Vol. 17

www.epluspromotes.com

Mail Run: 9,281

Your Good News Community Newspaper Serving Northern Frederick County, MD Since 1995

Going to School Safely Thanks to Our Sielaff Stel kind of job where you controlled stay outside in the kind of job where you when she dresses up as Santa to freezels stay outside in the kind of job where you controlled in the kind of job where you controlled in the kind of job where you when she dresses up as Santa to freezels stay outside in the kind of job where you controlled in the kind of job where you when she dresses up as Santa to freezels stay outside in the kind of job where you controlled in the kind of job wh

by Olivia Sielaff

What's the kind of job where you meet a lot of people, stay outside in all kinds of weather, wear brightcolored clothing, and find enjoyment in it? For Fay Grimes, it's being a crossing guard. For the past twentythree years, Grimes has kept kids and drivers safe at the Thurmont Primary, Elementary, and Middle schools. Every school year, she dons a neon orange vest and neon green hat, brings a stop sign and cones, and directs kids and cars at the beginning and end of each school day. "I've always liked the job," Grimes says, "because I get to know a lot of people and their kids."

www.thecatoctinbanner.com

Reflecting on her job, Grimes mentions that it can be dangerous at times. "Traffic doesn't scare me. Sometimes you get a couple close calls. But I'm getting old and can't jump and run as fast [to get out of the way]." Also, she has to brave all kinds of weather, from intense heat to sleet and snow. Her worst fear of weather, though, is thunderstorms and lightening. But weighing the pros and cons of being a crossing guard, Grimes believes



Crossing Guard, Fay Grimes, has kept kids and drivers safe at the Thurmont Primary, Elementary, and Middle schools for the past 23 years.

there are more pros. Grimes receives Christmas cards from students and parents, priceless waves and smiles from the kids, and words of encouragement from everyone she meets. "One little boy gives me something every year, because he says he doesn't like me standing out in the rain."

Grimes also has fun with her job, especially around Christmas

when she dresses up as Santa Claus. During Halloween season, she dresses up a talking pirate as a crossing guard at Thurmont Primary School. Grimes laughs when she says that students call her "pumpkin lady" and "orange lady" because of her bright vest.

In January 2012, Grimes had surgery. While she was recuperating, her husband Sonny filled in as crossing guard for her. She said, "People are so used to me out there that they ask if I'm coming back." Grimes is happy to be returning to her work this school year. She states that the most fulfilling part of being a crossing guard is watching the students grow. Grimes also works in Catoctin High School's cafeteria where she gets to see previous students. "You can tell time is going by because the kids just keep growing." Many of them don't recognize her at first, but they say how thankful they are for her hard work and dedication. "People tell me I inspire others because of what I do, and I say that's why I'm here serving them."

Zoey The Zebra



by Olivia Sielaff

What can be seen off of US Rt. 15, is striped, and likes the song, "Amazing Grace"?

Read all about Zoey and her newborn, Zach, on page 22.

Pictured are Zoey and Zach, taken on May 4. 2012, the morning Zach was born.

Crossing Guard, Virginia Miller, Retires



after Serving as a Thurmont Crossing Guard for 22 years.

Thurmont's Chief Eyler presented Virginia Miller (left) with her stop sign, Police Department badge, and a certificate of appreciation. Thurmont Mayor Martin Burns also presented Mrs. Miller with a certificate of appreciation for her service to the community.

"It really wasn't a job; I enjoyed doing it!" said Virginia.

Photo by John Kinnaird

Visit www. thecatoctinbanner. com by scanning the QR tag with your mobile device.



Thurmont Native and
International Operatic
Tenor, Richard Lee Troxell,
performs the National
Anthem when the Oriole's
Play the Yankees in
Baltimore on September 9,
2012, at 1:35 p.m.

PRSRT STD ECRWSS U.S.POSTAGE P A I D

POSTAL CUSTOMER

The Catoctin Banner Newspaper • 515B East Main Street • Emmitsburg • Maryland 21727



Serving Northern Frederick County, Maryland or 13425 Moser Road • Thurmont, MD 21788 Phone: 240-288-0108 Message Line 301-271-1050 Mobile • Fax: 301-447-2946 www.thecatoctinbanner.com email: news@thecatoctinbanner.com

Cascade, Sabillasville & Emmitsburg, MD and hand outs in surrounding areas.

Published as a project of E Plus Copy Center & Promotions The goal of The Catoctin Banner is to provide good community news and information for residents of northern Frederick County, Maryland-promoting a sense of community pride and spirit.

Published on or before the 1st Thursday of each 515B E. Main Street • Emmitsburg, MD 21727 month. Publish date will be early if holidays or events warrant adjustment.

AD/CONTENT DEADLINE: The 20th of each Month. YEARLY SUBSCRIPTIONS: \$15.00

Contributors: Barbara Abraham, Jeanne Angleberger, Michele Cuseo, Helen Deluca, John Kinnaird, Aaron J. CIRCULATION: 11,500 copies mailed to all postal customers in Thurmont, Lewistown, Rocky Ridge, Robert Rosensteel, Sr., Carie Stafford, Denise Valentine,

Olivia Sielaff. Graceanne Schramm, Advertising Design; Michele Tester, Managing Editor and Layout Design; Aaron J. Heiner, Photojournalist; Deb Spalding, Publisher

POLICY: The publisher of *The Catoctin Banner* reserves the right to revise, reclassify, or reject any advertisement or any article for any reason, at any time, and to omit all copy when not submitted in time to conform with deadline. The views expressed in advertisements may not be those supported by the staff of *The Catoctin Banner*. The deadline for submission is the Monday of the final full week of each month. Information and advertising copy received after the deadline will be accepted at the discretion of the publisher. The publisher assumes no liability for misinformation, misprinting, or typographical errors. The publisher reserves the right to edit all submitted material.

Table of Contents

Ask Anytime Fitness Gal	23
Around Town	6,7
Books, Nooks, Library Programs	34
Business News	10-12
Catoctin Voices	16
Community Calendar	35
Community Veteran Event Board	33
Happily Ever After	31
Health Jeanne	28
Hidden Object Contest	9
Our Neighborhood Veterans	32,33

People Making News	13
School News	21
Senior Moments	24
Sports	18
The Book Nook	17
The Feed Bag	30
Tickling Our Tastebuds	26
Town Hall Reports	4
Who Am I?	29
Where Am I? Contest	9

news@thecatoctinbanner.com



From the Publisher

Dear Reader:

Every year, the first day of school is an obvious marker of time. Like major holidays, a wedding or a birthday party, the first day of school symbolizes the beginning of a new year of growth in our lives. As symbolic as summer is for children to laugh, explore, and enjoy, school represents the structure of our society where we learn how to develop and nurture knowledge and relationships. Whether you found the first day of school this year to be bursting with the excitement or sad in the recognition of a new chapter in your child's life, I hope that you will take a moment to appreciate it.

Here at *The Catoctin Banner* Newspaper, every month is like the first day of school. With each new issue and new month, we acknowledge and appreciate the good that we strive to do and learn from the mistakes that we make along the way. We appreciate each reader and supporter who is a part of this newspaper.

This month, we need a few students to represent each school, by writing a monthly column that serves to share the news at their prospective schools with the community. Give me a call at 301-271-1050 if you are interested.

We're looking for one part-time, well-rounded, people-person who enjoys writing, new projects, and exciting challenges to help out with the newspaper and the copy center on Mondays and Wednesdays. Give me a call if you are interested. We hope to hear

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

Hey, friends! Join us on Facebook... Catoctin Banner Newspaper



Advertiser Index

7141010	0	
Affordable Self Storage9	Main Street Groomers	36
Amber Hill Physical Therapy 14	Main Street Upholstery	15
Anytime Fitness	Marie's Beauty Salon	
Apple Ridge Family Medicine9	Mathis Computing Service	12
Baker Tree Service	Melissa M. Wetzel CPA, P.C	20
Bill's Auto Body	McLaughlin's Heating Oils & L.P. Gas	23
Bollinger Homes	Mike's Auto Body	24
C&K Grooming	Mountaindale Convenience Store	19
Carriage House Inn31	Mountain View Lawn Service	19
Catoctin Mountain Orchard	Mountainside Farm	25
Catoctin Mountain Spa & Tub 8	Nationwide Insurance	27
Catoctin Veterinary Ĉlinic	Nails By Anne	9
CLC Pet Sitting Service	Nusbaum & Ott, Inc. Painting	2
Community Show	Ott House Pub	4
Craig's Mower & Marine Service9	Powell Insurance	8
Crouse Ford31	Quirauk Skull Works	28
Decks, Patios & Improvements, DPI 29	RBR Repair	9
Delphey Construction	ReMax, Peggy Koontz	
E Plus Copy Center & Promotions 19	Rock Creek Realty	15
East Park Automotive11	Rosensteel Studios	
Elower-Sicilia Dance Productions	Senior Benefit Services	28
Embrace Home Loans11	Scenic View Orchards	1
Emmitsburg Ambulance Company 27	Shank & Associates	
Emmitsburg Early Learning Ctr	Shriver Meats	
Gary the Barber7	Space Crafters Self Storage	15
Gateway Automotive11	Stone Worx	8
Gateway Printing22	Subway	28
Gilland Memorial Works4	Tahiti Sun, LLC	20
Good New Baptist Church 6	That Rebel Place	
Gospel & Bluegrass Music Festival 33	Thurmont Beer & Deli	
Guy T. Riley Home Improvements 16	Thurmont Feed Store	19
His Place Car Show	Thurmont Guardian Hose Co	8
Hobbs' Hardware	Thurmont Thespians	3
Holtzople Heating & AC	Tom's Creek Church	
Indian Lookout	T&M Crane	
J&B Real Estate, Cindy Grimes 5	Twice Is Nice	
J&B Real Estate, Vonnie Frazier11	Woodsboro Bank	
L & S Furniture	Zurgable Brothers Hardware	25
Long & Foster Realty		

View issues of The Catoctin Banner online at: www.thecatoctinbanner.com

Anonymous Tip Line

The Thurmont Police Department has created a Tip Line Voice Mailbox for citizens to report information pertaining to criminal activity. The caller may remain anonymous or provide their name and information. The purpose of the Tip Line is to effectively collect all available information related to criminal activity to assist in solving crimes committed in the Town of Thurmont and arrest those individuals responsible. Callers should be detailed and specific when providing information. If a caller wishes to be contacted, they should leave their name and contact number.

This Tip Line coincides with the Tip Reward Program, which was initiated on December 20, 2010, when the Mayor and Board of Commissioners for the Town of Thurmont approved a Tip Reward Program to be administered by the Thurmont Police Department. This program offers up to \$1,000 to citizens who report valuable information leading to the arrest and conviction of person(s) committing criminal acts in Thurmont. The Thurmont Police Department is pleased to announce the implementation of this program. This program enhances the Community Policing objectives initiated by Chief Eyler and continuously performed by the officers of the Thurmont Police Department. Anyone who would like to report helpful information concerning criminal activity is encouraged to call the Thurmont Police Department at 301-271-0905 or 301-271-0905 ext. 104.

Thurmont Police Department Holds Drug Disposal Event

The Drug Disposal Event will take place on September 29, 2012, from 10:00 a.m. to 2:00 p.m., at the Thurmont Police Department, located at 800 East Main Street in Thurmont. Acceptable items to drop off: prescription medicines, overthe-counter medicines, medical samples, pet medications, medicated ointments and lotions. Non-acceptable items: thermometers, IV bags, infectious waste, business medical waste, syringes, oxygen tanks, blood products.

The event is sponsored by Thurmont Police Department, Frederick County Health Department, and United States Drug Enforcement Agency.

Long Reunion

The R.D. Long Reunion will be held September 23, 2012, at the Creagerstown Parish Hall. Bring a dish to share, your drinks, and set-ups. Meat is furnished. Don't forget your white elephant gift. Please call Shirley Clabaugh at 301-271-7975 with the number attending.



Sat. January 12, 2013 at 8:00PM at the St. John's Lutheran Church Social Hall.



OUR SPRING 2013 SHOW! "GREY GARDENS"

The musical directed by Beth Royer Watson

FOR TWO WEEKENDS! FRI. AND SAT., MARCH 15-16 & 22-23, 2013 @ 8:00 PM SUN. MATINEES, MAR. 17 & 24 @ 2:00PM DINNER THEATER by COZY, SAT. MARCH 23



OUR 16TH SUMMER CHILDREN'S MUSICAL! "HONK!"

A musical based on Hans Christian Anderson's "The Ugly Duckling"

TWO WEEKENDS— 8 PERFORMANCES! THURS-SAT, JULY 18-20 & 25-27 @ 7:30 PM SUNDAY MATINEES, JULY 21 & 28 @2:00PM

EDC Presents Board Members

The Thurmont Economic Development Committee (EDC) held its annual elections during the August meeting at the Mountain Gate Family Restaurant. We are pleased to present the current board: Chairman: John Nickerson— Gnarly Artly Design Shop; Vice Chairman: Brian Carren—Thurmont Eye Care; Secretary: Cindy McKane-Wagester—Main Street Manager; Treasurer: Kristen Long—PNC Bank; Carol Robertson—Catoctin Colorfest; Mary Margaret Biddle—Morningstar A Perfect Gift; Bill Gorman—G & G Engineering; and Mike Koenig—The Answer Group.

We are a dedicated group of local business owners and citizens dedicated to bringing out the best in Thurmont and the surrounding North county. Our goals include raising awareness of local businesses, our beautiful countryside, and our friendly town. All are welcome to join our group; we're always looking for new ideas to make Thurmont great! See ThurmontFirst.com for more information or contact John at 240-529-7814 or gnarly@gnarlyartly.com.

Emmitsburg High School Banquet

The Emmitsburg High School (EHS) 87th Annual Alumni Banquet will be held on Saturday, October 6, 2012. All graduates of Emmitsburg High School, and all who attended the school at some time, are invited. They are asked to seek out classmates and encourage them to attend.

The event will be held at the Emmitsburg Ambulance Center, located at 17701 Creamery Road in Emmitsburg, and is being catered by Mountain Gate Restaurant. Social Hour will begin at 5:00 p.m., followed by dinner at 6:00 p.m. Cost for the dinner is \$20.00. Honored classes are 1937, 1942, 1947, 1952, 1957, 1962, and 1967. Anyone who has ANY material related to Emmitsburg High School is asked to contact Joyce Bruchey at 410-775-7921 or at jbruchey6444@gmail.com. The committee hopes to organize available memorabilia into souvenir booklets for present and future honored class. The EHS Alumni executive committee is asking for addresses of former EHS teachers to invite. Banquet information may be obtained by contacting Becky Kile at 410-775-2783 or at kilefarm@aol.com.

CHS Class of 1997 Reunion

Catoctin High School (CHS) Class of 1997 15-year reunion will be held on November 3, 2012. For details, email catoctinhighclassof97@gmail.com.





Emmitsburg, August 2012

Emmitsburg Pool News

Yes, at last, the Splash Pool installation has been promised for the summer of 2013. The Splash structure will have a mushroom type sprinkler, with six spray hoses. Kids will get to enjoy the new installation, which will be located where the old baby pool stood. Mayor Briggs has committed to having at least three Pool Parties in 2013.

Another discussion surrounding the Emmitsburg Pool is the consideration for allowing an advertising board for businesses. A board would be posted inside the pool area. Names and phone numbers of businesses could be available for pool patrons to view. Funds from the sale of the advertisements would help pay pool expenses.

Park & Ride Discussion

A possible future Park & Ride for carpoolers was discussed at the town hall. A good location in Emmitsburg would need to be found for cars to park close to Route 15. The request for a Park and Ride would have to be coordinated with the State of Maryland.

Pippenfest in Fairfield

The Annual Pippenfest will happen in our backyard in the

town hall reports

by Michele Cuseo

town of Fairfield, Pennsylvania, on September 29 and 30. Yards sales throughout the town are allowed all day on Saturday, with Arts & Crafts booths set up on Sunday. Pippenfest celebrates the Pippen apple that once grew in the area and was very popular. To celebrate the history of the pippen apple, there will be apple cooking contests at the festival, music, food, entertainment, and an antique car show. To find out more about Pippenfest and information about participating, call the Fairfield Town Office at 717-642-5640.

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

Thurmont, August 2012

Town Water Rates to Increase

Thurmont suffered a \$35,000 shortage in their water service budget. To balance the budget, Commissioners voted to increase water fees. The fairest cost for all residents was agreed to be keeping the rate of \$60 per residential property and then increasing costs by usage. There will be five-tiered levels of usage with each tier increasing by

50 cents per tier. The increase will be effective with the 3rd quarter bills.

Reporting Crime Tip Line

Thurmont residents can report local crimes by calling a tip line at 301-271-0905. Thurmont Police say that callers are allowed to remain anonymous if they choose. Information on a crime has to be specific when reported. There is a possible cash reward of up to \$1,000 associated with an outcome of an arrest and conviction of a criminal.

Colorfest

The annual Colorfest event will soon be here again. The dates this year are Saturday, October 13 and Sunday, October 14. Thurmont town citizens desiring to set up a yard sale or a crafts sale on Colorfest weekend need to contact the town office for a permit.

The Colorfest, Inc. organization helps financially support local organizations and programs, including the Food Bank, the Guardian Hose Co., Thurmont Ambulance, College Scholarship programs, the annual children's Halloween Party, and many more. To find out more about the Colorfest, log on to http://www.colorfest.org/.

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

Farmer's Markets:

- Thurmont (through September 22)—Saturdays, 9:00 a.m. to Noon, Carnival Grounds, East Main Street, Thurmont.
- Emmitsburg (through October)—Fridays, 3:00 to 7:30 p.m., South Seton Avenue, Emmitsburg.

Christmas Spirit Needed Now!

The Town of Thurmont and the Thurmont Lions Club will again be displaying Christmas trees in prominent locations. If you are interested in donating a tree (14' to 20') to be used for one last special purpose, please contact Bill Blakeslee at the Town Office at 301-271-7313 or Shirley Long with the Thurmont Lions Club at 301-898-7004, no later than October 1, 2012. The trees will be used for: (1) display at the square corner by the Town of Thurmont; and (2) the Lions Club will again sponsor the Community Remembrance Tree, where residents have the opportunity to pay tribute to friends, neighbors, and loved ones.

Vendors Wanted for the FRCC 2012 Fall Craft Bazaar

Fort Ritchie Community Center (FRCC) is looking for Craft Vendors or home-based businesses to join them for their Fall Craft Bazaar on October 20, 2012, from 9:00 a.m. to 3:00 p.m. Spaces are as low as \$30.00. There will also be a Car Show. Enter your favorite car; trophies will be given in several categories. The cost to register is \$5.00. For more information, call Bev Coyle at 301-241-5085. FRCC is located at 14421 Lake Royer Drive in Cascade, Maryland. Visit www.theFRCC.org.



ADVERTISE IN...







Cindy Grimes

301-271-3487, x24 301-788-5354 Cindy Grimes@msn.com frederickcountyhomefinder.com

J & B **Real Estate**

13½ Water Street Thurmont, MD



217 E. Main St. Emmitsburg - \$159,900 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!



516 W. Main St.-Thurmont-\$224,900-This lovingly cared for home offers 3 bedrooms, 2 full baths, eat-in Kitchen and separate Dining Room. Beautiful stone fireplace in Living Room and spacious lower level Family Room with walk out to expansive rear yard (over 3/4 acre). Deck, shed, carport, view of



125 Cody Dr. #12 Thurmont-\$169,900 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, separatre storage room. A must see! If you are thinking of moving to a condo don't miss looking at this one! You won't be dissapointed! Call Bonita Smith.



9141 Longs Mill Rd. Rocky Ridge - \$559,900 This spacious farmette offers 3 bedrooms, 2 full baths, an expansive living room with hardwood floors and gas fireplace with french doors that walk out to a 20 x 40 in ground swimming pool and maintenance free deck! Custom bath just off the pool



3 E. Main St. Thurmont- \$149,900 Excellent opportunity to own a retail storefront with 2 one bedroom apartments. Store front and both apartments are now rented, getting approx \$1845 a month income. Possble owner financing. Motivated Seller. Call Bonita Smith





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



17124 Harbaugh Valley Rd. Sabillasville - \$219,000 Nice secluded rancher on 2.25 acres. Enjoy complete privacy on newer deck off living room. Beautiful hardwood floors in living room and dining room. Ceramic tile in kitchen. Wood stove and full bath in basement. Call Bonita Smith!



306 East Main St. Thurmont - \$355,000 Brick Colonial offers 5 BR/2.5 BA and has been lovingly restored and updated! Hardwood floors throughout the house. 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!



17774 Harbaugh Valley Rd. Sabillasville - \$349,900 A must see! Charming rancher on 11 acres. Privacy and tremendous views. Over the garage are two finished rooms that are ideal bedrooms with electric. Beautiful stone fireplace, new water heater, 24'x36' Pole Building, Great Sun Room to watch the deer. One of a kind property. Call Bonita Smith



9 W. 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!



Wigville Rd, Thurmont 3 gorgeous building lots just minutes from Cunningham Falls SP. (\$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)



13884 Moser Rd., Thurmont - \$449,900 This spacious 4 bedroom, 2.5 bath Colonial sits on 7.5 acres. Home offers a large sunny kitchen that opens to the family room with a fireplace and hardwood floors, formal living and dining with moldings and hardwoods, 4 bedrooms and large finished basement, 4 Fenced paddocks, 4 stall horse barn w/tack room and barnyard! Fabulous!



10655 Bailey Springs Lane #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 separat shower! New seamless gutters 2011 and shed. This home is like new and is a must see!!



22 Altamont Ave., Thurmont - \$289,900 This Spacious 1920 Bungalow offers high ceilings, 3 bedrooms 2 full baths, fireplace, hardwoods, window seats, tran sunny kitchen, inviting sun room and a master suite on appe level. Tons of original character with wonderful new renovation including windows, roof, geo thermal heat, central A/C, etc.



7901 Blacks Rd., Thurmont - \$259,900

2 hedroom, I bath single wide mobile home with cedar siding and asphalt shingle roof, sitting room addition w/wood stove an laundry/utility room. Spacious front porch and rear deck all on a gorgeous 13.79 beautifully landscaped lot, Large machine sl w/electric & water hydrant right out front. Newly subdivided & recorded so tax record is incorrect. New Right of way in front of machine shed.

56th Annual Community Show

The Thurmont and Emmitsburg Community Show will be held September 7-9, 2012, at Catoctin High School, located at 14745 Sabillasville Road in Thurmont. The Community Show celebrates Thurmont and Emmitsburg's agricultural roots and provides a setting for local residents to display a wide range of talents, including photography, knitting, crafts, canning, and much more. In addition, local businesses have an opportunity to display their products and services to the thousands of visitors drawn each year to the Community Show.

Bring your Family to this G-rated event with free admission and free parking! In addition to two auctions, there will be many exciting and fun activities; plenty of good food; and 3,000 farm, garden, and household exhibits. To see all the upcoming events and activities, visit their website at www.thurmontemmitsburgcommunityshow.webs.com.

On Friday, September 7, 2012, the Opening Program and Flag Ceremony will be held at 7:00 p.m. The Baked Goods Auction will be held at 8:15 p.m., and Champion baked goods auction at 9:00 p.m.

On Saturday, September 8, 2012, the 4-H & FFA Show will be held from 9:00 a.m. to 2:00 p.m. at the AG Center. The Pet Show will be held at 10:30 a.m.; Martial Arts Demonstration at 5:00 p.m. and 6:00 p.m. in the old gymnasium. The Thurmont Grange's Turkey & Ham Supper will be served in the school cafeteria from 3:00 p.m. to 7:00 p.m. The 4-H & FFA Sale will be held in the AG Center at 7:00 p.m. will be: 6 goats, 15 steers, 28 hogs, and 11 lambs, Buyer's Welcome. Thurmont Thespians 50's & 60's Musical program will be at 7:00 p.m. in the school's auditorium (free admission).

On Sunday, September 9, 2012, from 9:00 a.m to 12:00 p.m. will be the Goat and Dairy show. At 1:00 p.m. will be the Log Sawing, Barnyard Olympics, and Martial Arts. At 1:30-3:00 p.m., the Catoctin Aires perform in auditorium (free admission). For more information, call Josh Ruby at 301-447-3183, Mike Lewis at 301-471-9470, or Kevin Lewis at 301-471-1121. View their advertisement on page 3.

ESP 2nd Annual Autumn 5K Run/Walk

Elower-Sicilia Performing Company (ESP) is holding its 2nd Annual Autumn 5K Run/Walk on Saturday, September 22, 2012, at 9:00 a.m. at Mount Saint Mary's University. Registration fees are \$25.00 for adults and \$15.00 for students. T-shirts designed by Thurmont's John Nickerson will be available to all runners registered by September 14. Prizes will



Courtesy Photo

be awarded to top finishers as well. A portion of the proceeds will benefit the ESP Performing Company. The Performing Company also uses this event to honor a dear ESP family member, Pamela Gray Hobbs. Pam was a part of the ESP family for over 20 years as a performer, teacher, and parent. She lost her battle with breast cancer in 2010. A portion of the proceeds from the 5K Run/ Walk will also be donated to Susan G. Komen for the Cure in Pam's honor. For further details and registration information, please visit their website at www.espdance.com/autumn5k.





WTHU 45th Anniversary Celebration at Thurmont Carnival Grounds

WTHU would like to invite the entire community to their 45th Anniversary celebration at the Thurmont Carnival Grounds on Saturday, September 29, 2012, from 10:00 a.m.-6:00 p.m. WTHU is the only continuously, privately owned and operated radio station in Frederick County. This is your radio station and they invite you to come and celebrate with them!

WTHU is recognizing all of the people who have served at the station these past 45 years, and they ask that if you know any former DJ's or staff to please let them know.

The station was started on June 12, 1967, by Vic and Bill Leisner, father and son, and has continued its remarkable service to our community for all these years, through several owners and many staff.

WTHU is looking for businesses, crafters, charities, non-profits, churches, and anyone else who would like to join us and raise funds for their organizations. Contact the station if you are interested. Tables are \$25.00 for businesses, arts, and crafters; and \$10.00 for non-profits, charities, and churches. Please provide your own table and chairs.

The celebration will feature music, food, kid's zone, vendors, arts, and crafts. The celebration will take place rain or shine. Parking is free.

For more information or to reserve your space, please call 240-288-8337.

FRCC Hosts Sunset on the Mountain

On September 14, 2012, from 6:00-8:30 p.m., Fort Ritchie Community Center (FRCC) will once again host "Sunset On The Mountain: A Celebration of Heritage Arts." The event features fine cuisine, open bar, history displays, and artisan demonstrations, and will culminate in an art auction.

Featured items include pieces from R. Benjamin Jones, Rebecca Pearl, and other local artists, as well as exclusive experiences such as a dinner at Fort Ritchie's Castle catered by Canapes and a Fireworks Deck Party.

Sunset on the Mountain is made possible in part by the Mary K. Bowman Historical and Fine Arts Fund and Susquehanna Bank.

Fort Ritchie Community Center is located at 14221 Lake Royer Road in Cascade, Maryland. For more information, visit www.TheFRCC.org/SOTM or call 301-241-5058.

Venders Wanted at Holiday Bazaar

The Thurmont Guardian Hose Company is having a Holiday Bazaar on November 10, 2012. Venders and crafters are wanted. Tables are \$25.00. For more information, please contact Patty at 301-788-0432 or Trish at 301-271-3954. See their advertisement on page 8.

29th Annual NWFCCA Car Show

Northwestern Frederick County Civic Association will hold their 29th ANNUAL CAR SHOW on Sunday, October 14, 2012 from 11:00 a.m. to 3:00 p.m. at Sabillasville Elementary School on Route 550 in Sabillasville. The show features the famous "That Dart" owned by Pete & Jack Toms. Registration will be held 9:00 a.m. to noon at \$10.00 per vehicle.

Gospel & Blue Grass Music Festival

On Saturday, September 22, 2012, from 1:00-4:00 p.m., please come and enjoy the Gospel & Blue Grass Music Festival at Mt. Tabor Park in Rocky Ridge. The Festival will feature local talents and the fine blue grass music by the Carroll County Ramblers, as well as great food and homemade desserts! View their advertisement on page 33.

Ham & Shrimp Dinner at Tom's Creek UMC

Tom's Creek United Methodist Church (UMC) is hosting a Ham & Shrimp Dinner on September 15, 2012, from 12:00-7:00 p.m. Dinner includes two sides, dessert, and beverages, as well as a bake table. Carryout will be available. The cost is: \$12.00 for adults; \$6.00 for children 4 -10 years old; and free for children under 4 years old. Vist and have dinner with them at their new facility! Tom's Creek UMC is located at 10926 Simmons Road in Emmitsburg. For more information, call Dottie at 301-447-2403 or Jimmy or Anita at 301-447-2633. View their advertisement on page 23.

Hunter Safety Course

The Indian Lookout Conservation Club will host a Hunter Safety Course on October 1 and 3, 2012, from 6:00 p.m. to 9:00 p.m., and on Saturday, October 6, 2012, from 8:30 a.m. until participants are done. Pre-registration is required, since seating is limited. Call 301-447-2568 for more information. The Indian Lookout Conservation Club is located at 17107 Riffle Road in Emmitsburg. View their advertisement on page 25.

AROUND town

Guardian Hose Volunteer Fire Company Holds James H. Mackley Golf Day

The Guardian Hose Volunteer Fire Company is hosting its James H. Mackley Golf Day. The event is scheduled for Friday, September 21, 2012, at the Maple Run Golf Course located at 13610 Moser Road, Thurmont. The event will be best ball played and will have a shotgun start at 9:00 a.m. that morning. This event will take place rain or shine, unless the golf course is closed.



Photo by John Kinnaird

Guardian Hose Volunteer 2011 Scholarship Recipient (left to right): James H. Mackley Golf Day Chairman, Terry Frushour; Bogley Chevrolet representative, Bob Houck; scholarship winner, Ms. Rachel Fogle; and Guardian Hose Company President, Wayne Stackhouse.

The Guardian Hose Company once again will be presenting a scholarship in honor of James H. Mackley to a local graduating student who wants to continue with an education in the Public Safety field (Fire, EMS, Police, etc.). Thanks to the support and participants of last year's James H. Mackley Golf Day, the Guardian Hose Company awarded a \$500.00 scholarship to Ms. Rachel Fogle (pictured above) at its annual banquet.

For sponsorship or registration information, please contact Terry N. Frushour, Golf Day Chairperson, at 301-271-4289.

Thurmont Child Care Celebrates 25 Years

Thurmont Child Care Center, Inc. is celebrating 25 years of serving the community. It was opened on September 14, 1987. They are having an Open House on Sunday, September 16, 2012, from 1:00 p.m. to 4:00 p.m. All alumni students, current students, future students, and all the families and teachers from throughout the 25 years, are invited to stop by the Center to visit. Come reconnect with friends and teachers from the past. For more information, call Kathy or Pam at 301-271-3454.

Show booklets for the 56th Thurmont and Emmitsburg Community Show are available for free at local businesses.



Thurmont Thespians All Shook Up at the Thurmont and Emmitsburg Community Show

If you missed Elvis at the American Legion in July, you get another chance to hear this glorious music at the Thurmont and Emmitsburg Community Show, Saturday evening, September 8, 2012, at 7:00 p.m. The Thurmont Thespians will bring a concert version of the show for your entertainment—The Place: Thurmont Maryland, and The Time: a 24-hour period in the summer of 1955. How can you resist such songs as "Jail House Rock," "Blue Suede Shoes," "Don't Be Cruel," "Can't Help Falling in Love," and the glorious "If I Can Dream"? There were forty teenagers in this very popular show, and many of them will be on hand to entertain you at the Community Show, as well.

The Show was double cast, but in the concert version. Everyone gets to get on stage and sing to their heart's content—done in costume of the period, and some folks out there remember the poodle skirts, buttoned up cardigan sweaters, and those high ponytails. Elvis introduced those black leather jackets and the fad took off. The Thurmont Thespians hope to see you there, as they celebrate Thurmont in the 1950s, when the Casablanca was in full swing and everyone took their shoes to Eby's Shoe Repair to have them reheeled or soled while they ogled the new Chevrolet in the window at Creeger's garage. View their advertisement on page 3.

Jump Start Your Job Search at Thurmont Library

"Jump Start Your Job Search" is back for its sixth year. This important workshop will be held on September 20, 2012, at the Thurmont Regional Library, from 10:00 a.m.-3:00 p.m. This free event allows participants to learn tips and strategies pertaining to the job search process from local professionals. Topics will include: what employers look for when hiring employees, how to write and make changes to a resume, how to apply online, how to search for employment, interview communication and strategies, and what is considered appropriate apparel for an interview.

"Jump Start Your Job Search" is designed for anyone who is looking to jump-start his or her career by searching for new or different employment. Lunch and childcare will be provided during the event. If anyone needs transportation, please let staff know when you register; it may be able to be arranged for you. For registration and more details, please contact The Seton Center at 301-447-6102. Registration is strongly recommended. The Thurmont Regional Library is located at 76 E. Moser Road in Thurmont.

Jump Start is sponsored by a generous grant from the "Stephen K. and Carole K. Heine Family Fund of the Community Foundation of Frederick County."

Special thanks to Goodwill, Department of Social Services, Frederick County Public Libraries, MD Workforce Development, Mount St. Mary's University Career Center, and Wegman's for their contributions in organizing this event.

Book Signing: The Milkman's Daughter by Emmitsburg's Jenna Lea E. Ott

Jenna Lea E. Ott shares stories about growing up in rural America during the 1940s and 1950s, including her pursuit of her life-long dream to become a teacher, personal tragedy, and faith. Meet Ms. Ott during her book signing at St. Philomena Catholic Books & Gifts on the square in Emmitsburg on Saturday, September 22, 2012, from 1:00 p.m. to 3:00 p.m. Call 301-447-3794 or email JennaLOtt@verizon.net for more information.

www.thecatoctinbanner.com

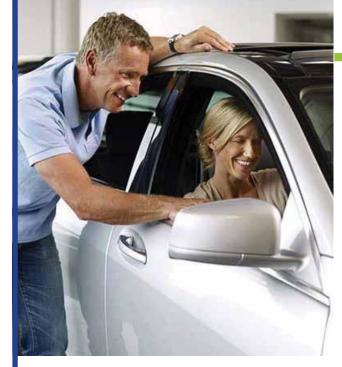
Looking for something to do?

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

VISIT YOUR LOCAL ERIE AGENT

Get the Best







Let us show you how.

Service. Value. Trust

We deliver that - and then some. Savings up to 30%* when you place your home, auto and life coverage with us. Benefits like first accident forgiveness and the expert advice of a trusted agent.

Call us today.

POWELL INSURANCE AGENCY

Two convenient locations

130 Frederick Road Suite B Thurmont, MD 21788 97 Thomas Johnson Drive Suite 201 Frederick, MD 21702

AUTO • HOME • BUSINESS • LIFE

301-662-1144

all in SERVICE

WWW. POWELL-INSURANCE.COI

*Savings vary by state and policyholder.

Servicing clients since 1954

Play Our Games!

See page 9 to take part in our "Where Am I?" and Hidden Object games.

See page 29 to play the "Who Am I?" Game

Call our contest line at 240-288-0108

or

Email your guesses to: news@thecatoctinbanner.com

You could be the winner of a gift certificate to one of our wonderful advertisers!

Thurmont Guardian Hose Co. is having a...

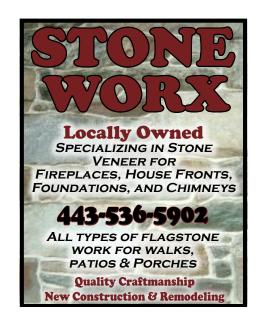
Holiday Bazaar

November 10, 2012

Venders and Crafters wanted

\$25.00 table

Call Patty at 301-788-0432 or Trish at 301-271-3954





Facts About Labor Day

— Labor Day is Monday, September 3, 2012 —

The first observance of Labor Day is believed to have been a parade on September 5, 1882, in New York City, speculated to have been organized by Peter J. McGuire, a Carpenters and Joiners Union secretary.

By 1893, more than half the states were observing a "Labor Day" on one day or another, and a bill to establish a federal holiday was passed by Congress in 1894. President Grover Cleveland signed the bill soon afterward, designating the first Monday in September as Labor Day.

—History.com



ads@thecatoctinbanner.com



CLC Pet Sitting

Care, Loving, Concern

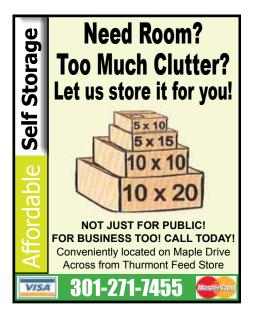
In the comfort of your home Days/Overnight/Vacation

Bonded & Insured / VISA & Master Card Accepted

Recommended by Catoctin Veterinary Clinic

Cindy L. Colburn 240-288-8279 301-524-0004





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

From the August issue of The Catoctin Banner, Kristin Fry was the winner of the Hidden Object Game (\$25 gift certificate to the advertiser of Kristin's choice from the August issue). The walking pencil was hidden in the Subway ad on page 33. This month's Hidden Object is an old-fashioned wheel.



Last month's "Where Am I?" photo showed a view of Legore Bridge in Rocky Ridge. Darlene Carter was the winner of the "Where Am I?" Game (\$10 gift certificate to the advertiser of Darlene's choice from the August issue). For the "Where Am I?" Photo contest, take a look at the photo and tell us where it was taken. It is somewhere in or around our Northern Frederick County Area which is defined as Rocky Ridge to Cascade and Lewistown to Emmitsburg, Foxville to Creagerstown and everywhere around and in between. Call 240-288-0108 to leave a message or e-mail news@thecatoctinbanner.com. Don't forget to leave your name and phone number.



Test Your Word Power

(Answers on page 34)

- 1. Disrepute (n.)
 - a) Bad reputation; disgrace
 - b) Lack of order
 - c) Pain along a nerve
- 2. Remise (v.)
 - a) To act effectively
 - b) To put into motion c) To give up or relinquish
- 3. Behoove (v.)
 - a) To tie together
 - b) Be appropriate or necessary
 - c) Refrain from action
- 4. Dastardize (v.)
 - a) To intimidate; to dispirit
 - b) To scatter about
 - c) To distribute

5. Which word above would work best in this sentence?

If your plan is to lose weight, it certainly would_ you to eat a healthier diet.

news@thecatoctinbanner.com

1311 Biglerville Road, Gettysburg PA 17325

Apple Ridge Family Medicine



Dr. Nora Olson and Dr. Talbot Smith would like to welcome our new Physicians Assistant, Meagan Weaver (formally Meagan Mickley) to the team!

> Accepting patients of all ages! All major insurance companies accepted.

www.appleridgefamilymedicine.com

Lab Hours 8:00 a.m. - 7:00 p.m. 8:00 a.m. - 5:00 p.m. 7:30 a.m. - 10:30 p.m.

(P) 717-334-8165 (F)717-338-9070





Business news

Thurmont Tattoo Under New Ownership

by Deb Spalding

Sam George, owner, artist, and operator of Thurmont Tattoo, located at 1 E. Main Street in Thurmont, said, "We are open!" First and foremost. he wanted to clear up the perception that the shop is closed, since the previous owners were inconsistent with availability. He said, "We have a new artist, new owners, everything is new."



Sam George (above), new owner of Thurmont Tattoo, brings seven years of artistry to Thurmont. An example of Thurmont Tattoo's work is pictured below.

Sam brought his seven years of tattoo artistry to Thurmont from apprenticeships he completed at other tattoo shops, and from owning his own tattoo shop in Northern Virginia. Seeking the slower pace found in Thurmont, he said, "Things are better in Thurmont, because I don't have to rush through a tattoo. I like the slower pace. This is an old school shop."

A true artist, Sam's favorite works are black and gray images. However, he states that his first priority is meeting his client's requests, no matter what color the image is. "Tattooing is my life—for my passion, not for the money," said Sam. He is proud that many of his clients have become friends and several from his old shop have traveled to seek him out in Thurmont. His popularity is evident on his Facebook page.

Certified in first aid and C.P.R., as well as blood borne pathogens, Sam uses medically wrapped and certified safe tattoo inks and tools. He was a certified tattoo artist in the State of Virginia, but since a tattoo certification is not required in Maryland, he is sure to stress his cleanliness policies.

Sam said that a standard tattoo takes four to six hours to complete. When a client enters the shop, the process begins by determining what image will be used. Sometimes, the client brings a sketch or a print out of an image that will help to determine the starting point for the art. If there is no print or sketch, Sam will interview the client to take notes on their vision. Next, Sam will create a sketch and arrange a time to go over it with the customer. From



that point, final adjustments are made, placement is determined, and the appointment for the actual tattoo is set. He will not schedule the final appointment until he feels the client is, as Sam stated, "110% sure." Each tattoo is priced by size, detail, and placement on the body.

Payment for services may be paid in cash or trade (barter). Thurmont Tattoo offers Party Packs, where they close down the whole place for a day to have a party with 10 to 20 guests. They offer free t-shirts to all who walk in the door, so that everyone can help spread the word. Also, clients can earn referral bonus points for discounts; and, after five referrals, they can earn a free 5"x5" tattoo.

Thurmont Tattoo is open Mondays through Saturdays, from 1:00 p.m. to 9:00 p.m. Call 301-271-4665 or visit Thurmont Tattoo on Facebook. Thurmont Tattoo likes to give back by helping out the community, and they look forward to becoming even more involved in the community.

WWW.thecatoctinbanner.com
Your Good News Community Newspaper, serving Northern Frederick
County, MD Since 1995

One-Year Anniversary of Thurmont

Quiznos

Thurmont First, Inc., the Main Street organization responsible for Thurmont's economic development initiative, celebrated with the owners of Quiznos, Mike and Debbie Bloom, their one-year anniversary at their location at 130 Frederick Road, Suite A in Thurmont, on July 28, 2012.



Courtesy Photo

Owners, Mike and The Quiznos in Thurmont celebrates their one-year anniversary under new ownership.

and other Thurmont destinations. Mike and Debbie fell in love with the charm,

history, and beauty of the community and its people and attractions. Mike

comes from a food service/restaurant background, and Debbie shares that

Debbie, have lived in this Northern Frederick County area for over twenty years. During their early days together, they spent weekends at Cunningham Falls, the Catoctin Zoo,

Mike is a "wonderful, superb chef who loves to cook!"

With this said, Mike and Debbie have been very busy promoting the business. Dine in or take out, call for delivery or catering services—they have it all! Mike and Debbie and their team are active in the Thurmont Economic Development group, donating time, money, and product to many programs that support the community. For more information, you can contact Debbie at Quiznos directly at 301-271-9889. You can also place your order for delivery or pick-up by calling 301-271-9889, faxing to 301-271-9887, or online at www.quiznos.com.

Thurmont Feed Store, LLC

by Olivia Sielaff

As the droughts in the Mid-West have affected large portions of the agricultural business, so has it affected local farmers and businesses. Jerry Lillich, manager of Thurmont Feed Store, LLC, said, "We are a bit concerned about the situation in agriculture in general." For example, he sees a lot of horse owners wondering "Can we afford this?" The result: a lot of unhappy people.

Because the farming costs are rising, the prices of animal feed are also being pushed upward. Despite the droughts and the damper it has put on business, Thurmont Feed Store is working to keep its costs low and its customers happy. Owned by Ronald and Daniel Hoke, father and son, Thurmont Feed Store has been providing animal feed since March 2007 for commercial and companion animals. Lillich explained that their feed prices are competitive and lower than many other feed stores. They offer less expensive substitutes, as well as brand name feed.

"There's no such thing as cheap now," Lillich said. However, price is not a good indicator of quality. Thurmont Feed Store is especially dedicated to quality animal feed, since the Hokes own two other feed stores in West York and Abbottstown, Pennsylvania, where they manufacture feed every week. "We don't put it in fancy bags," Lillich said. But this allows for the feed to be fresher and usually cheaper.

Mainly, they sell a large variety of feed for all kinds of animals, from cows, chickens, sheep, and hogs to horses, dogs, cats, and alpacas. Lillich said that he's also noticed some customers are buying deer feed to "indirectly feed the deer in the area." In addition to offering regular feed, Thurmont Feed Store can combine and mix a custom formula as long as it's safe. If needed, the Hokes, Lillich, or any of the other employees can provide information and services for almost any species.

Thurmont Feed Store is also an Archer Daniel Midlands dealership and will deliver relatively small quantities of feed to local customers.

Thurmont Feed Store is located on 36 Walnut St. Their hours are Monday through Friday, 8:00 a.m. to 4:30 p.m.; and Saturday, 8:00 a.m. to 12:00 p.m. They can be contacted at 301-271-7321. View their advertisement on page 19.

Craig's Mower and Marine Service

by Olivia Sielaff

For twenty years, Craig's Mower and Marine Service has been repairing and servicing lawn and garden and boating equipment for local and out-of-state customers. Craig Eichelberger, owner, explained, "It started out as a hobby twentyfive years ago and turned into a full-time business in 1992." Craig liked tinkering with small engines, go-karts, and mini bikes before initiating Craig's Mower and Marine Service as a part-time business he operated in the evenings. Soon, he had more customers and less time in the evenings. "It was one of those things where I either had to get out of it completely or get into it fulltime." Craig now has two full-time employees, a showroom, and the equipment to help him meet his customers' needs with expertise and quality.

Craig first offered services for lawn and garden equipment. Five years later, he added services for marine equipment onto his repertoire. Craig's business offers service and repairs on all makes and models of lawn and garden equipment. His team will work with riders, edgers, tillers, zero

turns, and more. Also, they repair all makes and models of boat and marine engines, as well as outboard and inboard engines, stern drives, bottom painting, winterizing, shrink wrapping, and trailer repairs. In the showroom are lawn and garden equipment, used boats, parts, accessories, and fishing and crabbing supplies for sale.

Over the years, Craig has watched his business grow "quite a bit," as he said. He's happy to serve his customers who are from around town and even Pennsylvania and West Virginia. Craig's Mower and Marine Service will pick up and deliver lawn and garden equipment, but repairs everything in the shop, which is located at 14736-A Mud College Road in Thurmont. For fast, professional, and reasonably priced service, call Craig and his staff at 301-271-2196 or email them at www.ecco56@msn.com.

Visit their website at www. craigsmowerandmarineservice.com. Their business hours are: Monday through Friday, 7:30 a.m.-5:00 p.m.; Saturday, 7:30 a.m.-12:00 p.m. View their advertisement on page 9.

Local Bail Bondsman Offers "Freedom Made Affordable"

by Deb Spalding

Dawn Shugars said that she and her husband, Allen, of Allen's Bail Bonds, offer "freedom made affordable." For over two years, the couple has touched people's lives by helping them through rough patches of life. Dawn said that when their customers call, the first thing she offers is a friendly voice over the phone, as she reaches out to discover what put the customer in this situation. She said, "I'm straight with them."

A bail bondsman acts independently to present a surety bond to a court of law to affect the release of a defendant that would otherwise be held in jail until trial. These services are made possible by contractual agreements that are pre-arranged with the courts in the county and state where the bail bondsman does business. In effect, the bail bondsman is making a guarantee to the court that the defendant will return to court as required or will be held responsible for making restitution to the court in the full amount of the original bail.

As bail bondsmen, Dawn and Allen have been called, "Bail bondsmen with a big heart." Often

referred to as "Miss Dawn," Dawn said, "It's not always about making that dollar, its about touching someones life." Often, clients refer to Dawn as a mother figure, as she provides support, an ear to listen, and an attempt to give them guidance in the right direction. While both of them are licensed to post, Allen provides all the internal support and, as Dawn would say, keeps her organized. We understand what puts a person in the place where they may be dealing with drug addiction or poverty." She and Allen help their customers by obtaining the appropriate resources for the customer's unique situation. The Shugars often go the extra mile to nurture their customer relationships by testifying as a friend, working within each person's budget, taking meals, and mentoring.

Allen's Bail Bondsman provides service 24/7 to individuals all over Maryland, including Frederick, Carroll, Montgomery, and Washington Counties. For additional information, call 301-271-2122.

news@ thecatoctinbanner. com

Start Thinking About the 2013 Thurmont **Business Expo**

Thurmont's Business Expo is the largest in Frederick County and regularly attracts over 1,000 visitors, each and every one of whom is anxious to learn about the services and products the businesses have to offer. The Expo is the premier business event in Thurmont, and taking advantage of this great opportunity is as easy as registering for a spot on the display floor! Planning and registration will get under way in January, don't let this opportunity to meet and greet over 1,000 prospective customers slip past.







ADVERTISE IX.... THE CATOCTIN BANNER! Full Color (no extra cost), Affordable, and Effective

Call 301-271-1050 or Email ads@thecatoctinbanner.com



宜 13 1/2 WATER ST., THURMONT, MD 21788 🔃



BUSINESS news

Holtzople Heating & Air Conditioning Celebrate 10 Years of Service

by Deb Spalding

Holtzople Heating & Air Conditioning in Emmitsburg marked their ten year anniversary on June 1, 2012. Owners, Jerred and Vicki Holtzople, will hold an anniversary celebration this fall after an addition to their building is complete. Details will be

announced.



Photo by Deb Spalding

Pictured is owner, Jerred Holtzople, of Holtzople Heating & Air Conditioning in Emmitsburg.

Jerred and Vicki started the company on a good foundation, consisting of Jerred's seven years of service and install experience and his attaining his Masters License in June 2002. Past customer referrals and a small ad in the phone book were enough to launch the company towards success. The foundation of their business took root with Jerred and Vicki's consistent commitment to the best possible customer service paired with a quick response record. That commitment paid off as their customer base grew, and as it continues to grow today. They now have five service technicians, two install specialists, and two comfort consultants. You may have noticed the Holtzople (pronounced holtz opple) colorful company vehicles or heard their radio jingle. The company has done well to brand their identity, which helps others take notice and remember who they are and what they do.

So, whenever your heating or air conditioning conks out, make it a point to call Holtzople anytime of the day or night for service. When you call, your call will be handled by a comfort consultant who will determine the next step of service. Holtzople Heating & Air Conditioning uses only top end materials and equipment to make sure they are providing the best installations and service possible. Some companies may use generic or rebuilt parts; they don't. Once your service is complete, Holtzople follows up with a customer satisfaction survey to insure that they achieved the highest level of customer satisfaction for you.

When performing service in people's homes, Jerred said, "Most homeowners expect a certain level of service. We strive to exceed their expectations." He said that his crews use shoe covers, drop cloths, check lists, and require a job to be signed off by the customer at the time of service to insure their satisfaction. After the job is complete and the Holtzople service crew leaves a customer's home, Holtzople follows up with a thank-you gift. There is an additional six month follow-up for all installs.

Holtzople also offers the latest in heating and air conditioning technology. For customers who love technology, they may opt for a high-definition touch screen wireless thermostat that displays as a digital photo frame and doubles as a weather station. Your next equipment replacement may feature an upgrade to a high efficiency unit through Trane that saves money on energy bills. This upgrade is the most common investment a homeowner makes in his or her home. Geothermal is another upgrade that is gaining in popularity.

Holtzople serves Adams and Franklin Counties in Pennsylvania and Frederick, Carroll and Washington Counties in Maryland. Call 301-898-3494 or visit www. holtzople.com for more information. View their advertisement on page 17.

We Invite You to Share Your Good News!

- news@thecatoctinbanner.com •
- Message Line 301-693-9503 •
- Publisher's Line 301-271-1050
 - Fax 301-447-2946 •

Main Street Upholstery

by Olivia Sielaff

Robert Jewell has been refurbishing and customizing car interiors for the past six years through his business in Thurmont, Main Street Upholstery. He began doing side work on evenings and weekends for three or four years prior. While building up a clientele base, Jewell steadily grew busier, and stated, "I just saw the opportunity to start [Main Street Upholstery]."

From kitchen and dining room chairs to complete car interiors, Jewell specializes in custom work and works with all different materials. He also works with original designs and material for classic cars. Jewell mentioned that an entire custom interior would take up to four months to complete. But he enjoys the custom

work, he said, "Because I can put my own niche in it."

Wondering how to maintain your new car interior? Jewell can help you with upkeep and cleaning, as well. For leather interiors, he recommends applying a special conditioner twice a year to keep the material moist. See Main Street Upholstery's advertisement on page 15.

Main Street Upholstery is located at 311 West Main St. in Thurmont and is open Monday through Friday, from 8:00 a.m.-5:00 p.m.; Saturday, by appointment only. For more information, visit their website at www.mainstreetuph.com. To set up an appointment or to get an estimate, call Robert at 301-271-2298 or email him at mainstreetuph1@verizon.com.

2012 Business Appreciation Week

The Frederick County Department of Business Development and Retention (FCDBD) has scheduled the 2012 Business Appreciation Week for September 24-28, 2012. This is the 12th anniversary of this program and you are invited to participate! During the 2012 Business Appreciation week, representatives of the FCDBD, as well as representatives of our local community and the EDC / Main Street, will visit to learn about your business, thank you for being here, identify any concerns or potential issues you might have, and help spread the word about how fantastic your company is.

This is a great opportunity to speak with local and county representatives and to get some free publicity for your business.

The FCDBD asks that if you have participated within the last three years that you wait until it has been three years before you sign up again.

Go to the following link for more information or to register for the 2012 Business Appreciation week: http://events.r20.constantcontact.com/register/event?oeidk=a07e6588mkz5f87c974&llr=7huirfdab.

New Location, New Hours for That Rebel Place

Sherri and John DeHart at That Rebel Place have relocated their store, where they sell southern rebel memorabilia and novelty items. They carry a vast selection of items you can wear, items for your car, for your bike or for your home. The store is now located at 3 East Main Street in Thurmont. Sherri stocked the new space with new biker items including leather vests, jackets, belts and belt buckles, t-shirts, flip flops, comforter sets, helmets,



fragrance burners, jewelry, flags and more. Sherri is a breast cancer survivor and plans to increase the offering of breast cancer survivor items in the future.

The store will celebrate with a Grand Re-Opening in September, check for details at the store. New hours are Tuesdays through Fridays from noon to 8:00 p.m., Saturdays from 10:00 a.m. to 8:00 p.m., and Sundays from 10:00 a.m. to 6:00 p.m. The store is closed on Mondays. Reference their advertisement on page 14 or call 301-271-2101 for more information.

Join us on Facebook®..



Catoctin Banner Newspaper

PEOPLE making news

Thurmont Lions Club Certificate of Commendation



Pictured (left to right) are Theresa Dardanell, Kimbra Grimm, Alban Little, and Denis Superczynski.

Four members of the Thurmont Lions Club recently received a Certificate of Commendation for outstanding effort in support of the Thurmont Lions Club and its mission during the Lions year 2011-2012.

Who Will Be the Thurmont Volunteer of the Year for 2012?

Nominate someone who is making a difference in the lives of others working with children in the schools or helping at the food bank; a member of a service organization or church; a special neighbor who is always there to help whenever needed. The only requirement is that the volunteer service must be done in the area of zip code 21788. Nominations are due October 1, 2012. Forms are available at the Thurmont Regional Library, the Thurmont Town Office, or online at: www.thurmontlionsclub.com. Coordinated by the Thurmont Lions Club. Follow them on Facebook.

Facts About Labor Day

Until Labor Day became a federal holiday in 1894, laborers who chose to participate in parades had to forfeit a day's wages.

—History.com

Remember to Check the Community Calendar!

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

Come to the Farm for Your Beef!

Serving our community for over 48 years!

Fill your freezer with a quarter or half of beef. We also sell

· Hamburger · Patties · Steaks · Roasts ·

Custom beef processed. **USDA** Inspected



Call 301-447-2255

16436 Four Points Bridge Road, Emmitsburg, MD 21727 We accept all major credit cards.

Emmitsburg Native Wins Prestigious Leadership Award for the United States Marine Corps

Emmitsburg native, Capt. Adam P. Wivell, was awarded the Chambers Award for outstanding leadership by a company grade officer in the Marine Reserve component at the 9th Annual Marine Corps Association & Foundation (MCA&F) Ground Awards Dinner on June 28, 2012, at the Crystal Gateway Marriott, in Arlington, Virginia.

The dinner served as the opportunity to recognize the four Marine Divisions' Marines of the Year, the recipients of the 2011 Leftwich Trophy, Hulbert Trophy, Zembiec Trophy, the Chambers Award, and the MARSOC NCO/Critical Skills Operator of the Year.

"MCA&F is proud to recognize these Marines for their exceptional achievement and duty to the Corps," said MajGen Edward G. Usher III, USMC (Ret) and President/CEO of the MCA&F. "That's why the MCA&F exists. We encourage continued education, first-rate leadership and career advancement. We honor the professional excellence of Marines who serve our country every day."

This award is sponsored by Booz Allen Hamilton and the Marine Corps Association Foundation. The Chambers Award is presented annually to the Marine who best demonstrates the outstanding leadership qualities exemplified by Colonel Chambers during World War II. Col Chambers, USMC was the recipient of the Medal of Honor for his action as commander of the 3rd Battalion, 25th Marines, 4th Marine Division at Iwo Jima.

A native of Emmitsburg, Capt. Wivell currently serves as the Executive Officer of Echo Company, 2nd Battalion, 25th Marines. After the Iraq War, he wanted to help serve his country. Capt. Wivell's recognition was based on exceptional leadership of his unit in Afghanistan. He was honored to receive the award and owed his success to his Marines.

"It's a great honor; I owe it to my Marines. I couldn't have done it without their great drive and their leadership within the company. We have outstanding young officers and outstanding enlisted Marines, senior and junior, so I think it's a great honor to myself, as well as to the Marines in my company."

MCA&F was founded in 1913 and is the preeminent association and foundation for ALL Marines and friends of the Corps dedicated to development and recognition of professional excellence and expanding awareness of the rich traditions, history, and esprit of the United States Marine Corps. MCA&F publishes Leatherneck magazine and the Corps' professional journal, Marine Corps Gazette. MCA&F is a nonprofit and provides grants for unit libraries, hosts social events, and honors Marines with 10,000 awards annually, including cash, uniforms, plaques, books, and trophies.

Advertise! ads@thecatoctinbanner.com

Custom Home Builder & Remodeler

We specialize in...

Custom Homes & Remodeling

Bollinger Homes, LLC have been building custom homes, building additions and remodeling for over 20 years in Maryland, Pennsylvania, Virginia, and West Virginia.

- Additions
- Garages
- Patios
- Decks
- Concrete Walks
- Siding & Roofing



Call for a **FREE ESTIMATE!**

Phone 301.447.6917 Fax 301.447.2704

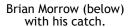
1 Creamery Way Emmitsburg, MD 21727 Since we could not fit all of the "Fishy Pics" that we received in the August issue, featured are some that did not make the prior issue. Again, we would like to thank everyone for sending in their pictures for the community to

—The Catoctin Banner

Catch?



Dustin Isanogle (above) with his catch.





Devin Stafford (below) with his catch. Photo taken two years ago at Westfield River in MA.



Garrett Mayhew (above, holding rod) , with hìs catch.

Pack 727 Earns National Summertime Pack

Award

As part of the National Summertime Pack Award, members of Cub Scout Pack 727 toured the Frederick Municipal Airport. The Cub Scouts learned how a Control

Tower



Members of Cub Scout Pack 727 enjoy a tour at the Frederick Municipal Airport as part of the National Summertime Pack Award (left to right): Brendan Guinan, Nicholas Lowe, Santiago Canadas, Blaise Ridenour, Darren Bassler, Thomas Lowe, Gavin Marshall, Matthias Buchheister, and Jack Guinan.

works, toured the Landmark Fixed Based Operator and Maintenance Hangars, getting to see up close numerous general aviation aircraft in various stages of repair, and also toured the Frederick Flight Center Flight School, where they were given a one-on-one demonstration of the cockpit of an aircraft used at the school. "This was the final activity to enable the Pack to earn this award," said Doug Lowe, Pack 727 Cub Master. "The boys enjoyed the tour of many of the facilities on the airport, and it was a great opportunity for them to learn all about their local airport," continued Lowe. Other activities to earn the National Summertime Pack Award included Cub Scout Day Camp and marching in the Emmitsburg Community Day parade.

Unit 727 Emmitsburg is comprised of Cub Scout Pack 727 and Boy Scout Troop 727. Established in 2006, Unit 727 is sponsored by St. Joseph's Church, Emmitsburg. Meetings are generally held on Thursday evenings at 7:00 p.m. If you would like additional information, please call St. Joseph's Church at 301-447-2326 or visit their website at 727scouts.yolasite.com.





Announcements in *The Catoctin Banner*

Birthday "shout out," Anniversary, Thank You, Graduation

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.

Prices: \$15; \$25 w/photo



Jefferson

301.663.1157 301,253,0896 301.473.5900 240.529.0175





- **Enjoying Life!** Orthopedic, sports, automobile, and work injuries
- New patients evaluated within 24hours
- In-network with most insurance companies
- Pediatric Physical, Occupational and Speech* Therapy Services
- Private treatment rooms
- Early morning, evening and Saturday hours

Owned and operated by Donald J. Novak, PT, DPT

*Speech therapy provided by Frederick Pediatric Therapy, LLC at the Frederick location

Frederick County Pomona Grange Baby Show

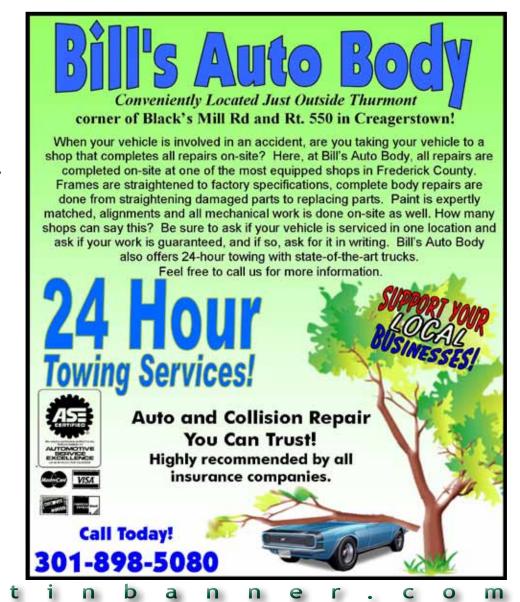
The Frederick County Pomona Grange is sponsoring a Baby Show on Saturday, September 15, 2012 in the Farm & Garden Building at the Frederick Fair. Entries will be taken in the building from 9:45 a.m. to 10:00 a.m. The contest will begin at approximately 10:15 a.m.

Categories are: Class A-Newborn (child born after July 1, 2012); Class B-Child born between July 1, 2011-June 30, 2012; Class C-Child born between July 1, 2010-June 30, 2011; Class D-Child born between July 1, 2009-June 30, 2010; and Class E-Child born between July 1, 2008-June 30, 2009.

Trophies will be awarded in each category to the Prettiest Girl and Cutest Boy. An Overall Best of Show trophy will also be given. Each child will have a brief time on stage. They may be carried or escorted by an adult, depending upon the child's age. Judging will be based on beauty, neatness, and personality. Boys and girls of each class will be judged at the same time. All participants will receive a Participation Ribbon.

There is no advance registration required. All registration will be held on Saturday, September 15, 2012 from 9:45 a.m. to 10:00 a.m. All entrants must bring a completed 3x5 index card with entry information on it when registering contestant for show. Please PRINT all information. Index card must contain class; child's name as you wish it announced; child's date of birth; town of residence; parent's name; parent's phone number. If you have any questions, please write to: Grange Baby Show, c/o Donna D. Wiles, 5543 Buffalo Road, Mt. Airy, Md. 21771 or email: mdstgrange@comcast.net

Also on Saturday, September 15, 2012, the Frederick County Pomona Grange will be selling Uncle Ralph's Cookies to benefit the Grange and will be having various demonstrations and performances in the Farm and Garden Building at the Frederick Fair, including "Just Because" Musical quartet; Introduction of Grange by Maurice Wiles, Linganore Grange; Corn grinding demonstration by Bob Wiles and Rodman Myers, Thurmont Grange; Faye Reese, canning demonstration, Linganore Grange; Paul Leatherman, Jr., wood working with old tools; Cheryl Lenhart, homemade root beer demonstration, Thurmont Grange; Clear Spring Band, Blue Grass Music.















catoctin voices

Your Place for Poetry & Verse

by L. Claire Cantwell

Can you sense that the hottest summer on record is yielding to September's softer sun? The fall equinox will arrive this month. It seems that both by Divine plan and scientific fact, the earth's axis does not vary by many degrees. The northernmost pole is always pointing toward Polaris, the North Star. Seafaring peoples know this fact. However, earth's orbit is not a perfect circle and graciously, around September 22, we'll begin to reap the benefits of the sun not being directly aimed at the northern hemisphere where we live. The sun's light, heat, and energy will mercifully produce what is often referred to as the "golden days of autumn." The spinning, turning, and tilting of our earth is not felt directly by our bodies, but each one of us will notice and benefit from the consequences. As our mountains come alive with color, so should our writing. Please send us your poems about AUTUMN for the October issue. We'd especially like to hear from returning high school students in the area expressing their "Catoctin Voices."

Please enjoy the following poem at summer's end that extols the attributes of many a vacation destination written by a sensitive observer.

Glory by Constance Trump

She harbors treasures, is rich beyond imagination she claims lives, rarely yielding forms, rather beckoning their spirits through her portals. Within her emerald depths whole lifetimes pass. She can be balmy, whimsical or treacherous, relentless with fury or will soothe, seduce, caress, tantalize and exhilarate. With her timeless, tireless, swelling breaths she'll cool a parched body as a welcome respite from the burning sun or thrash it mercilessly with nary a quiver of conscience. She casts her spell and worshipers flock to her bosom to use or abuse her, fearing, yet standing in awe. Much has been written about this Verdant Vixen of capricious whims who is studied and debated by great minds, her name bandied from stately mansions to bawdy pool parlors. Mystical, wild and beautiful, she will never be tamed! Her lovers come and go, spinning like dizzy dreidels amidst her constancy. They return to her time and again to ponder recalling past hours spent in her mesmerizing charms or to plot future encounters while drawing from her ageless wisdom and fathomless inner strength. She is magnificent! She carries the weary wanderer home, takes him to paradise, refreshes his soul. She patiently awaits, seeking naught, alone in her splendor. She is none other than The Sea, calling "Come revel in me!"

(Constance Trump is a poetess and freelance writer residing in Pennsylvania. She is a member of the Pennsylvania Poetry Society)

Send in your Poems to Share

(by the 20th of each month)

email to: news@thecatoctinbanner.com fax to: 301-447-2946

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

"Sounds of the wind or sounds of the sea Make me happy just to be."

~ June Polis

48 Hours to Meet the Need

Frederick, Maryland, is a unique city with an admirable heritage. Frederick has long been recognized as a place where people can go for help. From the legacy of the cherished "Spires of Frederick" representing their vibrant faith community to the unbelievable compassion of their citizenry throughout their history, Frederick is a place of "sanctuary."

Frederick 48 is spearheading its second annual collaborative online fundraising effort. Overhead is very low, as social media will be the main driver of the effort. Twenty-three non-profits have been approved to work together on this two day online give. On September 7, 2012, they will all join at Carroll Creek to show the breadth of the unity for this effort. Each participating organization will rally all of their contacts over a period of six weeks through social media. Frederick County Public Schools (FCPS), Hood College, and Frederick Community College (FCC) have all agreed to participate, along with religious communities, businesses, and community organizations.

There is an ongoing debate about the role of our local government to financially support local nonprofits that serve those in Frederick County who need help. Nevertheless, we are calling on all of Frederick to join us in a time of giving for 48 hours on September 27 and 28, 2012, for one of the following approved organizations: Advocates for Homeless Families, Alzheimer's Association; ARC of Frederick County; Asian American Center of Frederick; Big Brothers, Big Sisters of Frederick County; Boys and Girls Club of Frederick County; Care Net Pregnancy Center of Frederick; Catoctin Pregnancy Center; Frederick Alliance for Youth; Frederick Rescue Mission; Frederick Community Action Agency; Frederick County Hepatitis Clinic; Habitat for Humanity; Hope Alive; Interfaith Housing Alliance, Inc.; Maryland Sheriff's Youth Ranch; Mental Health Association of Frederick County; Mission of Mercy; Patty Pollatos Fund; Religious Coalition for Emergency Human Needs; Seton Center; St. Vincent de Paul Society; Villa Maria of Frederick County.

All donations are 100% tax deductible. Frederick 48 thanks the Patti Pollatos Fund, Inc., which has generously agreed to process all donations for them, providing financial oversight and accountability. Donations will appear on your bank statement as such. 100% of your donation will go directly to the charity you select. All processing fees are waived by the Patti Pollatos Fund, Inc. Checks should be sent either to the PPF, Inc. or the specific organization you choose. For more information, email at Frederick48-2012@hotmail.com or call 240-409-3521.







Thurmont Make A Difference Day 2012 -Promoting Literacy

"The more you read, the more things you'll know. The more that you learn, the more places you'll go." ...from I Can Read With My Eyes Shut! by Dr.

Join the Thurmont Lions Club in promoting reading and literacy. Everyone can help; just donate one or more new or gently used children's books (for ages 3-13). Look for donation boxes in and around Thurmont. Many of the local businesses and churches will be participating in this community project. Boy Scout Troop 270 will also be helping with a door-to-door book collection. Bags will be distributed to many of the homes in Thurmont on Saturday, September 29, 2012. Just place any new or gently used children's books in the bag and put the bag on your porch on Saturday, October 6, 2012, before 8:00 a.m.

After all of the books have been collected, members of the Thurmont Lions Club will sort the books by grade level. Books will then be donated to Thurmont Primary, Thurmont Elementary, Lewistown Elementary, Sabillasville Elementary, and Thurmont Middle Schools.

Make A Difference Day was created by USA WEEKEND Magazine and takes place every year on the fourth Saturday in October; people in communities all across the country join together to help improve the lives of others. Our project will conclude with a special event on Saturday, October 27, 2012. For more information, visit www.thurmontlionsclub.com and follow thurmontlionsclub on Facebook.

Facts About Labor Day

Labor Day is observed on the first Monday in September, paying tribute to the contributions and achievements of American workers. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day also symbolizes the end of summer for many Americans, and is celebrated with parties, parades, and athletic events.

—History.com



the book nook Chapter 1 by Laura Krauss

The Catoctin Banner Publisher, Deb Spalding, has been asking me to write a column for The Catoctin Banner for some time now. We met by chance a few months ago, and have since developed a unique friendship, recommending good books to one another along the way. These books are life changers—they help influence one's perspective from one of fear and hopelessness to feelings of happiness and gratitude. So after much thought, my contribution will be to communicate the important messages that are found deep in the pages of so many good books. Each month, I will present a new "chapter" of "The Book Nook" column and request responses from the community on your opinion of the book. Yes, I know I'm not Oprah's Book Club, nor am I trying to be Oprah herself, but I am looking forward to some good conversation in the months ahead.

It has been proven scientifically that happiness is a choice. "It is a choice about where your single processor brain will devote its finite resources as you process the world. If you scan for the negative first, your brain literally has no resources left over to see the things you are grateful for or the meaning embedded in your work. But if you scan the world for the positive, you start to reap an amazing advantage." I can speak from personal experience to say this is true. After living through a personal and business bankruptcy due to a failed franchise ownership, I found myself in a deep clinical depression. I felt like a complete failure on multiple levels. After all, it was my idea to invest my life into this business opportunity, and I risked losing almost everything because of it. But then again, what did I REALLY risk losing? Our house and material things, yes-or was it something more? I risked losing a piece of myself in the process, because my focus was on the negative aspects of what had transpired instead of the lessons learned along the way.

I am writing to you today as living proof that a positive attitude, mindset, and perspective can drastically change you for the better, no matter what you are dealing with in life's long journey. During my recovery, I read John Kralik's true life story titled *A Simple Act of Gratitude*: How Learning to Say Thank You Changed My Life. He opens the book speaking of the low points in his life: several failed marriages, poor relationships with his grown sons, and a faltering law practice, just to name a few. Inspired by a thank-you note his ex-girlfriend sent him, one day he starts writing thank-you notes for various things people have done for him throughout his life. The key part is that he hand writes the notes and mails them the old fashioned way—no digital media here! In doing so, the people he sends his kind messages to are not only surprised by the thoughtful undertaking, but they are filled with gratitude and happiness as well. He allotted time out of his very busy day to write one thank-you note on a daily basis. He did this for over a year and watched as his relationships with family and friends got better, his law practice started flourishing again, and his outlook on life in general changed from misery to prosperity.

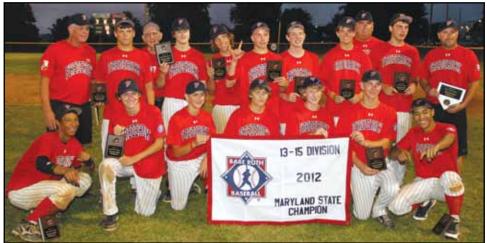
You might be saying to yourself, "Ok, there is no way I can do this on a daily basis. After all, I don't even know 365 people to get through an entire year of thank-you notes." I thought the same thing, but let me tell you that the fun in the exercise is finding those special people out in the world to say "thank you" to after you have gone through your family and friends a few times.

Did you ever go to a restaurant and have fantastic food and service? Write a thank-you note to the chef or waiter. Does your child or grandchild go to one of our fantastic local schools and have an amazing teacher? Write a thank-you note to him or her. Do you read about people in the community who have done something good to help others in their free time? Write them a thank-you note. The bottom line is this: There is so much good in the world around us if we will just take a moment to recognize it (and write a thank-you note when we see it)!

After reading this book, I started my own journey of sending handwritten thank-you notes. Sometimes, I write them daily; other times I write all seven on Sundays and mail them out through the week. It really doesn't matter how you work the system. I challenge you to read John Kralik's personal story and try his thank-you note methodology, especially if you are faced with some adversity in your life. In fact, just try it for thirty days if a year sounds like too much. You will be amazed how you will scan the world more positively. As of this publication, I am 531 thank-you notes strong, and I don't intend to stop there. When will you start your "thank you" campaign? Please email me your thoughts to this month's Book Nook Chapter to: laura. krauss@hotmail.com.

Sports news

Thank You from Frederick County Babe Ruth 15-Year-Old All Stars, Maryland State Champions 2012



Courtesy Photo

Pictured (left to right): Front Row—Donte Hackett, Joe Laumann, Jake Hissey, Keith Heckler, J.T. Bergman, Tyler Heffner, Daniel Patterson; Back Row—Coach Terry Shaw, Dalton Anderson, Coach Don Albaugh, Holden Pappas, Colin Lockard, Doug Pearl, Kendall Smith, Kevin McShea, Coach Hal Keller, Adam Fitzwater, and Coach Bryan Hissey.

The Frederick County Babe Ruth 15-Year Old All Star Baseball Team defeated several teams throughout the State of Maryland during the State Tournament, held in Taneytown in July to qualify for the Mid-Atlantic Regionals, held August 2-6, 2012, in Albany-Colonie, New York. Special thanks to team supporters, including Mountain Gate Family Restaurant, Maple Run Golf Course, Woodsboro Bank, Fratelli's Pizza, Biggie's Bubbles, Thurmont AMVETS, Catoctin Mountain Trains & Hobby, Gateway Market, Keilholtz Trucking, David Seiss Construction, Protec Glass, Sheetz, and Burriss Electric.

2012 CYA Basketball Travel Tryouts

All Catoctin Youth Association (CYA) Basketball travel team tryouts are at Thurmont Middle School.

Boys — Mid-MD JV & Varsity Tryouts: Wednesday, October 3, from 7:00-9:00 p.m. and Sunday, October 7, from 5:00-7:00 p.m.

Girls — Mid-MD JV & Varsity Tryouts: Thursday, October 4, from 7:00-9:00 p.m. and Saturday, October 6, from 5:00-7:00 p.m.

Boys — MYBA Under 12 Tryouts: Wednesday, October 17, from 7:00-9:00 p.m. and Sunday, October 21, from 5:00-7:00 p.m.

Girls — MYBA Under 12 Tryouts: Tuesday, October 16, from 7:00-9:00 p.m. and Saturday, October 20, from 5:00-7:00 p.m.

Elementary In-House Intramural Leagues sign-ups for Grades 1 through 5 are October 17 and 18, in the lobby of Thurmont Elementary School, from 6:00-8:00 p.m.

For more information, please contact Dwight Baumgardner at 301-271-1154 or Dwight.Baumgardner@gmail.com.

CHS Athletic Boosters

The Catoctin High School (CHS) athletic boosters club provides an umbrella group for the various sport committees. The committees and boosters provide financial support for all sports programs. The individual committees oversee fundraisers, operate concession stands, provide uniforms every four years for sports teams, and provide overall assistance to the program in a variety of ways.

Membership in the booster club is open to anyone interested in supporting Cougar athletes. Membership is just \$5.00. Meetings are held on the third Wednesday of the month at 7:00 p.m. in the school conference room. Please consider joining the booster club to support the athletic programs at Catoctin High School.

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

Thurmont Little League Fall Registration

Thurmont Little League is pleased to announce that you can now sign up online for Fall Baseball. They will, again, run teams in the Instructional, Minor, and Little League and Babe Ruth age divisions for the fall. It's a great opportunity to prepare for the spring season.

The fall season is traditionally more laid back and truly viewed as a "developmental" season. They play an "estimated" ten games per team (maybe more) and end up traveling locally within District 2, and possibly other places, such as Sharpsburg and Gettysburg. The schedule will be decided by age division.

The fall season is run in the following way: if you are looking to move your child "up" to the next level in the following year, you would play your child in the "next level up" in the fall. For example, a child who played Instructional baseball this past Little League season and is looking to play in the Minor league come spring season, would play in the Minor Fall League.

To register, simply go to their website and click on the registration button: http://www.eteamz.com/thurmont/. Any questions, please call 301-271-3958 or email Michael.randall@bea.gov.

Thurmont Babe Ruth Fall Registration

Online registration for the 2012 Babe Ruth Fall Ball Season is underway. Visit the league website at www.eteamz.com/thurmontbaberuthleague to complete the process for kids that will be 13+ next season. Dates for in-person sign-ups will be announced soon. The cost for the fall season is \$125.00; they are looking to field a 13 Prep team and possibly two 14-15 teams. All players aged 16 will be eligible to play on the 14-15 teams, as long as an older team is not formed. Ages are calculated by birthdate as of March 30, 2013. When completing the registration process, please go to the handouts section of the website and download and fill out the medical release form; this will need to be turned into the league. If you have any questions, please contact Jim Stein at 240-357-4486.

Catoctin Cougars Travel Baseball Club Conducting Tryouts for the 2013 Season

The Catoctin Cougars Travel Baseball Club has announced tryouts for the 2013 season. Founded in 2011, the Catoctin Cougars Baseball Club is one of Frederick Country Maryland's premiere travel baseball clubs that offers travel baseball teams for children ages 7 to 12. Participation in the program is not restricted to geographic location or recreational league affiliation. Indoor workouts will begin in January 2013 at their indoor facility. They will play a Sunday game schedule only, and participate in a variety of preseason and holiday tournaments that will not conflict with recreational league schedules. They will be conducting tryouts for their travel teams for the 2013 season on the following dates: Sunday, September 9, 2012, from 12:00-1:30 p.m. at the Thurmont Little League Complex (Rain Date: Sunday, September 23); Sunday, October 7, 2012, from 12:00-1:30 p.m. at the Thurmont Little League Complex (Rain Date: Sunday, October 21).

Note: U8 players cannot be 9 years old before 4/30/12; U9 players cannot be 10 years old before 4/30/12; U10 players cannot be 11 before 4/30/12; U12 players cannot be 13 before 4/30/12.

The mission of their organization is to provide a talent-focused baseball club designed to showcase the talents of the baseball players that represent the Catoctin Region in a positive fashion, as well as each of the communities their players represent. The region is rich with baseball talent, and they would like their baseball club to showcase the collective talents of the region through competitive play and potential collective strengths. Their player's represent four different recreational programs in the region, and they seek to improve each recreational leagues post-season competitiveness by participation in their program.

In their inaugural year, the U12 Team finished 1st in their division. The U9 Team finished 3rd in their division. Their U8 Team finished 3rd in the highly competitive "Battle for the Bears Cup" in Elizabethtown, Pennsylvania. They are looking to expand on these successes in the upcoming 2012 Season.

If you are interested in trying out for the Cougars, please contact Ed Lowry at 267-664-5059 with questions, or email the Cougars at catoctinbaseballclub@hotmail.com. Visit and "like" their Facebook page at "Catoctin Cougars- Travel Baseball Club" for the most up-to-date information on the Cougars.

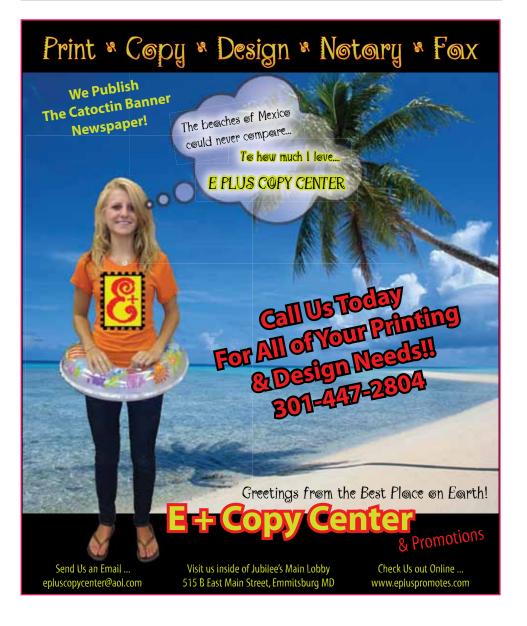












Boy Scout Troop 270 and Venturing Crew **270 Camp Adventures**



Courtesy Photo

Pictured are members of Boy Scout Troop 270 and Venturing Crew 270.

Boy Scout Troop 270 and Venturing Crew 270 of Thurmont recently returned from a week-long summer camp adventure at Blue Ridge Scout Reservation near Radford, Virginia. Blue Ridge offers several camp options with the Scouts of Troop 270 selecting three. In a more traditional Boy Scout Summer Camp setting, seventeen Scouts and four leaders attended Camp Otari, earning merit badges such as Swimming and Archery and learning new Scout skills, such as Camping, Cooking, and Nature, all while having a great time at the lake on the 600' Zip Line and camping with Scouts from around the country.

Three hardy Scouts attended the Mountain Man Adventure Camp where they experienced life from a more rustic time, living and dressing like the original Mountain Men of old. Activities included learning metal and wood craft, black powder shooting, and outdoor skills, linked with basic Scout skills. A further six Scouts and Venturers plus two leaders attended the Claytor

> Lake High Adventure Water Base Camp where they participated in a number of water activities, such as water skiing, boat sailing, kayaking, swimming, fishing, and SCUBA. Lots of adventure for all the Scouts!

> Boy Scout Troop 270 is sponsored by the Thurmont Lions Club and Venturing Crew 270 by the Thurmont Community Ambulance

When you meet a member of these fine organizations, please thank them for their generous support of the youth of our community.

www.thecatoctinbanner.com





Harriet Chapel Awards Scholarships

Harriet Chapel, Catoctin Episcopal Parish, has awarded the 2012 Frank V. Anders scholarships to Ashley Urquidi and Emily Scott. Ashley Urquidi, a graduate of Hood College, now resides in Austin, Texas, where she attends the Seminary of the South to pursue her Masters of Divinity. Emily Scott is a 2012 graduate from Governor Thomas Johnson High School, and begins college this fall at Ohio Wesleyan University, where she plans to study neuroscience.

The Frank V. Anders Scholarship is a \$500 prize, awarded annually to deserving students pursuing post secondary education. The recipients are selected by a committee of Harriet Chapel parishioners.

Preference for the award is given to active parishioners at Harriet Chapel and first time applicants. Non-parishioners may also be nominated by current parishioners of Harriet Chapel. Applications are available each spring.

Harriet Chapel, Catoctin Episcopal Parish, is located at 12625 Catoctin Furnace Road, Thurmont, just three miles south of Thurmont. Two services are offered each Sunday at 8:00 a.m.

Catoctin Medical Center Contributions

At its recent annual meeting for 2012, the Board of Directors of the Catoctin Medical Center, Inc. elected to contribute to two Catoctin area organizations, whose missions are to provide for basic human needs of local residents. The non-profit Catoctin Medical Center, Inc. was established in 1975 in Thurmont for the purpose of providing a facility for medical practitioners to provide quality health care to the citizens of our Catoctin

In addition to supporting scholarships through the Community Foundation of Frederick County for students in the Catoctin High School feeder region studying in medically related fields, as well as contributions to the Thurmont ambulance and Guardian Hose Companies, the Board of Directors of the Catoctin Medical Center elected this year to contribute \$5,000 each to the Thurmont Ministerium's Catoctin Community Medical Fund and Thurmont Food Bank.

Since 2008, The Catoctin Community Medical Fund (CCMF) has been assisting individuals in the Catoctin High School feeder region who find themselves in need due to a medical situation. The Fund, initially conceived by members of the Thurmont Lions Club, was created to help those who have exhausted all other available medical and funding resources. The Thurmont Food Bank has served to make emergency food resources available to needy and vulnerable residents of the area for more than a decade.

Anyone interested in donating to these two funds may send their contributions to the Thurmont Ministerium, P.O. Box 74, Thurmont, MD 21788-0074 (Checks should be made out to The Thurmont Ministerium and the intended fund(s) noted in the memo line on the check). The Thurmont Ministerium is a 501(c)(3) non-profit organization, and for tax purposes, your gift may be tax deductible under charitable giving law.

Thurmont High School Class of 1962 — 50th Reunion



Pictured (left to right): Row 1—Phyllis Johnson Dayhoff, Maxine Fogle Troxell, Betty Keeney Dewees, Patricia (Tina) Lantz Minnich, and Linda Hoover Bittner; Row 2-Nancy Gearhart Rice, Beverly Rayfield Mapp, Sharon Fogle Proctor, Judy Coleman Knott, Frances Beard Redding, Mary Ann Harbaugh Sharer, Beverly Hoke, Helen Staub Troxell, and James (Buzzy) Mackley; Row 3-Fred Henning, Mary Jean Eyler, Denny Hoffman, Bob Valentine, Madeline Harbaugh Valentine, Allen Long, Ed Whipp, and Charlie Harbaugh.

SCHOOL news

Thurmont Student Wins International

Award

Labella Kreiner was named LEO of the Year by Lions Clubs International for the association's 2011-2012 year. LEO Labella received this award during a ceremony on July 28, 2012, at the Cozy Restaurant in Thurmont. She is the daughter of Lisa Kreiner.

Labella has been a member of the Thurmont Middle School LEO Club



Pictured are George Bolling, District LEO Chairman; Labella Kreiner, LEO of the Year; and Stephen Finger, Lions Past District Governor.

since 2010. Along with her job as the Public Relations Officer for her LEO Club, she participated in the Hoops for Heart fundraiser to benefit the American Heart Association, the Catoctin Cares fundraiser to benefit St. Jude Children's Research Hospital, the We Support Our Kids fundraiser, and the Rascoe Scholarship fundraiser. She also worked with the Thurmont Lions at many of their fundraisers to benefit local and vision-related charities.

According to Sandra Zimmerman, a Thurmont Middle School teacher and LEO Club faculty advisor, "Labella exemplifies the true meaning of service. Her dedication to serving others is amazing. She is a very humble young person, who is always ready to put others' needs before hers. The Thurmont community is very proud and lucky to have Labella represent us to the world!"

Lions clubs sponsor more than 6,000 LEO clubs in almost 140 countries. While helping others in their community, LEOs develop leadership skills and experience teamwork in action. The Thurmont Lions Club sponsors LEO clubs at Thurmont Middle and Catoctin High School. For more information, visit their website at www.thurmontlionsclub.com or follow them on Facebook.





As children head back to school, watch for school zones and school buses.

A reminder for drivers: Flashing yellow lights on the school bus mean "Slow Down." Flashing red lights, along with the red stop sign that opens out on the side of the bus mean "Stop." Vehicles may not pass until the lights and signals are turned off.

So, give yourself a little extra time on the road, and take care to watch for the buses and their students.





CHS Class of 2013 Safe & Sane Events

The Catoctin High School (CHS) Class of 2013 Safe & Sane Committee announce the upcoming events and fundraisers to benefit the Class of 2013.

Crab Raffle for one bushel of crabs from Rube's Crab Shack with 10 winners at \$5.00/ticket. Winning ticket drawn at the Thurmont/Emmitsburg Community Show on Sunday, September 9, 2012, at 2:00 p.m. Tickets can be bought at Food Lion on Saturdays until September 8, and at Jubilee in Emmitsburg on September 1, or you can contact Ed Schildt at 240-285-8079 or email eschildt@acosta.com.

There will be a Golf Outing/Four-Man Scramble on Saturday, September 29, 2012, at Maple Run Golf Course in Thurmont. Download forms on the website@www.catoctinsafeandsane.com or call Laura Knott at 240-285-4790 for further information.

Catoctin High Garden Stones in the shape of the cougar paw are for sale: Large Stone/\$15.00; Medium Stone/\$10.00; Small/\$5.00. Purchase a set of all three stones for \$25.00. To purchase these memorable Catoctin High Garden Stones, please contact Ed Schildt at 301-271-2026.

There will be a Gun Raffle and Dinner on October 27, 2012, at the Vigilant Hose Company. Doors will open at 5:30 p.m. Tickets are \$25.00 per person.

A Dinner Dance will take place on November 10, 2012, at the Thurmont AMVETS, from 6:00-11:00 p.m.

Please come to the Community Show to see what other events are planned to support the Class of 2013 Safe & Sane, and help the Safe & Sane Committee give the Class of 2013 a wonderful celebration on graduation night.

TEPS PTA September Events

Thurmont Elementary/Primary School (TEPS) PTA Calendar of Events for September: September 3-School Closed for Labor Day; September 6-PTA General Meeting, 6:30 p.m., TPS Media Center; September 11-25-Great American Fundraising Kick-off; September 12-Volunteer Orientation, 6:30-7:30 p.m., TPS Cafeteria; September 13-Donuts for Dad, 8:00 a.m., TPS;

September 13-TES Back to School Picnic, 6:00-8:00 p.m., Town Park; September 14-Volunteer Orientation, 1:00-2:00 p.m., TES Media Center; September 17-School Closed for Rosh Hashanah; September 20-Donuts for Dad, 8:00 a.m., TES; September 21-School Closed for Fair Day, Parent/Teacher Conferences ALL Day; September 26-School Closed for Yom Kippur.



news@thecatoctinbanner.



Prescription for Fitness

Do you want to try Anytime Fitness Thurmont for free? Cut-out your 14-day guest pass and bring it in during our staffed hours. Any staff member will be happy to get you started on reaching your fitness goals!

117	•	0,	•
FREE 14-Day Guest Pass			
Rx Prescribed For:		Valid from	
Address:			
Phone Number:		Authorized By:	



130 Frederick Road, Suite C, Thurmont, MD (301) 271-0077

The Kitchen's Open at AMVETS Post #7 in Thurmont

by Deb Spalding

"I like to make a pretty plate," said AMVETS Post #7 Kitchen Manager, Lisa Reed. She added, "I like to make the dining area homey with flowers, seasonal decorations, and a pleasing table arrangement." These touches, along with good food at good prices, has helped the popularity of dining at the

AMVETS grow. Lisa has several signature dishes, including Crab & Cheddar, which is an open-faced toasted English muffin with crab meat and melted cheddar cheese; her Texas Cheese Steak; chicken or beef quesadillas; and fried or broiled crab cakes. You may have heard others talking about her Prime Rib (available in small and large cuts) that is marinated in six different spices and slow cooked for five to six hours. How about her fresh, spicy steamed peel and eat shrimp, served by the half pound for \$5.25? Fresh-cut French Fries and Sweet Potato Fries are the norm in Lisa's kitchen, as well as home-made soups and desserts. Lisa keeps the regular menu, kids menu, and specials menu fresh for lots of dining choices. On the way out the door at the Post, diner Tom Jenkins tossed Lisa the compliment, "You did an excellent job on the liver last night."

This type of compliment is common for Lisa. She has been cheerfully cooking since the age of 17, working at the Crossroads in Keymar, and the former Blue Mountain Inn, and Royer's Dockside Restaurants in Thurmont. She said she "loves to cook." While cleaning houses on the side and taking care of her grandbabies, she said working at the AMVETS is close to fulfilling her dream of owning her own restaurant, since she can implement her own ideas.

Post #7's Commander, Tom Joy, verified that she's an excellent cook. However, she made sure that she was not given all the credit. She said she relies heavily on Jon Eles, her excellent Prep Cook, as well as the



hoto by Deb Spaldi

Lisa Reed (above), AMVETS Post #7 Kitchen Manager, has cheerfully been cooking since the age of seventeen. Lisa is well-known for some of her special signature dishes, including Crab & Cheddar and Texas Cheese Steak, and her "talked-about" Prime Rib.

wait staff. She said, "I've got the best crew of waitresses ever," including head waitress, Bobbi Jo Gray. Lisa added that Kathy Hovermale types up the newsletters and menus. Lisa stated, "She's a God-send."

The AMVETS dining is located at 26 Apples Church Road in Thurmont, and is open Thursdays and Friday afternoons from noon to 3:30 p.m., evenings from 5:00 to 9:00 p.m., and Sundays from 1:00 to 5:00 p.m. for members and the general public. If you are not a member or do not know a member, you can speak to the bartender on duty and they will sign you in for dining. Call in your food orders for pick up at 301-271-3371, beginning at 11:00 a.m.

In addition to a schedule of events, a full bar, club membership opportunities, and dining, AMVETS Post #7 has two facilities available for rental. The upstairs banquet room holds approximately 180 people, while the downstairs room (this one is not handicapped accessible) holds approximately 50-60.

Other news at Post #7 includes Bingo every other Wednesday beginning September 5. Doors open at 5:30 p.m. and bingo begins at 7:00 p.m. Individuals interested in membership may sign up for any of three types of membership, including Regular Membership, which is open to anyone who has served in any branch of service; Ladies Auxiliary, which requires a copy of certain relatives DD214; or Sons, which requires a copy of a relative's (father, grandfather, etc.) DD214. Pick up a newsletter at Post #7 to stay informed.

Zoey the Zebra — Continued from page 1

What's striped, lives at the base of the Catoctin Mountains, and likes the song Amazing Grace? Zoey the zebra, of course! The striped animal can usually be spotted off of Rt. 15, grazing in the fields for passersby to spy. Some of us have been wondering where she's been, since she hasn't made an appearance lately. Annette Barber announced, "She's a new mother; a fantastic mother!" Annette and her son, Jeff Barber, are the owners of Zoey, who recently gave birth on May 4, 2012, to Zach, a zonkey—half zebra, half donkey. Annette said Zoey has been kept in the corral with her offspring since she gave birth.

A zonkey is the term for an animal with a zebra father and a donkey mother; whereas, a zedonk is the term for an animal with a donkey father and zebra mother (Zach's technical description). However, the Barbers didn't realize there was a distinction in names when Zach arrived, so they still call him a zonkey. As a zonkey, Zach has striped "socks" on his legs; long, striped donkey ears; and is covered in fuzzy fur like newborn chick feathers. Zach's father is Jackson, a donkey who was given to the Barbers. In addition, there is an older donkey on the Barber's farm that, "Zach bonded with so easily that we started calling her Zach's grandmother," Annette explained.

The Barber family—owners of Playground Specialists, Inc. on 1170

Whates Lane in Thurmont—is proud of the newest addition to their farm. Annette said, "Zach is so frisky that we haven't been able to get a halter on him." However, Zach lets Justin, Annette's grandson and the Barber's "zonkey whisperer," rub and touch him. Also, since Zach's birth, his mother Zoey has settled down and become more approachable. When Zoey was brought to the farm three years ago, the Barbers were informed by a zebra whisperer that the animal wouldn't be able to be touched. Now, Zoey allows her owners to touch and rub her face. "It's as if we're becoming part of the herd," Annette said happily.

Annette explained that they have to be very careful around zebras. "They aren't like horses." But because the Barbers have slowly bonded with Zoey, they can touch her and take care of Zach. The Barbers have even trained Zoey to come to them when they sing "Amazing Grace." "It really is amazing, and she certainly does come to it!" Annette said.

Jeff just wanted something fun for his kids, which is why he bought Zoey three years ago. "She brings a smile to their faces," Annette said, and, in turn, to those who drive by. Sure to bring an extra smile will be Zach the zonkey, once he's brought to pasture alongside his mom—and loved animal celebrity—Zoey the zebra.

"Blessed is he who has learned to laugh at himself for he shall never cease to be entertained."

~ John Boswell



www.thecatoctinbanner.com news@thecatoctinbanner.com

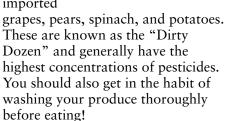
Ask the Anytime Fitness Gal

Expert answers to your health and wellness questions by Inga Olsen

Question: I have a few friends encouraging me to buy organic. There are obviously two sides to every story, so I'd love to hear your take on the pros and cons of organic

Answer: There is definitely an ongoing debate about whether you should eat organic foods or not. Some say eating organic is a nobrainer because of the potential ingestion of hormones, antibiotics, pesticides and other dubious additives found in conventionally grown foods. On the other hand, some argue that organic foods are similar in nutritional quality, yet they cost more and aren't all that accessible. Here's the real deal. Although it's true that organic foods are more expensive, there is a legitimate reason for the added cost. More care, time, and money go into growing organic crops, and those costs are typically passed on to the consumer (much like products in other industries). Even if they are more expensive, many folks would argue that the added cost is worth it because organic foods are healthier for you. Though this may seem logical, there really isn't a lot of research to back up this claim. Several studies tout the benefits of eating more fruits and vegetables regardless of how they're grown. If the nutritional quality of the food doesn't sway you, there's also this idea that organic farming is better for the environment. This may be true, but you need to remember to buy locally-grown foods. If you happen to live in California, but your organic produce is grown in Florida, you're doing more harm than good from an environmental perspective. Bottom line—if you can afford it, and you can buy local, go for it! If you do decide to make the switch, focus on purchasing these foods first: peaches,

apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported



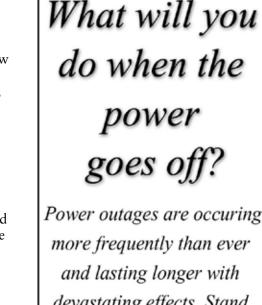
Question: I just joined Anytime Fitness, but I'm a little lost as to what I should be doing. Someone suggested getting a personal trainer, but they can be pricey. Is hiring a trainer worth it?

Answer: Absolutely! The right personal trainer can literally transform your life. They're there to educate, motivate, and inspire, and frankly, that's worth its weight in gold. From goal setting and proper exercise form to program design and diet advice, trainers will have the answers. But that's not even the best part. Trainers offer accountability, friendship, and a much-needed support system as you embark on your wellness journey. Let's face it, we all struggle with getting to the gym now and then. But trainers can make working out a lot of fun, and they can challenge you consistently, which will ultimately get you better results. Look at it this way...if your car needs to be fixed, you take it to a mechanic because they know what they're doing; the same can be said for your body. Take care of it as best you can, and if you need help, seek out an expert at your local club. Just make sure they have solid credentials, and a strong background in fitness, kinesiology, strength and conditioning, or sports medicine.

Question: Everyone seems to do something different when it comes to carbs, proteins, and fats. Some advocate higher carb, some higher protein, and some very low fat. How do I know who's right?

Answer: This is a great question, and a somewhat difficult one to answer, since it really depends on your goals. Keep in mind, there is an Acceptable Macronutrient Distribution Range (AMDR) for each macronutrient. Generally speaking, you should shoot for 45-65% carbohydrate, 20-35% fat, and 10-35% protein. If you're an athlete or you're focused on the cardio end of the exercise spectrum, then you should be more liberal with your carb intake, while getting adequate protein and fat. If you're focused on strength training and you're looking to add mass and size, you'd be wise to aim for 50% carbohydrate, 25% protein, and 25% fat. If you want to lose weight, it may be advisable to decrease carbohydrate intake (to a level of 40-45%), and then slightly increase healthy protein and fat consumption. Remember, these percent changes may not seem like much, but there's varying calorie levels associated with each of these goals. Again, the recommendations above are generalities, but hopefully they shed some light on the direction you might want to head in based on your specific health and wellness goals. And, of course, the focus should be on consuming whole grains, unsaturated fats, and lean proteins whenever possible. As always, if you need more personalized recommendations, talk to a certified personal trainer or a registered dietitian.

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



devastating effects. Stand up to unpredictable weather and unforeseen outages with the most trusted name in residential standby power. If the power ever goes out, your Generac standby generator goes on automatically - protecting you and your home 24/7. Feel secure if your power goes out with a Generac Generator from McLaughlin's.

GENERAC



McLaughlin's. Now an authorized Generac repair service dealer.



717-762-5711 | 1-800-463-5711

Since 1954

Mclheat.com

Large enough to serve you...

Small enough to care!





senior moments

by Helen Deluca

Hello to all you Seniors—young and old. Here it is, time again to tell you what's happening at the Thurmont Senior Center.

If you missed the annual Pen Mar picnic, you missed a lot of fun and good food. We will look for you next year

Did you ever wonder how nice it would be if just once YOU were served breakfast? Well, it happened to our kitchen volunteers! Not only were they served a delicious breakfast by Doris, Joan, Shannon, Patt, as well as coffee cake baked by George, but they also were presented with personal monogrammed aprons made by Irene Matthews. Missing from the pictures are Mary Willhide and Nena and Sam Miller. We are fortunate to have Irene Matthews and her many talents at the Center. She sews, paints, and is a great photographer. Watch for her "Over the Hill" dolls that will be available at the Senior Center booth at the Community Show on September 7-9, 2012. If you need a gift for someone "who has everything" and also has a good sense of humor, you must get a hand-made "Over the Hill" doll. The craft ladies are planning to have a variety of items for sale at the Community Show. The Seniors will also be selling raffle tickets for a hand-made quilt and cash prizes. It is an important fundraiser for the Center.

The monthly birthday celebration for August was on the 23rd. After lunch, cake and ice cream, we played Brown Bag Bingo. The prizes are outrageous and to play you must bring an item for the Thurmont Food Bank. The brown bags were decorated by the children who came to the park for lunch, served by the Thurmont Ministerium's free summer lunch program.

The next birthday party is September 19. Lunch as usual will be at 12:00 p.m. Call ahead; cost is \$5.75 or a donation. Or, just come for cake and ice cream at 12:30 p.m.

A bake sale is planned for September 21. For more information, call the Center at 301-271-7911.

We have two members of our Board of Directors, Phil and Mitzi Band, who, I'm sorry to say, are experiencing some health problems. We miss their input and humor, and we look forward to seeing them again very soon. John Dowling and George Anzelone have been added to the BoD.

I call John Dowling "Mr. Can Do," because he can and will do anything that is needed to help the Center. George Anzelone is a retired baker and makes all the cakes for the Center, volunteers in the kitchen, and drives for those needing a ride to the Center for lunch. The BoD is glad to have John and George.

Regarding the questions about the parking lot...yes, it's still in the plans to have the lot and driveway repaved and more handicap spaces available. In the meantime, please be patient. You can park on the lawn and also along the curb. We do ask that you keep the driveway open in case of emergency.

Colorfest will soon be here: Saturday and Sunday, October 13-14, 2012. The Center will have a booth, and we are planning a yard sale for Thursday and Friday, October 11-12. We welcome and need any reusable donations you may have. We need and can use your help. Donations can be left at the Center after October 1.

There are times when I may come on too strong regarding fundraisers for the Center. But it's a fact that we must face each day. It takes money to keep the Center operating. We

have that responsibility and we can't ignore it. If you have any suggestions for a fundraiser or would like to sponsor an event to support the Center, we would like to hear from you.

When you read this, the children will be on their way to school again. Please be alert and careful as you drive around town.

We thank all of our local merchants who are so generous to us—please show your gratitude by shopping in your "home town."

Remember what FDR said: "If you feel like you reached the end of your rope, tie a knot and hang on."

Smile, it makes you feel good.



Pictured are Susan Berry and Margaret Carbaugh, volunteers on Monday.

Courtesy Photo



Photo by Irene Matthews

Kitchen volunteers shown wearing their new monogrammed aprons. Pictured (left to right) are Frank Valentine, George Anzelone, Harlene Fogle, Mildred Whip, Anna O'Donnogue, Patt Troxel, and Chooi-Hah Monroe.

news@thecatoctinbanner.com





Conveniently Located on along Rt. 15

12917 Catoctin Furnace Rd., Thurmont, MD

Thurmont MOPS Group

You're not alone: Thurmont Mothers of Preschoolers (MOPS) group offers mothers a chance to connect and build relationships. Motherhood may be equal parts joy and headache. Caring for young children is a combination of daily excitement and unpredictability that starts with the breakfast struggle over cereal and ends with bedtime cuddles while reading a book. It can be a lonely time, but it doesn't need to be. No mother should mother alone and that's why moms from the Thurmont and Emmitsburg areas are invited to connect by joining Victory Tabernacle MOPS this month.

MOPS is a 35-year-old international organization developed to equip, encourage, and help mothers realize their potential as women, mothers, and leaders in their community. It's a nondenominational organization open to all moms—whether they are staying at home, working outside the home, married or single. Any woman who is mothering from pregnancy through kindergarten is encouraged to attend the first meeting on Thursday, September 13, 2012.

"I have been part of MOPS for four years and found within that special group of moms, a place where I can learn, grow, and find support in a nonjudgmental atmosphere," said Lacy Reynolds, Co-Coordinator for the Victory Tabernacle MOPS. "MOPS became the community I needed as a young mother. When I doubted my own ability as a mom, I found a group of women who did not judge or look down on me because of my parenting decisions. Instead, they encouraged me and helped me to develop my mothering skills."

MOPS provides a positive environment that promotes building strong moms. This year's theme is "Connection," and Victory Tabernacle MOPS will hold semi-monthly workshops that encourage discussions on a wide range of relationship topics from "how to nurture mom friendships," to creating a family vision and mission statement. While the mothers connect, their children participate in the MOPPET program lead by trained individuals. The staff is trained and cleared through background checks to create a safe and secure environment for the children.

"MOPS meetings provide the reassurance I need to survive these challenging years of motherhood. Each meeting recharges my batteries so I can tackle the whining fits, grocery store tantrums, and potty training with a renewed sense of purpose," said MOPS member Michelle Volkmann.

The first meeting of the 2012-2013 MOPS year starts at 6:00 p.m. on September 13, 2012, at Victory Tabernacle, located at 6710 Kellys Store

> Road in Thurmont. All mothers are encouraged to attend. Dinner is served and free childcare is provided for children through fifth grade. The group meets on the second and fourth Thursday of each month, from September to May, from 6:00 p.m. to 8:00 p.m.

For more information, please email vtmops@gmail.com or visit www.tmops.blogspot.com.

PenMar Development Corporation Resumes Ownership of Former Fort Ritchie Military Base

Effective July 24, 2012, Corporate Office Properties Trust (COPT) transferred ownership of the 591-acre property of the former Fort Ritchie Military Base to PenMar Development Corporation (PMDC) for redevelopment of the site to create jobs and enhance the community.

The former military base was deactivated by the BRAC commission in 1996. The acreage includes on-site buildings, a water system, and a community center. The property was initially transferred to PMDC, who in turn sold the property to COPT in 2006 for nine million dollars—five million dollars at time of sale and four million dollars due in 2016.

PMDC has met with several marketing firms to formulate a strategy for making immediate use of the property, as well as its long-term redevelopment. Various options will be analyzed to ensure the property will be used to create jobs and enhance the mountaintop community and the region. Based on professional guidance and community input, the group anticipates that such a strategy will evolve in the next six months.

"We have been working with COPT for several months to devise a mutually beneficial solution to the Fort Ritchie redevelopment," says Sam Cool, Chairman of the Board of PenMar Development Corporation. Cool also notes that the initial \$5 million purchase installment by COPT has greatly benefited the mountaintop community. Part of the proceeds were donated to area fire companies, helped to build the Fort Ritchie Community Center, and aided in the renovation of Cascade Elementary School.

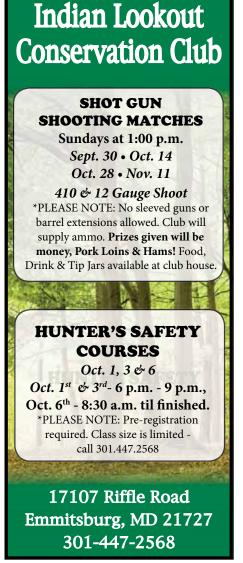
"PMDC has been actively investigating for several months the status of the property, including the residential components, infrastructure, and commercial/ industrial units," Cool explains. "The viability of the roadway system, electrical supply, water supply, and sewage capacity were studied extensively with careful attention to the stability of the lakes and the impounding dams associated with them. The Board of Directors feels that it is in the best interest of the property and community to reassume the ownership based on our findings.'

The community in the surrounding area is of vital concern to the PMDC, and the organization plans to meet with tenants on the property, as well as the community as a whole, to spread awareness of the property's status and to answer questions and hear any ideas.

As part of their comprehensive planning, PMDC is working with partners in federal, state, and county government to keep them abreast of developments and to forge a working relationship as the organization moves forward in redeveloping the property for civilian use.

The Fort Ritchie Community Center has become a focal point of the community, and PMDC will continue to work with it as it grows and develops into a self-sustaining entity. Efforts to redevelop the total property are enhanced by the success of the Community Center and the quality of life that it provides for the community in and around the former Fort Ritchie property.









tickling our taste buds

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

Hello, everyone. . . aren't you lucky? You get to read about the Community Show again. Sorry, I can't help myself. It is such a great weekend show, but it starts way before September 7, 8, and 9. The Community Show books are out in local businesses, and I have already grabbed a copy.

The first thing I do is turn to the Baked Products Department and start marking the classes that I want to enter. I don't always get them all back, but it gives me something to shoot for.

I was at a picnic recently, and my cousin, Missy, and I were discussing fudge recipes. I was telling her that I have used a recipe for years that uses chocolate chips, and I've had very good luck with it. They key to the firmness of the fudge is the cooking temperature. You need to use a candy thermometer to insure that the fudge boils to the proper temperature. The other thing I like about using the chips is that it is easy to change the flavor of the fudge to peanut butter, vanilla, and so on.

Since I haven't shared a candy recipe with you yet, I thought this would be a great one to try for the Community Show. My husband, Michael, loves when I do cookie and candy recipes....you only have to take six pieces to the show... the rest of the batch stays at home! Good luck and I hope to see you at the Community Show.



Fabulous Fudge

2½ cups of sugar

1 tsp. of vanilla

2/3 cup cups of evaporated milk 1/4 lb. butter (1 stick)

1 (7oz.) container marshmallow creme

1 (12oz.) package of chocolate chips

Mix sugar, evaporated milk, and butter in a large pan. Bring to a full rolling boil on medium heat, stirring constantly to avoid scorching.

Continue boiling and stirring mixture until candy thermometer reaches 233 degrees (approximately 5 minutes). Remove from heat and add chocolate chips. Stir until melted. Add vanilla and stir in. Add the marshmallow creme and stir until completely blended and smooth.

Pour into a 9×9 baking pan that has been coated with butter or lined with foil. Let cool at room temperature until firm and then cut into squares.

- ***Use different flavored chips for variety
- ***To increase firmness boil slightly longer



Enjoy all the products and conveniences of a national financial institution, but with the superior personal service of a locally-owned bank.

Selected Banking Features

Free Online Banking with Bill Pay • 40,000 No-fee ATMs • Free 24-7 Telephone Banking • Mobile Banking Without Bank Fees • Remote Deposit Capture

Selected Banking Products

No Minimum Balance Free E-Checking Tiered Interest Earning Checking

Seven Frederick County office locations 2009 BUSINESS ETHICS AWARD

WOODSBORO BANK

SERVING FREDERICK COUNTY SINCE 1899

MEMBER FDIC • EQUAL OPPORTUNITY LENDER

Banking for a better community

Thurmont - 143 Frederick Road • 301-271-4944 • www.woodsborobank.com

Venturing Crew 270 Trail Bound



Courtesy Photo

Pictured (left to right) are Ryan Kronz, Patrick Stellitano, Trevor Bostian, Devin Stafford, Max Pennington, Ben McCardell, Jared Snyder, Cooper Dixon, Kelsey Stafford, P.J. Gilmartin, Josh Bostian, and Michael Over.

Venturing Crew 270 has been preparing the venture scouts for the big event: going to Philmont Scout Reservation to make an 11-day, 86-plus mile backpacking hike in the Sangre de Christo Mountains in Cimarron, New Mexico.

The biggest challenge is the altitude change from Maryland to New Mexico. To help the Crew members prepare for this challenge, they have been making weekend backpacking trips along the Appalachian Trail for the past year, in all types of weather conditions and challenging mountain treks, plus personal physical training.

One of the exciting parts of the trek is the ride out to New Mexico, giving the chance for crew members to learn how the history of Maryland is also tied into the rest of our beautiful country. Starting out on July 31, 2012, the crew left Maryland early in the morning and by late afternoon was in Indianapolis, Indiana. The second day of the trip found them in Springfield, Illinois, touring President Abraham Lincoln's home and the Lincoln Library and Museum. The museum tour showed another side to the war in Gettysburg.

Day three rolled the Crew into Hannibal, Missouri, hanging out along the Mississippi River, learning about Mark Twain and touring his childhood home and the town that inspired him in his writings of Tom Sawyer and Huckleberry Finn. The best Huckleberry ice cream can be found there, too.

Day four found the crew further west and north into South Dakota, for a two-day adventure to see some of the most awe-inspiring sites that were made by nature and man. The Badlands was the first stop, and the Crew learned that as the water receded so many years ago, the minerals in the sand left behind a vast valley of multicolored layers.

Next stop was Crazy Horse Monument and museum. The magnificence of the monument was breathtaking, knowing that it was being blown out of the mountain by dynamite, much like Mount Rushmore, but by donations only. No federal or state monies are going into the project. They estimate it will take fifty years to finish the full monument of Crazy Horse.

Day five was an underground adventure in Wind Cave and Jewel Cave, South Dakota. Wind Cave is believed to be the fourth largest cave in the world. Jewel Cave is believed to be the second largest cave in the world—Mammoth Cave being the first in Kentucky. The Park Rangers estimate that less than 25 percent of both caves have been explored.

Mount Rushmore was the next national monument on the list. The hallway of flags was the first to greet the Crew, as they ventured in to view the long talked about—seen in books only—monument of our forefathers that molded our country in to an independent nation. The visit reminded the scouts of our country's rich history and values that made our country the great nation it is today.

Custer State Park was a treat for all. Buffalo, everywhere. The herds over the plains were like looking in a history book. Pronghorn antelope were everywhere and were not afraid of the vehicles. While enjoying the herds, they saw a coyote catch a prairie dog and eat it in two bites, the natural circle of life. The scouts loved the prairie dog towns, wanting to bring one home as a pet!

Day six saw the Crew traveling south through Wyoming, horse country, and Colorado, with a lunch stop at the Garden of the Gods in Colorado Springs. This park features very unusual rock formations that had rocks precariously balanced, almost seeming to defy gravity. The day ended at La Junta, Colorado, home of the Koshari Kiva. The Kiva is owned and operated by a Venture crew who specializes in Indian dancing. They travel all over the world performing their dances. La Junta is Spanish for "the junction," as it is the junction of the Santa Fe Trail.

Day seven found the Crew rolling into Philmont Scout Ranch just outside of Cimarron, New Mexico, to check in for the long awaited 11-day, 86-plus mile back packing trip in the beautiful Sangre de Christo Mountains (foot hills of the Rocky Mountains).

The National Shrine of Saint Elizabeth Ann Seton Annual Pilgrimage for the Sea Services

The National Shrine of Saint Elizabeth Ann Seton will host hundreds of visitors on October 7, 2012, at 3:00 p.m. for its annual Pilgrimage for the Sea Services. Members of the Navy, Marine Corps, Coast Guard, Merchant Marine, and The United States Public Health Service, along with family members and friends, will gather at the Basilica in Emmitsburg. The event is held each year to honor Saint Elizabeth Ann Seton as Patroness of the Sea Services and ask for her intercession for all the men and women serving in our nation's Sea Services.

The only event of its kind in the United States, the Sea Services Pilgrimage draws hundreds of visitors to the Shrine for a Mass and reception. "This year we are honored to have Admiral William Fallon assuming the chairmanship of the Sea Services committee," said Rob Judge, Executive Director of Seton Heritage Ministries. The committee is instrumental in coordinating the annual event and spreading devotion to Saint Elizabeth Ann Seton as the Patroness of the Sea Services, and we are blessed to have Admiral Fallon leading a renewed effort to further this great devotion."

Fallon, a four-star admiral. served for forty-one years in the U.S. military and his last assignment was a Commander, U.S. Central Command from March 2007 to March 2008. The Sea Services Pilgrimage was previously chaired by Admiral James D. Watkins, who in 1977 successfully petitioned the Vatican to establish Saint Elizabeth Ann's patronage of the Sea Services. "The Shrine is tremendously

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 Catoctin Banner* at 515B East Main Street, Emmitsburg, MD 21727 or 13425 Moser Road, Thurmont, MD 21788. Call 301-271-1050 or email ads@thecatoctinbanner.com grateful to Admiral Watkins for his strong, faithful leadership of the Sea Services Committee," said Judge. "Because of Admiral Watkins, an entire generation of Catholics in Naval Uniform and their families has had the peace and consolation of knowing that they have a saintly intercessor who understands the challenges associated with serving at sea." Judge continued, "We are equally grateful that Admiral Fallon has stepped forward to lead the committee and grow the awareness and devotion to Mother Seton as Patroness of the Sea Services."

"It is my honor to serve as chair of this committee," said Fallon. "Admiral Watkins laid the foundation and successfully led the committee for over thirty years. It is my intent to bolster participation in the pilgrimage and devotion to our Patroness through greater outreach to our active duty ranks. Saint Elizabeth Ann Seton is a beacon of hope for the men and women serving our country at sea."

Saint Elizabeth Ann Seton's link to the sea services stems from the U.S. Navy service of her two sons, William and Richard. Her deep concern for William, who was appointed midshipman on the fourth of July in 1817, is evidenced in the many letters she wrote him during his 17 years of service. In February 1818, he reported for duty aboard the USS Independence, and in July, he was assigned to the USS Macedonian, which sailed from Boston around Cape Horn to Valparaiso, Chile. While he was on this voyage, his mother died on January 4, 1821. Mother Seton's letters to her sons at sea showed a mother's concern in

Play Our Games

Page 9 - "Where Am I?" and Hidden Object games. Page 29 - "Who Am I?" Game

news@thecatoctinbanner.com •240-288-0108•



Ticket must be paid for by August 31st to be entered for \$100 CASH!



The Ceremonial Honor Guard from Washington, D.C. presents flags at the Annual Pilgrimage of Sea Services in the Basilica at The National Shrine of Saint Elizabeth Ann Seton

startling clarity. Elizabeth Ann would worry that she didn't know where they were at sea and if they were okay. "Now men and women at sea can know they have a Saint watching over them. They can entrust their loved ones to her care," said Admiral Fallon.

The Naval Academy Catholic Midshipmen Choir will provide music at the Mass, which will

be celebrated by the Bishop of Richmond Francis Xavier DiLorenzo. The Ceremonial Honor Guard from Washington, D.C. will present flags and add a dignified and patriotic sentiment at the Mass. Deacons and altar servers will be provided by seminarians from Mount Saint Mary's Seminary.

For more information, call 301-447-6606 or visit www.setonheritage.org.



the health jeanne

by Jeanne Angleberger, Shaklee Associate for a Healthier Life

When I think about being part of the community, Thurmont and Emmitsburg immediately come to mind. These communities are blessed with caring and compassionate people.

What makes a community healthy emotionally? I believe it's knowing that your neighbors are your friends; they share some of the same beliefs as yourself.

As I list a few acts of kindness and thoughtfulness, take a moment to see if you recall giving or receiving one of them.

Deliberately brighten another person's day by doing something thoughtful, nice, and caring.

Kind acts helps to create kindness. An essential part of a healthy community is random acts of humanity. It's likely you will inspire others by your example.

Make someone's day by saying something nice to them. Remember how you feel when someone compliments you.

Sometimes just cheering up the lonely is one of the best random acts of kindness. Sharing a smile can make a difference!

Yours truly has a favorite! I find it important to recognize parents of well-behaved children. I share how their children's behavior is a reflection of their parenting. These parents beam with gratitude!

Manners are ageless! Using your manners is showing respect for others. Saying "thank you" whenever someone does something for you shows appreciation. Opening the door to the person behind you is a mannerly gesture.

Finally, think about the people who quietly make a difference to your community—the people who serve and protect us every day. Be grateful for their services.

The community is counting on its people!

Frederick Chapter National Society Daughters of the American Revolution

The Frederick Chapter DAR Constitution Week Committee joins your community to Celebrate, Educate, and Commemorate Constitution Week, September 17-23, 2012. This year marks the 225th anniversary of the signing of the Constitution. Since 1956, Public Law 915 guarantees that the President of the U.S. will proclaim Constitution Week. There are many ways citizens can celebrate, educate, and commemorate Constitution Week. These resources and more information is available for free or at cost sponsored by Frederick Chapter DAR. Please e-mail FrederickDAR@gmail.com for resources or more information.









Peggy Koontz

Your Paper – Your News!

Send your community news and photographs to share with others. news@thecatoctinbanner.com • 301-447-2946 fax

301-271-1050 phone

www.frederickcountyrealtor.com 301-271-2787 / 301-698-5005 (O) Peggy@mris.com

REMAX Results.



Easy St. Condo - \$168,000 This unit feature 2 large BR's, 2 BA's. Eat-in kitchen w/ breakfast nook w/ access to the patio, living room w/ french door to patio, dining area, master suite w/ spacious walk-in closet and

Gorgeous wooded lot on

Pryor Rd., \$169,000!



Charming Cape Cod w/ Detached Garage \$135,000

Charming 3 br Cape Cod nestled in the trees on a non-thru street. Detached 2 car garage with great workshop, hardwood floors, front porch and coverd side porch, basement, plenty off street parking!



Brick Colonial - \$138,000

Needing your renovation touches! 4 br, 2 baths, front and rear staircases, 2 non-working fireplaces, wood floors, newer roof flixed Village Use Zoning! Off Street Parking.



Lots for Sale

Two 1 acre lots, perced with wells, \$82,500 ea. or both for \$159,000!







Who Am I? Next Issue

Your clues are: "Curly; EHS Soccer alumni; Gettysburg Hospital volunteer; plans to just take it easy."

You can submit your answer in either of two ways: call 240-288-0108 and leave a message or send an e-mail to who@thecatoctinbanner.

com. Correct answers will be entered into a contest for prizes at the end of the year. Each month's winners will be revealed in the following month's issue. Each month a new "Who Am I?" will be featured, plus we will reveal the answer to the previous month's local mystery figure.

Article by Olivia Sielaff, photo courtesy of Jordanna Hudson

Your clues were: "Kept Thurmont Middle School clean for 20 years; a centurion this September; raised on a 400 acre family farm with a Mountain View; named after a Civil War General."

Those who guessed the Who Am I? correctly were Elwood Riffle, Nancy Rice, Gloria Angleberger, Connie Fox, Jean Andrew, Carroll Forney, Jim Bentz, Bebbie Brannon, and Scott Riffle.

I am George "Meade" Eyler

In the year 1912, the Titanic sank, the Girl Scouts were established. Alaska became the 49th state, and George "Meade" Eyler (called Meade) was born. He was raised in Emmitsburg. This month Meade will celebrate his birthday. However, this isn't just any birthday. September 6, 2012, marks George's 100th birthday. Reflecting on his long and healthy life, Meade was happy to share his story.

Meade's parents named their only son after General Meade who served in the Civil War. He had four sisters: Ruth, Esther, Dorothy, and Elizabeth, respectively. His family lived on a 400-acre farm on Mountain View Road in Emmitsburg, where he learned to farm—a skill he would use the rest of his life. Meade began working with the Patterson brothers at the age of seven selling horses. Once a month, he would ride the horses with his dad to local farmers, since they "didn't have tractors back then," Meade said. When he was about ten years old, Eyler helped to fill the dirt roads in Emmitsburg with gravel. He also drove cattle over the mountains and to Gettysburg with

the Patterson brothers for farmers. One memory he has of working on the farm was when he was twelve years old. He was helping to load hay on a tractor when he was hit in the eye by a rod and knocked off the tractor. Fortunately, he only had a black eye.

After graduating from Emmitsburg High School in 1930, Meade moved to Thurmont, where he met his future wife at a carnival. Two years later, at the age of twenty, Meade married Dorothy Francis Woodward, who was from Virginia and worked in a local sewing factory. For fifteen years, he worked on a farm on which turkeys and steers were raised. During that time, he also worked at Ruth Smith's feed mill for five years and a sheep farm for four years before his daughter, Patricia (Eyler) Raymond, was born. Meade noted that money was short back then and work was hard. "I worked from day light to dark for fifteen years and got paid month to month," he stated.

Meade was married to Dorothy for thirteen years before she passed away from rheumatic fever when

their daughter was just eight years old. In his early thirties, he courted one of the Smith sisters who was a nurse, but she married a patient she had nursed. So, Meade "called up the next sister and asked if she was available." At age thirtyfour, Meade married Irene Smith, when she was thirty-two years of age. In 1955, during his second marriage, the Eylers moved to a house on Blue Ridge Avenue in Thurmont. Irene also worked in a sewing factory. The Eylers were married for almost fifty years before Irene passed away about seventeen years ago from rheumatic fever.

After high school, Meade's daughter, Patricia, worked at Hagerstown Hospital as a nurse and then moved to Lovettsville, Virginia, with her husband. Meade has two nephews and three nieces.

Before retiring in 1978, Meade worked as a custodian at Thurmont Middle School for twenty years. He and three other coworkers opened the school at 7:00 a.m. and scrubbed the floors three times a day, washed the windows, and found a lot of gum underneath the chairs and desks. He said, "I cleaned the furnace and came out black from the soot." Even though he was busy with his job as a custodian, Meade said, "I had a lot of time back then; you have to savor it then."

Before his second wife died. the couple would go on bus trips to Hanover. Besides that, Meade



explained, "All I did was work; I never went anywhere far." During his retirement years, he liked to fish and hunt, especially at the creek near his family farm. He explained how he would catch eel and turtle and even make turtle soup. When people ask him what he ate that helped him live so long, he states, "Anything but possum; I don't like possum. And, no junk food." But Meade's main secret to a long life is simple: "Work. Just keep busy.'

Meade Eyler is now living at St. Catherine's Nursing Center in Emmitsburg, where he moved this past February. He said he's been blessed with "no strokes, no nothing. The Lord gave me sight, hearing, and a mind. I'm just thankful for that."

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it."

~ Michelangelo





Simply Asia

This month, we visit the up-scale Asian Fusion style of Simply Asia. Simply Asia offers Chinese, Japanese, and Thai food at an affordable price.

Arriving at Simply Asia on a Thursday afternoon, I was greeted by décor that was modern, yet not overly complicated. Tables were simple and elegant. Overall, the dining area is a step above most "Chinese restaurants." Soft, modern instrumental music played in the background.

Having spent more time exposed to fine Japanese dining (over Chinese or Thai), I ordered the Bento lunch box, which came with Miso soup.

Shortly after ordering, the Miso soup arrived. It was hot and flavorful and was on par with most other local establishments that serve Miso.

The main course, the Bento box, arrived nearly ten minutes later. The presentation was very nice and was served in a black plastic box with a red interior, replicating a traditional wood lacquered Japanese Bento box. (Interestingly enough, most Bento boxes in Japan are made from disposable plastic and are served in Japanese train stations and convenient stores. Only in America has Bento been moved up the scale in fine dining.)

The first thing I sampled in the Bento box was a California roll. There were six rolls, assembled with sticky rice. The rolls tasted well compared to other local establishments that cater in sushi. One thing to note, I usually do not dip sushi in wasabi or soy sauce, but the soy sauce at Simply Asia had a very sweet flavor to it that I have rarely encountered at any establishment that specializes in Asian cuisine.

The salad was a bit different from the typical Bento box fare found in North America. There was a "sweetness" to the dressing, which included long-sliced cucumbers, varying from the usual vignette dressing at many places.

The tempura was very tasteful; the panko crumbs used were plentiful and fried correctly. The ebi (prawns) and vegetables were good, as well; and



Bento lunch includes miso soup to start, with a lunch box (above) as the main course: salad; six California rolls; an assortment of tempura, consisting of ebi (prawns) broccoli, carrots, and onion; sticky rice; two small dumplings; and ginger and wasabi for the California rolls.

the broccoli, generally noted for its lack of flavor, came off tasting wonderful.

Moving on, I went to the rice. Rice is rice. However, I will note that the rice was well-garnished with sesame seeds on top. This was a nice touch and added to the overall appearance of the dish. It is also something I seldom see; and the attention to detail is key to standing out in the ever-growing Asian cuisine restaurant scene. Last in my Bento box were two small steamed shrimp dumplings.

At the end of the day, the serving size of the meal was more than a generous amount of food for \$11.95. Despite my high standards when it comes to Japanese cuisine, Simply Asia is quite comparable in quality and quantity and would probably cost twice as much in Montgomery County, Northern Virginia, or Washington D.C. Even Frederick would be hard pressed to find a comparable meal for the price.

Simply Asia 120 Frederick Rd. Thurmont, MD 21788 301-271-2858 http://www.simplyasiamd.com/

Editor's note: All restaurants reviewed in this column are provided at the expense of the reporter. The reporter pays for the products that are reviewed, and the establishments are not notified ahead of time of the visit. Reviews and visits are impromptu. The reviews found in this article are truthful and honest opinions, not advertisements. Opinions found in this article are those of the individual reporter and do not necessarily represent the opinions of *The Catoctin Banner* Newspaper.

Trail Day

by Caroline O'Donnell

On July 7, 2012, 100-plus degree weather did not stop fifteen eager volunteers from working on Emmitsburg's Multi-User Trails near Rainbow Lake. Heavy rain on April 22, 2012, did not deter the volunteers, either. Though the weather may not have been welcoming to the volunteers, the benefits certainly were. Before the work day began, free

coffee, bagels, and bananas were available to the volunteers on both days. After the 9:00 a.m. to 1:00 p.m. work day, the trail volunteers were invited back to Community Park for a free barbeque; \$3,500 worth of work tools were provided by M.O.R.E., the Mid-Atlantic Off-Road Enthusiasts.

The first Trail Day took place on August 12, 2011. The second Trail Day came soon after. Building a trail is neither quick nor easy work. It requires marking the route, clearing the route of growth, moving debris out of the way—especially after storms—and shaping the trail's surface. This is an ongoing process. Trail building may sound challenging, but it is incredibly rewarding. The goal is creating trails that are fun to ride and hike on, and that will not easily erode.

Commissioner O'Donnell, who has organized this program said, "Emmitsburg can benefit from more youth activities. We already have some great youth sports programs. Mountain biking provides another recreational outlet for our young people and other outdoor enthusiasts. Hikers and mountain bikers can also bring tourists' dollars to the town's businesses, too!"

Volunteer participation has been steady throughout the process. Commissioner Joy and

Commissioner Blanchard have come to multiple Trail Days. Many local groups including students from Emmitsburg Elementary School, Mother Seton School, Catoctin High School,



Photos by Caroline O'Donnel

Commissioner Tim O'Donnell (in red overcoat) and James Hunt, along with other volunteers, brave the rain to clear the trail on April 22, 2012

and Mount Saint Mary's students, faculty members, and cross-country runners have made their mark on the trail, too. Even the entire Mount Rugby Club has come. After the two formal work days last year, and three so far this year (not counting the informal work days year round by Commissioner O'Donnell and others), the beginner's path is almost ready for mountain biking. As it should be, with 445 volunteer hours! (The hours logged are tracked by M.O.R.E.) Many volunteers have come from Maryland, D.C., Virginia, and Pennsylvania. Both M.O.R.E. and the Frederick Bicycle Coalition have advertised Trail Days, and both have had many members participate. Future trail plans include a higher tier, two additional trails to challenge intermediate and advanced riders, and trails leading to Emmitsburg and the Mount. The Beginner Trail is ready now for hikers and trail runners, but more work is needed for mountain biking. Commissioner O'Donnell says volunteers are still needed. At the present, he is looking for a volunteer with access to a mini excavator.

The Emmitsburg Multi-User Trails has also received a \$25,000 grant from the Trail Conservancy. The grant money will go toward finishing the Beginner Trail and building the Intermediate Trail. To date, 2.23 miles have been developed through the efforts of volunteers, at virtually no expense to

the town.

For more information about using the trails and about "Trail Days," please contact Commissioner Tim O'Donnell at 301-447-3839 or todonnell@ emmitsburgmd. gov.



On the trail (following the pink flags) on August 12, 2011.

happily ever after

Anything But Routine

by Valerie Nusbaum

It was my birthday. I know.... another one. It seems as though I just had one, doesn't it? Randy was taking me out for a special dinner on Saturday night, so I decided to do the whole "beauty routine," which meant that I had to start getting ready on Wednesday. At my advanced age, these things take time.

I should caution any men who might be reading this column that you may read things you'd rather not know about. It might be a good idea, gentlemen, for you to turn the page.

Seriously, though, early Saturday morning I began assembling the tools I would need in order to make myself presentable in time for our early-bird dinner reservations. I grabbed both of my razors. Randy has it easy. He shaves his cheeks and chin, which is about ten square inches. I start at my ankles and end somewhere just below my eyebrows. I got out the pumice stone for my feet and the tweezers for my eyebrows. I found the shampoo, conditioner, and the fourteen other hair products I have to use to tame my hair into submission. Unless I specifically buy shampoo for Randy and put it in his shower-where he'll see it—he just uses soap on his hair. His hair is always perfect.

Randy wisely decided to go visit his parents on Saturday morning. He has walked in on me primping and crimping often enough to know that he's better off not knowing everything about me. I try to keep some of the mystery in our marriage, but that's next to impossible when you share a bedroom. The other day, I was sitting at my makeup table using my tweezers, when Randy walked in

"Whatcha doing?" he asked.

He took a step back and looked shocked and said, "There's no need for you to be so rude. Do you kiss your mother with that mouth?"

I have to touch up my roots before I go out if I'm between colorings. Randy doesn't have any noticeable gray hairs. My skin requires at least six different lotions and moisturizers—one for my face, one for my legs, a thick one for my to use a moisturizing lotion on my neck area so that I can avoid what my friend, Kathy, calls "old lady cleavage." I once bought Randy a jar of body butter to use on his cracked feet. The noises made when his dry skin stuck to his socks drove me crazy. The jar is still sitting in his side of the headboard of the bed. I've learned that if I turn up the TV loud enough, I can't hear his feet and we're both happy.

electric toothbrush. That routine takes about forty minutes, because the rinse requires that I don't eat or drink anything for thirty minutes after use. I was on my third bottle of this particular rinse before I realized that it was an "after" brush rinse rather than a "before." I probably caused myself some irreparable

and parked himself right behind me.

I couldn't very well say that I was waterskiing, so I answered truthfully. "I'm plucking my nose hairs." It came out sort of garbled, because of the tweezers and the way I was scrunching my face.

another for my elbows, a self-tanning feet, and the list goes on. I make sure I use a tooth rinse along with my

whitening toothpaste and that blasted

Celebrating 71 Years of Serving Our Community OUGH 2013 ESCAPE America's Affordable Mid-Size SUV Maximum MPG w/ twin-turbo ECO-Boost Engine Up to 33 MPG! WWW.CROUSEFORD.COM Check our inventory online! Visit us at.... 2013 FUSION All New Design! west Arrival - 40 MPG! Rt. 140 | Taneytown, MD Toll Free 1-888-209-5389 Mon-Fri | 9am-8pm | Saturdays | 9am-4pm

damage, but my teeth looked pretty good. Randy brushes and gargles, and he is done in five minutes.

There's the loofah sponge that I use to attack the chicken skin on my arms, and the buffing sponge for my face, both of which must be disinfected after use to prevent bacteria from growing. Mostly, I just throw them away and buy new ones, but I'm told that you can "cook' them in the microwave for a few seconds to kill anything that might be

I'd be remiss here, ladies, if I didn't offer a couple of tips and suggestions. If you happen to have dry or cracked heels and don't want to buy those expensive creams, I've found that a dollar store lip balm works just as well. Rub it on your feet as you would on your lips. Put on a pair of cotton socks, and you'll notice a difference very soon, I promise. Try to get the unscented, untinted ones, unless you don't mind coloring your socks. I also highly recommend L'Oreal Hydra Renewal face cream. It isn't expensive, either, and it really helps keep my face from drying out. It's a good idea to use a purifying shampoo once a week or

at least once every two weeks if you use a lot of product on your hair. Again, I go cheaply and use Suave, but it does the job and gets rid of the build-up from the conditioners, mousse, gel, and hair spray that I use regularly. Whatever you do, don't flush the toilet with the lid up. You can contaminate your toothbrushes that way. Seriously, every time you flush, there's some spray from the toilet water. I'm only trying to help.

My total time to get ready last Saturday was six hours and twentyseven minutes. That included running on the treadmill and bathing, in addition to everything I've mentioned above. Randy's total time was twenty-two minutes, which oddly enough also included his run and shower. No matter how long I take to get ready, I'm still ALWAYS ready before Randy is. He always makes me wait.

After all that effort on my part, Randy made the same comment that he would have if I'd just gotten out of bed and thrown on a pair of jeans. He said, "You look pretty." He always says that. I'm not sure he ever really looks at me, but he's a very nice man and also very wise.

"In three words I can sum up everything I've learned about life: It Goes On."

~Robert Frost



RESTAURANT & CATERING

Come in and try Chef Mike's New Fall Features Starting September 1st

Grilled Delmonico Steak

Topped with a brandy and fresh apple reduction and bleu cheese crumble. Served with Chef's choice of potato and vegetable.

Pork Cowboy Steak

Glazed with a house-made apple butter and served with hand cut sweet potato steak fries and grilled pear.

Pan Seared Chicken Breast

with a brandied cranberry cream, Served with Spiced Pumpkin Ravioli and finished with a candied walnut and herb crumble.

Served with Chef's choice of vegetable.

View www.carriagehouseinn.info for weekly specials 301-447-2366 200 S.Seton Avenue, Emmitsburg Md 21727

our neighborhood veterans

E-5/Staff Sergeant Anthony Charles Wivell

by Jim Houck, Jr.

Born on September 29, 1980, Tony grew up with his mother, Virginia (Ginny) Bowne, and his grandparents, Alma Lingg and Charles Hobbs Jr., in Emmitsburg, Maryland. He attended Emmitsburg Elementary School from kindergarten through 3rd grade.

When Tony was 9 years old, his mother married Frederick Bowne of Emmitsburg, whom Tony was proud and is proud today to have as his

Fred accepted Tony and Tony's older brother, Shawn Wivell, into their new lives. The family moved to Fairfield, Pennsylvania, into the home in Carroll Valley where Ginny and Fred still live today. While Tony was growing up, the family was blessed with two additions: Steven and Katie Bowne. Tony was known as a little "hellion," and he now understands the meaning of the word, since that is what he calls his own son; hence, the old saying "the apple doesn't fall far from the tree."

Tony started school at Fairfield Elementary in the 4th grade and continued his education at Fairfield, graduating from Fairfield High School in 1998. While attending high school, Tony worked three jobs, helping him in his young adulthood by teaching him independence and ability. Tony worked at Mt. St. Mary's dining services at the age of 15 for about two years. He then went to work at St. Joseph's Provential House, where he was a part-time cook on weekends and in the tray room through the week. He also worked at the Emmitsburg McDonalds, on and off, during and after high school. After high school, he worked full-time at Quebecor World printing in Fairfield for about two years, when he realized there was more for him in life than going from one job to the next. Tony wanted to further his education and thus get a better job. He was talking to some old friends from Gettysburg, and they told him about them joining the U.S. Air Force, convincing him to do the same.

Tony, at the age of 19, signed his first four-year enlistment in July of 2000, and headed off to boot camp at Lackland Air Force Base in Texas. Airman/E-1 Anthony Wivell graduated six weeks later and went to training for his job as an Aerospace Ground Equipment Mechanic at Sheppard Air Force Base in Texas for another six months.



Courtesy Photo

Tony worked on diesel engine generators, gas turbine generators, heating and air conditioning, and all the different types of maintenance equipment the aircraft depended on. While at Sheppard, Tony dearly missed his girlfriend Jennifer Hughes. He wanted to be with her, and Tony knew the quickest way to get her there was to marry her. Jennifer flew down on November 2, 2000, and she and Tony went to the Wichita Falls Courthouse in Texas and exchanged

Jennifer and Tony were assigned their first duty station in early 2001 at Seymour Johnson Air Force Base in North Carolina. Tony was assigned to the 4th Equipment Maintenance Squadron, where he and Jennifer lived for the next three years (2001-2004). While at Seymour Johnson, Tony joined the base Honor Guard and did Military Honors for many events and funerals of fallen soldiers and prior Veterans. He was with the Honor Guard throughout his military career, and still continues with the Color Guard for the American Legion Post 121 and VFW Post 6658 in Emmitsburg, Maryland.

Tony was in the shop at Seymour Johnson working on an MJ-1 Bomblift shortly after 9:00 a.m., when he began to see a majority of their sergeants frantically pace around. Soon after, one of the sergeants walked by and said "this is it boys, this is what we are paid

to do, get ready." The date was September 11, 2001, and Tony said he remembers that day vividly. They all gathered in the break room around a 14" TV to watch the remaining events unfold in complete disbelief. Tony remembered at that moment the worrisome feeling of the unknown, and the complete helplessness that the entire world felt; everyone wanted to call their family back home, wherever it may have been. After the attacks kept coming throughout the entire day, everyone was on edge waiting for orders or any bit of news. They even started mobilizing equipment just in case they were told to do so, because they couldn't sit and watch any longer; that was their way of doing something in the meantime.

In January 2003, at the beginning of the Iraq War, Operation Enduring Freedom, Tony received his first deployment orders for overseas. He was not aware of his destination when he arrived at Al Udeid Air Base in Qatar. Tony's training was put to test, because the equipment our fighter jets used had to be ready and working all the time. That was the first Tony had seen ammunition and bombs being fully loaded on an aircraft, and when they returned the jet would be completely naked. Tony said for days on end this would go on non-stop. Jets would load up, fuel up, take off, and return in an hour and do the same thing all over again. He remembers the intense heat on the flightline that, of course, was right in the middle of the desert. There was no AC out there, no shade, and when the wind blew it felt like a blow dryer being held in your face. Tony said it was even worse when they had to gear up for a sand storm. Thinking back, he said they were so busy and focused on the mission at the time that he doesn't think anyone cared about the heat. The pilots depended on them, and they gave it all they had to keep up, hoping they would be right back and safe. Tony said one of the scariest moments from that deployment was during a night when a few men were sitting outside their tent playing cards after shift. They never ventured far, because they were told to keep all chemical gear with them at all times. He said lugging that bag around, plus anything else you had, was a handful. They were sitting there on the outside of the tent when the base sirens sounded; they heard the words "alarm red, alarm red, alarm red." They had heard that plenty of times before; however, it was always followed by "exercise, exercise, exercise." Tony and the other men sat there and stared at each other for a minute trying to see if anyone else was as concerned as they were or just wondering if they

forgot to say the word "exercise" this time. Then the scramble began, and everyone was out and running for the nearest bunker. A few of them ran through the tent to make sure those sleeping were awake and aware. Tony said he doesn't think he ever put on gear that fast, even during the numerous training exercises. He remembers when he finally got inside the cement bunker; it was packed full of people, and they sat there in silence waiting for anything. Tony remembers praying and thinking of family back home. The alarm was cleared about 20 or 30 minutes later, and there was no attack or bomb. He later heard that the alarm was from a returning fighter jet whose navigation system faulted, causing an alert from control center because the jet was unidentifiable. There were a lot of suits that needed to be replaced after that, because they are no longer usable once opened. Tony, while in the desert, was awarded the Airman Below The Zone award (BTZ), which means he was promoted to E-3/Senior Airman six months early.

In July 2004, after four years as an AGE Mechanic, certain jobs were available for cross training. Tony always had an interest in information technology (IT), so when he saw the opening, he requested to cross train. He was accepted and sent to school at Keesler AFB in Mississippi; Tony spent three months there. When he was done, his new job title was Computer Systems Operations Specialist, also known as the 3CO career field. In October 2004, immediately after training at Keesler, he and Jennifer returned home where he reinlisted for another four years. Tony and Jennifer moved to their next duty assignment at Pope Air Force Base in North Carolina. At Pope, he was assigned to the 43rd Communications Squadron. Tony was soon promoted to E-5/Staff Sergeant and was assistant Non-Commissioned Officer in Charge of the computer help desk for the base. About a year later, he was assigned as the Non-Commisioned Officer in Charge of the help desk. He supervised approximately twenty airman, running a 24 hour, 7-daysa-week shop. A year or so later, he expressed his interest in the network security side of the house and, soon after, moved to that section. He learned about securing network devices by the use of many tools, identifying vulnerabilities on systems and patching them to prevent those vulnerabilities from being exploited by unauthorized users.

Jennifer gave birth to their son Devin Anthony Wivell on February

Veterans — Continued on page 33

Our Neighborhood Veterans — Continued from page 32

25, 2006, at Fort Bragg Medical Center in North Carolina.

Tony's first experience working closely with ranks from enlisted to commissioned and from all branches of the military came during his second deployment in early 2008, while at Pope Air Force Base where he was to camp as Sayliyah in Qatar working with Central Command. The deployment was very mentally and emotionally taxing on Tony, because he had to leave his 2-yearold son behind. Tony had been with him nearly every day since Devin was born. Tony said he will never forget how crushed he felt when his wife and son left in the car during their last visit before deployment. Tony found it so hard leaving Devin, because he felt like he was punishing him without an explanation and that was very hard to deal with. He said at one point he thought he was having a stroke, because one side of his face became slightly paralyzed and would not stop twitching. The doctors kept telling him it would go away and that he was fine. Tony said his condition lasted for over a month, and, as strange as it sounds, two beers and a phone call home finally made it stop.

Tony decided, after leaving his son behind and the mental difficulties it caused him, deployments were no longer what was best for him or his family. Luckily his job was somewhat marketable in the civilian sector, so in August 2008, Tony left the Air Force and accepted a position with Artel Inc., a government contractor, as an Information Assurance Engineer for Defense Information Systems Agency. He would be doing much of the same type of work he had done in the Air Force. Tony was hired two years later as a GS-12 Information Technology Specialist for Defense Information Systems Agency (DISA) and is still working there today.

During his eight years of Air Force time, Tony took college

classes whenever possible and was able to earn two degrees at the end of his enlistment. Tony earned an Associate's Degree in Information Systems Technology from the Community College of the Air Force, and a Bachelor's Degree in Information Technology Management from Touro University in 2008. Tony is currently attending classes, and at this time, only two classes away from his Master's Degree from Trident University in Information Assurance and Digital

Tony moved his family back to his home town he grew up in after living in North Carolina for eight years. They now reside one street away from Tony's parents in Fairfield, Pennsylvania. Tony said they have had the pleasure of finding the best of friends—that will be lifelong friends—regardless of how times and distance have separated them. He says he is blessed to have been raised in a family that has or had problems that they were able to tackle together, making every single one of them a little bit stronger. Through it all, Tony realized it's the love of family that keeps you going and greatly contributes to molding a person's character. The number one thing that matters most in life is the love and support between family and friends; and Tony says he is definitely blessed to have such big families from the Wivells, Hobbs and Bowne's, as well as the many friends his journey has brought him so far.

When you become a true friend of Tony Wivell, you are a true friend forever. He is one of the most polite, respectful, intelligent people I have ever met, and I am proud to call him "friend." If you have the good fortune to meet Tony, shake his hand or hug him; and tell him you are proud of him, because he is one of our veterans, a very worthy neighbor, and a great human being.



our community veteran event board

Send your Veteran Organization's News to:

Phone 301-271-1050 • Fax 301-447-2946 • news@thecatoctinbanner.com

American Legion News, Post 168, Thurmont

We missed last month's issue, but not because nothing was happening. Our annual Luau was a big success—lots of people, lots of fun and food, music and Karaoke with Ralph Gann—everyone had a great time.

Football, anyone? Thanks to the Sons of the American Legion, we will be having the NFL Sunday Ticket—all games available, no more black outs.

Don't forget our annual Picnic on September 9, 2012—Members Only, tickets are available at the post. The menu includes: crabs, chicken, potato salad, baked beans, coleslaw, corn on the cob, crab soup, and, of course, your favorite beverage.

Starting on Friday, September 7, 2012, Ralph Gann will be doing Karaoke in our "Back Room," followed on the 22nd with DJ Jake.

Coming in October is the annual Colorfest; we still have a few vendor spaces available for rental. Inquire at the Post: 301-271-4411.

Also next month on October 20, we are hosting the Rock N Roll Relics— Frederick County's Premiere Oldies Band—in our Ballroom.

We are open every day starting at 12 Noon. There is Wii bowling, air hockey, and a card room, and, of course, TV. Come on in and watch your favorite shows. Our Ballroom and Pavilion are still available for rental. What a perfect spot to hold an event.

Wing Night, American Legion Post 121

Wing Night will be held on Saturday, September 15, 2012, at the American Legion Post 121 Emmitsburg, from 6:00-9:00 p.m. Cost: \$15.00 per person; must be 21 years old to attend. DJ-9:00 p.m.-12:00 a.m.

Members Crab Feed, American Legion Post

Members Crab Feed will be held on Sunday, September 23, 2012, at the American Legion Post 121 Emmitsburg, from 12:00-4:00 p.m. Includes: hot dogs, hamburgers, corn on the cob, and liquid refreshments. Members plus 1 guest; after September 9, 2012, remaining tickets will be for sale to nonmembers. \$15.00 per person (non-refundable).

VFW Post 6658 Crab Feed

VFW Post 6658, Emmitsburg, is hosting a Crab Feed (includes beverages & sides) on Saturday, September 29, 2012, from 1:00 p.m.-5:00 p.m., at Kump's Dam Park. Tickets are \$25.00 and are available at Post 6658. Tickets are limited; must be purchased by September 22, 2012. For more information, call 301-447-6141.

VFW Post 6658 & Ladies Auxiliary 25 Week Club

VFW Post 6658 & Ladies Auxiliary, Emmitsburg, is hosting 25 Week Club on Saturday, October 6, 2012, at the Vigilant Hose Co. Building. Tickets are available at Post 6658 for \$25.00 each. Drawings are held each week with the final drawing at dinner. Doors open at 5:00 p.m. Chicken & ham dinner includes beverages & sides. All payouts awarded at dinner. For more information, call 301-447-6141.

Auxiliary Unit 121 Gold Star Mother Dinner

The Auxiliary Unit 121 Emmitsburg Gold Star Mother Dinner will be held on September 20, 2012, at 6:00 p.m., at Ott House Pub and Restaurant.

American Legion Post 121 Meetings

- —Tuesday, September 4, 2012, Veterans and Sons at Kump's Dam Park, Auxiliary at Post Home, 7:00 p.m.
- —Tuesday, October 2, 2012, Veterans, Auxiliary and Sons at Post Home, 7:00 p.m.

books, nooks, programs and more at the library

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

Thank you for being part of our fantastic summer at the Thurmont Regional Library. Close to 900 kids signed up for the Summer Reading Program, making it a record year. All of those kids not only had the opportunity to participate in our summer programs and events, but they won prizes, got a free book if they finished, and best of all, kept up important literacy skills for the new school year.

We also welcomed almost 400 people to the deck this summer for Nighttime Nature and Music on the Deck. Many thanks go to the Friends of the Thurmont Regional Library for making those six unique programs possible. Throughout the summer, many visitors stopped in to use our Wi-Fi, get their Summer Reading Passport stamped, or get help with other types of information. It never gets old hearing that Thurmont, Maryland, has one of the most beautiful libraries in the state!

As we kick off the fall season, those of you who have purchased an eReader and are learning how to download eBooks from our library website are invited to make an appointment with our eReader specialist. Not every reader is the same, and we understand that you may have questions about our free Overdrive books. Just call our Information Desk at 301-600-7212, and let staff know you'd like to make an appointment for one-on-one help. It's that simple.

Also, if you or someone you know is seeking employment, "Jump Start Your Job Search" on Thursday, September 20, from 10:00 a.m.-4:00 p.m. in our Community Room, is not to be missed. This totally free job readiness event provides workshops about barriers to employment, finding your employment strengths, and finding the right job. This free event is sponsored through Seton Center Inc., together with FCPL, FCDSS, Goodwill, Mount St. Mary's

University, and FC Workforce Development. Lunch and childcare provided. Register today at 301-447-6102.

The library recently participated in the Saturday Stroll Backpack event sponsored by Thurmont First, with many families stopping by to pick up information about how the library can help kids succeed in school. We are planning a special drive-through window event for Furmont Days in October. And we'll also be joining many other local organizations and businesses to support the Thurmont Lions Club Make A Difference Day. Remember, the library remains open during Colorfest weekend, so if you know anyone who needs access to Wi-Fi or they just want to take a rest, tell them to visit the library!

The Annual Friends Book Sale happens, once again, at the Community Show September 7-9, 2012, and there are thousands of great titles again this yearshop early for best choices. Other September programs for children and teens are too numerous to mention, so visit our website or stop in to pick up our program guide to insure you don't miss any of the fun. A special Grandparents walk-in event happens on September 15, 2012, and family concert will be a featured event on Sunday, September 16, 2012, when Adam Gonzalez will present a solo performance in honor of this year's One Maryland, One Book selection: The Cellist of Sarajevo by Steven Galloway. Mr. Gonzales is a member of the Trio Giocoso and has performed extensively in Maryland and Virginia, and recorded commercially for the History Channel and National Geographic and is a cello instructor at both Mount Saint Mary's and Frederick Community College.

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

Share Your Good News With The Catoctin Community!

Send your community news and photographs to share with others in your community. If you would like your name listed as contributer or photographer of your information, please include it in your email or mail.

Send your news to: *The Catoctin Banner*, 515B East Main Street, Emmitsburg, MD 21727 or 13425 Moser Road, Thurmont, MD 21788

news@thecatoctinbanner.com \diamond www.thecatoctinbanner.com 240-288-0108 message line; 301-271-1050 phone; 301-447-2946 fax

For Rent

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

MOON BOUNCE for rent, \$150.00 per day. 301-447-2663.

Wanted

WANTED: Any unwanted lawn mowers, tillers, snowblowers, or yard items. Will pick up. Call 301-271-4266.

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

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

Notices

FREE PICK-UP: Appliances working or non-working. Also, old mowers, tillers, etc. Anything metal. 240-674-7788.

NOTICE: Home and Garden Party and Home Interiors have joined together to become "Celebrating Home" bringing families together. To request a new catalog, host a show, schedule a fundraiser, or learn more about starting your own business, please e-mail MaryLou Little at hgpartygirl62@aol.com or call 301-447-2073. Shop with me online at your convenience www.celebratinghome.com/sites/maryloulittle.

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

Services

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

GUITAR LESSONS: Acoutstic/Electric. Beginners to Advanced. All styles, all ages. Taught by an instructor with over 20 years teaching and performing experience. Call Brent at 240-586-1128 or email brent@brentguitar.com.

DRUM LESSONS: Drum Set and Hand Drum. All ages, levels, styles. Professional educator and performer with over 40 years experience. Call Mr. Paul 301-271-7390.

Test Your Word Power

- Answers -1. a 2. c 3. b 4. a 5. Behoove Quality wedding invitations/accessories at a discounted price! Joyce at 301-271-1107.

classifieds

Guided rock climbing, caving, rappelling, kayaking, and other outdoor adventures and parties. Daybreak Excursions 240-731-9936.

DAYCARE OPENING: 2 yrs. and up. Emmitsburg area. License #136114. Call Glenda 301-447-3048.

GET YOUR HOME SPARKLING CLEAN: Call 240-505-0375 for an appointment or a quick phone estimate. Email ferrin.services@gmail.

Private Music Lessons in Piano, Guitar, Voice, or Organ available with an experienced teacher. Your home or mine. All ages welcome. Call 301-271-2307 or 240-469-7899 (Leave Message).

For Sale

96' Blazer in very good condition. \$2,000/OBO. Call 301-271-2307 or 240-469-7899 (Leave Message)

95' Ford Club Wagon 3500. Good condition. Runs Good. Transmission slips. \$800.00 O.B.O. 301-748-0781.

Chevy Nova 4 dr. Good condition. \$1,000/OBO. 301-748-0781.

1968 Red Mustang Coupe, 3 speed on the floor. Straight 6. New paint, new tires. 70,000 mi. \$6,800.00. 301-748-0781.

Pontiac 455 ci. Crate engine. Engine complete with electric water pump, headers to fit a Pontiac big body car, intake and a Holley Road Demon carburetor. Engine has a bigger than stock cam and lifters. Engine fits any Turbo 400 transmission. Engine only has 500 miles in only one car. Sold in "As is" condition on its engine stand. Buyer responsible for pick-up and delivery. Cash offers only please. \$4,000.00 firm.

Help Wanted

Church Office Secretary, Tom's Creek United Methodist Church. General secretarial duties, proficient in Microsoft Office, able to multi-task, ability to interact effectively with others, 10 hours/week. Send resume along with 2 references to: Reverend Tim Krom, TCUMC, 10926 Simmons Road, Emmitsburg, MD 21727.

Exp. preparers needed for Jackson Hewitt Tax Service. No Experience? Online tax classes are forming now. Earn extra money in tax time. Flexible hours, competitive pay. Call 301-271-3359 or e-mail 2012taxschool@gmail.com.

E Plus Copy Center and *The Catoctin Banner* Newspaper seeking part-time, well-rounded, people-person who enjoys writing, new projects and community interaction. Mondays and Wednesdays 9:00 a.m.-5 p.m. in copy center plus a few hours on a flexible schedule which may include evenings and weekends. 301-271-1050.

Yard Sale

YARD SALE/FLEA MARKET: 1st & 3rd Sunday of the month, May through October. Corner of US #15 and St. Anthony Road, Emmitsburg. \$10/spot. 240-529-2737.

Calendar Advertising is free for non-profit events and Display Advertiser's events.

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 Catoctin Banner*, 515B East Main Street, Emmitsburg, MD 21727 or 13425 Moser Road, Thurmont, MD 21788. Call 301-271-1050 or email ads@thecatoctinbanner.com

september

- . Summer Sandwich Sale, Thurmont Lions Club, Bell Hill Farm, 1 1/2 miles north of Thurmont, along US Rt. 15. 10:00 a.m.-3:00 p.m. (or until sold out). Pit beef, pork, turkey, and ham sandwiches alone or platter (includes cole slaw, drink, & french fries or baked beans. 301-271-0558, visit www.thurmontlionsclub. com, or follow "thurmontlionsclub" on Facebook.
- Annual 5K/10K Trail Run, ThorpeWood, 12805-A Mink Farm Road, Thurmont. 9:00-11:00 a.m. Day-of-event registration: 8:00 a.m. (Horse Pavilion, follow signs). Music from Dynomite DJ Bruce Pike, Pre-registration: \$20/all ages 10K Run; \$15/all ages 5K Walk. Day of Event: \$25/all ages 10K Run; \$20/all ages 5K Walk. Registration form: http://www. thorpewood.org/calendar/calendar.html. Rain date: Sept. 3.
- 3..... Annual Labor Day Festival, Our Lady of Mt. Carmel Parish, Church Street, Thurmont. Noon-5:00 p.m. Chicken and Ham Dinner: \$12/Adults; \$6/Children 6-12; Free/under 5 yrs. Live music by Home Comfort Bluegrass Band. www. emmitsburg.net/sasolmc.
- 4..... American Legion Post 121 Meeting, Veterans and Sons at Kump's Dam Park Auxiliary at Post Home. 7:00 p.m.
- . Bingo, AMVETS Post 7 Thurmont, Ladies Auxiliary. Doors open 5:30 p.m.; Bingo 7:00 p.m. Light food & beverages.
- 7..... First Friday Fun. The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick, MD. 9:30-10:30 a.m. Animal Fun program for ages 2 – 6 includes Old MacDonald Had a Farm and the 3 Little Kittens; activities & craft. \$4/child; pre-registration suggested. 301-600-7448 or www.rosehillmuseum.com.
- 7..... Opening School Mass, Mother Seton School. 10:15 a.m. at Mother Seton School, Emmitsburg. All are invited. 301-447-3161 or www.mothersetonschool.
- Lewistown Ruritan Golf Tournament, Maple Run Golf Course, Moser Road, Thurmont. 8:00 a.m. Benefit scholarships. Harold Staley 301-748-1708.
- 7-9...Thurmont & Emmitsburg Community Show, Catoctin High School. See schedule on page 6.
- ..Thurmont Thespians, All Shook Up, at Thurmont & Emmitsburg Community Show. 7:00 p.m.
- .Chicken Barb-B-Q, Lewistown Ruritan Club, U.S. 15 North & Fish Hatchery Road, Lewistown.
- 9.....Rally Day 2012, St John's Lutheran Church, 15 N. Church St, Thurmont. Starting up new Sunday School year. All are welcome; walk up registration that day. Services at 8:30/10:45. Sunday School for all ages at 9:45. 301 271 7877.
- . Like to sing? The Clustered Spires Chorus, a women's barbershop group, invites women of all ages and voice parts to visit their weekly rehearsals, Mondays 7:00-9:30, Trinity United Methodist Church, 705 West Patrick Street, Frederick. Visit clusteredspires.org or call 301-644-1589.
- 10 ... Victory Tabernacle daytime Bible Study (held on Mondays, starting Sept. 10), corner of Kellys Store Rd. and Catoctin Furnace Rd., Thurmont. 10:00 a.m.-11:30 a.m. Group will meet in a member's home in Thurmont. Study topic: "Women of the New Testament." No cost; pre-register by September 7, Kathy Jenkins, 301-271-3658.
- 11 ... The Catoctin Furnace Historical Society, Inc. September Meeting., Collier's Log House, 12607 Catoctin Furnace Rd., Thurmont. 12:00 p.m. Speaker: Michael Worthington, dendrochronologist of

community event calendar

- Oxford Tree-Ring Laboratory. New members welcome. Elizabeth Comer 410-243-2626; ecomer@catoctinfurnace. org; www.catoctinfurnace.org.
- 11 ... Rabies Clinic, Thurmont Community Park, Frederick Road, Thurmont. 6:00-8:00 p.m. \$8/immunization. Registration is NOT required. All pets must be properly contained, leashed or in carriers. 301-600-1717.
- . Sunset On The Mountain: A Celebration of Heritage Arts, Fort Ritchie Community Center (FRCC), 14221 Lake Royer Rd., Cascade, MD. 6:00-8:30 p.m. Fine cuisine, open bar, history displays, auction (pieces from Si Lewen, Ritchie Boy, R. Benjamin Jones, Rebecca Pearl, Exclusive Experiences. Catered Dinner at the Castle. Benefits FRCC. www.TheFRCC.org/ SOTM or 301-241-5058.
- 15 ... Fall Festival, Wesley Chapel UMC, 654 Old Waynesboro Road, Fairfield, PA. 12:00-7:00 p.m. Fried oyster sandwiches, soups, baked goods, hand-made French fries & chips, steamers and all the fixings. Free coffee and music provided by Blue Grass Chapel Band. Bring your appetite and lawn chair.
- 15 ... Ham and Shrimp Dinner, Tom's Creek United Methodist Church, 10926 Simmons Rd., Emmitsburg (Rt. 140 between Emmitsburg and Taneytown). Noon-7:00 p.m. Includes: two sides, dessert, & beverage. \$12/Adults; \$6/ Children 4-10; Free/Children under 4. Carryouts available. Bake table. Come see new Facility!
- 15 ... Peach Festival & Albert's Yard Sale, St. Mark's Lutheran Church, 17015 Sabillasville Rd., Sabillasville. 9:00 a.m.-2:00 p.m. 301-241-3287.
- 15 ... Wing Night, American Legion Post 121. 6:00-9:00 p.m.; DJ—9:00 p.m.-12:00 a.m. \$15/Person. Must be 21 yrs. old to attend.
- 15 ... Baby Show, sponsored by Frederick County Pomona Grange, in the Farm & Garden Building at Frederick Fair. Entries taken in building, 9:45-10:00 a.m. Contest begin 10:15 a.m. Entrants must bring completed 3x5 index card with: child's name; child's DOB; town of residence; parent's name & phone number. mdstgrange@comcast.net
- 16...Open House, Thurmont Child Care Center, Inc. Celebrating 25 Years of Serving the Community. 1:00-4:00 p.m. Kathy or Pam at 301-271-3454.
- 16 ... Spirits from the Past, The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick, MD (Fred.Co. Div. of Parks & Rec.). 1:00-4:00 p.m. Mrs. Hoffman (1750s) and Margaret Thomas (1860s) will "host" visitors to their homes and share stories of their lives. Hands-on activity for children. \$3/person. 301-600-1650 or www.rosehillmuseum.
- 20 ... Grandparents Day, Mother Seton School. 10:30 a.m.-12:30 p.m. Grandparents and elders are treated to a special program by the students followed by classroom visits. School dismisses at 12:30 p.m. Visit www.mothersetonschool.org or call 301-447-3161.
- .. Auxiliary Unit 121 Gold Star Mother Dinner, Ott House Pub and Restaurant. 6:00 p.m.
- . "Jump Start Your Job Search" Workshop, Thurmont Regional Library. 10:00 a.m.-3:00 p.m. Free. Register: 301-447-6102.
- . James H. Mackley Golf Day, hosted by Guardian Hose VFD, Maple Run Golf Course, 13610 Moser Road, Thurmont. Best ball played; shotgun start 9:00 a.m. Rain or shine (unless golf course is closed).

- Guardian Hose Company presenting local graduating student scholarship in honor of James H. Mackley. Contact Terry N. Frushour at 301-271-4289 for sponsorship or registration information.
- .4th Annual John's Wheels for Wishes Ride, Frederick Harley Davidson, Frederick, MD. Ride 11:00 a.m., ending at Emmitsburg Ambulance Co. for after-party. Music by Wylde Fire; raffles and more. Food served 4:00 p.m. Afterparty open to everyone (tickets/\$15). Pre-Registration: Driver/\$20; Rider/\$15. Must be received prior to Sept. 1, 2012 (Pre-Registrations Include: 1 Poker Hand Sheet, T-Shirt, and 1 Meal Ticket). On-Site Registration, 9:00-10:45 a.m.: Driver/\$25; Rider/\$20. Rider can ride without paying but will not receive poker hand or meal ticket. Facebook: John's Wheels for Wishes or email at ws4ws2009@yahoo.com.
- 22 ...Book Signing, Jenna Lea E. Ott, *The Milkman's Daughter*, St. Philomena Catholic Books & Gifts, 2 West Main Street, Emmitsburg. 1:00-3:00 p.m. 301-447-3794 JennaLOtt@verizon.net.
- 22 ... Gospel and Blue Grass Music Festival, Mt. Tabor Park, 14902E Motter Station Road, Rocky Ridge. 1:00-4:00 p.m. Featuring Carroll County Ramblors.
- .2nd Annual Autumn 5K Run/Walk, Elower-Sicilia Performing Company (ESP), at Mount Saint Mary's University, Emmistburg. 9:00 a.m. \$25/Adults; \$15/ Students. T-shirts available to runners registered by September 14. Prizes awarded to top finishers. Proceeds benefit ESP Performing Company to Susan G. Komen for the Cure. Registration information at www.espdance.com/ autumn5k.
- ... R.D. Long Reunion, Creagerstown Parish Hall. 1:00 p.m.Shirley 301-271-7975.
- 23 ... Members Crab Feed, American Legion Post 121, Emmitsburg. 12:00-4:00 p.m. Hot dogs, hamburgers, corn on the cob, liquid refreshments. Members plus guest; after September 9, remaining tickets will be for sale to non-members. \$15/Person, non-refundable.
- .. Thurmont Historical Society Annual Picnic, Creeger House, North Church Street, Thurmont. 6:30pm. Guest speaker be James Rada, Jr. RSVP Carol Ford by September 22, 301-271-7608, candjford1@verizon.net.
- . OMF Annual Fall Dinner Theater, A Nice Family Gathering. Blue Ridge Summit Fire Hall, PA. Evenings, Sept. 28-29: Doors open 6:00 p.m.; Dinner 7:00 p.m.; Show 8:00 p.m. Matinee, Sept. 29: Doors open 1:15 p.m.; Show 2:00 p.m. \$40/evening; \$25/matinee. 717-794-5121 or 717-794-5121. www. onemountainfoundation.org.
- 28,29 4th Wholistic Woman Retreat, Gettysburg, PA. This year's theme is "Ignite Your Spark." Retreat cost: \$267, including 1-night stay, meals, and sessions; \$167/day guests only. www. wholisticwomanretreats.com
- 28-Oct 8 Christian Store Week Celebration, Morning Star Perfect Gift, 224 N. Church Street, Thurmont. 10:00 a.m.-6:00 p.m. Benefit Thurmont Food Bank. 301-271-
- 29 ... Money Bingo, Thurmont Ambulance Company, N. Church Street, Thurmont. Doors open 5:30 p.m.; Games begin 7:00 p.m. 301-748-5359 or 301-271-3820. www.thurmontambulance.com
- 29 ... Crab Feed, VFW Post 6658, Emmitsburg, at Kump's Dam Park. Includes beverages & sides. 1:00-5:00 p.m., Tickets: \$25

- (available at Post 6658). Tickets are limited; must be purchased by September 22, 2012. For more information, call 301-447-6141.
- .7th Annual Benefit Poker Run, Scotty's Ride, Sponsored by My Fathers Footsteps Hair Design / American Legion Post 121. Ride starts at Jubilee (Rt. 140 & 15 Emmitsburg). Register: 7:30-9:45 a.m.; ride begins 10:00 a.m., ending at 11322 Harney Rd., Emmitsburg at 3:00 p.m. Food, Drink, & the band Red Line to end ride. Fee (t-shirts if pre-register before Aug. 30): \$35/short-sleeve; \$40/ long-sleeve; Non player: \$20/short-sleeve; \$25/long sleeve. For more info., visit www.scottysride.org or call 717-357-5875, 301-447-3260, or 301-447-6600.
- 29 ... Crab Feed, VFW Post 6658, Emmitsburg, at Kump's Dam Park. Includes beverages & sides. 1:00-5:00 p.m., Tickets: \$25 (available at Post 6658). Tickets are limited; must be purchased by September 22, 2012. For more information, call 301-447-6141.
- 29 ... WTHU 45th Anniversary Celebration, Thurmont Carnival Grounds. 10:00 a.m.-6:00 p.m. Music, food, kids zone, vendors, arts, crafts. Free parking. 240-288-8337.
- 29,30 Annual Pippenfest, Fairfield, PA. Apple cooking contests at the festival, music, food, entertainment, and an antique car show. For information and/ or participating, call 717-642-5640.
- "Basket Bingo, Thurmont Activities Building, 123 East Main Street, Thurmont. Doors open 12:30 p.m.; Bingo 2:00 p.m. Tickets: \$20/Advance; \$25/At Door. Raffles and Door Prizes. For tickets, call Lisa at 240-409-4496. All proceeds will go to my eleven month mission trip next year. All proceeds go to Erin Hogan's eleven month mission trip through Adventures in Missions, called The World Race, next year.
- Shooting Match, Indian Lookout Conservation Club, 17107 Riffle Road, Emmitsburg. 1:00 p.m. 410 and 12 ga. shoots - no sleeved or modified guns allowed. Shells furnished. 301-447-2568.

october

- 1,3,6 Hunter Safety Course, Indian Lookout Conservation Club, 17107 Riffle Road, Emmitsburg. Oct 1&3 6:00-9:00 p.m., Oct 6 8:30 a.m. until done. Preregistration required 301-447-2568.
- 1-8.. Christian Store Week Celebration, Morning Star Perfect Gift, 224 N. Church Street, Thurmont. 10:00 a.m.-6:00 p.m. Benefit Thurmont Food Bank. 301-271-
- 2..... American Legion Post 121 Meeting, Veterans, Auxiliary and Sons at Post Home. 7:00 p.m.
- 4..... World Peace Prayer Service and Blessing of the Animals, Mother Seton School, Emmitsburg. Students honor feast day of St. Francis with indoor World Peace prayer service at 1:15 p.m.; annual blessing of animals follows. All animals are welcome to attend the outside blessing. 301-447-3161 or www.mothersetonschool.org.

Labor Day is September 3, 2012 call EELC to learn about special educational programs!

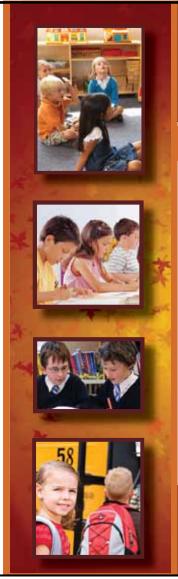


Preschool &
School Age
Programs Before
& After School
Care



Transportation to Local Schools:

Emmitsburg Elementary Mother Seton School Fairfield Elementary & Middle



Give your child the head start they need...

Give them the Gift of Learning.

with the help of your friends at Emmitsburg Early Learning Center

Now Enrolling for Fall

Come see what
Emmitsburg Learning
Center can do for
you and your family!
We provide quality
childcare at affordable
rates! Call today to find
out more information
and reserve your child's
space!

*New enrollment only

Enroll now & receive your first week's of tuition FREE*

School Age Game Room
Preschool Tutorial Programs for
Phonics • Math • Art • Music

Opens at 5:45 am & Closes at 6:00 pm

Available for Children Ages
18 months - 12 years, Full Time and
Part Time Schedules, Preschool Curriculum
Activities, Nutritious Breakfast, Lunch, and Snack
(NO extra cost), Special Center Events, Story Time,
Outdoor Adventures, Arts & Crafts,
Educational Curriculum

Activities Vary by Center

16840 S. Seton Ave., Emmitsburg, MD 21727

Emmitsburg Early Learning Center

(301)447-6100 emmitsburgearlylearningcenter.com

See Additional Advertisers' Specials & Coupons Inside!

