen! Newly renovated lower level bath with ceramic tile. Spacious lower level family room with fireplace with wood stove insert. Great fenced in back yard with above ground pool and deck. This is a must see!

PRICE REDUCED



**\$169,000
Tower Road
Thurmont Area**

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



**\$41,000
Old Frederick Rd.
Rocky Ridge, MD
Lot For Sale!**

1.73 acre Building Lot with 4 Bedroom Conventional perc! Winter views of Loys Station Covered Bridge!! Call today for Plat!

PRICE REDUCED



**\$99,000
25441 Cascade Rd.
Cascade, MD**

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



**3 Lots - Wigville Rd.
Thurmont, MD**

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

COMMUNITY news

John's Wheels for Wishes—Riding to Bring Faith to Those Who Need It

John's Wheels for Wishes was founded in 2009 when John Wantz passed away from cancer. This annual fundraiser provides funds to other families who need help. John's Wheels for Wishes began following the loss of the most amazing father, pap pap, son, brother, uncle, and friend. John Wantz lost his battle with cancer on December 2008. John loved riding his motorcycle and doing any and everything to help anyone in need. So his children—Laurie, Kevin, and Holly—started John's Wheels for Wishes to help families in need.

John's Wheels for Wishes is currently searching for that special person or family that need their help and to benefit from their charity ride, being held on September 2, 2013. Please send all information to John's Wheels for Wishes, c/o Holly Wantz, to P.O. Box 562 Thurmont, MD 21788. All inquiries need to be received no later than April 30, 2013. Their decision will be made shortly after that date, and that person or family will be notified. Please visit them on Facebook at John's Wheels.

Amanda Bowders Memorial Garden—A Place of Peace and Serenity

by Chelsea Gorka

Dedicated to Amanda "Mandy" Bowders who tragically lost her life in 2007, the Amanda Bowders Memorial Garden in Blue Ridge Summit, Pennsylvania, is an amazing place to remember loved ones and



Courtesy Photo
The Amanda Bowders Memorial Garden after it first opened.

reflect on memories, old and new. Lynn Martin was Mandy's Girl Scout leader for thirteen years and was very close to her. "She was like a daughter to me; we would see the little gray car coming up the driveway and know Mandy was coming to visit," expressed Lynn. Lynn, along with her husband Duke, and Mandy's mom, Lori Bowders, put together a beautiful community garden, not only to remember Mandy, but for the people of the community to remember their loved ones, as well. "Anyone in the community can buy a paving stone with their loved ones' names on it or it can be a show of support with your family or company name, or you can buy a tree, flower, or bush to be planted in the garden," stated Lynn. "This was our way to be productive with our grief," Lynn added.

This March at the Blue Ridge Summit Fire Department, there will be a fundraiser for the garden. Part of the fundraiser is a play on the hit show *Antiques Road Show*. Community members are welcome to

come out to have their old antiques and collectibles appraised, and play "Stump the Appraiser." With room for twenty-eight vendors in the Blue Ridge Summit

Fire Hall, all proceeds will go to the garden. The goal this year is to raise enough money to have a water supply installed for the garden, so the plants don't die during long droughts during the summer months. Lynn said Brian Stum of B&D Landscaping has been a huge help with the design and production of the garden, with numerous hours of volunteer time. "When we first started planning the garden, Brian said he really didn't know a lot about flowers, but he has come up with some great resilient plants that will last on that blustery corner (where the garden is located)," Lynn said.

Lynn wants the public to feel welcome to come to the garden; it is for the enjoyment of the community and people passing by. So, the next time you find a nice and warm day during which you would love to enjoy a beautiful gazebo surrounded by roses and other flowers, stop on by The Amanda Bowders Memorial Garden in front of the Blue Ridge Summit Fire Company.

Thurmont Volunteer Ambulance Company Recognizes Thurmont Town Administrators

The Thurmont Community Ambulance Service recognized the Town of Thurmont Mayor, Commissioners, and the Chief Administrative Officer (CAO) on Saturday, February 16, 2013, at the ambulance station in Thurmont. The town administrators were recognized for all of their generous contributions to the ambulance company.

The Thurmont Ambulance Company had equipment on display that was purchased with funds from the Town of Thurmont; including an ATV 30—a Polaris off-road rescue vehicle utilized to rescue victims from isolated areas such as trails, fields, and mountainous terrain; Utility 30—Ford Utility truck used to transport the ATV; enclosed trailer used to transport the ATV; and various examples of emergency medical equipment.



Photo by Grace Schramm

Pictured from left are DJ Ott, Chief; John Kinnaird, Commissioner; Lowman Keeney, President; Jim Humerick, Vice President; Martin Burns, Mayor of Thurmont; Ron Terpko, Commissioner; Bill Buehrer, Commissioner; and Bill Blakeslee, Chief Administrative Officer of Thurmont.

Thurmont Lions Club Coordinating Trolley Trail Clean-up

The Thurmont Lions will be coordinating a clean-up along the Trolley Trail (one mile long) on Saturday, April 13, 2013. They will be sprucing up for spring by picking up trash, weeding, planting, mulching, and so on. Preliminary plans are to meet at Park Lane (directly behind Memorial Park along the Trolley Trail) at 9:00 a.m.

If convenient, please bring rakes, diggers, clippers, gloves, shovels, or just show up. Please mark your calendar now and encourage others to come out and assist with this community project. Watch for more details in the April issue of *The Catoclin Banner*.



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We Accept: MasterCard, Visa & Discover

Emmitsburg Lions Club Thirty Year Award Recipients

At the Emmitsburg Lions Club Charter Night event, three members of the club were recognized for their many years of community service and presented with a "30 Year Charter Monarch Chevron."

Pictured in the back row from right are Lions John Sanders and Dale Shields; in front is Lion Mark Zurgable. Presenting the Chevrons (not pictured) was District Governor Paul Cannada.

Courtesy Photo



Emmitsburg Lions Club "2012 Lion of the Year" Award Winner

Courtesy Photo



During its annual Charter Night event, held at the Carriage House Inn, the Emmitsburg Lions Club presented its 2012 "Lion of the Year" Award to its President, Cliff Sweeney. After the award presentation, Lions District Governor Cannada led club members in the renewal of their clubs charter.

District Governor Paul Cannada presents award to Mr. Sweeney.

Lewistown Ruritan Club 2013 Officers

Officers for the Lewistown Ruritan Club for 2013 were recently installed by District 3 Governor, David Moser.



Courtesy Photo

Pictured from left are Jim Brown, Vice-President; Odale Martin, Treasurer; Stan Mount, Secretary; Rich Rippeon, Director; Randy Green, Director; Bill Poffenberger, Director; David Moser, District 3 Governor. Absent was Ron Demory, President.

www.thecatocinbanner.com

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Gifts of Love

On February 9, 2013, Girl Scouts from Emmitsburg and Thurmont delivered homemade Valentine Cards to the residents at St. Catherine's Nursing Center in Emmitsburg. Girl Scout Daisy Troop 81090, Girl Scout Brownie Troop 81780, and Girl Scout Junior Troop 81462, along with younger siblings, walked down the halls giving out their gifts of love to every resident.

Each troop was responsible for making handmade cards or crafts to deliver, and they all did an amazing job! Girl Scouts look forward to future projects to serve their community and those in need.



Courtesy Photo

Girl Scouts Brownie Troop 81780: Erica Smith - Leader, Skylar Caballero, Lily Bingman, Natalie Savage, Jasmyne Howard, Madelyn Binnix, Michaela Windisch; Girl Scout Junior Troop 81462: Madelyn Tatum, Hannah Poole, Shianne Ambrose, Claudia Cruey, Whitney Cruey - Leader, Richard Tatum - Co-Leader; Daisy Troop 81090: Lindsey Baker, Traci Tatum - Leader/TO Emmitsburg, Madison McDowell.

Volunteer Opportunity

The Frederick County 4H Therapeutic Riding Program is having their Spring Volunteer Training on April 13, 2013, from 9:00 a.m.-1:00 p.m. They are looking for new volunteers who can assist their riders during their lessons. Their students have disabilities. They need volunteers to get horses ready for lessons, sidewalk students and lead horses during lessons. No experience is necessary. We will teach you needed skills. Volunteering with us is great exercise and lots of fun. For more information or to sign up, please call 301-898-3587 or email fc4htpr@aol.com. Please join them for a day of learning and new friendships.



Courtesy Photo

Shown on horses are Cassandra and Sean.

Thurmont Little League Spring Registration Open

Registration for the Thurmont 2013 Spring Little League and Babe Ruth baseball season is open. Online Registration is now available at their websites <http://www.eteamz.com/thurmont/> (for Little League) or www.eteamz.com/thurmontbaberuthleague (for Babe Ruth).

Please contact any Thurmont Board Member or contact Mike Randall directly at 301-271-3958 with any questions.

We Invite You to Share Your Good News!

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Thurmont Lions Club Scout Night

by Theresa Dardanell

Boy Scout Troop 270 joined the Thurmont Lions Club at a recent meeting. The program began with Scoutmaster Dwayne Snyder and Senior Patrol Leader Jacob Dumbrowski giving a review of the scout activities for the year, which included trolley trail maintenance and participation in Make A Difference Day. They thanked the Lions Club for their donation of a storage shed for their equipment. The Thurmont Lions Club has sponsored Troop 270 since 1932.

Four Eagle Scouts were recognized for their accomplishments. Michael Overzat chose a service project that benefited the students at Thurmont Primary School. He painted playground games on the blacktop at the school for students in Kindergarten thru second grade. Alex Mayhew chose a project that improved safety on the Hog Rock Nature Trail in Catoctin Mountain Park. He coordinated a group of people to replace a hazardous bridge and a rusted culvert along the trail.

Peter Wright's project involved making improvements at the Poplar Grove campsite and the Owen's Creek Amphitheater, both of which are in Catoctin Mountain Park. Jared Snyder also chose a project in Catoctin Mountain Park. He and his volunteers repaired a section of the horse trail and built a bridge across a creek for the horses.

The 2013 Ross Smith Sr. Scouting Award was presented to Marcus Bosche. Marcus started as a Tiger Scout in first grade and ten years later earned the rank of Eagle Scout. His many accomplishments include: serving Troop 270 as Assistant Patrol leader, Patrol leader, Chaplain's Aid, Assistant SPL, SPL, and Junior Assistant Scoutmaster. He also served the Catoctin Mountain Chapter of the Order of the Arrow as Vice Chief for Ceremonies for three years. Along with numerous scouting events, he has participated in Scouting for Food for twelve years in a row, and has been honored with many awards for his service.



Photo by Alban Little

Pictured from left are Peter Wright, Jared Snyder, Scoutmaster Dwayne Snyder, Alex Mayhew, Marcus Bosche, and Lion Ross Smith.

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Catoctin High School Students Promote Culture of Kindness and Caring

by Lori Zentz

A few students are hoping that they can make a difference in their school community by starting a chain reaction of kindness and caring within Catoctin High School (CHS). The movement is in response to a recent program they attended along with student support teacher Mr. Robert Viti. The program, called "Rachel's Challenge," was sponsored by Frederick County Public Schools (FCPS), and the students were chosen by their teachers and counselors to represent CHS at the event. Their commitment in attending was to become a Rachel's Challenge Ambassador and take what they learned and share it with their school.

Rachel's Challenge is an assembly-style program designed to empower others to become more compassionate, kind, and caring to one another in an effort to curb bullying and social isolation. The program is based on the true life and death story of 17-year-old high school student Rachel Joy Scott who was the first person killed in the Columbine High School, Colorado, shooting in 1999.

After Rachel's tragic death, her parents discovered her journal, an essay, and several other writings that showed Rachel's deep, innermost thoughts on the world and the culture of teenagers. Rachel always looked for the best in everyone and enjoyed reaching out to others. She dreamed of changing the world for the better because she was disheartened by the lack of compassion among teens. She wrote about how simple it would be if everyone could just treat each other with kindness. "I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go," she wrote. Rachel's writings inspired her family to share her outlook on life and her ideas in hope that, even after death, her words and thoughts might create a lasting legacy to inspire others, promote more positive environments in schools, and possibly keep tragedies such as Columbine from happening in the future.



Courtesy Photo

Catoctin High School student ambassadors are shown here with the Rachel's Challenge banner and the first few links of the kindness chain (left to right) Yeda Bello, Danielle Metz, Taylor Zentz, Devin Watkins, Peyton Laramore, Kelsey Dewees. Not pictured is Angela Javor.

"The program was very moving and inspirational," said Mr. Viti. The students were anxious to share the story with their peers and start a Rachel's Challenge activity at our own school," said Mr. Viti. After several meetings, the group held a school-wide assembly, which included videos about Rachel's Challenge mixed with speaking parts from both Mr. Viti and the student ambassadors.

"We have an opportunity to grow the culture of Catoctin High School. We already have a great foundation, let's take it to the next level," said Mr. Viti to the CHS students. The assembly invited the students to "accept Rachel's Challenge" into their daily life. "Today is a new day—accept the challenge that you will now treat others with kindness and compassion and start your own chain reaction," said Mr. Viti.

Junior Peyton Laramore explained how the Catoctin students could put the challenge into action. "If you accept Rachel's Challenge, sign the banner that will be displayed at lunch. If you see someone doing a random act of kindness, write it down and give it to guidance. Each act of kindness will become part of a chain that will be displayed at the school that will list the act and the person who did it." Sophomore Yeda Bello echoed the words of Rachel Scott, "If one person will go out of their way to show compassion then it will have a chain reaction of the same. This challenge gives us permission to reach out to be kind and to be positive."

Freshman Danielle Metz shared examples of kind acts such as "Greet a new student making them feel

wanted and accepted; ask someone who sits alone at a lunch table to join you at your table; confront someone who is being mean or a bully and ask what they are doing and why; reach out to victims of bullying and let them know you care about them."

"This is not about trying to end bullying—this program reaches out to the bully and the victim. Everyone wants to be accepted, loved and appreciated," said sophomore Taylor Zentz.

Senior Devin Watkins spoke passionately about the challenge and what it means to him. "Life is really short and each day counts and matters. There are so many shootings and violence against young people by people who did not feel important or accepted. This challenge inspires you to be kind to others and respect others. It's okay to be nice to others and it is okay to reach out to others—every single day. Every little bit helps."

By the end of the very same school day, over 100 students had already signed the banner to "Accept Rachel's Challenge." On day two, another banner had to be made because the first one was completely full! In addition, many acts of kindness were acknowledged by fellow students and submitted to the guidance office. It looks like the message was heard loud and clear and the kindness chain is growing every day. Just a few weeks after the assembly, the chain already covers almost the whole length of a wall in the cafeteria.

"This is just the beginning," said Mr. Viti. The program ambassadors and Mr. Viti hope to bring the message of Rachel's Challenge to the community and to all Catoctin feeder schools and plan to have more activities at the school. Following the assembly, a Rachel's Challenge Club was initiated at CHS to involve more students in the movement. Over 40 students signed up to participate in the club.

Rachel's theory seems to be working at Catoctin High School as the chain reaction of kindness just keeps growing. What act of kindness will you do for someone today?

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~H. Jackson Brown, Jr.

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Expert Answers to your Health and Wellness Questions

by George Puvel, Anytime Fitness Owner

Question: If I get sick, will loading up on Vitamin C help me get better sooner?

Answer: This question is coming at a great time, and many people will start to worry about how much Vitamin C they are consuming when they feel an illness coming on. For the most part, studies have shown little to no benefit. Consuming extra Vitamin C after you're already showing signs and symptoms of an illness will not help you recover faster. However, for those that consume the proper amount of Vitamin C regularly, this may help reduce the duration of a cold by about a day, and they may have fewer symptoms than a person not meeting their daily requirement. Unfortunately, relatively high doses of 1-2 grams may be needed to elicit these very mild benefits, so is it really worth it in the end? Keep in mind, the Recommended Daily Allowance (RDA) for women is 75 gms per day and 90 gms per day for men. Vitamin C can be found in acidic foods, such as oranges, strawberries, kiwis, as well as in green, leafy vegetables. It's also found in citrus juices or those fortified with Vitamin C. Bottom line—only you can decide if you want to dose up on Vitamin C. It certainly won't cause any problems, but the minimal benefits may not justify the added expense.

Question: I have taken some time off from the gym and gained some extra weight, not to mention the fact that I feel a bit weaker. Did all my muscle just turn to fat?

Answer: This is a great question and all too often it may seem like this is actually happening when people stop working out. However, muscle and fat are two completely different types of body tissue. Neither can simply turn into the other. When people stop working out for long periods, food intake should decrease, because if you're not expending as many calories, you certainly don't need to consume as many calories. It's important to remember that the muscles in your body are active tissues that are constantly using energy even when you're sedentary. This means the more muscle you have, the more calories you need. The opposite is true as

well. Unfortunately, when workouts decline, people often consume the same amounts of food that they had been when they were working out. These extra calories are stored in your body as adipose tissue (body fat). If you make a conscious effort to consume fewer calories when you stop working out, then you should be able to avoid the added pounds.

Question: Foods seem to be so high in salt these days, and I'm aware of the dangers of hypertension, heart disease, and stroke. Can you please clarify the amount of sodium I should be consuming daily?

Answer: You're right—salt is everywhere. Processed foods are the main culprit, but the increased reliance on fast foods and restaurant meals are problematic as well. To add to the confusion, people often have trouble differentiating between sodium and salt. Salt is actually 40% sodium; so when discussing recommendations, we need to be clear about what we're talking about. The current Dietary Guidelines for Americans recommends less than 2,300 milligrams of sodium per day (about 1 teaspoon of salt). On the other hand, the Institute of Medicine (IOM) recommends 1,500 milligrams of sodium per day (about 2/3 teaspoon of salt), and they set the tolerable upper intake level at 2,300 milligrams. It's clear that your intake should fall somewhere between these two ranges, or even less. However, it's actually quite difficult to keep your sodium level as low as 1,500 milligrams per day. In fact, the IOM points out that 95 percent of American men and 75 percent of American women consume sodium in excess of the tolerable upper limit—not good news for those of us looking to avoid chronic disease as we get older. In order to keep your sodium intake in check, you need to eat plenty of fruits and vegetables, and make sure you buy foods that are fresh and unprocessed. And don't forget to avoid adding salt at the dinner table as well.

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

"Ability may get you to the top, but it takes character to keep you there."

~ John Wooden

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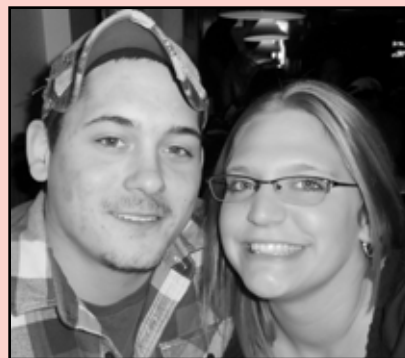
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Saturday April 13th
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Engagement Announcement



Bart and Loretta Stouter of Keymar, Maryland, are pleased to announce the engagement of their daughter, Katie Elizabeth Stouter to Hank Henline, son of Eddie and Dawn Henline of Boonsboro, Maryland. The bride-to-be is a 2007 graduate of Walkersville High School and a 2011 graduate of Mount St. Mary's University with a degree in Elementary Education. Katie currently teaches first grade in Washington County. The groom-to-be is a 2007 graduate of Boonsboro High School and an active member of Boonsboro Fire Company. He is currently employed at Glass and Mirror Services of Frederick. The couple will exchange vows on May 25, 2013, in Boonsboro.

Engagement Announcement



Pete Schramm and Chris O'Connor are pleased to announce the engagement of their daughter, Graceanne Dolan Schramm to Daniel William Eyler, son of Randy & Sue Eyler of Thurmont, Maryland. Graceanne graduated from Catoctin High School in 2008, and currently works for E Plus Copy Center & Promotions & The Catoctin Banner. Daniel graduated from Catoctin High School in 2006, holds a degree from Penn Foster in Motor Cycle Mechanics and currently works for Camoplast-Solideal.

They will tie the knot on
May 11, 2013.

(Picture above taken on
Fourwheeling Trip in
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SCHOOL news

Donation Made to CHS Safe & Sane

The Tommy West Foundation generously donated \$500 to the 2013 Catoctin High School (CHS) Safe & Sane Committee in December 2012.

Pictured from left are Wayne Ott; Collin Schildt, a CHS senior; and Wayne Newcomer.
Courtesy Photo



Emmitsburg Elementary School Pre-K & Kindergarten Registration

Do you have a child who will be age four or five on or before September 1, 2013, and you live in the Emmitsburg area? If so, it is time to register your child for Pre-K and Kindergarten at Emmitsburg Elementary School. Registration will begin on Thursday, March 14, 2013, and continue daily from 9:00 a.m.-3:00 p.m. each day that schools are open. If you are registering for Pre-K, you will need to bring the child's birth certificate, proof of residency, proof of immunizations, and income documentation to be copied and included in the child's registration file. If you are registering for Kindergarten, please bring the child's birth certificate, proof of residency, and proof of immunizations. The following documents may be used to provide proof of residency: lease agreement, utility bill (electric, water, gas) or a tax bill. Income documentation that is requested for Pre-Kindergarten registration can be any one of the following: three consecutive pay stubs from the past six months, a W2 form showing the prior year's earnings, a letter from an employer or social services agency (on letterhead) stating the applicant's family income, or foster care documentation. If you have any questions or need more information, please call 240-236-1750 and ask for Ms. Golightly.

Buzzer Security System Arrives at Thurmont Middle School

All of Thurmont Middle School's front doors will now be locked once first period begins. Visitors to their school throughout the day must ring the doorbell and be granted access by their front office staff. Please be ready to tell them the purpose of your visit and to show them a photo ID at the front door before the door will be unlocked for you. Thurmont Middle School would like to thank you for your patience and understanding as they implement this security system for the safety of their students and staff.

MSS Students Take Top Honors in VFW Patriot Pen Essay Contest

Each year, the Veterans of Foreign Wars sponsors a nationwide essay contest for students in grades six through eight. This year's theme was "What I Would Tell Our Founding Fathers." Four Mother Seton School (MSS) students earned the top awards for VFW Post 6658 with their patriotic essays. Eighth-grader Annabelle Eyler took First Place, earning her a \$150 savings bond and advancement to the District Level competition. Annabelle then went on to take top prize at that level, winning another \$300 savings bond. In Second and Third Place were fellow eighth-graders Kathryn Thomas and Kara Roberts, who earned \$100 and \$50 savings bonds respectively, while Hannah Reed, also in the eighth grade, received Honorable Mention and was awarded a \$20 savings bond. The Patriot Pen Contest is held annually through the VFW. Next year's theme is "What Patriotism Means to Me."

Visit Mother Seton School's website at www.mothersetonschool.org.



Courtesy Photo

Pictured from left are Gloria Bauerline, Post 6658 Chaplain; Hannah Reed, Honorable Mention; Kara Roberts, Third Place; Kathryn Thomas, Second Place; Anna Eyler, First Place; Gwen Topper, Post 6658 Ladies Auxiliary of the VFW Chairperson; and Pat Gjerde, VFW Trustee and BOD Post 6658.

Teacher of the Year Reception

Join the Thurmont Lions Club on March 25, 2013, at 7:00 p.m., at Thurmont Middle School in Thurmont, in recognizing all of the teachers who have been nominated for the 2013 Teacher of the Year Award. One finalist from each of the eight schools (Catoctin High School; Thurmont Primary, Elementary and Middle schools; Emmitsburg, Lewistown and Sabillasville Elementary schools; and Mother Seton School) will be announced.



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Support CHS 2013 Safe and Sane

The Catoctin High School (CHS) Safe & Sane Committee is holding several upcoming, fun-filled fundraisers!

A Crab Cake Dinner will take place on March 1, 2013, at Emmitsburg Fire Hall, from 5:00-8:00 p.m. Tickets are \$15.00 per person. For tickets, please contact Brian Smith at 301-748-6230 or Lisa White at 240-367-6996.

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

A Gun Raffle/Dinner will be held on Saturday, April 6, 2013. Doors will open at 5:30 p.m. at Vigilant Hose Co. Tickets are \$25.00 per person (includes dinner, beverages, door prizes, losers drawing, tips jars, gun jars, 50/50 Raffle. No One Under 18 years old will be admitted.

Ott House Alumni Night to benefit the Safe & Sane will be held on Saturday, April 20, 2013. Music by Sticktime.

There is a Crab Raffle (\$5/ticket, 1 bushel/winner 10 bushels up for a win). Call Ed Schildt at 240-285-8079. Drawing will take place at the Safe and Sane Meeting on May 8—just in time for Memorial Weekend!

To all Senior Parents: We are in need of Pictures/Videos of the Class of 2013 for the Memory CD. Please contact Lisa White at 240-367-6996.

We ask that the all senior parents try to support the graduating class by selling tickets for these events and fundraisers, to make this the best event for the graduating senior class. Please call Ed Schildt for tickets at 240-285-8079.

Seventh-Grader Named as Finalist in Fox45 Baltimore's Champions of Courage Contest

Stephen Hochschild, a seventh-grade student at Mother Seton School in Emmitsburg, was named as one of twenty finalists in the Fox45 Baltimore's 26th Annual Champions of Courage Essay Contest, held in honor of Black History Month. Each entrant was asked to describe, in 90 words or fewer, a real person or persons who exemplify the teachings of Martin Luther King, Jr. Stephen's essay about Tommie Smith and John Carlos was chosen out of more than 3,000 entries. Smith and Carlos were the 1968 Olympic medalists whose protest for Civil Rights from the Olympic podium generated controversy and resulted in the men's expulsion.

Mrs. Amy Incaprera, Stephen's teacher, encouraged her students to submit essays voluntarily. "It was interesting because when I asked the students in my Language Arts class to think about a person who you believe is a Champion of Courage, Stephen immediately thought of Tommie Smith and John Carlos, whose names aren't well-known," she says. "He was enthusiastic about the assignment, did his research, and developed a very strong essay. I was happy to see Stephen put forth his best effort." Stephen says he chose those two men after seeing the famous picture of them and reading about them earlier in the year. When asked how it felt when he was notified of being a finalist, he said it didn't really sink in right away. "I was just standing there while my friends were jumping around and congratulating me. Some asked for my autograph," he jokes.

Incaprera accompanied Stephen, his mother, and Mother Seton principal, Sister Joanne Goecke, to the awards breakfast, where he received a \$100 prize. "It was an honor to accompany Stephen to the Champions of Courage Award Breakfast," says Goecke. "Stephen, along with the nineteen other finalists, are to be commended for providing the community with outstanding Champions to emulate."

Thurmont's Masonic Lodge Announce Annual Memorial Scholarship

Thurmont's Acacia Lodge #155 is offering one scholarship worth \$4,000 (\$1,000 per year over four years of continued education with passing grades from an accredited college or university). This scholarship is available to all graduating high school level seniors who reside within the Catoctin High School district boundaries. For FCPS District Map information, see their website at www.fcps.org/dept/facilities/Boundaries.

Scholarship application forms are available at the Catoctin High School Guidance Office and the Thurmont Public Library. Interested students must complete an application and return it to the location where it was obtained, on or before April 30, 2013.

The successful applicant and their family will be invited to the Lodge's annual Strawberry Festival in June for the presentation of the Scholarship.

Questions regarding the application should be directed to the attention of Acacia Lodge #155 via email: justiceje@comcast.net.

EHS Association Offers Scholarships

The Emmitsburg High School (EHS) Association is accepting scholarship applications. One thousand dollar scholarships will be awarded in May to deserving students. Any Catoctin High senior or graduate who is enrolled in an institute of higher learning is eligible if he/she resides in the Emmitsburg School district—Emmitsburg 21727, Rocky Ridge 21788, and Taneytown 21787 (Taneytown boundary is determined by Bridgeport on Route 140). Applicants may apply each year as long as they are enrolled in an institute of higher learning.

Selection is based on having a 3.0 or higher grade point average, being a full-time student, presenting two letters of recommendation, and pursuing higher education (technical school, four-year college, or community college.)

Applications may be obtained by contacting guidance department at Catoctin High School (240-236-8100 Ext.2) or calling Joyce Bruchey, secretary of EHSA (410-775-7921). All applications must be received by May 1, 2013.

Scholarship Opportunity from TLC Foundation

The Thurmont Lions Club is pleased to announce that the TLC Foundation will award three \$1,000 scholarships to graduating Catoctin High School seniors again this year. These scholarships are awarded competitively based on academic achievement, participation in activities, and financial need.

Information and applications for these scholarships are available at the Catoctin High School office and on the Thurmont Lions Club website: www.thurmontlionsclub.com.

Completed applications and all documentation must be submitted to the school office no later than the close of the school day on April 13, 2013.

"Incredible" Spellers Head to Frederick County Spelling Bee

Mother Seton School (MSS) in Emmitsburg sent two representatives to the Frederick County Spelling Bee, held on February 23, 2013, at Governor Thomas Johnson High School. Sixth-grader Amina Beasley took the top spot with the winning word "Incredible." She was joined by second place winner Stephen Hochschild, a seventh-grade student, who served as alternate.

Although Amina awoke that morning feeling under the weather, she made it through the first round, finally succumbing in the next to the word "toucan." In addition to the Spelling Bee that day, our auspicious speller also managed to give a great showing at a talent show audition, demonstrating near perfection on the piano.

The Spelling Bee is sponsored by the Frederick County Public Library. Each classroom, grades five through eight, chose two representatives for the school-wide competition that was held on January 15, 2013. In addition to Amina and Stephen, the classroom winners for each grade were Trent Day and Quinn Alley (5); Tara O'Donnell (6); Michael Kiley (7); and Elijah Bailey and Kathryn Thomas (8). MSS is proud of their students and their multitude of talents!



Courtesy Photo
Pictured are Amina Beasley and Stephen Hochschild.

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The Perfect Gift

by Valerie Nusbaum

I started out this month to write a column titled "How Greek Yogurt and Jon Bon Jovi Saved My Marriage," but as hard as I tried, I simply could not find a way to make that story safe for public consumption in a family newspaper. You'll have to look for the whole story in a future issue of *Cosmo* or *Redbook*.

Since I had nixed my own story idea, I had to come up with something else to write about....

Randy and I at breakfast—our conversation after breakfast the other morning went something like this:

Me: "Would you like a Tic Tac?"

Randy: "Do I need one?"

Me: "Probably. We just ate and it's always a good idea to freshen your breath after eating."

Randy: "Chomp. Crunch. Chew. Swallow."

Me: "You're supposed to leave it in your mouth and let it dissolve. It's a breath mint."

This conversation went on and on with Randy telling me that Tic Tacs look more like candy than breath mints. He pointed out that since the Tic Tacs were orange-flavored, they technically were not mints. I accused him of chewing his Altoids. This is what it's come to for us after nearly twenty-two years together. We bicker about breath mints, which may be why I found myself looking toward Jon Bon Jovi for help. This is just a part of the story.

It all happened because Randy and I celebrated Christmas again on

February 10. That's when I actually got to use the present he gave me. It was the perfect gift. My dear hubby got me tickets to the Bon Jovi concert at Verizon Center. Back in November when we were making our Christmas wish lists, it's true that I mentioned at least a hundred times that Bon Jovi would be touring again. It's also true that I had my mother call Randy and tell him that tickets would make a good gift for me, but Randy ordered the tickets all by himself.

You're probably wondering what I gave Randy for Christmas last year. The truth is his gift doesn't stack up well next to a chance to ogle Bon Jovi, but I got Randy exactly what he asked for. He likes to tie his own fishing lures and asked me to get him some lessons. I know, ladies. Bon Jovi in tight jeans versus something to dunk in the water to attract fish is not a fair trade. However, I did what I was asked to do.

I was excited about getting the tickets for Christmas and couldn't wait to tell my mother. She thought it was terrific news, and then she asked Randy what gift I'd given him. He replied that I'd gotten him a fly-tying class. Mom looked confused and she said, "Goodness Randy, I didn't know you liked mai tais well enough to need your own glass." I think I've told you before that Mother can't hear very well.

I need to mention that not only did Randy receive the fly-tying class for Christmas, but he also got the

benefit of my extra Bon Jovi ticket. Someone needed to drive me to Shady Grove to catch the metro and then guide me to the arena. Directions are not my strong suit. I can do it if I have to, but it's so much nicer to let Randy be a big, strong take-charge man. It makes him feel good, and I don't get stressed out and get lost. It's a win-win situation.

We got to the arena and found our seats. Randy always gets us good seats. He has a real knack for that. We were in row "E" right at the front of the stage—close enough to see Jon's shiny, white teeth but just out of sweat-flying range. I had no idea there were so many middle-aged, excited women in the D.C. area. I wrote "excited", but I'm really thinking another word that starts with "h". You know the one I mean.

The show was a half-hour late starting, but once the band got started, they played for two-and-a-half hours, with only a five-minute break before the encore. They played a bunch of their hits and a lot of new stuff. Randy seemed to have a good

time. He didn't know all the words, but the guy sitting behind us taught him a new dance. The lady across the aisle from me was about my age and she had brought her mother along. Her mom was apparently a big fan, because she was on her feet pointing and yelling "Whoo" for most of the concert. She only stopped long enough to tuck her daughter's sweater into the top of her jeans because the daughter's bright blue Spanx kept peeking out.

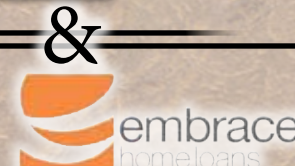
You know you've had a good time at a concert when you can't hear a thing the next day, and your voice is a hoarse whisper. Apparently, I had a great time. Mom asked me if Randy had gotten jealous since I think Jon Bon Jovi is so cute. I told Mom that I'm pretty sure Randy knows that Jon Bon Jovi isn't going to run off with me. Even if Jon Bon Jovi did suggest it, I'd turn him down. I like the man I've got. Besides, Jon Bon Jovi probably chews Tic Tacs, too. I pointed out to Randy that Sandra Bullock probably has some annoying habits, but he doesn't care.

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by Labella A. Kreiner

Catoctin Chronicles

We're into the first few months of the New Year, enjoying our everyday lives and spending them with our families. However, for some, this is a time for preparation to dedicate themselves to our country. This past month, I met a fellow student who has been enrolled into the U.S. Marine Corps. He's lively, kind, funny, and a wonderful person to be around. His name is Jacob Royer (pictured above).



Photo by Labella A. Kreiner

condition. "It's a process. You have to be mentally and physically prepared." In order to prepare himself physically, Jacob has joined the weightlifting group at our high school. He does weighted pull-ups, as well as many other activities. He's already athletic, after two years of running cross country.

When I asked Jacob if he was nervous, he told me, "I'm more anxious than nervous. I just have to stay motivated." I have no doubt that as he approaches his graduation he will keep a strong hold on his motivation and goals. He will have to join the Military Entrance Processing Station (M.E.P.S. for short) in Baltimore, Maryland, before going to boot camp. His boot camp ship date is September 9, 2013, fourteen weeks after he has started his military career. He will be placed into the Logistics 0400, where he will be supervising and organizing strategies, "From the sidelines."

Jacob has two brothers, one of which had been a Marine in the past. When his brother was graduating, the family took a trip down to Paris Island, South Carolina. This sparked an interest in Jacob, who had already wanted to join some branch of our armed forces. With a view at what the Marines were like, Jacob decided to enlist when he was old enough to do so. Now, he only has to graduate before he can follow in his brother's footsteps and go to a 13-week boot camp.

While there, Jacob and the other recruits will have to go through vigorous training and challenges. "You have to go through the roughest conditions that most people wouldn't think of having to go through," Jacob told me. "For example, we have to go through a gas chamber. Most of the new recruits don't know how to put on a gas mask." The new recruits are forced to go through chambers of tear gas, testing their capabilities under a situation where the gas could kill.

In order to be prepared for the challenges, you have to be in peak

Jacob still has four months until graduation, though. There's no doubt he will be spending these last few months doing what every other high school senior is doing. Playing video games (Battlefield 3 is one of his favorites), dancing (he created his own disco line dance and knows the whole Michael Jackson's Thriller dance), and shooting his new 12 gauge shot gun. When the time is up, though, we're all going to miss him and hope he finds his place among the other heroes in our armed forces.

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

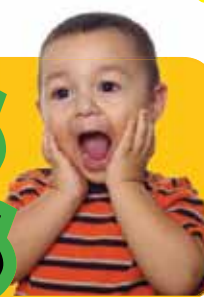


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St. Patty's Day!

the health jeanne

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

When you have decided that nothing is more important than taking care of your health and body, you become open-minded to reading health-related material. Yours truly believes you have to search for knowledge before you can attain it!

Today I want to share a book title with you when making your health a priority!

It is Dr. David's *First Health Book of MORE, (Not Less)*. The author is Dr. David Lipschitz and co-author, Riley Lipschitz.

There are lots of healthy ideas Dr. David talks about in this book. One of his best thoughts is that it's time to

change the way we approach aging! His prescription for longevity is easy to follow and very rewarding. He talks about ten steps to a long, independent and healthier life.

He reminds us that we need more of the right foods to fuel our bodies with energy and nutrients. How about more passion for life? He says, "We need more of the faith that fuels our spirit with hope and enthusiasm."

"If you want health, happiness, and longevity, you have to do MORE, according to Dr. David!

This book is a powerful guide for anyone who desires healthiness! It is organized into a definite plan of action!

did you
know?

St. Patrick's Day — Interestinig Facts

St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpurnius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.

Legend has it that St. Patrick used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.

Miracles attributed to St. Patrick include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.

Volunteers — Continued from cover page

into many forms of service for his community. He has worked as a volunteer firefighter for the Vigilant Hose Company for over two decades, during which time he has fought fires, helped at accident scenes, and performed a multitude of services at the station, such as washing and waxing the trucks and cleaning windows.

Raymond is also happy to give back to Mission of Mercy (the mobile medical health clinic that has provided wonderful help for countless patients throughout the years) in gratitude for their medical assistance to him. The grateful patient has assisted at numerous Mission of Mercy sites in the role of logistical coordinator, helping with registration, and clerical duties. Raymond has also worked behind the scenes by purging old files, washing the Mission of Mercy van, and filling in when called upon in a spirit of true generosity.

As a devout Roman Catholic, Raymond has also served his church admirably. He has served at the altar almost daily (and even trained altar servers) for St. Joseph's Church for over three decades! He also volunteers at the Basilica of St. Elizabeth Ann Seton, serving at the altar and as an usher, in addition to providing "lunch relief" for the docents every Sunday afternoon. Raymond has the heart of a true servant and faithfully practices what he told this writer, "Faith is the most

important thing in my life and service is my way of showing my love for God and my neighbor!"

In a world that often defines greatness in terms of power, possessions, or position, some very generous people have decided to be true servants. For these beautiful volunteers, greatness is not about being served but about sacrificial service to others. All of those profiled in this article are true servants, those who freely and generously give of their time and talents to make this difficult world a much better place for all of us. They do so without self-interest, but rather in a spirit of true humility. They regularly do what is most needed, even when inconvenient, to serve the greater good. They are dedicated, trustworthy, reliable, and inspirational. Perhaps when we become just a little jaded or cynical, they are the beacon that rekindles hope in our fellow man. For this, and for all that they provide, we are most indebted to our humble volunteers, whose example we would do well to follow.



Photo by Deb Spalding

Raymond Sanders is shown at the Basilica of St. Elizabeth Ann Seton in Emmitsburg.

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Barkers 4 Blood Cancer Zumbathon

Barkers 4 Blood Cancer held a Zumbathon to raise money for the Leukemia & Lymphoma Society at the Emmitsburg Vigilant Hose Company on Saturday, February 23, 2013. Barkers 4 Blood Cancer raises money every year to participate in the LLS Light the Night walk in Baker Park in October www.lightthenight.org. For the last two years, Barkers have been the second highest fundraising team in Frederick County! Please visit their website www.b4bclls.webs.com for more information. Barkers 4 Blood Cancer will hold a cornhole tournament in the Emmitsburg Community Park on June 8, 2013.



Courtesy Photo

Barkers 4 Blood Cancer Zumbathon, held in February 2013, to raise money for the Leukemia & Lymphoma Society.

Pie in the Face Fun

by Kathleen Knill

Rick Mayhew threw out an interesting challenge last fall, with an enticing twist. As the Cub Scout Pack 270 Popcorn Kernel, Mayhew challenged the packs' Scouts to sell more popcorn than last year, and Scouts who sold over \$500 would have the chance to throw a pie in the face of the Pack leader of their choice. Out of the thirty scouts that sold popcorn this year, nine met the challenge: Garrett Mayhew, Seth Young, Issac Love, Thomas Gipe, Brenden Miller, Alan Chmiel, Tanner Seiss, James Knill, and Ayden Child.

The unlucky leaders chosen were: Popcorn Kernel and WeBeLoS Den 2 Leader, Rick Mayhew; Den 2 Den Chief, Peter Weight; Wolf Den 4 Leader, Brien Seiss; and Cubmaster, Richard Long.

When it was all over, Cubmaster Richard said, "we were either the



Courtesy Photo

Popcorn Kernel, Rick Mayhew, gets to experience "pie in the face fun," courtesy of Den 3 Bear Scout, James Knill.

most loved or disliked leaders; either way, it was for the boys and all in fun." It was overheard by a bystander that this was one of the funniest Pack meetings the Pack had had in months.

Cub Scout Pack 270 and the top popcorn sellers thank everyone who purchased Trails End popcorn this year. Without you, we would not be able to have this type of clean fun!

Christ's Community Church Sets Up Worship in Emmitsburg

by Chelsea Gorka

Pastor John Talcott and his wife, Dana, have officially opened Christ's Community Church in the old UpCounty Family Center Building in Emmitsburg. On February 10, 2013, the doors were opened to the community for worship and praise, as the grand opening of the new church kicked off. Walking in with my two young children, I was a bit apprehensive about how they would behave through the church service.

My anxieties were soon put to rest when Dana greeted us. She gave us the grand tour of the newly renovated building, and it wasn't but three minutes into the tour that I dropped off my oldest child in the supervised toddler play room. As the tour continued, we went through a very family-friendly service, with children of all ages going from the Foosball table to the video game room before the church service started. That's when I saw it—a child's dream—a moon bounce! Indoors—in the back of the church! As Dana Talcott was showing me back through with her youngest, little Olivia, on her hip, I couldn't help but think how comfortable they make people feel. Gone was the stress of, "What will I do if the baby cries during the Pastor's sermon?" My toddler was content playing with all the other kids and a glorious amount of toys. I was finally looking forward to sitting and listening to the sermon and being able to take in the message.

I settled into my seat in the sanctuary and waited for the service to start. I couldn't help but notice how nice and friendly the congregation was and how they came up and asked how people were doing and if they had any questions. It was a sign of humanity showing that people still care about their neighbors even if they are strangers. Pastor John made his way up to the pulpit and introduced the Praise and Worship team. Upbeat music started to play, and the room soon filled with voices to be heard, if not just in that room, but to be heard to the universe.

After several songs, Pastor John regained the congregation's attention, dismissed the children for Children's Church and introduced his sermon: an eight-part series called "Life Matters." His sermon highlighted not only how every individual life matters, but how God provides the answers to the



Photo by Chelsea Gorka

Shown in front of Christ's Community Church are Pastor John Talcott and his wife, Dana.

"matters" of our everyday lives.

The sermon wasn't long or drawn out, and it was easy to hold onto every word, not wanting it to end. When Pastor John concluded his sermon, you could feel a different air about the room. It was as if everyone's thoughts were out loud, but it was still silent. I found myself thinking, "Well, he made a lot of good points, as if there was a lot of food for thought, but now there was actual food to eat!" In closing, the congregation was invited to meet in the dining hall for a fellowship meal.

Christ's Community Church is about connecting God and community. Finding your place to fit in at this church is not a hard thing, and I recommend visiting on Sundays at 10:30 a.m. or Wednesday s at 7:00 p.m.

Happy St. Patrick's Day!

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looking back – 1941

Bringing Down the Bank

by James Rada, Jr.

They don't build 'em like they used to.

In February 1941, Thurmont was ready to rid itself of a bad memory. "Much excitement was created this week by the attempt to batter down the vault of the old Central Trust Building, which has stood for weeks, like a monument to the fine building which was razed, to be replaced by a filling station," reported the *Catoctin Enterprise*.

The Central Trust Company had been a consolidation of smaller banks into a regional banking system, with eleven branches in Frederick, Howard, and Carroll counties, including the Greek-like structure where Mechanicstown Park now exits.

The bank had heavily invested in real estate, which lost much of its value during the Great Depression. The bank, which was headquartered in Frederick, unexpectedly closed its doors on September 2, 1931, after being in business for only fifteen years.

"I personally regret more than I can state the necessity which prompts the action taken by our directors today, said Bank President Emory Coblentz. "I have placed back of the institution in various ways practically all of my personal worth. The loss and inconvenience which this occasions me does not concern me. I am, however, deeply distressed that, notwithstanding the sacrifices and burdens made and borne, and the tireless and unceasing support of a capable organization, the staunch friends of the institution of which there are thousands, should anyone any way suffer inconvenience and possible loss."

Early the following year, Coblentz, who was also a Maryland state senator, was charged with accepting deposits when he knew that the Central Trust Company was insolvent. He was indicted by a grand jury in October.

Following the closure of the banks, the assets were eventually sold off to try and recover some of the losses.

The Central Trust Building

The demolition of the Central Trust Building in 1941.

Photos Courtesy of ThurmontImages.com.



(Above) Shows Hammakers Bros. truck removing the steps of The Central Trust Building.



(Left) Shows most of the building demolished.

It was too little, too late for many depositors who lost their life savings. At the time of the closure, the Central Trust Company held deposits of around \$14 million and about one-third of the total bank deposits in Frederick County, according to an article in the *Frederick Post*.

The Thurmont branch of the Central Trust Company sat vacant on the corner of West Main and Church Street for nearly ten years. The building was primarily brick construction with limestone details. It was too large and too fancy a space for most local businesses, and when it finally sold, it wasn't because of the building, but the location, that it sold.

However, as the building came down to make room for the new service station, the vault, which hadn't been able to protect depositors' funds refused to give way. The steel vault was encased in concrete that was set in place with iron rods.

"It was thought by a number of people that if the walls were heated

thoroughly and then water thrown on it, perhaps the concrete and lime would burst, so a fire was started and for two days it burned, but not an inch was given," reported the *Catoctin Enterprise*.

In desperation, L.R. Waesche & Sons was contracted to bring their "concrete buster" into town that used a large iron block to strike at the sides of the vault. It hit with such force that the entire vault vibrated.

"After about two hours of pounding, all that remained of the vault was a pile of dust and twisted rods," reported the *Catoctin Enterprise*.

It could be said that this also symbolically represented the Central Trust Company story. A powerful company had been turned to rubble because of real estate.

Kinnaird Memorials preserved the limestone columns that stood in front of the bank and a couple pieces of the limestone water table.

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did you know?



Fun Facts About Clovers

A Legend says that each leaf of the clover means something: the first is for hope, the second is for faith, the third is for love, and the fourth is for luck.

One estimate suggests that there are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.

According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14!

catoctin voices

Your Place for Poetry & Verse

by L. Claire Cantwell

March is a month of returns, many returns. Birds, insects, early spring flowers, maple sap, people partying wearing green, the holiday of Easter commemorating Jesus: these are some of the happenings and events that faithfully return every year during this month. The poems that were sent in have themes of hope. We find comfort and hope in these "returning things" of life. This month, as gas prices rise and your dollar buys less at the grocery store, hold on to the events you can count on that always return in March. Newly hatched chicks, pancake breakfasts with newly tapped maple syrup, crocus, the kiddies' annual egg hunt, the Passover Seder, warmer days, and these "Catoctin Voices" await you!

Blue Seasons

by Dana DeSimon

Spring is pink,
summer red,
autumn orange;
so it is said.

Winter is white—
as the snow;
a lonesome blight—
steeped in woe.

Spring blossoms are blazing;
summer birds are tittering;
winter trees, they are naked;
autumn leaves are fluttering.

Butterflies are brilliant—
bittersweet in hues;
black and orange, bright and dark—
epitomizing summer blues.

(The late Dana DeSimon was a beloved member of the Gettysburg Poetry Society. He authored a volume of poetry entitled, "Discovering Darkness in the Light." He held degrees from Messiah College and the University of Maryland and was active in the Lutheran church. He will be greatly missed.)

Untitled

by Francis Smith

Just above
our deep Blue Mountains
our twilight sun
paints the ruffled fringes
of our western clouds
with sparkling bursts
of gold wide-spread
below the pink and purple
afterglow.
Anon, this too shall pass
as winter night befalls

even while the darkness looms,
our melting snows refreeze
and glimmer with a whiteness
whitened by a silver moon.
Now, as nighttime settles in
we note the sparkling darts
of town's so twinkle lights
against the blackness
growing on our mountain sides -
Glimmer in the gloaming.

(Francis Smith of Taneytown and Emmitsburg is a past contributor. Preferring not to title his poetry, he also writes under the pen name of "Olaf.")

"Poetry is when an emotion has found its thought and the thought has found words."

~ Robert Frost

Heart Prints

by Imogene Hunt

I watch as birds
arc their wings,
gain flight and soar
leaving sightless
footprints on paths
of winding winds. . .

knowing when I shed
my human shell,
gain sight and soar
I will leave flightless
footprints on paths
of friended hearts.

(Imogene Hunt is a past contributor who has been writing for over 55 of her 65 years. She writes from Gettysburg.)



Send in your Poems to Share

(by the 15th of each month)

Email to: news@thecatoctinbanner.com

Fax to: 301-447-2946

Mail to: 515B East Main Street, Emmitsburg, MD 21727

MARY ON THE MOUNTAIN at Emmitsburg

by Constance Trump

High atop the tower She stands
Shimmering
Gracing mountains of Mary land
The hour rings with zest and zeal
The valley echoes the joyous peal
Alleluia! Alleluia! Alleluia!

Rejoice, He Lives!
Come hear the swell
And rhythmic rocking of the bell
He bought us heaven, He vanquished hell
Her Son, the Great Emmanuel!

Holy Mary, Mother of God
Soaring where Saintly feet have trod
Rejoice, He lives, again Rejoice!
Come one, come all and lend your voice

Come in rags or come in splendor
She gathers all to heart so tender
Mother of Glory, Mother Aflame
Whose Son knows each of us by name.

Hail Dear Mary, full of grace
And blessings to this hallowed place
Whose bells ring out with zest and zeal
Whose valley echoes the joyous peal
Alleluia! Alleluia! Alleluia!

(Constance Trump is a frequent contributor. She is a member of the Pennsylvania Poetry Society and Gettysburg Poetry Society.)

Announcements in The Catoctin Banner

Someone Special's Birthday, an Anniversary, for your Graduate, a Special Thank You

Send us the exact wording you would like to appear in your announcement (along with a photo if you choose) to news@thecatoctinbanner.com or Fax to 301-447-2946. For more information, please call 301-447-2804.

Prices: \$15; \$20 w/photo

Rocky Ridge Volunteer Fire Company, Inc. Holds Annual Banquet

The Rocky Ridge Volunteer Fire Company, Inc. held its annual awards banquet on January 24, 2013, at the fire hall. Various fire companies from around the county sent representatives as guests. Frederick County Commissioners, Kirby Delauter, Billy Shreve, and Blaine Young; Frederick County Sheriff, Chuck Jenkins; and officers from the state and county level were in attendance.

Members of the Rocky Ridge 4H Club served the banquet. The Master of Ceremonies was Company President, Dale Kline. Chief Alan Hurley presented awards to the top 10 responders and introduced his line officers for the year. The Company's Top Responders for 2012 were acknowledged.

Top Responders

Christina Hurley – 151 calls; Bonny Hurley and Matt Moser – 149 calls; Buddy Stover – 133 calls; Alan Hurley – 108 calls; John Reese – 90 calls; Luke Humerick – 81 calls; Jim Rice – 68; Kevin Albaugh – 47 calls; Matt McKeel – 40 calls; and Patrick Reaver – 30 calls.

2013 Officers

Administrative Officers include: President, Dale Kline; Vice President, Dennis Mathias; Secretary, Melissa Mathias; Asst. Secretary, Christina Hurley; Treasurer, Bernard Wivell; Asst. Treasurer, Bonny Hurley; Directors: Craig Hovermale, Paulette Mathias, John Reese, Alan Brauer, Sr., Robert Eyler, Ronnie Eyler, Charles Riggs. Operational Officers were: Chief, Alan Hurley; 1st Asst. Chief, Jim Rice; 2nd Asst. chief, Larry Humerick; Captain, Kevin Albaugh. Officers were sworn in by the President of the state association.

Awards

The Honorary Member of the Year was Bill Wachter, of Bill's Auto Body for all of his contributions to the company in support of fundraisers. The President's Award was presented to Helen Burrier for her continued work in both the auxiliary and the fire company. The Charles Mumma Award was presented to Christina Hurley, and the Robert Albaugh Award was given to John Reese for all of his help in rehabing the Model A Fire Engine, the first piece of equipment that Rocky Ridge purchased.

The Ladies Auxiliary presented the fire company with a check in the amount of \$12,000 and an award was given to Betty Lee Mumma from the Auxiliary. Luke Humerick, the adviser for the Rocky Ridge Volunteer Junior Fire Company, introduced their officers and the Junior of the Year Award was presented to Ashley Hurley. Special awards were given to Jolene Mathias and Josie Kaas, both girls are not old enough to be members of the Company yet, but actively participate in all the junior activities. The Juniors gave an award to the Black family of Catoctin Mountain Orchard for their donation of apples for the cotton candy/candy apple stand which they ran during the week of the carnival.

A memorial service was conducted for two deceased members of the auxiliary: Emily Sixx and Blance Saylor.

www.thecatoctinbanner.com

Photos by Grace Schramm



Administrative Officers

(Seated, from left) Dale Kline, President; Dennis Mathias, Vice President; Melissa Mathias, Secretary; Christina Hurley, Assistant Secretary; Bernard Wivell, Treasurer; (Back row, from left) Rev. James Russell; Board of Directors Craig Hovermale, Robert Eyler, and Paulette Mathias; Bonny Hurley, Assistant Treasurer.



Pictured from left are Rocky Ridge Fire Company Chief Alan Hurley; volunteer Fire Fighter of the Year recipient, Christina Hurley; and Company President Dale Kline.



Ladies Auxiliary

The Ladies Auxiliary presented the Rocky Ridge Fire Company with a check in the amount of \$12,000.

"In the end, what we regret most are the chances we never took."

~ Frasier Crane

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Devin Shorb, age 12, Emmitsburg

Your Hunting Photos



Featured are the remaining hunting photos sent in to us by our wonderful readers. *The Catoclin Banner* would like to thank everyone who participated.



Benjamin Hemler, age 9, Thurmont



Russell Rice, 10 point with 2 kickers, taken with a bow, Sabillasville



Garrett Shorb, age 9, Emmitsburg



Triston Rice, taken with a bow, Sabillasville

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IN THEIR OWN WORDS

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It is my privilege to say thank you for your support and help with the first annual Mikey Makes A Difference raffle. I would like to extend my most heartfelt thanks to my wonderful uncle, Tom Joy, for making this event possible. With the help of our generous sponsors, a great lineup of prizes was available for this raffle. Two other family members, Jim Joy and Marge Steen, helped in the effort of soliciting sponsorships. Thank you both so much!

It is difficult to express with words how much it means to me that some good has come from Michael's death. With your help, over 200 tickets were sold, raising a little over \$2,900. These funds were able to provide two separate \$1,000 gifts. One was given to benefit Hope Alive, Inc., and a second anonymous gift was given to help a young man who was attending an inpatient rehabilitation facility to fight his battle with drug addiction. The excess will go to help establish a 501(c)(3), non-profit organization for Mikey Makes A Difference, so that we can continue our annual fundraising efforts without the burden of searching for another organization to assist us in the future.

Deeply rooted in my heart is the belief that God has put us here to help those in need. I am especially grateful that your help allowed us to give in such a way as to touch the lives of others. I have already been blessed by hearing personal testimony from some of you about your desire to be even more involved in next year's event. I am touched by the moving of your hearts to help make next year an even greater success! A list of prize winners is available on the Mikey Makes A Difference Facebook page.

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. — 1 Peter 4:10

—God bless you, Tamara Manahan

Funds from first annual Mikey Makes A Difference Raffle were able to provide two separate \$1,000 gifts. One was given to benefit Hope Alive, Inc., and a second anonymous gift was given to help a young man who was attending an inpatient rehabilitation facility to fight his battle with drug addiction.

Both checks were presented by Tamara Manahan with Thomas Joy.



Courtesy Photos

(Above) Check is presented to Thomas & Mary Jo Wivell with Karen Wivell present.

(Left) Receiving the check for Hope Alive, Inc. is Laura Roberson.



A Special Thank You

"The kindness and sympathy shown to us by our family, friends, and neighbors during our time of sadness and sorrow will always be remembered by the family of Kevin Fitzgerald. Thank You."

— Fitzgerald family

The Story of Matilda

One day in October 2010, the Town of Thurmont asked the residents to design a person to decorate the parking meters.

A young girl named Lyla Zelenka, created Matilda. Matilda sat in front of the Thurmont Bar & Grill the whole month.

People loved Matilda so much that some would even sit on the bench and talk to her. People came far and wide to see Matilda, many took pictures. When the weather got colder, the meter people were taken down and replaced with Christmas decorations. Residents were asked if they wanted to purchase any of the meter people.

Matilda was bought by Bev Frushour and given as a Christmas gift to Skipper and Penny, owners of Thurmont Bar & Grill. It was a shock, because they thought she was gone forever. They were so happy, they wanted to adopt her. Matilda quickly became part of the Thurmont Bar & Grill family. Since then, Matilda gets dressed for all holidays, she greets customers as they come and go, she brings a smile to everyone and she is the talk of the town.

Skipper and Penny would like to thank Lyla for bringing Matilda into their lives and the lives of their customers of all ages.

— Thank you Lyla for bringing the joy of Matilda into all of our lives at Thurmont Bar & Grill.



Courtesy Photo

Skipper Misner, owner of Thurmont Bar & Grill, poses with Matilda.

"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."

~ Audrey Hepburn

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Obituary

In
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Memory

**Josh Brian
Bollinger**

1963 - 2013



Josh Brian Bollinger, age 49, of Fairfield, Pennsylvania, died on Saturday, February 2, 2013, in West Virginia. Born May 13, 1963, in Gettysburg, Pennsylvania, he was the son of Rosemary (Turner) Bollinger of Fairfield and the late Thomas T. Bollinger.

He was the owner and president of Bollinger Construction Inc., Bollinger Homes, LLC, East Park Automotive, Inc., and T & M Crane Rentals, Inc. in Emmitsburg. Surviving are sons, Matthew I. Bollinger and Thomas T. Bollinger both of Fairfield; sisters, Tracie A. Canby and husband Todd of BelAir, Maryland., Samantha B. Golibart and husband Mark of Fairfield; brother, Zach E. Bollinger and wife Erica of Fairfield; nieces and nephews, Logan T. and Dalton J. Canby, Emma E. and Mark T. Golibart, Kayleigh R. and Makenzie A. Bollinger.

Funeral Services were held at 11:00 a.m. on Thursday, February 7, 2013, at Elias Evangelical Lutheran Church, 100 W. North Street, Emmitsburg, with the Rev. Jon R. Greenstone officiating. Interment followed in the Emmitsburg Memorial Cemetery. The family received friends immediately following the interment in the parish hall of St. Joseph's Catholic Church in Emmitsburg.

In lieu of flowers, memorial contributions may be made to the charity of one's choice. Online condolences may be expressed to the family at www.myersdurborawfh.com. Arrangements by Myers-Durboraw, Emmitsburg, Maryland.

Sisters Donate Hair



In honor of their mother who passed away with cancer, Tammy Harne and Lois Howard (pictured left) decided to donate their hair. They wanted to support a worthy cause and looked forward to a new hair style. It took place at The Beauty Parlor Hair Salon located in Thurmont.

Locks of Love is a non-profit 501(C) (3) corporation that relies on donated ponytails and funds to provide hairpieces to children under 21 with medical hair loss. Hairpieces take four months to complete. Visit the website at www.LocksofLove.org for more information.

Courtesy Photo

Thurmont Community Clothes Closet

The Thurmont Community Clothes Closet is open to the public the first Monday of each month, from 6:00-7:30 p.m., as well as the second Tuesday of each month, from 10:00-11:30 a.m. The Clothes Closet provides baby, youth, and adult clothing, as well as shoes, linens, and household goods. Donations are also gladly accepted at the church's Clothes Closet building. Anyone is welcome; it does not need to be based on financial need. The Clothes Closet will also be open on a special date on Saturday, March 9, 2013, from 10:00-11:30 a.m.; this will be the last date they will offer winter clothes for the season.

At this time, the Clothes Closet does not accept donations of furniture or toys, but if there is a need for furniture please contact the church office for availability.

The church is located on Long Road in Thurmont. For more information, the church office phone is 301-271-4511.

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our neighborhood veterans

by Jim Houck,

My View of the Honor Guard and Why I Am Proud To Be a Part of It

I am a member of the Sons of AMVETS Squadron 7 Thurmont, and I really enjoy the welcoming feeling the people at the Post have conveyed to me since I joined. I consider myself a part of the family of Veterans, Auxiliary, and Sons, who work together to make our Post one of the best in America. The different factions and functions of our family make whatever we choose to venture into almost always a success. I say almost because we are not perfect; but, we are working on it. The officers of the Post are always thinking about ways to improve our Post and you can see the improvements with each visit. We strive to help our veterans and our community every day.

AMVETS Post 7 has an award winning Honor Guard, led by Ed McKinnon, who are invited to post colors at many events. The Honor Guard of Post 7 are also invited to participate in several parades. The members stand guard at veterans funerals and do graveside services,

such as the folding and presentation of the flag to the next of kin and a rifle volley with the playing of taps at the end of the firing.

I was asked to join the Honor Guard and, at first, I thought they were joking, because I was sixty-six years old and I thought they would not want an old overweight codger like me on an award-winning team. Boy, was I wrong, as they already had men older than I am on their team. So, I said yes and attended my first meeting with them, not knowing what to expect. I have to say, I was hooked after that meeting and never again thought about not joining. Ed McKinnon was and is a very patient man, who will teach, with the help of all the other great guys on the team, everything you need to know. He doesn't expect you to learn everything all at once, which is why he holds practice each month or as often as needed. I know without practice that I would get rusty and forget things when I needed them, and I want to do the best job possible.



Photo by Jim Houck, Jr.

Post 7 Honor Guard Celebrating Memorial Day on May 30, 2012: (from left) Ed McKinnon, Donnie McKinnon, Dick Fleagle, Tom Joy, Lyman Stambaugh, Billy Kolb, Don Shaffer.

I remember when Ed told me to go get fitted for a uniform. I went to the tailor shop to get fitted; it really didn't take as long as I thought it would. They told me the uniform would be ready in about two weeks and they would call me. I called Ed explaining what they had said. He said he would call them and tell them to call him first, so he could take them the things they needed to sew on the uniform that they would not have. I waited and I waited. It was three weeks and I had heard nothing from them. I called Ed and he said he would give them a call, which he did. They told him the uniform got lost in shipping. I had never heard of such a thing, but the only thing I could do was wait. I was told by Billy—one of the team—that Omar the Tent Maker was on strike, and they couldn't make my uniform until he returned. I mumbled under my breath a few syllables and went merrily on my way. I had to go for another fitting, and they stated they would call me when it was in so they could make adjustments. They didn't give me a time frame this time, so I waited and finally got the call. I went immediately down there, and I walked out with my uniform in hand. I think Ed probably had a little talk with them when he took the patches and things down to them. I think he probably threatened to take his brother Donnie down for a visit if they didn't have the uniform soon. When I got home, I tried it on and had a picture taken—I was so proud. I was so proud, not of the way I looked in it, but the way I felt in it.

Then came my first parade to march in, and, boy, was I ready for it—all 5' 8", 270 lbs. of me. I was carrying a rifle on the left side of our Flag. I was marching and stepping right along for about four blocks, and then it happened: I could feel my pants starting to fall. I tried hearing marching orders, while handling my rifle with one hand and pulling up my pants with the other, but it got too frustrating and I had to drop out. I was humiliated and upset at myself for having no butt or hips to hold up my belt and pants. I was offered a chair and some water from a kind lady watching the parade, who told me she knew as red as I was, the heat was just too much for me. I didn't have the heart to tell her my pants were falling down, and that was the reason I was so red. The next parade the same thing happened, and, again, a lady offered me a seat and water and made the same remark to which I again offered no explanation and just said, "Thank you." Ed came looking for me after the parade each time and walked me back to meet the rest of the team. He is a thoughtful and caring person who watches everything and who will not put his men in jeopardy. I feel the Honor Guard Team has accepted me for who I am, and I certainly have accepted them. I truly believe the Honor Guard of Post 7 to be a vital part of the AMVETS organization.

By the way, Billy had his pants fall down in one of the biggest parades of the year, falling all the way down to his ankles. Omar the Tent Maker, indeed.

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community veteran event board

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Thurmont American Legion

Spring is almost here and "old man winter" is on his way out. There are crocus and daffodils coming up, but the best thing happening is the opening of our kitchen under new management. Starting March 1, 2013, Vicky and Jimmy will be serving dinners and light fare on Thursday, Friday, and Saturday evenings, from 5:00-8:30 p.m. Vicky and Jimmy operated this kitchen several years ago, and some people still talk about what a good job they did.

There are several events going on at Post 168: Karaoke with Ralph Gann will take place on March 8, and with DJ Jake on March 29. On Thursday evenings, we have Bingo, from 7:00-9:00 p.m. Come on down and have some fun.

On Sunday, March 3, the Cub Scouts will be having their Arrow of Light Ceremony; and on Monday, March 4, they will have their meeting.

The Dance Club will be here doing their thing on Saturday, March 9. Come on out and join them.

The Thurmont Thespians come in for their Spring Show to set up on March 10. Their show starts the weekend of March 16-17, and also on March 23-24.

Come on out and attend a meeting: our regular Legion Meeting will be on March 19, the Sons on March 14, and the Ladies Auxiliary on March 21. All meetings start at 7:00 p.m.

Don't Forget: March 1, kitchen opens, under new management.

Sons of the American Legion and Ladies Auxiliary Scholarship Bingo

Each year, the Sons of the American Legion (SAL) and the Cascade American Legion Ladies Auxiliary for Unit 239 in Cascade give away three \$1,000 scholarships to deserving college students. On March 10, 2013, at the Cascade American Legion, located at 14418 MacAfee Hill Road in Cascade, a Scholarship Bingo will be held to raise funds to support this worthy cause. Tickets are \$25.00 in advance; \$30.00 at the door. The Bingo features 25 games, all paying cash prizes. Doors open at 11:30 a.m.; early birds start at 12:45 p.m., regular bingo begins at 1:00 p.m. Food will be for sale. For tickets, contact Jeff at 301-241-3964 or Stacey at 301-241-4026. Visit their website at <http://post239.org>.

Thurmont AMVETS Post 7

The following are upcoming events at Thurmont AMVETS Post 7: March 13 & 27, 2013—Doors will open at 5:30 p.m.; games start at 7:00 p.m.; March 16, 2013—Dinner & Dance, \$10.00 per person. Tickets available at the bar. Meal at 5:30-7:30 p.m. Music – 8:00 p.m.-12:00 a.m., Population 3; March 23, 2013—Catfish Fry, \$15.00 per person. Doors will open at 3:00 p.m. Food served at 4:00-7:00 p.m. DJ & Karaoke, from 8:00 p.m.-12:00 a.m.; March 30—Auxiliary Auction, 6:00 p.m.

F.X.E. American Legion Post 121

The following are upcoming events at the Sons of the American Legion Squadron 121: April 20, 2013—Snow Crab Legs and Fried Chicken Dinner, Eat-in at our Post with refreshments included for \$20.00 each or Carryout Dinner for only \$16.00. Food served from 4:00-7:00 p.m. Tickets at the bar by April 1, 2013.

VFW Post 6658, 12 W. Main St., Emmitsburg

The following are upcoming events at VFW Post 6658: March 2, 2013—DJ/Karaoke with Bouncin' Bob, 8:00 p.m.-12:00 a.m.; March 9, 2013—DJ Southpaw, 9:00 p.m.-1:00 a.m.; March 16, 2013—St. Patty's Day Celebration with DJ Southpaw, 9:00 p.m.-1:00 a.m.; March 23, 2013—DJ/Karaoke with Bouncin' Bob, 8:00 p.m.-12:00 a.m.; March 30, 2013—DJ Southpaw, 9:00 p.m.-1:00 a.m. For all above events, you must be 18 or older to attend 21 or older to drink—WE ID. Guests must sign guest book. House rules apply to all.

Men's Auxiliary VFW Post 6658, Steamed Shrimp & Fried Chicken Feed, on Saturday, April 6, 2013, 4:00 p.m.-7:00 p.m. Tickets are \$20.00 per person. Must be 21 or older to attend. For more information, call 301-447-6141.

World War II Sailor's Uniform Returned to Family

by Bill Rice

Growing up in Thurmont, Charles Stull and I were the best of friends. Our families were very close-knit as well. As young boys, Charles and I played together, attended church together, and were in the same class at school.

Shortly after graduating from Thurmont High School in 1944, we both enlisted in the U.S. Navy. While serving his Country, during WW II, Charles contracted an illness and died. This was an especially sad time for me, as it was impossible for me to come home for his funeral.

After I was discharged in 1946, his mother told me she wanted to give me some of Charles' Navy uniforms. I took them and put them



Courtesy Photo

Bill Rice of Thurmont (left) presents Fred Henning, also of Thurmont, with Charles Stull's U. S. Navy uniform.

in a wooden trunk, along with my uniforms. They remained there, undisturbed, for sixty-six years. Recently, I decided I wanted to return these items to his family members. I contacted Charles' nephew, Fred Henning, and told him the story. Fred had no idea that these items existed, and he was very grateful to receive a piece of WW II history in memory of his Uncle.

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11:00am, Easter Sunday, March 31
Contemporary service

10:00am, Easter Cantata, April 7
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Tickling Our Tastebuds

by Denise Valentine



Hello everyone. I just tried a great new recipe from The Pampered Chef. It's a Caramel Apple Cake that can be baked in your skillet or in an 11-inch baking pan. With the Easter Holiday fast approaching, I thought this would make a great addition to your brunch, lunch, or dinner gathering. It is delicious, warm or cold. I hope you have a Happy Easter!



Caramel-Apple Skillet Cake

1/2 cup (1 stick) butter	1 pkg (15.25-18.25 oz) yellow cake mix
1 cup packed brown sugar	3 eggs
1/2 cup heavy whipping cream	1 cup sour cream
1/3 cup light corn syrup	2 tsp cinnamon
3 small Braeburn apples	

Preheat oven to 350 degrees. Heat butter, sugar, cream, and corn syrup in an 11-in skillet (must have sides that are at least 2 inches high if you plan to bake the cake in the skillet) over medium heat until simmering, stirring until smooth. Cook mixture, uncovered, another 7 – 10 minutes or until mixture is thickened and slightly darker in color, stirring occasionally. Remove skillet from heat.

Meanwhile, cut each apple into 10 wedges – removing all of the core. Set aside 5 wedges. If you are using a baking pan, pour mixture from skillet to cover the bottom. Carefully arrange apple wedges around outside edge, facing the same direction with the tips pointing in, over the caramel. Arrange the remaining 5 wedges in the center.

Whisk cake mix, eggs, sour cream and cinnamon until blended. Carefully spoon batter over apples and spread batter evenly to the edges. Bake, uncovered, 38-42 minutes or until a wooden toothpick inserted in the center comes out clean. Remove from the oven and let stand 2 minutes.

Carefully invert cake onto serving platter. Let stand at least 5 minute before serving.

**** Fuji, Jonathon or Honeycrisp apples can also be used.

**** If the sides of your skillet or baking pan are less than 2 inches high, reduce ingredients in the caramel mixture by 50% to avoid cooking over in the oven.

**** This is a Pampered Chef Recipe.

Big-Time Fun At A Small-Car Derby

by Kathleen Knill

Too young to have a driver's license, the Scouts of Cub Scout Pack 270 found another way to get out and race their cars. On Saturday, January 26, 2013, Pack 270 held their annual Pinewood Derby at the American Legion Post 168 in Thurmont.

Thirty-eight Cub Scouts and nineteen of their friends, siblings, leaders, and pack-mates raced their homemade pinewood derby cars down the Packs' four-lane race track. The derby featured homemade Pinewood Derby cars that Scouts assembled from a BSA kit containing a block of wood, four nails, and four wheels. Scouts crafted their cars by carving, sanding, painting, adding weights and nailing on wheels; it took a lot of elbow grease, but the scouts don't seem to mind. It's fun to watch Cub Scouts when they get

caught up in fun, especially Race Day! They scream, holler, jump and roll on the floor, and their enthusiasm is contagious. Scouts always look forward to this time of the year.

The top four winners from each rank will represent Pack 270 at the National Capital Area Council Catoctin Mountain District Super Derby, March 2, 2013, in Walkersville, Maryland. Winners were: Tigers — First, Ryley McCardell; Second, Matthew Place; Third, Colin Jacobs; Cubs (Wolf & Bear Scouts) — First, Ryan Horning (Bear); Second, Kyle Cantwell (Bear); Third, Tanner Seiss (Wolf); Fourth, Wyatt Mullican (Bear); WeBeLoS — First, Issac Love; Second, Colby Horning; Third, Austin Smith; Fourth, Bill Kaas. Congratulations to all!

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senior moments

by Helen Deluca

Hello to all! It's that time again to tell you what's going on at the Thurmont Senior Center.

Along with the usual activities, I want to remind you that VITA (Volunteer Income Tax Assistance) is available at the Center every Monday and Friday morning, from 9:00 a.m.-12:00 p.m. Get help with preparing your income taxes at no cost to you.

As I mentioned in last month's article, we did follow through with getting an exercise program started. Gretchen Smith, owner and operator of Well-Fit in Thurmont, was our guest speaker and mentor. Gretchen demonstrated the proper use of the treadmills we have at the Center, and she patiently answered all our questions on various types of exercises suited to seniors. We are working on the possibility of having a scheduled weekly class with an instructor to lead us. Watch for more information to come in the near future.

We had a lovely Valentine's Day party, and we also celebrated the February birthdays. George Anzelone (pictured above, right) is a retired baker. He does a wonderful job of making a delicious and beautiful cakes. Call the Center and ask for George if you need a cake for a special event.

We are also going ahead with our plans to have a monthly Bingo party. Join us on Wednesday, March 20, 2013, at 1:00 p.m. for a Bingo party. All are welcome. The Center will use the proceeds from the Bingo to support the lunch program.

Whenever you want to come in for lunch, please order 24 hours ahead.

The funds that we received in July 2010 are kept in a separate account to be used only for the lunch program. Our contract with the Cozy Restaurant requires the

Center to pay \$5.75 for each lunch. We ask the seniors to use the honor system and pay what they can afford. Since we started the lunch program in July 2010, we have served and subsidized 5,295 lunches. Our first priority is to keep serving a nutritious meal to all seniors, and, fortunately, we have been able to do so, but we need to raise more funds to continue the program. Our Bingo party will help, but we need your support and cooperation. We live in a generous community, and every means of support, donations—large or small—are greatly appreciated.

Mark your calendars now for these upcoming events: **March 15**—St. Patrick's Day party and March birthdays, 12:00 p.m.; **March 15**—Look for the Seniors booth at the Business Expo at Catoctin High School, 6:00 p.m.; **March 20**—Bingo party, bring a friend, 1:00 p.m.; **March 26**—Nurse Steve will do a presentation, 11:30 a.m.; **April 10**—Fashion show and shopping, 11:00 a.m.

Pick up a Monthly Events and Lunch Calendar at the Center.

Look for the Center's green van in your neighborhood, all the required insurances and paper work will soon be completed. Call the Center at 301-271-7911 if you need a ride to the Center for lunch. We are looking forward to starting home-delivered meals. For more information regarding the requirements, call the Center and ask for Patt or Kay.

There is always a need for more volunteers to operate the Center. We would appreciate more drivers, lunch servers, or any time you have to serve on various committees to help organize events. And if you have a special talent you would like to share with others, give us a call.

Giving some of your time can be very rewarding. Giving a donation may not take as much effort, but it can be just as rewarding. **THINK ABOUT IT!**

Until next time, keep smiling.

February Birthdays at Thurmont Senior Center

Pictured from left are George Anzelone, Patt Troxell, and George Deluca.



Photos by Irene Matthews



Exercise Group at Thurmont Senior Center

Pictured from left are (front row, kneeling) Gretchen Smith; (second row) Kathleen Dowling, Gene Beard, Joan Follin, Eila Tregethoff, Chooi-hah Monroe, Donna Fisher, Nancy McKeever; (third row) Gloria Griffin, Helen Deluca, Janice Syner, Gloria Angleberger, Marie Free, and Frank Valentine.

Emmitsburg Senior Center Offers Open Studio Sessions for Artists

Emmitsburg Senior Center is once again offering an opportunity for adult artists and art students to gather at the Senior Center every Monday afternoon, from 1:30-3:30 p.m. to work on individual projects, as well as share knowledge, techniques, and support with one another under the guidance of noted local artist Dorothea Barrick. For additional information, contact Emmitsburg Senior Center Coordinator, Linda Umbel, at 301-600-6350 or lumbel@frederickcountymd.gov.

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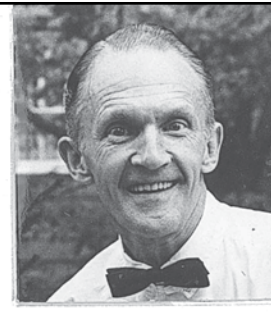
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This and That

by

George W. Wireman



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

George wrote for various publications, including the *Catoctin Enterprise*, *The Times Monthly*, *The Thurmont Times*, and more, as well as some column articles written for "Then and Now," "This and That," "Did You Know?" George's articles are timeless. Some are historical, some opinionated, some intended to evoke change. We hope that his work will continue to move, educate and inspire you.

Excerpt from "This and That" column, written on March 13, 1976, about St. Patrick's Day at Shamrock Restaurant.

...St. Patrick, bishop of Armagh and Apostle of Ireland, was born about A.D. 389 of Roman-British parents, probably in Scotland. At the age of 16 he was carried off by raiders as a slave and was taken to Ireland. Here he lived as a shepherd for six years until he managed to escape to Gaul. During his stay in Gaul, which was about eighteen years, he was ordained as a priest.

In 432, he was consecrated Bishop and was sent to convert to Christ, the people, who had enslaved him before his coming. There were only a few scattered groups of Christians in Ireland. He immediately began to organize these groups and conversed most of the remaining inhabitants, bringing the island formally within Christianity.

At the end of ten years, Patrick visited the Pope, St. Leo I, and shortly after his return to Ireland founded the church of Armagh, which he made his primatial see. He always instilled into the hearts of his flock, loyalty and obedience to the Bishop of Rome. His ability to accept himself to the people for whom he labored, is proved by the success of his missionary effort and his devotion to the people of Ireland who had previously injured

him, made a strong and permanent impression upon them. Patrick left in his Confession an accurate and touching account of his life and labors. He died in 461, at the monastery of Saul in eastern Ulster.

Legend did not fail to embroider richly the life of St. Patrick, and a devoted imagination, unwilling to leave any advantage of Ireland unconnected with his name, even ascribed to him the expulsion of all snakes from an island noted in pagan times for their complete absence.

March 17th is St. Patrick's Day, Ireland's national holiday. It is celebrated by Irishmen and their descendants the world over. Green is the color of the day and the Shamrock is worn to commemorate St. Patrick's use of it as symbolic of the Trinity.

Fitzgerald's Shamrock Restaurant in Thurmont honors St. Patrick each year with a gala celebration that has received wide recognition. Next month, the Fitzgerald Family will begin the celebration of their 50th year in business at Shamrock Restaurant. Celebrate with the Fitzgerald's this St. Patrick's Day and stay tuned for more anniversary details next month.

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Partnership Between ThorpeWood and BBBS

ThorpeWood, a 155 acre nature preserve located in the Catoctin Mountains, is pleased to announce a new partnership with Big Brothers Big Sisters of Frederick County (BBBS). ThorpeWood provides experiential learning opportunities indigenous to its natural location, including hiking, camping, fishing, time spent with the herd of Icelandic horses, nature observing, the use of the ThorpeWood Lodge and more. BBBS matches will have access to all of these activities and amenities when they visit ThorpeWood.

BBBS serves children, ages 6 through 18, who reside in Frederick County, many living within the City of Frederick city limits. Many of the children served exhibit at-risk behaviors or must deal with adverse living conditions. Most children served are in a single-parent, low-income family or a household where a parent is incarcerated. In many cases these children are experiencing poor academic performance, difficulty relating to their peers, behavioral problems and may exhibit tendencies toward at-risk behaviors. It all begins with matching a child and a caring adult based on commonalities and preferences to foster a strong, professionally supported friendship. Each match is unique and depends on the Big and Little spending time together. Getting together doesn't require a special occasion or expensive activity-just a few hours every month doing things the Little and Big enjoy, like playing catch, reading books, getting ice cream, going to a museum, and sharing educational experiences. As we launch this year's partnership between ThorpeWood and BBBS, matches will have the opportunity to enjoy the many activities available to them at ThorpeWood.

The BBBS program works; there is data to prove it. In 2011, BBBS made a bold commitment toward transparent accountability for their outcomes. By focusing on three outcome areas BBBS significantly changes children's lives for the better, forever. 97.9% of children have higher aspirations, greater confidence, and better relationships, 88.8% avoid risky behaviors and 94.5% experience educational success.

"One-to-one mentoring has proven beneficial results and is the number one need for children here in Frederick County," said Kevin Lollar, CEO/Executive Director of Big Brothers Big Sisters of Frederick County. "Let's help our kids by being part of the solution. Give your time by volunteering and if you can't volunteer, donate to Big Brothers Big Sisters of Frederick County."

"2013 is a year of growth and change for ThorpeWood," says Program Director Sam Castleman. "We are dedicated to sharing the bounty of our natural resources with non-profits who have a real need for what we have to offer, and Big Brothers Big Sisters of Frederick County is exactly the kind of organization with which we are eager to partner. What could be better for these kids than having them spend time in our beautiful natural surroundings and sharing this experience with their matched adult and role model?"

ThorpeWood decided to donate all of the profits from their Ruut concert in February 2013 to support the use of ThorpeWood by BBBS. To learn more, visit ThorpeWood's at www.thorpewood.org, and www.facebook.com/thorpewood or Big Brothers Big Sisters of Frederick County at www.bbbsfrederick.org

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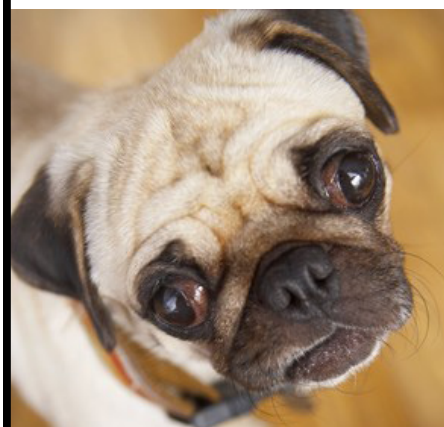
St. Patrick's Day Irish Toasts

Popular Irish toasts on St Patrick's Day include: may the roof above us never fall in, and may we friends beneath it never fall out.

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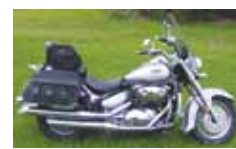
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Where Community & Ideas Connect

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

There's lots of art news from the library. Our current Delaplaine Satellite Gallery artist is Alexandra Zealand. Alex's work will hang until April 25, 2013, and evokes flight and falling and play with light and movement.

March is Youth Art Month and the perfect time to visit the library to see beautiful, creative works produced by local teens in their public school or home school art classes. The art will be up all month so be sure to visit.

Students are invited to participate in a unique youth art contest to support the community's Pa\$\$port to Wealth initiative happening in April. Students in grades 3-12 from the Catoclin Feeder District schools can win up to \$75.00 in cash awards! All they have to do is create a poster that supports saving money. Posters will be used to promote Pa\$\$port to Wealth. Entries are available at both Emmitsburg and Thurmont libraries now and the deadline to submit is March 18. Pa\$\$port to Wealth free workshops and programs will take place throughout Emmitsburg and Thurmont April 6-13, 2013. The kickoff features a free appearance of The Ultimate Cheapskate at Mt. St. Mary's University on April 6, 2013, at 1:00 p.m. This is a family even with lots of money saving information booths, free snacks, a Credit Report Café with Mount business students assisting you in pulling up your credit report and other activities. Plan to be there!

Look for a display of student art at the library courtesy of Thurmont's Economic Development Committee Children's Art Festival contest. The display will be up from April 22-May 11, 2013, with winners chosen for the Trolley Trail Art Fest on May 18.

Please visit the Thurmont Regional Library booth at the annual Thurmont Business Expo sponsored by Thurmont Economic Development Committee. On March 15, 2013, between 6:00-8:30 p.m., we invite you to come out to Catoclin High School and remember the "The Roaring Twenties." Get to know the businesses and organizations that are part of your community. This is the 9th Annual Expo and it is always the most popular place in town to see and be seen.

Thanks to everyone who picked up their ticket to the Celtic Concert

at Mount St. Mary's University. The tickets were gone within four days. This is the little concert that grew and grew and is now so popular a ticketing system became necessary. The library will be sponsoring the concert again next year, so plan to pick your ticket up early if you didn't get one this year.

The good news is that you can still hear Celtic music right at the library on Saturday, March 16, 2013, at 11:00 a.m. Enjoy the sound of Great Highland bagpipes with Patrick Willock. He'll share the history of bagpipes and will divulge how bagpipes actually work and of course he'll share beautiful bagpipe songs, too.

Other special programs are happening in March! Call 301-600-7214 to register if indicated or go online at www.fcpl.org: **Wednesdays in March** — Endangered Animal Club for grades 2-5. YOU can make a difference. Learn about endangered animals and what YOU can do to prevent them from becoming extinct. Conduct research and learn about careers working with animals. Along the way, we will read some fantastic fiction about some of your favorite species. Please register. **Monday, March 11** — We are all about preschooler guys and girls finding out how cool science can be. Future scientists can join us for a morning of experiments and discoveries and learn to make predictions and observations, 10:30 a.m. Please register. **Friday, March 15** — It's an all day K'Nex construction sets and LEGO® extravaganza. Build tall buildings, make racecars, have endless amount of STEM fun at the library. The possibilities of what you can create are endless! Just drop in, from 10:00 a.m.-4:00 p.m. **March 21** — Are You Game? Tweens and teens visit the library to play favorite Wii games and board games. Refreshments provided, 3:00 p.m. Please register.

Thurmont Regional Library is connected to the community and is ready to welcome you and your family seven days a week.

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Blue Ridge Summit Free Library

The Blue Ridge Summit Free Library welcomes the community to its annual Story Hour and Easter Egg Hunt, to be held at the library on Saturday, March 23, beginning at 11:00 a.m. Kids from the ages of 0 to 12 can listen to a story, hunt for eggs and enjoy refreshments and prizes. Cadette Girl Scout Troop 80882 will be assisting in the morning's activities.

The Beck Girls are coming to Blue Ridge Summit Library. Authors of *The Royers of Renfrew*, historical novels set in the early 1800s, will present a program about how early Pennsylvania Germans celebrated Easter. Maxine Beck and Marie Lanser Beck, who have published two of three books about the real-life Pennsylvania German family, who ran an industrial farmstead on the site of what is now Renfrew Museum and Park, east of Waynesboro, will present the program on Tuesday, March 26, 2013, at 7:00 p.m. in the Community Room of the Blue Ridge Summit Free Library. The program is free and open to the public.

The sisters-in-laws from Waynesboro collaborated on *A Family Tapestry* and *Threads of Change*, books one and two in the series that explores the lives of Daniel and Catherine Royer and their 10 children through the eyes of 9-year-old Susan. The concluding book in the series, *The Fabric of Life*, will be published in September.

Patronize the Advertisers in *The Catoclin Banner!*

March

- 1.....Crab Cake Dinner, Emmitsburg Fire Hall, Emmitsburg. 5:00-8:00 p.m. Includes two crab cakes, Cole slaw, baked potato/fries, roll, and desert. \$15/person. Brian Smith 301-748-6230. Benefit CHS Safe & Sane.
- 1.....Open House, St. John's Christian Preschool, 15 N. Church St., Thurmont. 9:00-10:00 a.m. 301-271-4109.
- 1.....Family Movie and Game Night, Graceham Moravian Church, 8231 A Rocky Ridge Rd., Thurmont. 6:30 p.m., with light supper followed by movie/evening of board games (bring your favorite game). 301-271-2379.
- 1.....Registration OPEN Fall 2013 at Mother Seton School, 100 Creamery Rd., Emmitsburg. Pre-K through Grade 8 Catholic elementary school. All are welcome and financial aid is available. MSS offers bus transportation, and before & after care. 301-447-3161/www.mothersetonschool.org.
- 1.....Lenten Fish Bake, Our Lady of Mount Carmel Parish Hall, Thurmont. **(On Fridays, March 1, 8, 15, & 22).** 5:00-7:30 p.m. \$10/adults; \$5/children 4-11; Free/Children 3 and under. Sponsored by the Knights of Columbus Council #11975.
- 2.....Annual Spring Bazaar & Supper, Elias Lutheran Church, Emmitsburg. 12:00 p.m. Yard sale items, crafts, home baked goodies. \$11/adults; \$4/children 6-12. Carryouts/\$12. www.eliaslutheranchurch.org; 301-447-6239.
- 3.....Sunday & Monday Night Bingo, Beth Shalom Community Center, 1011 N. Market Street, Frederick, MD. Regular games pay \$100 (\$1,000 & \$500 Jackpots). No Bingo March 24, 25, & 31. 301-663-0267 or www.bethsholomfrederick.org.
- 4.....Thurmont Community Clothes Closet, Long Rd., Thurmont. Open to public first Monday each month, 6:00-7:30 p.m./second Tuesday each month, 10:00-11:30 a.m. Donations gladly accepted. Anyone welcome. 301-271-4511.
- 4.....Graceham Moravian Church Free Community Meal "Served with Grace," (first Monday each month), 8231 A Rocky Ridge Rd., Thurmont. 5:30-7:00 p.m. All are welcome! 301-271-2379.
- 5.....Low Vision Support Group (1st Tuesday of each month) Homewood at Crumland Farms, 7401 Willow Rd., Frederick, MD. 10:30 a.m. Education related to prevention and treatment of vision and eye conditions and disease. Cathy Stull clstull@hnmwd.org or 301-644-5646.
- 6,13,20..Lenten Series "The Me I Want to Me," Graceham Moravian Church, 8231 A Rocky Ridge Rd., Thurmont. 6:00-7:00 p.m. 301-271-2379.
- 7.....2013 Celtic Concert, Marion Burk Knott Auditorium, Mount St. Mary's University, Emmitsburg. 7:00 p.m. Featuring Enter The Haggis. Free admission/parking. Pick up free tickets at Emmitsburg and Thurmont Libraries (tickets are required). All ages welcome. www.fcpl.org or 301-600-6329.
- 9.....Benefit Breakfast, Trinity United Church, 102 East Main Street, Thurmont. 7:00-11:00 a.m. Menu: chipped beef, gravy, sausage, hot cakes, eggs, hominy, O.J., & coffee. \$8/person. Ed Schildt 240-285-8079 or Brian Smith 301-748-6230 for tickets. Benefits CHS Safe & Sane.
- 9.....Bull Roast, Mother Seton School, 100 Creamery Rd., Emmitsburg. Dinner/Games of Chance 7:00 p.m., followed Live Auction 8:30 p.m.; Dancing until 11:00 p.m. \$35/person. Must be over 21 years of age. 301-447-3161 or www.mothersetonschool.org.
- 9.....Thurmont Community Clothes Closet, Long Rd., Thurmont, special opening. 10:00-11:30 a.m. Last date they will

community calendar

- offer winter clothes for the season.
- 9.....Christ's Community Church Easter Bazaar, 303 West Lincoln Ave., Emmitsburg. 9:00 a.m.-3:00 p.m. Easter crafts for kids, scavenger hunt, silent auction, more! www.cccemmitsburg.org.
- 9.....Movie Night, Germantown Church of God, 16924 Raven Rock Rd., Cascade. Movie: Abel's Field. 6:30 p.m. Community invited. Free. 301-241-3050.
- 10.....Gospel Concert, featuring "Daystar," Deerfield UM Church (off 550 North, near Sabillasville), 16405 Foxville Deerfield Rd. 10:15 a.m. Everyone welcome. 301-241-3158.
- 10.....Scholarship Bingo, hosted by Sons of the American Legion (SAL) and Ladies Auxiliary. \$25/advance; \$30/door. Doors open 11:30 a.m.; early birds start at 12:45 p.m., regular bingo 1:00 p.m. Jeff 301-241-3964; http://post239.org.
- 13.....Spring Volunteer Training, Frederick County 4H Therapeutic Riding Program. 9:00a.m.-1:00p.m. Looking for volunteers to assist their riders during their lessons. Their students have disabilities. No experience necessary. 301-898-3587 or fc4http@aol.com.
- 14.....Pre-K/ K Registration Opens, Emmitsburg Elementary School, Emmitsburg. 9:00 a.m.-3:00 p.m. Children age four or five on or before September 1, 2013. 240-236-1750.
- 15.....Thurmont Senior Center St. Patrick's Day lunch and March birthday party, Thurmont Senior Center, Thurmont. 12:00 p.m. 301- 271-7911.
- 15.....Thurmont Business Expo, Catocin High School. 6:00-8:30 p.m. Sponsored by the Thurmont Economic & Development Committee. www.ThurmontFirst.com.
- 15,16.....\$5 Bag Sale at Seton Center Thrift Shop, 16840 Seton Ave., Emmitsburg. March 15, 10:00 a.m.-4:00 p.m.; March 16, 10:00 a.m.-3:00 p.m. 301-447-6102 or www.setoncenterinc.org.
- 16.....Easter Bazaar, Woodsboro Fire Co. Activities Bldg., 10307 Coppermine Rd., Woodsboro, MD. 8:00 a.m.-2:00 p.m. Sponsored by Woodsboro Vol. Fire Co. Ladies Auxiliary. Table Rent: Mary 301-401-2824. Pre-order qts. pot pie, 301-845-2978 by March 13.
- 16.....Fifth Annual Mountaintop Community Spring Fair, Blue Ridge Mountain Fire and Rescue Co., 13063 Monterey Ln., Blue Ridge Summit, PA. 9:00 a.m.-3:00 p.m. Collectibles Roadshow; auction; "buy it now" table. Booth spaces available \$10. Proceeds benefit Amanda K. Bowders Memorial Community Garden. 717-642-5645 or jacksmtm@embarqmail.com.
- 16.....Taneytown Lions Club 2013 Pancake Breakfast, Taneytown Fire Dept. Carnival Grounds, Memorial Drive, Taneytown, MD. All-You-Can-Eat. \$7/Adults; \$3.50/Children 6-12; Free/Children under 6. Proceeds benefit Lions programs/projects. Jim Fair 410-751-1120.
- 18-22.....Penny Power Week, Mother Seton School, 100 Creamery Rd., Emmitsburg. Help by donating your loose change (and dollars) to your favorite student or directly to the school. Proceeds to MSS Technology/Computer Program. 301-447-3161 or www.mothersetonschool.org.
- 19.....Old Fashioned Bingo, hosted by VHC Auxiliary, Fire Hall, West Main Street, Emmitsburg. Doors open 5:00 p.m.; early birds 6:50 p.m.; regular games 7:00 p.m. \$8 basic package. Refreshments available. Shirley 301-447-2703.
- 19.....Take-a-Tour Tuesday and Science Fair, Mother Seton School, Emmitsburg. 9:00 a.m.-1:00 p.m. & 7:00-8:00 p.m. Now accepting applications for Fall 2013. 301-447-3161 or www.mothersetonschool.org.
- 20.....Bingo (50/50), Thurmont Senior Center, Thurmont. 1:00 p.m.
- 21.....Slippery Pot-Pie & Schultz's Deli Sandwich Sale Pick-Up, St. John's Lutheran Church, 8619 Blacks Mill Rd., Creagerstown. 11:00 a.m.-3:00 p.m. Linda 301-898-5167 (orders due March 11).
- 22,23.....Turkey and Oyster Supper, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. March 22—3:00-7:00 p.m.; March 23—1:00-6:00 p.m. \$16/adults; \$8/children (5-10); Free/children 5 and under. \$17/carryouts. 301-271-2379.
- 23.....Community Egg Hunt (for ages 0-12), Mt. Moriah Lutheran Church Community Center (Foxville Schoolhouse), 14814 Foxville Deerfield Rd., Sabillasville. 10:00 a.m. Light refreshments follow egg hunt. Pastor Julie Brigham 240-405-2173.
- 24.....Palm Sunday Worship, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 8:00 a.m. & 10:30 a.m.
- 24.....Emmitsburg Annual Easter Egg Hunt, Emmitsburg Community Park (Ball Field #3), Emmitsburg. Children up to 11 years of age. 1:00 p.m. Sponsored by Knights of Columbus, Emmitsburg. 717-642-1247.
- 24-29.....Holy Week Services, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 7:00 p.m. All are welcome.
- 25.....Thurmont Ministerium Lenten Services, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 12:00 p.m. Light lunch following service. Bring canned food item for Thurmont Food Bank.
- 25.....Teacher of the Year Reception, Thurmont Middle School, Thurmont. 7:00 p.m. Thurmont Lions Club recognizes teachers nominated for the 2013 Teacher of the Year Award.
- 26.....Nurse Steve's Presentation at Thurmont Senior Center, Thurmont. 11:30 a.m.
- 28.....Holy Thursday Prayer Service, Mother Seton School, 100 Creamery Rd., Emmitsburg. 11:00 a.m. Includes participation by each grade in praying a particular Station of the Cross. 301-447-3161, www.mothersetonschool.org or the Mother Seton School, Emmitsburg Facebook page.
- 29,30.....Sugarloaf Mountain Region Auto Parts Swap Meet (NEW LOCATION). (Set-up 10:00 3/28/13.) Opens at 6:00 a.m. Carroll County AG Center, Westminster, MD. Call 301-829-2000; Fax 301-831-5144; email: smraaca@aol.com.
- 30.....Easter Egg Hunt, Weller United Methodist Church, 101 North Altamont Ave., Thurmont. 11:00 a.m. Open to community for children in grades 5th and under. 301-271-2802 or www.wellerumc.com.
- 31.....Easter Morning, Germantown Church of God, 16924 Raven Rock Rd., Cascade. Sunrise Worship 6:30 a.m. (outside); Free Breakfast for all, 8:30 a.m.; Easter Morning Worship Service 10:00 a.m. 301-241-3050.
- 31.....Easter Sunday Sunrise Service. Mt. Moriah Lutheran Church, 15116

Foxville Church Rd., Sabillasville. Service at 6:30 a.m. Light refreshments follow. Regular service 9:00 a.m. All are welcome. Pastor Julie Brigham 240-405-2173.

- 31.....Easter Egg hunt for children (age 12 and under), Thurmont Community Park, Thurmont.) 2:00 p.m. Don't forget to bring your basket to fill with eggs and look for the Easter Bunny to make a special appearance. Free community event sponsored by Thurmont Lions Club. www.thurmontlionsclub.com.
- 31.....Easter Services, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. Easter Sunrise, 6:30 a.m.; Easter Lovefeast, 7:30 a.m.; Breakfast, 8:30 a.m.; Easter Celebration, 10:30 a.m. Open to all.
- 31.....Easter Sunrise Service, St. Paul's Evangelical Lutheran Church of Utica, 10621 Old Frederick Rd. (8 miles south of Thurmont). 6:30 a.m., front lawn of the church, weather permitting. Regular Easter Celebration Services at 8:00 a.m./10:15 a.m. All are invited. 301-898-9454 or www.splcutica.org.

April

- 5.....Volunteer Revolution Fair & Luncheon, Volunteer Opportunities for Adults, hosted by Frederick County Department of Aging, Frederick Senior Center, 1440 Taney Ave., Frederick, MD. 10:30 a.m.-12:00 p.m. Free and open to public. Seating limited; reservations required 301-600-1048. (donation of \$8 requested for luncheon/program).
- 6.....Turkey & Oyster Supper, Tom's Creek United Methodist Church, Tom's Creek Church Rd. (off Rt.140 between Taneytown & Emmitsburg). 12:00-6:00 p.m. \$17/adults; \$8/children 5-10; Free/children under 5. \$18/Carryout. Dottie Davis 301-447-2403.
- 7.....St. Paul's Evangelical Lutheran Church of Utica (Worship Schedule Change), 10621 Old Frederick Rd. (8 miles south of Thurmont). Sunday morning schedule: 8:00 a.m./10:30 a.m. 301-898-9454 or www.splcutica.org.
- 10.....Fashion Show and Shopping, Thurmont Senior Center, Thurmont. 11:00 a.m.
- 13.....Thurmont Trolley Trail Clean Up, Park Lane at Trolley Trail, Thurmont. 9:00 a.m. Volunteer clean up coordinated by the Thurmont Lions Club.
- 13.....Rock & Roll Dance, Emmitsburg Lions Club, Emmitsburg Ambulance Company building, 17701 Creamery Rd., Emmitsburg. 8:00 p.m.-12:00 a.m. Featuring Rock & Roll Relics. \$15/advance; \$20/door. Advance tickets: Zurgable Hardware 301-447-2020; Sharon Hane 301-447-2401. BYOB. Proceeds support charitable events in Emmitsburg area.
- 20.....4th Annual Gregory A. Brashears Memorial Atlantic City Bus Trip, leaving from Thurmont Plaza. Depart 7:00 a.m. sharp, return 11:00 p.m. \$42/person, non-refundable. Must be 21 years of age to participate. Lori Long 301-748-6007.
- 21.....Thirty-One Bingo, Emmitsburg Fire Hall, Emmitsburg. Doors open 11:30 a.m.; Bingo 1:30 p.m. \$20/advance; \$25/door. Includes 20 games. Benefits VHC Auxiliary. 301-447-2703.

Test Your Word Power

— Answers —

1. c

2. a

3. b

4. b

5. exuberance

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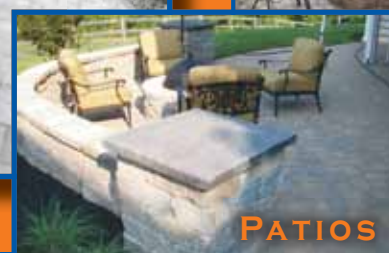


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