

# The Catoctin Banner

April 2011

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

## Ahoy! Did You See These Pirates?



Pictured (left to right): Catoctin Zoo's Callan Hahn is shown with his piratey parrott; WTHU's pirate kitty walks the plank; Chris Shriner of Catoctin Tub and Spa looks good in her pink pirate



hat; Dr. Bramson of the Catoctin Veterinary Clinic plays the pirate well; Expo Committee Chair, Diana Stull of The Beauty Parlor makes a beautiful pirate.



by Deb Spalding

Visitors enjoyed pirates and treasures a-plenty during the Thurmont Business Expo on Friday, March 25 at Catoctin High School. Volunteers with the Thurmont Economic and Development Committee started planning early for this annual event where Thurmont businesses showed their stuff with a pirate-themed flair. Approximately 80 businesses greeted the masses. Event sponsors were: Gold Sponsor - Catoctin Wildlife Preserve and Zoo; Silver Sponsors - Woodsboro Bank, Quality Editing, Frederick Grab Bar and The Beauty Parlor.

Gateway Automotive won the award for Best Decorated Booth and Catoctin Zoo won for Best Costumes.

Visitors of all ages attended the Expo for various reasons. Thurmont Middle School 8th Grader Austin Frushour said he attended to, "Get all the free stuff and look at the pirates." He said he liked the Curves booth where you could dig in real sand for treasure the most. Catoctin High School sophomore, Amanda Unger visited the Expo to seek out potential job opportunities. Jack Cordell of Cordell Custom Homes said he attended as a patron to, "See the people, the costumes and to get information on businesses."

Mountain Gate Restaurant's Nick Kinna assisted patrons at his booth to see if they picked a key that unlocked a treasure chest of Mountain Gate gift certificates. Thurmont resident, Brenda Eyler said she's visited the Expo almost every year and noted that, "It's a great



Photos by Deb Spalding

social time." This year, Anita Drye

attended the Expo for the first time. She found out about some businesses she didn't know existed as well as some she needs to do business with.

She even found one business that provides a service that she says, "I didn't need when I was younger."

Upcoming events provided by The Thurmont Economic Development

Committee and Main Street Committee are Saturday Strolls, Furmont Days and the Main Street Flea & Farmers Market.

Additional event photos can be viewed in the center spread of this newspaper and on-line (courtesy of John Kinnaird) at <http://www.thurmontfirst.com/albums/edc2011>.

## TMS Choral Groups Singing Strong

by Lori Smith Zentz

Thurmont Middle School's (TMS) "Spirit Show Choir" (pictured to the right) and the "Singing Panthers Chorus" have had an outstanding year this year. Both groups are under the direction of the talented middle school choral teacher, Berna LaForce.

The TMS Spirit Show Choir is a group of 39 sixth, seventh, and eighth grade boys and girls who combine singing and dancing with flair. The show choir competes at various concerts, events, and competitions throughout the year. The show choir is an extra-curricular, non-funded group that meets once a week after school for an hour and a half. For 11 years, Berna LaForce has volunteered her time—outside of school hours—to lead this talented group.

The Spirit Show Choir has had yet another outstanding year by winning First Place and superior ratings at the Martinsburg High School Concert and Show Choir Festival in February. Two members of the group shined with individual awards. Eighth grader Dan Miller won Outstanding



Photo by Conrad Weaver of Conjo Studios

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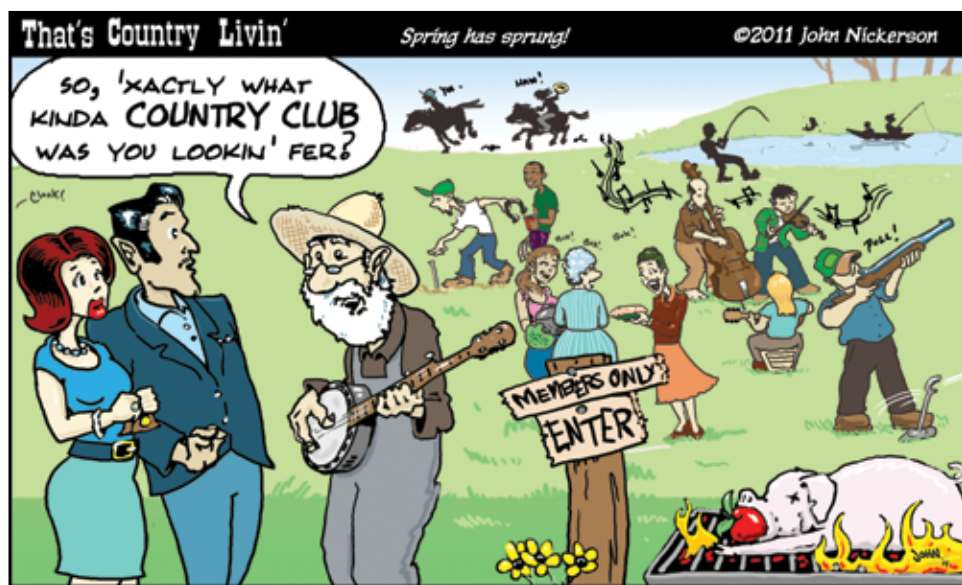
from the publisher

## Dear Reader:

After weather forecasts warned us of impending snow for what seemed like weeks, I hope you enjoyed our recent dusting of snow that Marian Pelkey of Thurmont dubbed a “Peewee, Robin and Onion Snow.” The name has something to do with spring and robins and planting crusty snow, I mean light snow. Well, maybe she should explain it in more detail. Have at it, Marian!

I'd like to thank everyone for sharing their comments with me about our new full-color format. You're always welcome to share your opinions about the layout and content of *The Catoctin Banner*. It is that communication which makes us continue to improve. After all, it is your community newspaper. It's about you—and more and more by you. A major percentage of the information in each issue is what you're sending. Please continue to use this newspaper to share your good news and announce or talk about your events and achievements. It is always helpful to me that you send your information in paragraph form, so that I don't have to guess or look back or pick apart a flier to create a brief or article. Most of our errors are made when trying to interpret or bridge a gap of details that you know, but we don't. Keep it up! We appreciate it.

Deb Spalding,  
*Publisher*



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## For Rent

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

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

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**HOUSE TO SHARE:** In Gettysburg with private bedroom. Small pet ok. Fenced in back yard with pool. \$650.00 per month, utilities included. Call 717-334-1332.

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

## Notices

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 [hgparygirl62@aol.com](mailto:hgparygirl62@aol.com) or call 301-447-2073. Host your party in my home. Call me to set your date and I will do the rest. Customer Special: Buy two fragrance warmers and get the third at half price.

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**COMMUNITY YARD SALE.** Held on May 14, 2011, from 7:00 a.m.-11a.m. Several houses in the neighborhood will be participating. 5111 Foxville Gardens, Sabillasville, MD. For more information, call 301-416-0250.

# For Sale

FOR SALE: Pace/Edwards Retractable Truck Bed Cover for 2008 F-250 Ford. Will fit 6 1/2 ' bed. \$450.00 OBO. Call Smitty for more information at 301-271-2137.

FOR SALE: Baby bunnies for Easter. Call 301-401-0050 after 4:00 p.m.

**FOR SALE:** Alfred Dunner slacks, tops, jackets size 16W-24W. Sell from home. Call 301-271-7729 to make appointment to shop. All in great shape, gently used.

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

# Wanted

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

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

WANTED: Gently used children's wooden alphabet blocks. Drop them off at E Plus Copy Center in Emmitsburg. Donations only. Benefit local schools.

## Services

Daycare: 20 years experience. Full-time openings.  
Licensed. 301-271-2180.

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

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**SERVICES:** Custom Computers & Computer Repairs. \$75 basic fix and clean service. 443-789-3435.

Quality wedding invitations/accessories at a discounted price! Joyce 301-271-1107.

**JUNK REMOVAL:** Used cars, metal, lawn mowers, etc. Call Derrick 301-271-2117 or 240-285-2494.

## Corrections to March's Issue

In the picture of the Emmitsburg Ambulance Company Officers in the March issue, Coleman and Isaiah Wivell were mis-identified and Dave Stonesifer was mis-named.

Sincere apologies for the mix up about the Brady West Memorial Event held recently. We mis-listed it as a walk in the last issue. It should have been a bingo.

Classified Advertising costs 25¢ per word with a minimum of \$5 for line listings. Photo Classified are \$15 per ad limited to 1" height. Send your written listing, photo and payment to: *The 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](mailto:ads@thecatoctinbanner.com)

**The Catoctin Banner**  
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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 the 1st Thursday of each month**  
**DEADLINE:** The Monday of the final full week  
of each Month.

**YEARLY SUBSCRIPTIONS: \$15**

Deb Spalding, Publisher

**Contributors:** Barbara Abraham, Graceanne Schramm, Jeanne Angleberger, Michele Cuseo, John Kinnaird, Mandy Eyler, Teresa Dukich, John Nickerson, Valerie Nusbaum, Robert Rosensteel, Ann Sanders, Carie Stafford, Michele Tester, Denise Valentine, Julia Shipley and George W. Wireman

**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.



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

**Congratulations!** March's *Hidden Object* and “Where Am I?” Game Winners were *Carrie Hummer (\$25 Gift Certificate)* and *Susan Philpot (\$10 Gift Certificate)*. *Carie and Susan are asked to pick an advertiser from the March issue from which they'd like their gift certificates.*

There were 49 shamrocks in the March issue. The “Where Am I?” photo was taken of the inside of the roof at Lloy's Station covered bridge. Last month's photo showed fundraising shingles that were autographed or messaged by those who purchased them before being used to rebuild Loy's Station Covered Bridge in 1994. The bridge was originally built between 1850 and 1865 near Thurmont. It was named after the railroad stop near by and survived floods and ice and other severe weather until it but burned at the hand of arsonists in 1991. When the bridge was rebuilt in 1994, the project was financed in part by the sale of shingles for \$1.00. Next time you're going through the bridge, slow down and look up. There are lots of names up there.

This month's Hidden Objects are Easter Eggs. Enjoy the hunt, but watch out for things that look like eggs, but aren't!

ALSO, for the “Where Am I?” photo contest, take a look at the photo directly below this box and tell us where it was taken. It is somewhere in our Northern Frederick County Area. Our area is defined as Rocky Ridge to Cascade and Lewistown to Emmitsburg, Foxville to Creagerstown and everywhere in between. This particular stretch of this stream has a name.

Call 301-693-9503 to leave a message or e-mail [news@thecatocinbanner.com](mailto:news@thecatocinbanner.com). Don't forget to leave your name and phone number. Please only leave game messages on the message line. Call our regular number with other inquiries.

### ‘Where Am I?’ Contest



## About The Catocin Banner & The Catocin Banner Incentive Program

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

We created The Catocin Banner Incentive Program, because we don't have time to actively sell ads and the paper does not produce enough revenue to pay someone to do it. The Incentive Program is a program where any one can sell an ad or ads and earn money by helping to support this little newspaper.

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

## Garber Family Update

On Wednesday, February 23, 2011, a fire badly damaged a home in Emmitsburg resulting in the displacement of the Garber family. The Garber's consist of mom, Pam, her sons, Ricky and Levy and daughter, Morgan. Their extended family in comprised of—their dogs, Honey and Bella.

Fortunately, no one was inside at the time of the fire and both of the dogs were saved before any harm had occurred. Currently, the family is staying in the Emmitsburg Sleep Inn, and their dogs are being cared for by the Greenbrier Veterinary Hospital in Urbana.

If you would like to donate money to this cause or to the Garber Family, you can go online to <https://www.donate.net/donationSelector> under HoneyBella Garber Fund to help take care of the dogs until the Garber Family is back on their feet. “Our Family is very grateful for all of the thoughts, prayers, and support the community has shown us in the last few weeks,” said Ms. Garber.

### Marie's Beauty Salon

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[www.thurmonthheritagedays.net](http://www.thurmonthheritagedays.net)



## Emmitsburg, March 2011

### Community Garden

Emmitsburg town commissioners unanimously approved community garden plans recommended by the town's citizen advisory committee. Residents will be able to rent garden plots for an initial fee of \$20 that would be refundable at the end of the growing season. The garden will be located in the northwest part of the Community Park. There are 12 lots measuring 10 feet by 5 feet. Rain barrels will be set up near buildings in the community park. The Citizen's Committee said that the garden would provide opportunities for community development, social interaction and help reduce food costs for families.

### Farmers Complain about Farm Labor Program

Several local farmers voiced their concerns about the H2A Visa Program to Rep. Roscoe Bartlett at a Mount St. Mary's University Town Hall in March. The H2A Visa program requires that farmers solicit for job employment locally before looking outside the U.S. for additional workers. The farmers stated that they have a very limited time to harvest crops and don't want to take the chance that they run short with their work force when crops are ready. They also stated that they have found it difficult to find local help to fill the positions. The farmers complained that the program's requirements were near impossible to comply with for their particular needs. Merlin Williams, Maryland State Rural Services Coordinator with the Department of Labor, Licensing and Regulation, admitted that the program's Website was confusing to growers and that one of the new procedures was not really thought out.

by Michele Cuseo

# town hall reports

## Town to Apply for State Funds Aimed at Senior Housing

The Town of Emmitsburg will apply for State Community Development Block Grant Funds to help pay for a proposed senior housing project. The town is applying on behalf of Homes for America, Inc., an organization that is assisting the Daughters of Charity organization in developing affordable senior housing units at the Provincial House. Homes for America will prepare all the grant applications paperwork for the town staff to review and approve before submitting to the State. Mayor Hoover said he sees this request as a win-win for the town. The town has used its municipal power in similar situations on behalf of Mount St. Mary's University and the Ambulance Company.

For more information about the town of Emmitsburg, log on to [www.emmitsburgmd.gov](http://www.emmitsburgmd.gov).

## Thurmont, March 2011

### Construction Bids for Thurmont Senior Center

Bids have been accepted for the construction work needed for the Thurmont Senior Center. Included in the improvements would be two new handicapped accessible doors, removal of the stage, bathrooms updated to be compliant with the Americans for Disabilities Act, and an addition of a commercial dishwasher. Mayor Burns stated that they wanted to make sure to maximize space and get the facility up to code.

### Life Saving Defibrillators

Thurmont officials are considering a proposal to buy lifesaving defibrillators (AEDs) for the town of Thurmont police cars and some public buildings. The defibrillators would be compatible with the ones used by the ambulance company. One reason for wanting the defibrillators for police cars is because many times the police are on the scene of an accident/emergency before the ambulance arrives. The cost of the machines is approximately \$1,200 each. The town is looking into getting grant money to cover the costs. Mayor Burns said the town would likely phase in the AEDs a few at a time each year depending on available grant money.

### Thurmont Lions Club Art Fest

The Lions Club is sponsoring an Art Festival to be held Saturday, May 21 from 10:00 a.m. to 3:00 p.m. The Fest will take place near the Memorial Park on the Trolley Trail in Thurmont. There is no fee required to participate. The Lions Club is encouraging local artists to apply. Artists will be able to display and sell their art. Activities planned include fine art, performances, food booths, special crafts and demonstrations. Interested artists

should contact Susan Favorite at 240-409-1747 or email [skfavorite@comcast.net](mailto:skfavorite@comcast.net)

View the Town of Thurmont web site at [www.thurmont.com](http://www.thurmont.com) or call the town office at 301-271-7313 for more information.

## "Run for the Sun" 5K Run/Walk

The "Run for the Sun" 5K Run/Walk will feature a one-mile Fun Run for youths ages 8-12 years. The event will be held on April 16 at Mount St. Mary's ARCC in Emmitsburg starting at 8:00 a.m. Call 301-447-6239 or email [jsgreenstone@verizon.net](mailto:jsgreenstone@verizon.net) for more information. This event benefits the Emmitsburg Council of Churches' Mission to Kenya.

## Lewistown Elementary School's Third Annual Tiger Trot 5K

The Lewistown Elementary School's third annual Tiger Trot 5K and 1-Mile Fun Run/Walk is taking place at Lewistown Elementary School on Saturday, April 30. Registration begins at 7:30 a.m. on race day. The 5K starts at 8:30 a.m. and the Mile Fun Run begins at 9:30 a.m. Registration is \$15.00 per person before April 13 and \$20.00 per person after with a max of \$45.00 per family. Join in for exercise, music, awards, prizes, food and fun!

## Farmer's Markets Seek Vendors

**Emmitsburg**  
**301-600-6300**

**Thurmont**  
**301-271-7313**

*If you patronize the Carriage House on Monday, April 18, from 11:00 a.m. to 8:00 p.m., a percentage of your Kitchen/Food bill will be donated to Emmitsburg Osteopathic Primary Care Center (Dr. Portier's Non-Profit Organization).*

## BREEZY HILL STABLES

- Monthly & Yearly Horse/Pony Leasing
- Birthday Parties Welcome
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**Register Early for Summer Camp!**

**June 20-24: Ages 8-13**  
8 a.m. - 4 p.m. - All Disciplines

**June 27 - July 1: Ages 11 & Up**  
8 a.m. - 4 p.m.

**July 5 - 8: Mini Camp - Ages 4-7**  
9 a.m. - 3 p.m. - All Disciplines

**July 25 - 29: Ages 8 & up**  
8 a.m. - 4 p.m. - All Disciplines

**August 1 - 5: Ages 8 & up**  
8 a.m. - 4 p.m. - All Disciplines

**August 8 - 11: Mini Camp, Ages 4-7**  
9 a.m. - 3 p.m. - All Disciplines

**August 15 - 19: Ages 8 & up**  
8 a.m. - 4 p.m. - All Disciplines

**LIFE HORSE**  
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## “Snoopy!!!” Bow-Wows at Thurmont American Legion

The Thurmont Thespians proudly present “Snoopy!!!” The Musical, at the Thurmont American Legion Auditorium, opening Friday, April 8, and continuing for two weekends through Sunday, April 17. Performances being held on Friday and Saturday evenings (April 8, 9, 15 and 16) start at 8:00 p.m. There will be two Sunday matinees on April 10 and 17, starting at 2:00 p.m. All tickets are only \$15.00, which includes free desserts or snacks and refreshments at intermission. There will also be a Dinner Theatre performance on Saturday, April 16, catered by Cozy Restaurant beginning at 6:30 p.m. for an additional \$15.00. The American Legion cash bar will also be open both pre-show and during intermission. Early reservations can be made by calling Mrs. Urian at 301-271-7613.

The production is under the direction of Stephen P. Ross, with musical direction by Ann Raugh and Choreography by Jennifer Buchheister. Robert Freed will provide live piano accompaniment together with David Kistler on bass. Starring in the title role is Thurmont performer, Bill Collins. Joining him from Thurmont are Ben Mathis as “Linus,” Bridey Puvell as “Peppermint Patty,” Elaine Schray as “Sally Brown,” and Jessica Puckett as the ever-present but rarely heard “Woodstock.” Rounding out the cast are Adam Flanick from Keymar as “Charlie Brown,” Samatha Nigida as “Marcie,” Mallory Donaghue as “The Red Headed Girl,” and Hannah Perez as “Pigpen.”

“Snoopy!!!” was created by famous “Peanuts” cartoonist Charles M. Schultz and is the sequel to “You’re A Good Man, Charlie Brown,” previously performed by the Thurmont Thespians in 2006. Music and lyrics are by Larry Grossman and Hal Hackaby. Only the “Peanuts” gang knows how to delight an audience so thoroughly. As the curtain rises, each character joins together in the first of many delightful numbers: The World According to Snoopy. The series of effervescent vignettes, songs and dances that follows, draws the

audience into the entertaining world of these five-year-olds and their furry friend. After a brief discussion of why Charlie Brown has chosen Snoopy for a pet, we see the faithful companion atop his house. Woodstock still needs his advice; Woodstock has fallen in love with a worm. To this, the tender-



Courtesy Photo  
Pictured (left to right): Adam Flanick as “Charlie Brown,” Bill Collins as “Snoopy,” and Ben Mathis as “Linus” in the upcoming Thurmont Thespians production of “Snoopy!!!”

hearted but amused Snoopy can only reply “that’s like me falling in love with a can of dog food!”

As the kids leave for the familiar schoolyard, we find Charlie Brown assuming the responsibility of his new role as Safety Patrolman. And, once in the classroom, we are welcomed by the challenging yet ever-present true/false tests and book reports that taunt the minds of our young friends. The thoroughly enjoyable song, Edgar Allan Poe, explores the mystery of the teacher who only seems to call on you when you don’t know the answer to a question. Such fairy tale scenes as Linus’ vigil in the pumpkin patch as he awaits the arrival of the Great Pumpkin are offset by the amazingly sophisticated exchanges that often occur between the characters. Or, as Lucy asks, “wouldn’t it be wonderful to have your whole life to live over, if you knew what you know now?”

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## briefs

### Thurmont Heritage Days Festival

It’s time to salute our heritage again for 2011. The Thurmont Heritage Days group is holding the 3rd Annual Heritage Days Festival on April 16-17, 2011. There will be free admission and free parking; however, food and some rides, games, and crafters do require a fee. Catocin High School (CHS) sophomore, Bridey Puvell, will open the festival by singing our National Anthem at 8:00 a.m. She is the daughter of George and Laura Puvell of Thurmont, and she sings at churches, CHS, and with the Thurmont Thespians.

On Saturday night, tribute performer Kevin Booth will perform as Elvis Presley. The concert is free with a donation to the Thurmont Food Bank. A new king and queen will be chosen by the crowd. D&D pony rides, the exciting mechanical bull ride, many inflatable rides, the covered wagon, and the barrel train rides are available for your pleasure, as well. Good church food, demonstrations of farm and tractor equipment rides, and parades are offered each day. The antique cars and trucks will parade on Sunday afternoon. Bring your tractors, equipment, small engines and hit-n-miss. Be judged with cash and trophy prizes on Saturday. For more information, call 301-271-2023.

At the Thurmont Expo, Thurmont Heritage Days gave free chances on a Heritage Hat and two tickets to the Rolling Stones concert on May 1, 2011, at Green Grove Gardens in Greencastle, Pennsylvania. The hat winner was Robert Gray and the Rolling Stones tickets winner was Erin Merritt, both of Thurmont.

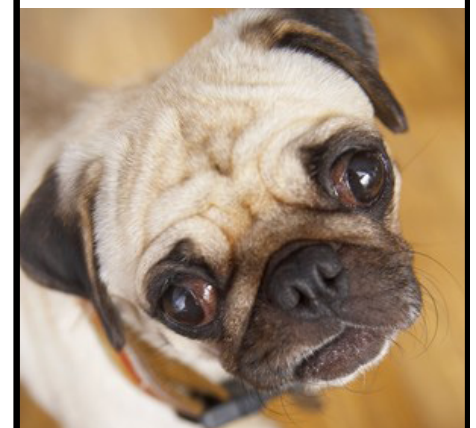
### Thurmont Heritage Days Sponsors “Rolling Stones Satisfaction” Tribute Band Concert

The International touring tribute band, “Rolling Stones Satisfaction” will perform on May 1 at the Green Grove Gardens, Greencastle, Pennsylvania. The show is sponsored by The Thurmont Heritage Days Committee For more information, call 301-271-2023 or 717-597-0800 or see their ad on page 8.

This tribute show has been touring since 2001 with over 1,500 performances to date—it is the only full time touring show of its kind in the world. Chris LeGrand, member in the role of Mick Jagger for Satisfaction/The International Rolling Stones Show, founded the show with the goal of honoring the Rolling Stones.

Thurmont Heritage Days is hosting six concerts at Green Grove Gardens as fundraisers. Check *The Catocin Banner* for up-coming concerts at the beautiful Green Grove Gardens Event Center.

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Courtesy Photo

Some of the Kids in Christ Easter program participants are pictured. Front row left to right are Alex Contreras, Gabby Contreras, Sheridan Chaney, Lynzee Davis, and Nik Contreras. Middle row, Jamey Cassady, Emma Snyder, Besa Cassady, Logan Simanski, and Rianna Chaney. Top row, Becky Chaney, Dylan Snyder, Marquez Miller, Austin Synder, Kyle Snyder, Blake Jones, and Dawn Cassady.

A newly organized youth ministry, Kids in Christ (KIC), founded by Becky Long Chaney of Thurmont and Dawn Cassady of Smithsburg, will present a special Easter program, The Easter Puzzle, at the Graceham Moravian Church on Sunday, April 10, at 2:00 p.m. The KIC youth ministry meets two Sundays a month in three meeting rooms at the Chaney home and is opened to youth ages two to 18 years of age. For more information, call 301-271-2732 or 301-824-7575.

## Ode to Kiss a Goat

At Lewistown United Methodist Church, students in the Sunday School Program had a goal to raise \$500.00 which would allow for four goats and a flock of chickens to be sent to help a village family under the Heifer International Program. On the weekend of Valentine's Day, Lewistown UMC's Pastor, Elza Hurst, took a pledge that if the children raised enough to double their initial goal in the endeavor that she would, "kiss a goat." As the kids surpassed their goal, Pr. Hurst's husband, Bob, started to plan. He arranged a visit from local goat "shepherd", Mark Spalding of Stoney Field Farm in Thurmont, to bring a kissable baby goat to church. Despite the surprise factor being spoiled in the planning, Pr. Hurst happily kissed the baby goat at the encouragement of delighted Sunday School children. The children raised enough money to send 6 goats and 20 boxes of chickens to the program.

Pr. Hurst said, "It helps children learn to care about their world and find ways to sustain their food supply by participating in the care of the animals and sales of the products from them." Heifer International is a global project that started in July of 1944 to help families who had lost their means to provide food for their families via sustainable agricultural products. The program's goal is to end hunger. In the last 66 years, the project has grown as churches, scouts and civic groups have contributed towards the costs of an animal or animals to be sent to villages around the world. Passing on the gift is one of the requirements for a family to receive a gift from the Heifer Project. Thus, the offspring of the animals are passed along to help other families. Call 800-422-0474 for more information.



Courtesy Photo

Mark Spalding holds a baby goat as Pastor Elza Hurst makes good on her promise to "kiss a goat" at Lewistown United Methodist Church.

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**Easter Services**

7:00pm, Holy Thursday, April 21  
Contemporary service

7:00pm, Good Friday, April 22  
Traditional service

6:30am, Easter Sunday, April 24  
Sunrise service

8:30am, Easter Sunday, April 24  
Traditional service

11:00am, Easter Sunday, April 24  
Contemporary service

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## St. Paul's Lutheran Church Utica

### The Lenten Season

**Maundy Thursday Service**  
April 21, 2011 - 7:00 p.m.

**Good Friday Service**  
April 22, 2011 - 7:00 p.m.

**Easter Vigil Service**  
April 23, 2011 - 7:00 p.m.

### Easter Sunday Service

April 24, 2011

Contemporary Service - 8:00 a.m.  
Traditional Service - 10:15 a.m.

10621 Old Frederick Road  
Thurmont, MD 21788

Rev. Albert K. Lane, III  
Rick Hill - Worship Director



## Easter Services

Lewistown United Methodist Church, 11032 Hessong Bridge Road, Lewistown.

Palm Sunday, April 17—Traditional Service 9:00 a.m., Pastor Elza Hurst. Easter Sunday, April 24—Sunrise Service, 6:00 a.m. Guest Speaker: Pastor Rick Hill & Special Music; 7:00 a.m. Breakfast; Traditional Service, 9:00 a.m., Pastor Elza Hurst, Special Music & Choir.

Weller United Methodist Church, 101 N. Altamont Ave., Thurmont.

Holy Thursday, April 21—Contemporary Service, 7:00 p.m. Good Friday, April 22—Traditional Service, 7:00 p.m. Easter Sunday, April 24—Sunrise Service, 6:30 a.m. Easter Sunday, April 24—Traditional Service, 8:30 a.m. Easter Sunday, April 24—Contemporary Service, 11:00 a.m.

St. Paul's Lutheran Church Utica, 10621 Old Frederick Rd., Thurmont.

Maundy Thursday Service, April 21—7:00 p.m. Good Friday Service, April 22—7:00 p.m. Easter Vigil Service, April 23—7:00 p.m. Easter Sunday, April 24—Contemporary Service, 8:00 a.m. Easter Sunday, April 24—Traditional Service, 10:15 a.m.

## Easter events

### Thurmont's Annual Easter Egg Hunt

After a long night of delivering Easter baskets, the Easter Bunny will be in Thurmont for the annual Easter Egg Hunt. Children ages 12 and under are invited to the Thurmont Community Park on Easter Sunday, April 24, at 2:00 p.m. There will be over 1,000 eggs filled with candy or money. This free community event is sponsored by the Thurmont Lions Club.

Courtesy Photo



### Emmitsburg Easter Egg Hunt

Knights of Columbus, Emmitsburg, is sponsoring an Easter Egg Hunt on April 17, 2011, at 1:00 p.m., at the Emmitsburg Community Park Ball Field #3 (the farthest ball field behind the pool). All children up to 11 years of age are welcome to participate.

### Catholics Returning Home

St. Joseph's Catholic Church, Emmitsburg, Maryland will conduct an ongoing series called Catholics Returning Home on six consecutive Tuesday evenings from 7-8:30 p.m. at the Parish Hall beginning Tuesday, April 26. These sessions are for non-practicing Catholics who are seeking questions about returning to the Church. There will be informal sharing and an update of the Catholic faith. For information, call Mary Myers 301-447-2712 or St. Joseph's Rectory (301) 447-2326 or e-mail myersmary@ymail.com.

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Sunday, April 17th

1:00 p.m.

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## The Community Foundation Lights Up “Snoopy!!!”

The Community Foundation of Frederick County, Inc. recently awarded the Thurmont Thespians, a non-profit community theater in Thurmont, Maryland, a grant of \$1,519 from The Margaret S. Stauffer Fund, for the purchase of ten new theater lights. Beth Royer Watson, President and Artistic Director of The Thurmont Thespians, said that she was both pleased and proud to be one of this year’s grant recipients from the Community Foundation and will put the funds to immediate use in their upcoming spring production of “Snoopy !!!”—a musical based on the comic strip “Peanuts.”

“Snoopy!!!” The Musical will be presented this April 8-10 and April 15-17 at the American Legion Auditorium in Thurmont. For April ticket reservations, call 301-271-7613.

The ten new spotlights were purchased from Parlights, Inc. in the Worman’s Mill Plaza, Frederick, Maryland. Ms. Tammy-Lynne Guglielmo, the Parlights Sales Representative who was awarded the winning bid for the lighting, said the Community Foundation funds were a great help to their local business with community theatre groups. She was



Courtesy Photo  
Several cast members from the Thurmont Thespians upcoming production of “Snoopy-The Musical” display new spotlights obtained by a grant from The Community Foundation of Frederick County. Pictured from left to right are: Adam Flanick (“Charlie Brown”), Mallory Donaghue (“The Red Headed Girl”), Grace Silva (“Lucy”), Bill Collins (“Snoopy”), and at the center is Jessica Puckett (“Woodstock”).

able to arrange the actual purchase of the lights for the Thespians just before an annual price increase from their supplier took effect, thanks to the timely assistance from The Community Foundation of Frederick County staff.

For more information about the Thurmont Thespians, visit [www.thurmontthespians.org](http://www.thurmontthespians.org).

For more information about The Community Foundation grants and scholarships, visit [www.cffredco.org](http://www.cffredco.org).

## Bells Ring in the Opening of Frederick County’s Newest Museum

At 10:00 a.m. on Saturday, April 2, 2011, bells chimed throughout Frederick County to celebrate Bell & History Day that marks the beginning of the museum season in Frederick County each year. In Emmitsburg, the bells served to welcome the county’s newest museum: the Frederick County Fire and Rescue Museum and Preservation Society, Inc., which officially opened to the public.

After over 10 years of attempting to find a permanent home to help display and preserve the history of the county fire service, the fire museum is located in the former Emmitsburg Ambulance Company building at 300 South Seton Avenue in Emmitsburg. The building became county property after the ambulance company moved to the new facility on Creamery Road. The metal frame structure was purchased by the ambulance company, located on ground owned by Frederick County.

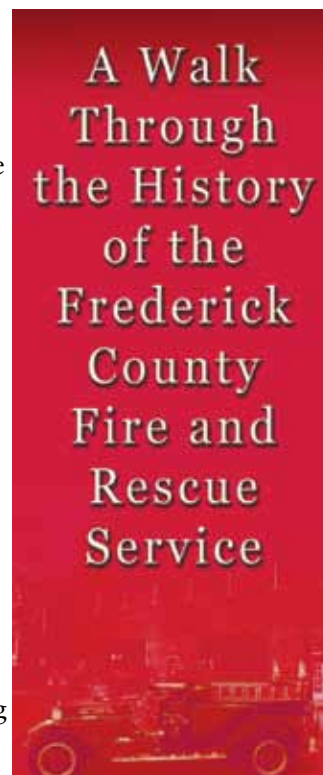
In an effort to support a county fire and rescue museum, the Board of County Commissioners voted to lease the building to the museum corporation for \$1 per year, as long as the museum assumed all expenses. The

commissioners also gave permission for the museum to sub-lease to the National Fire Heritage Center as the home office location to organize a national fire service archive.

The museum houses such fire service apparatus known as the “Old Lady,” an 1821 hand tub pumper originally owned by the Mechanical Fire Co. No. 1 of Baltimore and owned by the Uniteds and Libertytown. Additionally, the 1939 Ahrens-Fox fire engine owned by the United Fire Co. and several artifacts such as unique badges, ribbons, pictures, and hats are also on display. The museum displays a timeline of county fire service history and highlights of each member

company by year of organization. General displays of early emergency medical services, the Maryland State Firemen’s Association and ladies auxiliary members are also being planned.

The museum is open on Saturdays from 10:00 a.m. to 2:00 p.m. through the summer. For additional information, call Chip Jewell at 301-600-2072.





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## Thurmont Lions Club Inducts New Members

The Thurmont Lions Club recently inducted two new members. Pictured are Denis and Brienne Superczynski with Richard Liebno, District 22-W District Governor, and Margarito Ochoa, Club President. The Thurmont Lions Club has proudly served the community since 1929.



Courtesy Photo

## Support 2012 CHS Safe & Sane Events

The following Catocin High School Class of 2012 Safe & Sane events help raise funds for a post-graduation event for the graduating seniors.

Hoss' Community Night will be held on April 28 at Hoss's in Gettysburg. Bring your family and friends in for lunch or dinner and present your "Cow Cash Card" at the time of purchase. Hoss's will donate a percentage back to the CHS 2012 Safe & Sane. Contact Kay at 301-447-6793 for your "Cow Cash Card."

The Safe & Sane Gun & Cash Raffle will be held May 14 at the Emmitsburg Fire Hall on Creamery Road. Tickets are \$25.00. Doors open at 3:00 p.m. Raffles begin at 4:00 p.m. Dinner is catered by Cozy. You must be 18 to attend this event. Contact John at 301-447-6261 (leave a message) or email Michele at shelleburg@yahoo.com.

The CHS Save & Sane Gold Weekend will be held May 13 – 15 at Maple Run Golf Course. Standard course pricing applies. Present a Safe & Sane voucher to be registered for a prize and \$5.00 will be donated to the Safe & Sane. Contact Michele at shelleburg@yahoo.com to get your voucher. Call 301-271-7870 to schedule your tee time.

Safe & Sane Committee Meetings will be held April 13 at 7:00 p.m. at CHS, April 26 at 7:00 p.m. at Mt. St. Mary's ARCC, May 11 at 7:00 p.m. at CHS and May 26 at 7:00 p.m. at CHS.



Courtesy Photo

Heading up this table of 2011 Seniors are Molly Hemler and Cole Bradfield during the February Safe & Sane Bingo. The day was a huge success with a great turn-out. Thanks so much to everyone for supporting the CHS 2012 Safe & Sane.

## Mountainside Farm

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## briefs

### Third Annual A.R.T. Festival

The Art Revealed along the Trail (A.R.T.) Festival is more than "just art." Although the art displays, with the beauty of nature in the background is a big part of the festival, it is truly a community event with lots of other activities. The entertainment begins at 11:00 a.m. with the Coachmen, a local band popular in the 1960s and reunited in 2010. In the afternoon, the Thurmont Thespians, the Catocin High School Show Choir, and Elower Sicilia Production Co. dancers will take the stage for performances. Children will enjoy an exhibit by the Catocin Wildlife Zoo and visits by strolling clowns and Smokey the Bear. Enjoy food throughout the day, enter the drawings to win door prizes, and join in the volksmarch.

The ART Festival will be held on Saturday, May 21, from 10:00 a.m.-3:00 p.m. at the north end of the Trolley Trail beginning at Main Street along Memorial Park. This event is sponsored by the Thurmont Lions Club.

### An Invitation to Local Artists

Local artists in and around Frederick County are invited to participate in the third annual A.R.T. Festival sponsored by the Thurmont Lions Club. Arts Revealed along the Trail will be held on Saturday, May 21, 2011, from 10:00 a.m. until 3:00 p.m. near Memorial Park on the Trolley Trail in Thurmont, Maryland. There is no fee required to participate in the festival. Artists are invited to display (and sell) their work in a beautiful outdoor setting. Festival activities include fine art, entertainment, sales of food and drink, special crafts, and demonstrations. For additional information, please contact Susan Favorite at 240-409-1747 or 240-409-1747. If you are interested in participating, please complete the form available at the Thurmont Lions Club website: <http://www.thurmontlionsclub.com/>.

### Sabillasville Elementary School Spring Carnival

On Saturday, May 14, the Sabillasville Elementary School Spring Carnival will be held at the school from 10:00 a.m. to 2:00 p.m., rain or shine. The school is located at 16210-B Sabillasville Road in Sabillasville. This event is open to the public. Event wristbands are \$5.00. Food and refreshments are available for an extra cost. Activities include a dunk tank, moon bounce, Cecil the Clown, face painting, various family games, prizes, cotton candy, popcorn, pizza and more! The Sabillasville Elementary School PTA hosts this event. If you have questions, please contact Missy Worth (SES PTA President) at 301-241-4384 or kountrykids@netzero.com.



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## Catoctin Youth Association Wrestling

This wrestling season has been an exciting one and the Catoctin Youth Association (CYA) Wrestling Board members would like to thank all of the parents, wrestlers and the CYA sponsors for making it a successful season.

The coaches deserve a special thank you for volunteering their time to teach the sport of wrestling, along with teaching self-confidence, self-discipline, determination and courage, as well as helping to build lifelong relationships. Wrestling builds character that contributes to one's ability to become a responsible member of society.

The Mason Dixon League Championships were held on Sunday, March 13, at North Hagerstown High School. CYA's Mason Dixon Championship winners are: 1st Place—Owen Liller, Kane Richardson, Joey Puvel, and Charlie Perella; 2nd Place—Dylan Mulligan, Kevin Simmel, and Kurt Sanders; 3rd Place—Mason Joy, Joshua Small, Devin Stafford, Justin Phillips, and Ryan Springer; 4th Place—Colby Keilholtz, Matthew Linker, and Joshua Grasmick.

This year CYA Wrestling had the largest group to qualify for the Mason Dixon Championships in its



Courtesy Photo

history! The team results from the qualifier were: Bantams placed 2nd, Midgits placed 5th, Juniors placed 8th, and Intermediates placed 2nd.

The CYA winners of the Mason Dixon qualifier were: 2nd Place—Colby Keilholtz, Matthew Linker, Kurt Sanders, and Ryan Springer; 3rd Place—Peyton Castellow, Luke Ford, Joshua Grasmick, Justin Phillips, Carson Sickeri, and Alex Taylor; 4th Place—Jason Baust, Braden Bell, Ethan Fuss, Devin Stafford, and Ryan Taylor; 5th Place—alternates—Nolan Brightshue, Payne Harrison, Ryan Sullivan, and Jenna Taylor.

MDWAY State Championship winners were: 1st Place—Jacob Baker, Gage Randall and Charlie Perella; 2nd Place—Joshua Small, Colby Keilholtz and Zachary Bryant; 3rd Place—Joey Puvel; 5th Place—Owen Liller and Carson Sickeri.

2011 Maryland State Youth Wrestling Championship: 1st Place—Charlie Perella (CYA's first two-time Maryland State Champion in Folkstyle wrestling); 2nd Place—Joshua Small and Gage Randall; 3rd Place—Zachary Bryant and Dalton Hawkins; 5th Place—Jacob Baker.

Somerset Tournament in Pennsylvania: 4th Place—Nolan Brightshue.

Future Champions Tournament at Loyola – Blakefield in Towson (This event is the Maryland State Championship Tournament for wrestlers with less than two years experience): 3rd Place—Dylan Mulligan.

CYA is very proud of all the accomplishments the wrestlers have had this year and look forward

for more to come next season. Each wrestler should be proud of themselves—they all did a great job!

CYA would also like to wish the eighth graders good luck as they enter the high school wrestling program next season. Good luck to Charlie Perella, Garrett Buckley, Joey Puvel, Ryan Taylor, Kevin Simmel, Kurt Sanders, Dalton Hawkins, Justin Phillips, and Jacob Lease.

## First in First Aid

Boy Scout Troop 270 participated in the 52nd Annual First Aid Meet of the Catoctin and Appalachian Trail District. Patrols from participating troops compete against each other to see who knows wilderness first aid the best. Patrols are given certain scenarios, and they are given points on their performance of splinting and dressing based on the scenario presented.

Troop 270 sent two patrols to compete against 26 other patrols. Troop 270 took first and sixth place. Participating Boy Scouts were: Marcus Bosche, Michael Bramson, Alex Mayhew, Devin Stafford, Jared Snyder, Patrick Bresnahan, Taylor Ellenberg, Peter Wright, Cooper Dixon, Trevor Bostian, Jacob Dumbrowski, and Max Pennington. Congratulations boys on a job well done!



Courtesy Photo

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## Catoctin Youth Association Cheerleading Competition

The coaches and team from the Catoctin Youth Association (CYA) Cheerleading Competition Squad would like to send a "Special Thank You" to all of those who donated funds and food for our fundraiser to help us get to The U.S. Finals in Virginia Beach, Virginia. The response that we have received from our community has been remarkable and there are not enough words to say "Thank You"!

Thanks to our local businesses: The Emmitsburg Vigilant Fire Company, Shriver's Meat Market, Food Lion, Catoctin Youth Association Track Team, Jubilee Supermarket, Kohl's, Rocky's Pizza, and Glass & Mirror Services, Inc.

Thanks to our local citizens: Michelle Metz, Marilyn Collins, Rebecca Polvosky, Becky King, Pat Reed, Megan Bradshaw, and Deb Gonyea.

## CYA U12 Boys Basketball Wins League Championship

Congratulations to the Catoctin's U12 Boys Basketball team who defeated Urbana and Middletown before playing Walkersville in the League Championship and defeating them 35-33. Players were Anthony Robertson, Michael Tylicki, Austin Cramer, Dylan Reid, Connor Fraley, Dylan Hertel, Jared Pawlus, Jessie Burrier, Tyler Jessee, Elijah Bailey and Cole Mercer. The team was coached by Phil Tylicki and Mick Bailey.



Courtesy Photo

### Check the Calendar

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

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## sports

### CYA Girls Basketball Championship

On Saturday, February 26, the Catoctin Youth Association (CYA) Panthers out-scraped the CYA Tarheels in double overtime to win the 2011 CYA Girls Basketball Championship in the 3rd-5th Grade Division at the Thurmont Elementary School. The CYA girls' teams are composed of third to fifth grade girls from the Catoctin area. The tournament had several close games, and all of the girls that participated deserve a hearty congratulations.



Courtesy Photo

Pictured front row left to right are Ryleigh Bolyard, Adrianna Viti; middle row Brianna Tingler, Rachel Burns, Hayden Garrett, Dru Long, Elizabeth Dougherty, Sydney Ghanayem, Madison Tobery; back row: Coaches Tingler and Dougherty.

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## 2011 Plans for the 55th Annual Thurmont & Emmitsburg Community Show

The Thurmont & Emmitsburg Community Show committee met recently to begin planning the 55th annual Thurmont & Emmitsburg Community Show. The show will be held at Catoctin High School on September 9, 10, and 11, 2011. Officers elected at the meeting are: Rodman Myers, President; Robert Valentine, Vice President; and Brian Hendrickson, Secretary. Other committee members are: Sue Keilholtz, Jessica Valentine, Robert Wiles, David Harman, Cheryl Lenhart, Alan Brauer, Sr., Jeff Geisinger, Michael Lewis, Milton Mills, Denise Valentine, Amanda and Paul Dennis, Paul Schur, Clifford Stewart, Helen Troxell, Jane and Dave Savage, Cathy Little, Karen Myers, Sue Sanders, Patty Johnston, Laura Keilholtz, Sarah Shriner, Thad Bittner, and Daniel Myers.

On Friday night, after the community and civic flag ceremony, the show committee will honor the 75th anniversary of the Catoctin Mountain Park. Also taking place on Friday night, the 2011-2012 Catoctin FFA Chapter Ambassador will be announced. The baked goods auction will start immediately following the

program and the grand champion cake, pie, and bread will be sold at 9:00 p.m.

Entry of exhibits will take place on Thursday evening, September 8, 2011, from 6:00 to 9:00 p.m. and on Friday, September 9, from 8:00 to 11:30 a.m. in the new gymnasium and in the agriculture department area. Judging will begin at 12:30 p.m. Commercial exhibits may be entered on Friday, September 9, from 3:30 to 5:30 p.m. The show will open to the public at 6:00 p.m.

On Saturday, September 10, 2011, the show opens at 9:00 a.m. to 10:00 p.m. Activities include a Market Goat, Beef, Sheep and Swine Fitting & Showing contest from 8:00 a.m. to 2:00 p.m. at the Ag Center at the school. The petting zoo and pony rides will also be held on Saturday and Sunday.

The Thurmont Grange will serve their Turkey and Ham Dinner in the school cafeteria from 3:00 to 7:00 p.m. on Saturday night.

The 35th annual Catoctin FFA Alumni Beef, Sheep & Swine sale will begin at 7:00 p.m. in the Ag Center area on Saturday night.

Activities begin on Sunday, September 11, at 9:00 a.m. with the Goat Show, followed by the Dairy Show and Decorated Animal Contest. The Decorated Animal Contest will begin at noon.

At 12:00 noon, the Catoctin FFA Alumni Chicken Bar-B-Que will be held in the cafeteria. The 32nd annual horseshoe pitching contest will begin at 1:00 p.m.

The Log Sawing Contest will begin at 1:00 p.m. under the show tent in the Ag Center area.

Exhibits must be removed on Sunday, September 11, 2011, from 3:00 to 7:00 p.m.

If you would like to be a new advertiser in our show booklet, please contact Rodman Myers at

301-271-2104, to obtain advertising information. Past advertisers will be mailed letters shortly. The community show booklets can be found in local Thurmont, Emmitsburg, and surrounding area businesses in late July or early August. New residents of the community are urged to enter and be a part of the Community Show, the largest in the State of Maryland. Some minor additions and deletions will be made in some of the departments. Departments include: Fresh Fruits, Fresh Vegetables, Home Products Display, Canned Fruits, Canned Vegetables, Jellies & Preserves, Pickles, Meats, Baked Products, Sewing & Needlework, Flowers and Plants, Arts, Paintings & Drawings, Crafts, Photography, Corn, Small Grains and Seeds, Eggs, Nuts, Poultry & Livestock, Dairy, Goats, Hay, Junior Department and Youth Department. Please visit our website for updated information at [www.thurmontemmitsburgcommunityshow.webs.com](http://www.thurmontemmitsburgcommunityshow.webs.com).

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

## Non-Members Welcome to Anytime Fitness!

Anytime Fitness Thurmont would like to announce that we are greatly expanding our SPRING TRAINING CAMP classes to provide an opportunity for NON-CLUB MEMBERS to attend, without any club membership obligation! Inga Olsen, our SUPER-FANTASTIC personal trainer, has developed three individual training programs targeting the upper body, lower body, and core muscle groups. Each six week class meets twice a week for one-hour sessions. You may sign up for one, two, or all three—\$12.50 per session or less. If you are ready to look good and feel great this summer, now is the time! Let Anytime Fitness help by signing up for SPRING TRAINING CAMP. But HURRY, classes are offered on a first come, first served basis. Class sizes are limited to four, and will fill up quickly. For more information just call or visit during staffed hours. Also, look for us on Facebook at Anytime Fitness Thurmont for tips and updates.

## An Affair for the Forest

The Catoctin Forest Alliance is hosting a dinner on April 9 at the Carriage House in Emmitsburg in order to raise funds for several projects, including the Trout in the Classroom, the Artist in Residence program, and environmental education outreach. All of the programs are part of the CFA's effort to increase education and conservation of the local environment.

Along with dinner and music, attendees will have the opportunity to learn about the forests and the CFA's mission through brief and engaging presentations. Guest speaker Don Litz, conservation benefactor, will discuss his journey to green advocacy and address the need for early environmental education.

"An Affair for the Forest" promises to be an unforgettable and informative evening. If you are interested in attending, please contact Elizabeth Prongas at 301-271-4459.

The Catoctin Forest Alliance is a 501(c)(3) organization. Its mission is to preserve and promote the health of the Catoctin Mountain forest for the benefit and enjoyment of present and future generations. Visit <http://sites.google.com/site/catoctinforestalliance/> for more information regarding membership and activities of the Catoctin Forest Alliance.

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## Thurmont Lions Club Excellence Award

George Bolling, Immediate Past President of the Thurmont Lions Club, recently received the Club Excellence Award for his outstanding leadership during the 2009-2010 year. Clubs that excel in community service, membership growth, communication and organizational management may qualify for the prestigious Excellence Award. Only five Lions Club Presidents in District 22W received this award for the 2009-2010 year.



Courtesy Photo

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## Monath Achieves 1000 Workouts at Curves

Completing the achievement of 1000 workouts is something to celebrate at Curves in Thurmont. Dee Monath meets her friends every morning to work out before going to work at the Shamrock Restaurant. We want to congratulate Dee on her commitment to her goal of maintaining a healthy, active life—great job from all of her friends at the Curves in Thurmont!



Courtesy Photo

## briefs

### Curves Sponsors Food Drive

The Emmitsburg and Thurmont Food Banks continue to be a wonderful asset in helping families in Thurmont and Emmitsburg. Curves in Thurmont will hold their 2011 Food Drive during the month of April. The theme is "Thurmont vs. Emmitsburg" in honor of the two main communities that Curves serves in this area.

Members and community members are encouraged to bring in food for their community food bank. Weis Markets and Jubilee Foods are supporting the food drive by donating grocery carts to serve as the collection bins.


Food will be collected during the entire month of April. However, as an added bonus to join Curves from April 4 through April 17, simply bring in a bag of groceries to donate to the food bank. Your donation will serve as your joining fee.

The employees at Curves will be volunteering at the food bank in the month of April to support the community.

Curves is a complete cardio and strength training workout for women, featuring a 30 minute circuit that provides interval training. It is a high calorie burning, weight resistance and cardio exercise. The Thurmont location offers the Curves Circuit with Zumba and an instant feedback technology called Curves Smart that shows how you are progressing in your workout and how many calories you burned. This program provides an opportunity to take care of yourself and take care of others. For more information, call 301-271-7900.

### Consignment Auction

On Saturday, April 30 at 9:00 a.m., a consignment auction will be held at the United Civic Association, 7535 Old Receiver Road, Frederick MD 21702 (See Reno at Hoffman's Market in Thurmont for local details.) Rawlings Auction, Appraisal and Realty, LLC will manage the auction. If you have items that you wish to consign for this auction, please call 301-473-5796 or rawlingsauction@comcast.net. Food provided by the United Civic Association.



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## Thurmont Senior Center Update

by Helen Deluca

We are anxiously looking forward to the renovations planned for the Center, but there has been a short delay. As you all know, the building is old, so an asbestos inspection was a much needed safety precaution. Fortunately, the tests show there is NO asbestos in the building. Contractor bids will be the next order of business.

The Board of Directors of the Center is also looking into providing a new lunch program. Proposals have been submitted to five local restaurants. This will take time and much planning, but it is doable. Currently, the meals are a Department of Aging service that is contracted out to the lowest bidder.

If you missed the last general meeting in January, you missed a free lunch. The BoD arranged a free lunch catered by Mountain Gate. Those attending—35 in all—had a great time! Watch for the next general meeting on June 15, 2011. I can't promise another free lunch, but there is always something to look forward to.

Also, a special breakfast was prepared by Linda Umbel, Nelson and Barbara Smith, and Kenny Clabaugh. The special guests were Butch and the maintenance crew from the Town of Thurmont. These hard workers are truly appreciated by all for the great service and care they provide for the Center.

Keep in mind that with all future activities listed for the Center, call the Center first. We don't yet have a starting date for the renovations, but we are making plans for future events and activities. However, the dates could be canceled if work is started on the Center.

Other "happenings" coming up:

April 27—The Birthday Party at Mountain Gate Restaurant at 6:00 p.m. This annual event is always well attended. The tables are decorated to highlight each month of the year, and the ladies that volunteer to do the decorating really go all out to make it a special occasion. May 4—What Veterans Need To Know, 2:00 p.m.-3:30 p.m. This program is hosted by Bill Buehrer of Stauffer Funeral Homes and David Wyngate, accredited V.A. attorney. This presentation is to provide veterans with information that they may not know is currently available to them. For instance, did you know that up to \$23,000 annually is available for nursing home care? There is money paid direct to you for in-home care. Light refreshments will be available. Call for reservations at 301-663-7984. ALL veterans are welcome. May 18—Volunteer breakfast. August 3—Pen Mar picnic.

The Department of Aging is planning a "Roaring 20's" party on May 12. There will be special food and music. To help prepare for this special occasion, anyone interested in making the Roaring 20's decorations, can come to the Center on April 29, at 1:00 p.m.

The Department of Aging is also planning a "World Series" theme party on June 16, and anyone interested in making decorations for this occasion can come to the Center on May 27, at 1:00 p.m.

Mark your calendars for all of these special events, and for the exception of the Veterans program, call the Center at 301-271-7911 at



Pictured are Mitzi and Phil Band at a recent Senior Center activity. Courtesy Photo

least two days prior to the event. For the Veterans program call 301-663-7984.

Patt Troxell is now President of the Board of Directors of the Senior Center, and Roy Clever is Vice President. There are 12 members in all. In the future, I will introduce you to all of them, but for now...please meet Dr. Phil and Mrs. Mitzi Band. They are not natives to Thurmont, but they have been familiar with the area for many years. They met while Mitzi was spending the summer at Camp Louise and Phil was at Camp Airy. Mitzi laughingly told me that Phil would take her up to Pen Mar Park, where the view is incredible, and he would tell her he especially arranged for all those shooting stars just to please her. Dr. Phil is a child psychiatrist, who worked with children at Camp Airy. They still spend three weeks each summer at the Camp. Phil just celebrated his 88th birthday on St. Patrick's Day, and Mitzi will be 85 years old in May. They have been married 61 years—blessed with two sons and two daughters-in-law, one daughter, and five grandchildren. Mitzi says they love to come to the Center because of the warm feeling of care and respect shown toward the

## Reunions

•Catocin High School Class of 1976 is planning their 35th class reunion. Please call Donna Gills at 240-818-2964 or Gwen Kuster at 301-845-2540 or email dgills1@verizon.net.

•Planning is starting for a 40th reunion this summer for the Catocin High School Class of 1971. If you are interested in helping or have a contact update, please call Maggie Doll at 301-606-8908 or email gatewaycandy@hotmail.com.

•The annual reunion for the descendants of William H. Long will be held on Sunday, June 19, at the Thurmont Community Park. Lunch at 1:00 p.m. For more information, call 301-271-2981.

## Check the Calendar

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

seniors. We are happy to have them on the Board and appreciate their opinions. Come by to meet and talk with them. They would love to talk to you!

As always, the monthly menu and list of activities is available at the front desk.

Until next time, take care. Give someone a hug and make their day! They will love you for it.

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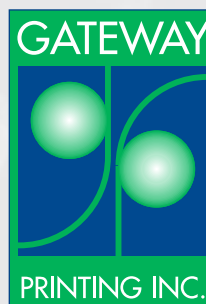


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## Mountindale Convenience Store Celebrates 20 Years

Mountindale Convenience Store owners, Rida and Julian Mitchell, are celebrating their 20th year in business this year. The store serves the local communities of Lewistown and Mountindale south of Thurmont. The building and grounds at the corner of Mountindale and Powell Roads have been the location of a store since approximately 1870. It was known as the C.A. Rice Store in the early 1900s. The store still shows evidence of history with a tin ceiling and roof. Rida recalls a photo showing the space with a barrel holding a checker board next to a wood stove, complete with a convenient spittoon.

When the Mitchell's purchased the business, it was an exciting venture for their young family. It was 1991, they had just built a house in Mountindale, Julian was in the midst of his 32-year career as a U.S. Capitol Police Officer and Rida soon stopped her job with the Marriott Corporation in Bethesda. Rida's mother moved in with them to help out since the commitment to the store required very long hours. Their oldest child, Robert, started working at the store at age 7. Each of their children worked in the business. As Julian says, "It was mandatory."

The Mitchell's took over the store with about \$100 in sundries and 20 cases of Heineken and Amstel Light beer in inventory. Today they are

uniquely convenient with beer, wine, liquor, a custom deli, grocery items, ATM, lottery and regular and diesel gas (added in 2002). Their long-time employee Sharon Young helped start the kitchen and has been instrumental in building an extensive, yummy menu. Their Country Fried Chicken (fried in a pressure fryer) is very popular as well as their barbecue pork and beef sandwiches. They also create special orders for ball teams, events and occasions.

Currently, they are looking for a soft serve ice cream machine to replace one that broke. Once the machine is found, they'll bring back the soft serve.

The atmosphere in the store is laid back and friendly. Customers offer pleasantries on a first name basis. The store is a popular stop for motorcyclists and bicyclists on their way to the Catocin Watershed. Each year, members of car clubs and even reenactors stop in for a visit. Rida says, "This is a friendly place where you can get a variety of items for an affordable price."

In celebration of their anniversary, dinner specials will begin in April. For April, they are having a special on 20 Wings and another on pizza. See

their ad each month in The Catocin Banner for each month's feature. In May or June, the Mitchells will host a Community Yard Sale. They hope to hold a car show in the future.

The Mitchell's extend a shout out to the community, "Thank you for your patronage and friendship." Take Powell Road off of Rt. 15 less than 1 mile to the intersection of Mountindale Road.

See the Mountindale Convenience Store ad on page 12 for more information.



Photo by Deb Spalding

Pictured above, Rida and Julian Mitchell are pictured in front of Mountindale Convenience Store recently. Below left, children with the last name Powell are pictured in the c. 1900 C.A. Rice Store photo. The store is pictured in the back right in the photo. Below right, Mountindale Convenience Store is pictured in a 1996 snow.



Mountindale Store at Mountindale Chapel and C.A. Rice Store in the early 1900's



## Spring Tea

A Spring Tea will be held on April 30, 2011, at Lewistown United Methodist Church, 11032 Hessong Bridge Road, Lewistown. There will be two seatings: 11:00 a.m. and 1:00 p.m. Bazaar Items and Baked Goods. Cost is \$15 per person. The Spring Tea is in support of the Missions Programs and projects of LUMC. For reservations, please call Barbara at 301-898-5572 or 301-471-8416 or call Ruby at 301-898-7888.

## Logan Long is New Member of American Angus Association

Logan Long, Grade 5, of Thurmont, Maryland, is a new junior member of the American Angus Association®, reports Bryce Schumann, CEO of the national organization with headquarters in Saint Joseph, Missouri.

Junior members of the Association are eligible to register cattle in the American Angus Association, participate in programs conducted by the National Junior Angus Association, and take part in Association-sponsored shows and other national and regional events.

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## 2011 Thurmont Business Expo



Pictured clockwise from top left to bottom right: Candy Lawyer and Tony Cool are pictured at the Gateway Automotive booth at the Thurmont Expo; Kelley Bennett, Ross Smith, Allyssa Hamil and Anne Benjamin, of Gateway Printing; Girlscouts Angel Sharrer (left) and Morgan Dempsey of Brownie Troop 81790; Thurmont Lions Fred Mullins and Gayle Disalvo; Dalton Caudill is shown digging for treasure at The Catocin Banner/E Plus Copy Center & Promotions' Treasure Chest; Mountain Gate Restaurant's Nick Kenna (left) assists Stacy Biser (right) insert a key into a treasure chest. Tyler Biser and Gary Biser III wait their turn.

Additional event photos can be viewed on-line at <http://www.thurmontfirst.com/albums/edc2011>



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- April 13, 10-1:30 pm
- May 12, 7-8 pm
- May 13, 10-1:30 pm



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### Show Choir ...continued from cover page

Showmanship and Outstanding Solo Judge's Award and eighth grader Randy Stull won Outstanding Male Solo.

On March 23-26, 2011, the Spirit Show Choir traveled to Nashville, Tennessee for the first time ever to compete in the prestigious Show Choir Nationals. They were the only show choir from the east coast to participate in this highly acclaimed competition. Spirit won First Runner Up and once again received superior ratings. The group was honored to perform on the Grand Ole Opry House stage. Soloists Dan Miller (grade 8) won outstanding male vocalist and Justin Herman (grade 6) won outstanding male performer.

Winning isn't new to the Spirit Show Choir. In fact, the group has continuously won first place and received superior ratings in every competition for 11 years. They continue this year to once again be a leader in talent among middle school show choirs. The show choir and the chorus will have their final competition of the season at the Music in the Parks Festival in Hershey, Pennsylvania, in May.

The middle school's Singing Panthers Chorus ensemble features 51 students from the seventh and eighth grade chorus classes to sing in this mixed choir for competitions, concerts, and for county adjudication. At the Martinsburg festival, the Singing Panthers Chorus won First Place for their outstanding performance. On March 29, the

group performed for the county's adjudication where they received First Place scores, earning them a trip to represent Thurmont Middle School at state adjudication. Fifteen of the students in the Singing Panthers Chorus are also members of the Spirit Show Choir.

Thurmont Middle School's choral department is also proud of its three Junior All-State vocalists. This year, Thurmont Middle School sent three students to Junior All-State Chorus festival in March. Dan Miller, Randy Stull, and Taylor Zentz were three of six students to represent all of Frederick County in the Junior All-State Chorus. Another two of the five students were Maggie Kaetzel and Savannah Steinly. Both are now ninth grade students but are former students of Mrs. LaForce and former members of the Singing Panthers and the Spirit Show Choir.

Thurmont Middle School's outstanding choral department is made possible by the dedication and talented teaching of Mrs. Berna LaForce, the support of TMS administration, and the many dedicated parents, boosters, and financial supporters who help these two groups afford the fees associated with performances, competitions, and travel. You can see the Thurmont Spirit Show Choir and the Singing Panthers perform at the upcoming Thurmont Middle School Spring Choral Concert on Wednesday, May 4, 2011, at Thurmont Middle School.



Courtesy Photos

Members of the TMS "Singing Panthers" Chorus are pictured above, members of the TMS "Spirit Show Choir" are pictured below.



## Catocin High School "Standing Room Only" Show Choir Holds Open House

The Catocin High School (CHS) Show Choir will hold an open house on Tuesday, April 12, from 7:00 to 7:30 p.m. in the Catocin High School Auditorium. This activity is open to the public and includes light refreshments and free musical entertainment by the "Standing Room Only" Show Choir.



Courtesy Photo

Kayla Knott helps answer visitor's inquiries about the CHS "Standing Room Only" Show Choir while manning their booth at the Thurmont Business Expo on March 25.

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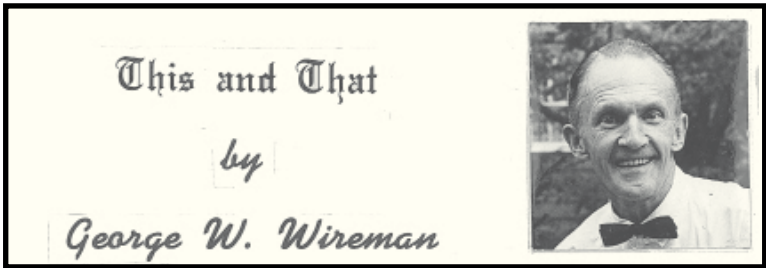
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## Palm Sunday, March 22, 1959

On Sunday, March 22, 1959, President Eisenhower and the British Prime Minister, Harold Macmillan, spent a weekend at Camp David and attended the Palm Sunday services at Trinity United Church of Christ in Thurmont. Their visit was an event that will long be remembered by the citizens of the community, especially my daughter Carole, who was responsible for the historic visit. That was 52 years ago, but I remember it well, as if it happened just yesterday.

It all began, strangely enough, on Friday, March 13, when there appeared in the Frederick News a small item under the heading... "IKE AND MAC TALKS TO BE IN THURMONT." The article was a White House announcement that President Eisenhower was bringing the British Prime Minister, Harold Macmillan, to Thurmont for talks on the Berlin crisis. The talks were scheduled to be held at Camp David, the presidential retreat located in the Catoctin Mountains, just west of the community.

That evening my ten-year-old daughter, Carole, came up with the thought that it would be nice to invite the President and the Prime Minister to our church for the Palm Sunday service. I explained to her that the idea was indeed a good one, but such visits were not always

practical, due to security reasons. This, however, did not discourage her thoughts about the idea. Finally, after much discussion on the subject, she talked me into writing a letter to the President, inviting him and the Prime Minister to attend the Palm Sunday



services, scheduled for Sunday, March 22, at 11:00 am. The letter was written and mailed on Monday, March 16.

Much to my surprise, on Thursday, March 19, we received a

reply from the President's Secretary, Thomas E. Stephens. "The President is indeed grateful for this kind invitation, but because of the work schedule that he and the Prime Minister have outlined during their meeting at Camp David this

weekend, it will not be possible for them to join with you and all those of the United Church of Christ for the Palm Sunday service. However, if it is possible for them to attend the service, the President will get in touch with you." My

daughter was very disappointed and the subject was dropped.

Late on Saturday evening, March 21, James Rowley of the White House Secret Service, accompanied by Special Agent, Harvey Henderson, paid a visit to my home. The President had sent them to inform me that he and the Prime Minister would be able to attend the Palm Sunday services and that my daughter's invitation was accepted. They requested permission to look over the church for security reasons. I made the necessary arrangements for them to visit the church and meet with the minister, Samuel A. Moyer.

Following their inspection of the church and meeting with the minister, plans were drawn up as to where the world leaders would be seated and what locations the Secret Service would be stationed during the service. Being usher that Palm Sunday, I was chosen to be the individual to welcome the world leaders and to usher them to their seats. It was learned later, that the Palm Sunday

visit of Ike and Macmillan to Trinity United Church of Christ was the very first time that two world leaders worshiped together under the same roof.

Although the President and the Prime Minister had asked that word not be spread regarding their plans to attend church service in Thurmont, a small crowd, mostly reporters and photographers, were at the church when the Presidential party arrived.

Upon their arrival, they posed briefly on the church steps for the photographers. As they signed the guest register, I thanked the President for accepting my daughter's invitation and then ushered them to their seats and the service began.

The two world leaders, searching for a path of peace, found Rev. Moyer's sermon, "Perseverance" very appropriate. Perseverance was a major characteristic of the Prime Minister. It had helped him to restore Anglo-American friendship, rebuild the British trade position, and restore the confidence of his Conservative Party. All of these were at low ebb when he took office in January of 1957.

At the close of the Palm Sunday



service, the world leaders posed with Rev. Moyer on the front steps of the church before returning to Camp David. Prime Minister Macmillan was deeply impressed with the church windows and remarked to the minister of their beauty.

Today, the church pew where the world leaders jointly worshiped that Palm Sunday, fifty-two years ago, is marked with a plaque, a gift of my daughter Carole.

Photo Courtesy George W. Wireman Collection

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# Who Am I?



## Who Am I? Next Issue

Your clues are: "Fifty-three years of volunteer service; bank employee; well-known family man; carnival lover.

You can submit your answer in either of two ways: call 301-693-9503 and leave a message or send an e-mail to who@thecatocinbanner.com.

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

article and photo by Laura O'Donnell

Your clues were, "Lots of people in the Emmitsburg area have refrigeration and electricity because of him; owns the "Betty J"; Army man who served some time in New Guinea; a fisherman who loves Betty."

Those who guessed correctly are: Dolly Long, Nancy Andrew, Sara Green, Steve Orndorff, Larry Little, Raymond Long, Lydia Myers, Mary Jane Moser, Elaine Ebaugh, Brian D. Glass, Betty Eyler and Beatrice Umbel.

## I am John Reaves

John Reaves was born in Orlando, Florida, and grew up in Lake Mary, Florida. At the age of seventeen, he lied about his age and joined the National Guard. When World War II started, John was sent to fight in New Guinea. He described New Guinea as "one terrible place" after experiencing war in the jungle for nine months. He also fought on the Island of Morotai, which is located in Indonesia. One day, while shootin' the breeze and sharing pictures with army pals at Fort Benning, a man in John's section showed John a picture of his sister named Betty. John thought she was beautiful and immediately wanted to write to her. He wrote her a letter and she wrote back to him. Soon, Betty came down to Florida with her brother, and John met her in person. The couple eventually married and moved to Pennsylvania. John worked at a furniture factory, but grew tired of it. He took courses in electricity, refrigeration and air conditioning and then decided to start his own business. Reave's Electric Company was founded in 1949, and was



operated out of the brick house John had built himself. The company provided electricity, refrigeration, and air conditioning. Later, John heard of a house for sale in the town of Emmitsburg and decided to relocate. The business was run out of the new home, and he even opened an appliance store on the first floor. One of John's good friends, Charles Long, worked for Reave's Electric Company for nineteen years. While not running his business, John devoted a lot of his time to fishing. He purchased his

## County-Wide Science & Engineering Fair Winners - Two Going to International Fair in LA

Science students throughout Frederick County presented 115 projects at this year's middle and high school Science and Engineering Fair on Saturday, March 26. More than 60 professionals from the Frederick community judged the entries.

Of 13 participating high school students, Todd Seiss, a Catocin senior, won the grand prize for his first-place plant sciences project: Measured Voltage Differences between Trees and Their Soils: A Comparative Study among Twelve Species. First runner up is Urbana senior Laura Rosenwald for her first-place animal sciences project: Color and Shape Learning by Way of Behavioral Contexts in Danaus Plexippus (Monarch Butterflies). Both will represent Frederick County at the 2011 Intel International Science and Engineering Fair in Los Angeles, California in May.

Catocin senior Ashley Smith was a second place winner and Catocin senior Brittany Beall and Catocin junior Rosalyn Smaldone won an honorable mention award.

The annual fair is sponsored through a partnership between Frederick County Public Schools and the Frederick Jaycees, with financial support from MedImmune, Inc.

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boat, Betty J, in 1980, and acquired his captain's license. He often took friends and other fisherman out in the Delaware Bay to go fishing. He sold Betty J in 2003, but still has her picture proudly framed in his

living room. John still resides in Emmitsburg with Betty, and their 66th wedding anniversary is coming up. I asked them for their advice on how to make a marriage last and they said "don't go to bed angry."

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## tickling our taste buds

by Denise Valentine,

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

As we look ahead to the Easter holiday, I'm sure dinner menus are being prepared, guests are being invited and families are planning for those famous Easter egg hunts. I remember when my girls were young, we had a great time watching them search for hidden eggs. They'd hunt eggs at our house in the morning, at my in-laws family luncheon with lots of cousins, and then again in the evening at my family dinner. My dad was famous for saying, "I see one," even if he really didn't. It never got old and everyone had fun each time, especially when the count came up 1 or 2 eggs short, it was a mad scramble to see who could find those last eggs. Now I look forward to watching my grandson hunt eggs. Seeing the look on his face as he places them in his basket is priceless.

It's always nice to have a special Easter breakfast, but sometimes, with the other activities of the day, breakfast becomes a quick bowl of cereal and a piece of toast. Try this breakfast casserole for a delicious meal to start your holiday. The best part is that you prepare it the night before, refrigerate and then pop it in the oven while the family is hunting those Easter eggs.

### Breakfast Casserole

1 pound loose sausage	1½ cups milk
6 slices white bread	½ teaspoon salt
1 pound grated cheese	½ teaspoon dry mustard
6 eggs, slightly beaten	

Fry sausage and drain off fat. Butter one side of the bread and place evenly in the bottom of a well-greased casserole dish. Sprinkle cheese evenly over the bread. Combine beaten eggs, milk, salt and mustard. Pour over the cheese. Sprinkle sausage over the top. Cover and refrigerate overnight. In the morning, bake covered at 325 degrees for 1 hour. Uncover and bake 15 minutes longer.

## Scout Awards Presented

Boy Scout Troop 270 and their families joined the troop's sponsor, the Thurmont Lions Club, at a recent meeting. At that time, Lion Ross Smith presented Eagle Scout Matthew Thompson with a certificate from Lions Clubs International and a \$100 savings bond. Matthew's Eagle Scout project was to build two new flower gardens and rehabilitate an existing flowerbed and path at the Fountain Rock Nature Center in Walkersville. James Rebert, also a new Eagle Scout, was unable to attend. His project was to rehabilitate a nature trail at Camp Westmar. James is a 2010 graduate of Catocin High School.

Lion Ross Smith also presented the Ross Smith Senior Award to Chris Vaughn, who was chosen as the 2011 Scout of the Year. He received a plaque and a \$500 savings bond. Chris, a junior at Urbana High School, started as a Cub Scout at age 8 and achieved the rank of Eagle Scout at age 12. He is currently serving the troop as the Junior Assistant Scout Master.



Matthew Thompson (above), Eagle Scout and Chris Vaughn (below), 2011 Scout of the Year are pictured.

Courtesy Photos



## Cub Scouts Prepare to Sweep Safely

The Cub Scouts of Thurmont Pack 270, Den 2, decided to combine a recycling achievement with their upcoming community service project—The Big Sweep. The boys painted cardboard to serve as roadwork warning signs and fashioned corn and feed bags to use as safety vests. The Big Sweep coincides with Earth Day on April 16, 2011. The Scouts will be picking up trash and collecting recyclables on Blue Mountain and Hessong Bridge Roads in Thurmont.



Courtesy Photo

Pictured (left to right, front row): Garrett Mayhew, Seth Young, Austin Smith, and Bill Kaas; (back row): Colton Clingerman, Kyle Dutrow, Danny Janc, and Garrett Fraley.

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## Thurmont Lions Club Presents Essay Contest Awards

The Thurmont Lions Club recently presented awards to three local students for their outstanding entries in the American Heritage Essay Contest.

Pictured are: Emily Robinson, a 6th grade student at Thurmont Middle School; Chase Yingling, a 4th grade student at Lewistown Elementary School; and Elizabeth Faust, a senior at Catocin High School. Emily's essay was called "What the American Flag Means To Me;" Chase wrote about "Why I Am Proud To Be An American;" and Elizabeth's essay was about the "Power of Peace." Each student received a certificate and a \$100 savings bond from the Thurmont Lions Club.

Chase and Elizabeth were also the winners in the Lions District 22W competition. Their essays were judged the best in their category from among those submitted to the 56 Lions Clubs that make up the Western Maryland district.



Courtesy Photo

## Life Horse Program's 6th Annual Fun Day

The Life Horse Annual Fun Day will be held on May 7 from 10:00 a.m. to 3:00 p.m. at Breezy Hill Stables, 15117 Mud College Road near Thurmont. This fun-filled day includes moon bounces, horse rides, hayrides, food, Slim Harrison with his musical instruments and much more. Bring the whole family to experience a day worth remembering.

This event will be held rain or shine and is sponsored by Life Horse. Directions to Breezy Hill Stables: Take Rt. 15 north past Thurmont. Turn right onto Orndorff Road. At stop sign, go straight. After about 1 mile, you will come to a Y, Orndorff goes off to the left and Mud College goes straight, stay on Mud College Road. Barn is about 1/2 mile on the left. Call 301-447-2663 with questions.

## Girl Scout Troop 81200 Holds Neighborhood Yard Sale

Spring is here and that means...Yard Sale Time! If you're doing "Spring Cleaning" and need a place to have a yard sale, Cadette Girl Scout Troop 81200 has the space for you to set up and sell your goods. The yard sale will be held on May 6 and May 7, at East Hammaker Street in Thurmont, from 7:00 a.m. to 5:00 p.m. Crafters are welcome to participate as well.

Spaces are \$5.00 per space (8x10). Tables are available for rent at \$5.00 per table (limited number available). This event will be held rain or shine. All proceeds benefit Cadette Girl Scout Troop 81200 Silver Award Project.

Girl Scout Council of the Nation's Capital (GSCNC) and Troop 81200 are not responsible for loss or damage to items. Send name, address, contact phone number, and payment to GSCNC Troop 81200 at 115 E. Hammaker St., Thurmont, MD 21788. Please note the number of spaces and tables, if needed.

## Cub Scouts Celebrate

Cub Scout Pack 270 celebrated the Cub Scouts Birthday on February 20, 2011, with furry and scaly friends from Catocin Wildlife Preserve. After a great meal provided by Mountain Gate Restaurant and the Cub Scout families, Callan Hahn and a few of his assistants from Catocin Wildlife Preserve, brought friends for the Cub Scouts to meet, learn about, touch and feel. From amphibians to mammals and reptiles to bugs, the boys had a wonderful time—parents did, too. Thank you to all that made this year's event successful.



Courtesy Photo

Colton Clingerman reaches out to a Paragrin Falcon with the help of Paul Dubois.

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# happily ever after

## A Dose of Reality

by Valerie Nusbaum

With all the tragedy in the world today, it's difficult to be funny. I don't find any humor in the recent events that occurred in Japan. In fact, I'm scared. I find myself seriously wondering if the end is near. Earthquakes, tsunamis, fires, floods, mudslides, diseases, Charlie Sheen, and now the threat of radiation leaks—I fear it all and my heart goes out to everyone who has been affected by these things. Some days, it's all a little too real.

Maybe that's why reality television is so popular. It's a way for us to escape from our own realities. For a little while, we can lose ourselves in someone else's troubles. I admit that Randy and I do watch a few of the "reality" shows. We like "Survivor" and "The Amazing Race." We marvel that the producers were able to find more than a dozen people who could leave jobs and families behind for more than a month. We wouldn't be able to do that. Then we take a good look and listen to the participants in these shows, and we realize that leaving their homes and jobs is just the beginning of their problems. I'm not proud that we

make fun of these people, but on the other hand, they've put themselves in a position to be judged. When Evil Russell's torch was extinguished, I admit that I cheered that justice had finally been served, and at the same time, I felt a little sorry for the guy. That's real life.

In that vein, here begins some thoughts and observations on Reality Television:

"The Celebrity Apprentice" — Randy and I also watch "The Celebrity Apprentice." I don't know why. I don't like Donald Trump or his hair. In my opinion, Mr. Trump is a sexist pig. In the real world (or in a real office), if Trump said the things to women that he says on his show, he'd constantly be slapped with sexual harassment lawsuits. Also, I've never worked in an office environment where the boss pitted employees against each other and prodded them to say bad things and fight. I fail to see how this show in any way represents reality, but Randy says that any show with Gary Busey is worth watching. After all, Gary starred in "Point Break," which was the greatest movie ever made. (That last part is Randy's opinion—not

mine. Randy also pointed out that Gary was nominated for an Oscar for "The Buddy Hackett" story.) My greatest fear these days is that Trump really will run for President and win. He'll paint the White House gold and put slot machines in the lobby.

"Jersey Shore" — We don't watch this show, but we are familiar with the "stars" because they're everywhere. These people became stars by exhibiting bad behavior, bad tans, and bad hair. Bad hair seems to be a recurring theme in reality television. I know a lot of people from New Jersey. I don't know anyone like Snookie or The Situation. I dated a guy from Jersey who was nothing like that. He spoke four languages, water skied, and played the guitar; he is now CEO of his own marketing firm. Heck, Bill Blakeslee is from New Jersey and we trust him to manage our town. I also like Frankie Valli and The Four Seasons, and I thought "Jersey Boys" was a fantastic show.

"The Bachelor" — I don't watch this show; I just can't bring myself to do that. What kind of woman competes for a man? And, when one of the women wins the bachelor, her prize is a guy who just made out with 24 other women? Randy says that there must be some real self-esteem issues at work here or else there must be a really big paycheck. He suggests changing the name of the show to "Ho Ho Ho."

"The Real Housewives" — We tried to watch this show, but we just couldn't finish it. No matter what

city they are from, the show is still the same. There is always a lot of backstabbing and cattiness. I'm tempted to assemble a group of my girlfriends, ply them with alcohol and see what nastiness ensues. I'm pretty sure that most of them would giggle and fall asleep. A better show would be "The Real Husbands of Thurmont." Randy, David, Wade, Bill, Steve and assorted others could do yard work and discuss their feelings. I know I'd watch it.

A great new reality show would be "The Real Older Women." My mother and her friends could sit at McDonald's and solve all the problems of the world over breakfast. Of course, some of them don't hear very well, so there would be several different conversations going on and they'd forget a lot of it. It would be good, clean fun though.

Randy's dental hygienist desperately wants to become a contestant on "Survivor." She has sent in countless audition tapes, but, apparently, Marti is too normal to be accepted on the show. I'm not sure if normalcy is Randy's problem, but he can't get on "Survivor," either. He's not allowed to play with fire. There's also the issue of the episode where the contestants' loved ones come to the island for a visit and compete in a challenge. Poor Randy knows that none of his loved ones would show up. The islands are dirty, insect and snake-infested places; and, frankly, after several weeks of him living like that, Randy would smell horrible. Yuck! I love him, but I'm not eating a bug for anyone.



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## Grocery Shopping: Why You Shouldn't Be Listless

by Sheri Alzeerah

Just as Christopher Columbus didn't set sail without a map and Neil Armstrong didn't land on the moon without a carefully detailed plan, shoppers shouldn't take on the grocery store without a list. Save more money on your next grocery trip by mapping out the journey before heading to your destination. Here's why:

1. Needs Over Wants. Sure, it seems simple enough, but we've all succumbed to the almighty power of the attractive display of who-knows-what and the colorfully packaged thingamabobs. Stores' tools and tricks to make shoppers dole out more money are pervasive, but needless spending can be avoided with a little bit of planning. By making a shopping list, you'll be able to differentiate between the foods you need and the foods you (and your credit card) can do without.

Put the "planning" in "meal planning" by putting together a simple to-buy list. Grab a cookbook, choose a crowd-pleasing dish, and only write down the ingredients you don't already have at home. To avoid buying one-time usage ingredients, aim for dishes that use common ingredients, or use your resourcefulness and find a substitute instead.

By making a physical list of things to buy at the grocery store, you'll be less likely to stray from the meal essentials. Still, it's realistic to allow for some leeway. Just set a limit to how many unplanned items you can buy before heading out—one to three unlisted finds are plenty.

2. It's About Time. Using a grocery list saves more than money—

it saves precious time that all busy shoppers can use. Think of the shopping list as a road map. No more aimlessly wandering through the aisles you have no business being in. No more distracting detours. It's just you, your list and your basket, fully equipped to hit the open aisles.

By knowing the layout of your grocery store, you can weave through the maze like a pro. Learning how to be efficient with your time in the store is tied to being just as efficient with your money.

3. It's Easier Than You Think. Whether you're a smart phone devotee or a pen-and-paper traditionalist, there are countless ways to make a shopping list. Cell phone apps are designed to make creating (and checking off) a grocery list smoother than ever.

With today's technologies of convenience, the process of grocery shopping has been streamlined into a process that's faster and simpler than you can say "Easy Mac."

Not a techie? Not a problem. Today, numerous companies sell pre-made shopping lists that have basically done all the work for you. Checklists with an all-inclusive list of items already printed on them make savvy shopping easier than ever before. Simply run through the list before you go and check off items you know you need.

But not having these fancy tools is no excuse to not make a list. All it takes is a pen, a piece of paper, and the willingness to save more time and money in the grocery store.

Sheri Alzeerah is a journalist and freelance writer for [www.foodonthetable.com](http://www.foodonthetable.com).

## dude, it's catocin

by Julia Shipley

"Madness" seemed to be the perfect word to describe the month of March at Catocin High School. Spring sports were, and still are, in full swing, with some impressive opening wins by the boy's baseball team. Also in sports, members of the Boy's Indoor Track Team went to New York this month to run in the New Balance Competition and placed very well. The football team held their annual banquet during which there were so many finger-licking foods to choose from, it was hard to focus on the stars of the night—the football players.

During the banquet, awards went to the following seniors: Best Offense—Eric Barbour; Best Defense—Sean Reaver; Most Improved—Kellam Maxey; Unsung Hero—Landon Routzahn; Gridiron Award (a.k.a. most valuable)—Nick Maxey; Doug Wivell Lineman Award—Brady Ridenour; Dr. Henry Leonard McCorkle Best Team Attitude—Travis Bewley. All the boys listed above (except Landon), including Austin Carter, Johnathan Portner, Nick Heaton, Zach Krietz, and JC Burrier played for all four years of their high school football career and have only lost five games in all four years of playing. The boys all received slide shows arranged by the lovely, Sharon Burrier.

Safe and Sane's second foam party was just as dashing as the first one. Many people came out to support the event. The Safe and Sane Committee

will be holding a "bash attack," which is the lock-in at Shadowlands Laser Tag at FSK Mall on April 8.

The It's Academic team drove down to Baltimore to continue enlightening of the masses with witty questions and mind boggling trivia. The team competed against Lock Raven and Wilde Lake, two very talented schools, who unfortunately out-maneuvered our team's cerebral cortexes, thus bumping us out of the competition. Craig, CHS's magnificent cougar mascot, made his usual appearance, and got his bomb dance segment. The show will be airing on April 23, at 10:30 a.m. on channel 13 WJZ. There are a lot of seniors leaving the team next year, so if you are interested in joining for next season, please talk to Mr. Keopke, King of Mathland.

The Drama Department is keeping busy developing the spring musical, "Once On This Island." Many returning cast members as well as many newcomers, came out for the drama. It premiered on Thursday, March 31, through Saturday, April 2. The story is the original idea of the Disney classic "The Little Mermaid," and kept audiences on their toes.

Can it be warm and spring yet? I really hope so. All of these showers should be bringing flowers and many crazy things are a-blooming at Catocin. Let's see how spring sports work out, and who knows what will come about in April.

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## imagination zone

*Children and Teens at the Thurmont Regional Library*

by Janet Vogel, Children's Services Supervisor, Thurmont Regional Library

Spring is upon us, and we have plenty of fun in store for children and teens at the Thurmont Regional Library! Join us for our 3rd annual Bunny Hunt, take in a movie on our big screen, or come see Cecil the Clown! The Summer Reading Club is also just around the corner. Registration will begin on May 1, so be on the lookout for decorations and information at the library.

Teens can celebrate spring in style and make their own giant paper flower on Saturday, April 16, at 2:00 p.m. These popular flowers have been featured everywhere, from proms to Martha Stewart, and even the library. If you've always wanted to learn how to make giant paper flowers—here is your chance. Register today!

Wondering what to do for spring break? Stop by the library for Lunch & a Movie at noon on April 19 and 21, or come in and play games all day on April 20. Gamers can register to play Wii on the library's giant screen on April 18, at 3:00 p.m. All of our regular programs will also be held during spring break.

We will also have our 3rd annual Bunny Hunt the week of spring

break. Register for a special Bunny Hunt and storytime on April 21, at 10:30 a.m., or drop by on Saturday, April 23, at 10:30 a.m. for even more bunny fun. All of the bunnies are loose in the library, and we need your help to find them before they run amok in the book stacks!

New this year! The library will celebrate Dia De Los Ninos and International Children's Day on April 30. See everyone's favorite Cecil the Clown at 2:00 p.m., followed by fun games and activities at 3:30 p.m. This is one fiesta you won't want to miss!

Be on the lookout for even more programs in May and June, as the library gears up for the Summer Reading Club. We have new activities and events planned, plus some old favorites. We hope to see you soon!

The library offers many programs for children and teens throughout the year. Stop by the Thurmont Regional Library on Moser Road. Call the Children's Department at 301-600-7214 or visit our website (<http://www.fcpl.org/information/branches/thurmont/>) for more information about storytimes, art programs, and more!

## Mother Seton School Students are Great Spellers

Mother Seton School's Annual Spelling Bee for grades four, five, and six was held on Tuesday, March 15, 2011, in the school auditorium. Stephen Hochschild, a fifth grader in Mrs. Nell's class, won first place by spelling the word "fatigue." Second place was won by Hallie Mauk, a fifth grader in Mrs. Nell's class. Winners from each class competed in the final contest. As first place winner, Stephen will compete in the Archdiocese Spelling Bee to be held on May 10, 2011, at St. Pius X School in Baltimore, Maryland. Mauk will be the alternate if Hochschild is unable to complete. Congratulations to all of the great spellers who competed!

The annual Spelling Bee is sponsored by the Archdiocese of Baltimore Department of Catholic Schools, the Integrated Language Arts Curriculum Committee, and Houghton Mifflin Harcourt School Publishers.

Mother Seton School (MSS) traces its roots to a small school begun in 1810 by St. Elizabeth Ann Seton, the first native-born citizen of the United States to become a canonized saint. MSS provides affordable, faith and family-centered education for students in Pre-K through Grade 8. Scholarships and daily bus transportation to the modern Emmitsburg campus are available and applications are currently being accepted for fall. For more information or to donate to financial aid for children in need, please visit [www.mothersetonschool.org](http://www.mothersetonschool.org).



Courtesy Photo

Pictured above (left to right): Winners of the Mother Seton School Spelling Bee—First Place, Stephen Hochschild; Second Place, Hallie Mauk.



Courtesy Photo

Pictured above (left to right): Classroom Winners of the Mother Seton School Spelling Bee—Front row: Stephen Hochschild, grade 5; Grace Santos, grade 6; Max Herring, grade 5; Hallie Mauk, grade 5; Isabella Alley, grade 4; Tara O'Donnell, grade 4; Katie Thomas, grade 6. Back row: Caroline Mullineaux, grade 4; Kala Thomas, grade 6; Katie Adams, grade 4; Payton Koontz, grade 6; Jude O'Donnell, grade 5.

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## Thurmont Middle School Students and Staff Sign MSA Pledge

All Thurmont Middle School (TMS) students and staff signed a pledge promising to do their part to ensure success for TMS on the MSA during testing week, March 7-11.



Courtesy Photo

On the "Test Promise," students promised to: (1) Do their best on all four days of testing; (2) Remain on task at all times; (3) Write in their math test booklet all the work needed to find the correct answer; (4) Use learned reading strategies to assist in identifying vocabulary, context clues, and important details for text support; and (5) Use a graphic organizer to assist their thinking and writing. Teachers signed a "Test Encourager" pledge promising to "give encouragement and support to all TMS students." The pledges were then displayed on the "MSA Promise Wall."

## Family Fitness Challenge

The Frederick Keys and Frederick County Public Schools invite elementary students and their families to a Family Fitness Challenge on April 4 through April 10, to celebrate TV Turnoff (or Screen Free) Week.

Being physically active and decreasing screen time are some of the most important steps that people of all ages can take to improve their health.

The Family Fitness Challenge is for families to exercise together (at least 30 minutes) every day for one week in place of watching a television show or sitting in front of a screen. The link to the Family Fitness Challenge Card to record activities is: <http://fcps.ezcommunicator.net/edu/frederick/Upload/0/246.pdf>.

Every student who participates will get a voucher for a FREE TICKET to the Frederick Keys, who will be taking on the Wilmington Blue Rocks on Friday, May 6, at 7:00 p.m. Stay for the fireworks after the game.

Participating students will also be entered into a drawing for a chance at throwing the first pitch!

The school with the most participation will get a visit from Keyote—the Frederick Keys mascot—during field day activities.

Turn in your activity cards to your P.E. teacher at your school by April 13, 2011. Challenge yourself and get moving!

## Thurmont Middle School PTA Fundraiser

Do you need a gift for Mother's Day, a birthday, or Easter? What better gift than one full of great information about the Frederick area. An orange flyer went home with your student last week. The PTA is selling subscriptions to Frederick Magazine for only \$19.00 (originally a subscription would be \$25.00). The money raised will support the events the PTA provides for Thurmont Middle School (TMS) students.

All checks should be made payable to the TMS PTA for the total subscription price of \$19.00. Extra forms are in the front office. The fundraiser ends April 11th.



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## school news

### Thinking Day

Each year, Girl Scouts celebrate "Thinking Day" by celebrating a country. Each troop that participates picks a country, does the research on the country, puts together a "talking board," and gives a presentation to other groups of Girl Scouts. One of the exciting parts of the event is that each troop makes a food dish that is specific to the particular country they have chosen.

This year's "Thinking Day" was held at the Emmitsburg Ambulance Company on March 6, 2011. Brownie Troop 81790 picked Bolivia for the country and prepared a Bolivian dish of Taws Taws: fried dough with Cinnamon on it and a chocolate pudding.



Photo by Carie Stafford

Pictured left to right: Cadette Leader In Training, Kelsey Stafford; Brownies: Caitlynn Beck, Krista Royer, Angel Sharrer, and Ariana Connacher.

## 2011-2012 Registration Now Open at Mother Seton School

Pre-K and Kindergarten Interviews and Shadow Days are now being scheduled. Enroll now. Students are accepted in the order in which their application is received. Come experience affordable, faith and family centered education in a vibrant, Christ-centered community that provides academic excellence; affordable tuition with financial aid options; bus transportation; before & after school care; and individualized attention. For an application and tour, call (301) 447-3165 or visit [development@mothersetonschool.org](mailto:development@mothersetonschool.org). Mother Seton School, 100 Creamery Road, Emmitsburg.

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# the health jeanne

by Jeanne Angleberger  
Shaklee Associate for a Healthier Life

How healthy is your immune system? Poor diet, daily stress, and exposure to toxins in food, water, and the environment all cause a decline in immune system activity, according to Phyllis Balch, a leading nutritional consultant.

The immune system is the key to fight off every insult to the body. It is a complex network of interactions involving many different organ structures and substances. From the day we are born, our body learns to defend itself against foreign invaders, called antigens.

Our immune system will serve us well if properly cared for. Feeding your body the right nutrients is a starter. Stay in a healthy environment. Learn what to avoid that tends to depress immunity.

The chemicals in household cleaners, the overuse of drugs, the pesticides and the many additives in foods we eat, the exposure to environmental pollutants, and even

the air we breathe can put a strain on our immune system.

Stress adversely affects the immune system. It depletes the body of needed nutrients.

Avoid all tobacco products and excessive alcohol consumption.

Take time to evaluate your lifestyle. An improper diet, especially a high-fat diet and refined processed foods are immune suppressors. Learn techniques to help cope with stress. It is a fact that our mental state can affect our immunity.

Get regular exercise. It helps to ensure every part of the body is getting oxygen.

Remember to have an annual physical exam with your health provider. In addition, having a consultation with a certified nutritionist can guide you to better eating.

Keep your immune system strong. Otherwise, your ability to fight illness and disease will be greatly compromised.

## Brashear's Memorial Atlantic City Bus Trip

The 2nd Annual Gregory A. Brashears, Jr. Memorial Atlantic City Bus Trip will be held May 14. Tickets are limited and on sale now by calling 301-748-6007. The bus leaves Thurmont Plaza at 7:15 a.m. sharp and returns at 11:00 p.m. Participants must be 21 years old.

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## John's Wheels for Wishes Accepting Nominations

The 3rd Annual John's Wheels for Wishes Poker Run will be held on Saturday, July 30, departing from Eunice's Restaurant at the corner of Biggs Ford Road and Route 15 at 11:00 a.m. Registration is \$20.00 per driver, \$15.00 per rider, non-riding participants are \$10.00 per adult and \$5.00 per child (12 and under).

Each year, this benefit helps a family in Thurmont. The folks at John's Wheels for Wishes are accepting nomination letters now from families that may be in need of financial support due to terminal sickness, etc.

This year's ride features fun for the whole family through parts of Maryland and Pennsylvania ending at Lawyer's Barn in Thurmont, where music, raffles, an after-party, and cookout will be held. Pre-registration will be held through July 10 by mailing registration to 13719 Jimtown Road, Thurmont, MD 21788.

## A Very Special Invitation

Learn about The Emmitsburg Council of Churches project, "The Mission to Kenya," on Saturday, April 30, 2011, from 3:00 to 5:00 p.m., at the Art Studio of Elizabeth Prongas, 14726 Old Frederick Road, Rocky Ridge. Join neighbors and friends for this festive gathering in support of the Mission to Kenya (July 10-27, 2011). Light fare will be provided. RSVP not required but appreciated by April 25, 2011, call 301-271-4459 or email arteliza@msn.com. Free-will donations will be gratefully accepted for the Mission to Kenya.

## Gibbs Represents TMS at Science Fair

Frederick County Public Schools held its annual middle school Science and Engineering Fair on Saturday, March 26 at Walkersville Middle School. The county-wide science fair attracted 102 participants, anxious to exhibit their research projects and scientific experiments. The wide variety of subject areas included, among the 15 categories, such areas as biotechnology, animal sciences, astronomy and physics. While some schools, sadly, went unrepresented at the fair and others had more than a dozen exhibitors, Thurmont Middle School was fortunate to feature one exhibitor, Donovan Gibbs, an 11-year-old in Susan Mize's 6th-grade science class.

Donovan, an aspiring musician/songwriter and self-taught guitarist, decided to study the physical and scientific properties of one of his favorite things, the electric guitar. His curiosity having gotten the better of him, he was determined to learn how the instrument, when not connected to an amplifier, can produce sounds electronically. While it wasn't rocket science, as the saying goes, he aptly named his project Rock-It Science. The scientific process began with research about electric guitar pickups, which Donovan learned have the same properties as electromagnets. To understand how electromagnets worked, part of his research and experimentation involved constructing an electromagnet, the properties of which he then tested against a compass. After learning how electromagnets worked, he then disassembled an electric guitar, and discovered that the guitar actually has 18 electromagnets embedded in groups of six in each of three separate "pickups" on the guitar, which send mild magnetic impulses out from the guitar. Further investigation and study revealed that when the metal strings of the electric guitar vibrate, when either strummed or plucked, they interrupt the magnetic field in the pickups, when in turn send minute electric impulses to the electronics in the guitar, which are subsequently amplified through the amplifier and speaker. He learned that when a magnetic field is interrupted it creates an electrical impulse, which is converted to audible sound.

While he was the only person to submit an entry from Thurmont Middle, he was happy to have had the opportunity to represent his school, and Thurmont, at the 2011 Science Fair. For his efforts, he was awarded a ribbon and a certificate from the sponsors of the Fair, the Frederick County Public Schools and the Frederick Jaycees.



Photo by Richard Gibbs

Donovan Gibbs appears at his science fair entry, Rock-It Science.



## Spires Brass Band to Perform at Frederick Church of the Brethren

On April 9, 2011, starting at 5:38 p.m., The Spires Brass Band will perform at the Frederick Church of the Brethren. The Spires Brass Band was organized in 1993 by its Music Director, John Slezak. It was organized to enrich the cultural life of the community by performing traditional and contemporary brass band music in accord with the highest standards of excellence, and to give its members the opportunity to participate in music making of the highest caliber.

The band annually performs a series of four formal concerts in Frederick, Maryland, and also performs several hymn concerts at area churches. Additionally, the band performs for civic functions throughout the year, competes in the NABBA North American Brass Band Championships and participates annually in the Gettysburg Brass Band Festival.

Highlights of the band's 14 year history include performing on the Today show in 1995, with Willard Scott, as part of the 250th Anniversary of the City of Frederick.

In 2001, the band entered its first NABBA Championship contest in the Challenge Section and won 1st Place. The band also won the Challenge Section Championship in 2003, 2005, and 2008. In the eight years the band has competed in NABBA, it has won four Championships, two Second Places, one Third Place, and one Fourth Place. The band was chosen in 2006, to perform for the Maryland Music Educators Annual State Conference in Baltimore.

Guest artists who have performed with Spires include trumpeters Allen Vizzutti, Vince DiMartino, Gabriel DiMartino and Chris Jaudes, trombonist Herb Bruce, and tubists Marty Erickson and Stacy Baker. The band also featured mezzo soprano vocalists Tracie Luck and Sara Dell'Omo, and baritone Kevin Bennear.

You will not want to miss this evening of great music! Invite your family, friends, and neighbors for this wonderful celebration of laughter and praise! For more information, visit our website at [www.fcob.net](http://www.fcob.net) or call us at 301.662.1819.

## Lions Club Chicken Barbecue and Yard Sale

Delicious chicken barbecue, cooked the way only the Emmitsburg Lions Club can do it! And, this year, we are giving you a chance to buy or sell with a yard sale, scheduled from 8:00 a.m. to 5:00 p.m. on the same day as the barbecue.

The chicken barbecue and yard sale will be held on Saturday, May 14, 2011. If you reserve a table space, you can begin selling at 8:00 a.m. and go until 5:00 p.m. We will begin selling chicken dinners at 11:00 a.m., and won't stop until they are all sold! Each dinner comes complete with half a chicken, fresh roll, applesauce, and potato salad.

The barbecue and yard sale will be held on South Seton Avenue, near Route 15, across from Getty's Gas Station. Come early and bring your money (for the yard sale) and your appetite (for the BBQ)! We will make sure you don't leave hungry.

Forget the kitchen on Saturday, May 14, and come support the many community projects the Emmitsburg Lions Club conducts throughout the year.

If you want to reserve a table for the yard sale—just \$5.00—call Zurgable Hardware at 301-447-2020.

## body wisdom

by Teresa Dukich, L.M.T.

It's finally HERE! Spring! Let the gardening begin!

Many of us just can't wait to get out in the dirt. A remarkable sense of pride, accomplishment, wholesomeness, and well-being can be achieved by getting outside and growing something. I applaud all of you who are growing your own foods. You just can't get more organic than that. When you grow it yourself, you know how many chemicals are used, how much water it has received, and when it is ready to pick. Serving healthy, home-grown foods to our families is so rewarding—farming families have known this for generations.

However, along with all this reward comes hard work. Like The Little Red Hen, someone has to prepare the soil; hoe the rows; plant the seeds; pull the weeds; keep it free from bugs, birds, deer and bunnies; water the plants; know when to pick them; and, finally, someone has to prepare them for eating. Whew, that sounds like a back ache in the making!

You may prevent that pain in the back with some routine stretching before, during, and after you've bent over your garden. Your body will tell you when it's time to stretch, because pain and tightness will be the signal. I like to use a hoe, shovel, or rake for this stretch. Place your hands on the handle at about three feet apart, take a deep breath IN and bring the tool over your head. Then exhale while you lower the tool either in front or in back of you if you're super flexible.

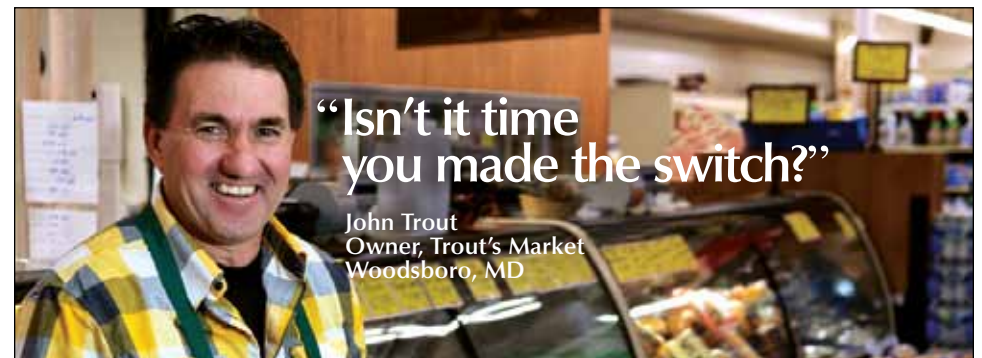
Repeat several times, being sure to feel the lengthening from your waist and hips up to your arm pits and then out through your arms. Please remember to BREATHE, as this creates more oxygenated blood and elongates the muscle fibers even more. The idea is to breathe IN when you raise your arms, and breathe OUT when you lower your arms.

After several of those stretches, raise the tool above your head again. Keeping your hips fixed and arms straight, bend sideways at the hips, stretching your arms to each side as if your body were between two invisible walls. I want you to feel this stretch in your sides, or oblique muscles, as well as a little in the low back. Think "lengthen" and breathe! By this time, you are feeling pretty limber and ready for more. You have the blood flowing now, so do as many of those side stretches as you'd like.

Finally, you need to work on the forward bend. Holding the tool and taking a breath IN, raise it above your head again and now bend from the hip joints—not the lower spine—with an OUT breath as you fold. Bending forward allows your upper body to act as a weight that lengthens the lower back. If your hamstrings are tight, bend your knees a little. If there is an abundance of tummy in the way, step your feet farther apart. Hold this stretch, really trying to surrender the upper body toward the earth. Isn't that what you're doing anyway? Surrendering to the Earth? Have fun, be grateful.

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## Ask the Anytime Fitness Gal

Expert answers to your health and wellness questions  
by Inga Olsen

**Question:** There are so many fat-burning products on the market—are they helpful or harmful?

**Answer:** There are numerous products on the market that contain thermogenic ingredients, or what most of us call “fat burners.” Ephedrine, yohimbine, green tea extract (EGCG), bitter orange (synephrine), and even caffeine are examples, and they basically work by stimulating the central nervous system. This increases your “fight or flight” responses, indirectly providing energy and allowing you to process calories at a faster rate. Along with these supposed benefits, there are also side effects associated with these ingredients, including increased blood pressure, heart rate and respiratory rate. Another potential issue is the fact that, individually, they don’t have a real dramatic effect. As a result, companies often combine several of these ingredients into one product and then sell it as an energy or health supplement. Unfortunately, we don’t know how any one of these stimulants will specifically affect you as an individual, let alone several of them combined together. So, despite the claims, your best bet is to pass on these ingredients and the products that contain them. Instead, focus on maximizing your training and nutrition, and speak to a qualified professional about losing body fat in the safest and most effective way possible.

**Question:** What should I eat or drink if I only have an hour before a workout?

**Answer:** What to eat before you exercise should be largely determined by timing and personal preference. Generally speaking, a large meal takes 4-5 hours to digest, a smaller meal takes 2-3 hours, and a large snack takes 1-2 hours. If you don’t digest food well enough prior to an activity, you can end up with a stomachache and cramping. This often occurs because blood (which plays a key role in digestion) is shunted to your arms and legs during activity, thereby slowing down the digestive process. Therefore, if you only have an hour to fuel yourself, it would probably be best to stick with a liquid carbohydrate/ protein shake. Liquids are processed faster than solid foods and will provide the energy you need in a shorter time frame. Keep in mind, we’re not talking about those ice cream-based shakes from fast food restaurants. We’re talking about a sports nutrition shake that is designed



for active individuals and athletes. If you want something lighter, a traditional sports drink would be a viable option as well. There are a number

of products on the market in each category, so do some taste-testing to see which ones work best for you.

**Question:** Do fad diets work?

**Answer:** In short, yes... and no. Most research shows that fad diets do work, and some of them do so quite well. The dictionary defines “diet” as a regimen of eating and drinking sparingly to reduce one’s weight, so if the latest fad diet doesn’t elicit some sort of weight loss, it clearly won’t survive out on the market for very long. The problem is that fad diets are short-term solutions to a long-term problem. They also tend to associate weight loss success with some gimmick when, in actuality, decreased calorie intake is usually the “real” reason for shedding the pounds. So fad diets are effective to a degree, but I don’t know too many people that like losing some weight, gaining it back, and then jumping over to the next fad to start the process all over again. The way to lose weight and keep it off is through persistent behavior modification and lifestyle change. If you can make this type of commitment, you’ll be able to leave the fad diet books on the store shelves where they belong.

*About the author: Inga Olsen is the Certified Conditioning Specialist and Weight Management Specialist at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at [thurmontmd@anytimefitness.com](mailto:thurmontmd@anytimefitness.com).*

**Sportsman's Drawing & Buffet Dinner**  
Saturday June 4, 2011  
\$25.00 Per Ticket  
**Graceham Fire Hall**  
14026 Graceham Rd., Thurmont MD  
Doors Open @ 4:30 p.m.  
Buffet @ 6:00 p.m.  
For Tickets or Info:  
Jim - 301.418.0325  
Beth - 240.674.4688  
Wayne - 240.674.4695 **OR**  
**Stop by Bill's Auto Body for tickets!**

## Frederick County Shows Support For Firefighter!

In September 2010, Donnie Stull, Jr. was diagnosed with life threatening cancer. Donnie is just 48 years old—a family man with two teenagers, a member of the Lewistown Fire Company for the past 32 years (since the age of 16), and Chief of the Company for 15 consecutive years. He has spent many hours helping save other people’s lives and was recently inducted into the Fire Fighter’s Hall of Fame.

A few days after Donnie was moved to the Kline Hospice House, Trinity United Church of Christ in Thurmont and the Thurmont Lions Club joined their efforts in hosting a benefit breakfast held at Trinity UCC. It was incredible how so many people from all over the county jumped in to sell tickets, provide donations, and offer their support and help. County Commissioners Blaine Young and Kirby Delauter, along with Sheriff Chuck Jenkins, arrived at 5:30 a.m. on Saturday, March 5, to staff the serving window. Many firefighters from other fire companies attended (many wearing their fire company attire) to show their support. Even in the midst of a total power outage in Thurmont that began at 8:50 a.m., approximately 500 -550 breakfasts were either served at the church or were carry-outs. As with other Benefit Breakfasts hosted by Trinity UCC and the Thurmont Lions Club, all expenses were absorbed by these two organizations; thus, ALL funds collected will go to assist the family. When ticket sales were combined with the very generous donations, the total receipts amounted to \$9,381.91. Thrivent Financial for Lutherans was a huge supporter of the event by pledging \$1.00 for every \$3.00 generated up to \$9,000; thus, the \$9,381.91 will magically become \$12,381.91. What a wonderful tribute to a special person who has spent so much of his life protecting others!

Donnie and Renee were unable to attend the breakfast, but his father and other family members were there for the entire morning. They were totally amazed that so many people could show so much concern and compassion for them. They were all so very appreciative, and it was indeed a very emotional event!

It was obvious that this situation had touched people throughout the County—people from various churches and fire companies and people from all walks of life. There have been many complimentary comments made concerning the fact that Trinity and the Lions Club are always so willing to go that “extra mile” in helping those in need in our community. Words cannot possibly express the gratitude and thanks we at Trinity and the Lions Club have for our community of Thurmont and our neighboring areas. Events such as this could not be successful without the outpouring of support and generosity from those in our local communities. As a last thought, a BIG THANKS to all who extended themselves in any way to come out for the breakfast, made extra donations to the family, or offered their help in any other way. Time does not always allow a personal thank you, and we surely would not want to forget anyone—your efforts are recognized and appreciated. This will all be an enormous help to the Stull family, and we know our efforts were much appreciated by the entire family. This could not have been accomplished without everyone’s help. Donations are still welcome. Make checks payable to Trinity United Church of Christ (101 E. Main Street, Thurmont, MD 21788) or to the Thurmont Lions Club Foundation, Inc. (P.O.Box 306, Thurmont, MD 21788) and note “For Donnie Stull Fund.”

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## Rabies Is Back

Truthfully, rabies never left the area—it just seemed to diminish. New reports state this neurological disease is on the rise in our area. The Mid-Atlantic region has the highest incidence of rabies infections, with raccoons and skunks being the top carriers. Frederick County has had eight documented incidents, this being the highest number of documented incidents in Maryland.

In March, a confirmed report of a rabid dog in Ijamsville has people worried rabies is on the rise again. However, this is the first documented case of a rabid dog in Frederick County since 2008. In order to confirm the presence of rabies in an animal, a tissue sample of the animal's brain is taken after death and tested. The dog in Ijamsville has tested positive and was found to have been bitten by a raccoon. The livestock on the farm where the dog lived are now on a six-month quarantine to ensure no transfer of the disease can take place, and multiple people are receiving the post-exposure vaccinations due to salivary contact.

Rabies is a slow moving disease. Initial signs can be seen within 10 days or take as long as several months. Signs to look for are: change in attitude, erratic behavior, biting or snapping, dropped open jaw, inability to swallow, hypersalivation, and fever. The disease runs along the nerves at a slow pace until it reaches the brain. This is the reasoning for the six-month quarantine. Any person or animal that has had direct salivary contact with a rabid animal has the possibility to develop the disease.

How do you prevent this? Make sure your pets—including the ones inside your home—are current on their rabies vaccinations. If you are unsure of your pet's status, contact your veterinarian for confirmation of vaccination dates. Don't take the chance with your pet's life or yours—have your pets vaccinated.

The Frederick County Health Department will be conducting rabies vaccination clinics for dogs, cats, and ferrets (3 months of age or older) at the Thurmont Community Park, Thursday, June 9, 2011 and Thursday, September 8, 2011, Community Park Road, Thurmont, Maryland, across from Town Hall at 10 Frederick Road. Walk-ins: 5:00-8:00 p.m. Cost: \$8 per animal. RAIN OR SHINE! Please have animals properly contained, leashed, or in carriers. If you have any questions, please call 301-600-1717 or visit [www.edcp.org/vet-med/](http://www.edcp.org/vet-med/).

## MorningStar Family Church

The Thurmont Church formally known as Evangelical Bible Church under the pastorate of the Late Rev. Wade Sandridge, has been changed to MorningStar Family Church and is now pastored by his wife, Rev. Donna Sandridge.

The name change was effective as of January 2011. The church was established in 1981 and conducted services in several different locations, including the lower level of the present parsonage until 1999. At that time, construction was completed on the permanent present church building located at 14698 Albert Staub Road.

The white block church is clearly visible on a hillside at the north end of town. Travelers on Route 15 get an excellent view of the church, both in daylight hours and at night when the lights shining on the church make it a welcoming site.

The name change to MorningStar Family Church was made to reflect the functioning of the church as non-denominational, with special emphasis on family where people of all ages can come and enjoy the church services and fellowship.

The services are as follows: Adult & Youth Sunday School—9:30 a.m.; Sunday Morning Service—10:45 a.m.; Sunday Night Prayer—5:00 p.m.; Bible Study Tuesday night—7:00 p.m. Youth Services: Sunday night—6:00 p.m.; and Wednesday Night Youth Bible Study—7:00 p.m.

An invitation is extended to all who are looking for a church home. Come to worship and grow with us at MorningStar Family Church. You will be loved and welcomed.

For additional information, contact Pastor Donna Sandridge at 240-575-1718.

BINGO

Emmitsburg Ambulance Co.

17701 Creamery Rd., Emmitsburg MD

## May 7, 2011

Doors Open @ 4 P.M.  
Games @ 7 P.M.

Advanced Tickets \$35.00

*\*Includes 22 Games paying \$250 ea.,  
and 3 - \$1,000 Jackpots, and a meal.*

**Buy your ticket early & be entered into  
a drawing for \$100.00 cash!**

**Tickets must be paid for by Friday,  
April 29th to have your assigned seat saved  
for you. Tickets are \$45.00 at the door.**

EVAC reserves the right to lower payouts if  
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Shrimp Feed

Saturday, April 9, 2011

Doors Open at 4:30 p.m.

Dinner at 6:00 - 8:30 p.m.

Tickets \$25.00 per person

What's on the menu

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## Local Business and Professionals Recognized and Seton Values Award Presented at Appreciation Breakfast

On March 1, professional and business partners of Mother Seton School came together to enjoy breakfast, be recognized for their continued support of MSS, and honor this year's recipients of the Seton Values Award: Pastor Jon Greenstone, Jerry Schwartz, Lorne Peters, and Steve Trout. The Seton Values Award honors individuals of the business and professional community who have longstanding dedication and have made substantial contributions to the Catholic educational mission of Mother Seton School.

Gordon Love, Vice Principal of Mother Seton School, presented the Seton Values Award to Professional Partners Pastor Jon Greenstone and Jerry Schwartz. "As active and involved members of the Mother Seton School Green School Committee, (both) are to be



Courtesy Photo

Pictured (left to right): Vice Principal of Mother Seton School, Gordon Love, presented the Seton Values Award to Professional Partners Jerry Schwartz and Pastor Jon Greenstone with Principal JoAnne Goecke, D.C. and Provincial Councillor, Sister Mary Catherine Warehime, D.C.

commended for their longstanding efforts to assist in educating and involving the students of Mother Seton School in global issues of our time. While not all students and parents may know of their efforts, their involvement has impacted all students, teachers, and the entire Mother Seton School Community," read Love. "Pastor Jon Greenstone (Elias Lutheran Church, Emmitsburg) was the architect of the Willow Rill Nature Trail at Mother Seton School. Pastor Jon physically carved the trail, helped to identify trees and plants, planted trees and bushes to assist with widening the riparian zone, and maintained the stream bank. Personally, Pastor Jon led students through the nature trail, while educating them about God's good earth and has been a yearly guest speaker to our Science Club," continued Love.

Reading from the Seton Values Award Citation, Vice Principal Love said, "Jerry Schwartz, will forever be

remembered for his tireless efforts to single handedly organize the documentation needed to fulfill the many goals for the Maryland Green School designation. Jerry has a talent for searching details related to applications, grants, and the questioning of vendors. Additionally, Jerry has participated yearly in judging our Science Fair."

Pastor Greenstone and Schwartz were also instrumental in Mother Seton School obtaining solar panels. These panels are now located on the south side of the school atrium roof and can be seen from the front of the school. A computerized connection to the panels allows all students to study the use, output, and production of the panels, while studying the carbon reduction due to solar energy. Guests at the breakfast were able to watch a digital recording of the installation of the five new solar panels.

Principal, Sister JoAnne Goecke, D.C., presented the Seton Values Award to Business Partners Rich Boyd and Brenda Eyler, representing Lorne Peters and Steve Trout from the Jubilee and Trout Stores. "The Jubilee and Trout Stores are well known to everyone in the Mother Seton School Community. They are in our neighborhoods, and we visit them often. Your employees are there for us—friendly, ready to assist, ready to go the extra mile. They too are our neighbors and friends," read Sister JoAnne from the Seton Values Award Citation. "What may not be as well known to everyone is the tremendous level of support Jubilee and Trout Stores have given to the students of Mother Seton School through generous discounts and the grocery card programs. Most remarkable to all of us at Mother Seton, is the humble, behind the scenes manner in which your stores contribute to further the educational mission of Mother Seton School. Truly you and all of your employees exemplify the values of St. Elizabeth Ann Seton that we teach our children to emulate," continued Sister JoAnne.

Previous recipients of the Seton Values Award include Dan and Greg Reaver, owners of Emmitsburg Glass Company, and Raymond Page of The Page Foundation.

Several other individuals and businesses were recognized at the breakfast as supporters of Mother Seton School. Those in attendance included Frederick County Sheriff's Department Sheriff Chuck Jenkins, Colonel David Benjamin, and



Courtesy Photo

Principal of Mother Seton School, Sister JoAnne Goecke D.C. (left) and Sister Mary Catherine Warehime, Provincial Councillor (right) presented the Seton Values Award to Business Partners Brenda Eyler and Rich Boyd, who were representing Lorne Peters and Steve Trout from the Jubilee and Trout Stores.

Corporal Rick Winer, emergency responders that continue to protect and keep our school community safe.

Business supporters included Gordan Cooley of PNC Bank, Greg Reaver of Emmitsburg Glass Company, Debbie McCrossin of Standard Solar, Mike Forrence of Vox Com Solutions, and John Dowling of Old Field Woodworking.

Grateful for support from the Town of Emmitsburg, representatives Donna DesPres and Brenda Rapouli from the Town Office were recognized.

Several service organizations were also acknowledged. The Thurmont Lions Club was represented by Paul Cannada, Sister Salvatrice Murphy represented Seton Center Outreach, and Rob Judge from the Seton Shrine was recognized.

Elizabeth Prongas and Audrey Hillman from the Mother Seton School Green School Committee received certificates, as well as current MSS Board Chair, Judy LaCroce, and MSS Chair Emerita and Liaison for Community Relations, Kate Marshall.

Sponsored by the Daughters of Charity, Mother Seton School traces its beginnings back to a small school begun in 1810 by St. Elizabeth Ann Seton, the first native-born citizen of the United States to become a canonized saint. MSS provides affordable, faith and family centered education for Pre-K through Grade 8. With proven academics, over one-third of all Middle School students scored in the 95th percentile in reading and/or math last year. Scholarships and daily bus transportation to the modern Emmitsburg campus are available and Mother Seton School is currently accepting applications for fall. Please visit [www.mothersetonschool.org](http://www.mothersetonschool.org) for more information or to donate to scholarships for children in need. Mother Seton School—cherishing the past, building the future...one life at a time.

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- 8....Overnight High School Lock-In, Shadowland Laser Adventures at FSK Mall. Midnight to 7:00 a.m. For high school teens aged 14-18 and is not limited to CHS. Benefits CHS Safe & Sane. Tickets: \$30. Jim 301-271-2987.
- 8....Stars of Hope Relay for Life Fundraiser: Longaberger Basket & Cash Bingo, Thurmont Activities Building. 5:00 p.m. Tickets: \$20/person in advance; \$25/person at the door. Contact Jennifer Harbaugh 301-271-3129.
- 8....The Basement Coffee House, Elias Lutheran Church, just one block up from Main Street on W. North Ave. 7:00 p.m. Guest singer-song writer: Joseph Gill, Silver Lining Band and other guest performers. Come for Emmitsburg's best contemporary Christian music scene; bring a friend! Contact 301-447-6239.
- 9.... Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m.
- 9...Easter Bazaar, Woodsboro Fire Co. Activities Building, 10307 Coppermine Road, Woodsboro. 8:00 a.m. - 2:00 p.m. 301-845-2978 by April 6 for pot pie orders in quarts. Sponsored by Woodsboro Vol. Fire Co. Ladies Auxiliary.
- 9....Celebrity Bartender Day, American Legion Post 121, 105 North Seton Ave., Emmitsburg. Noon-7:30 p.m. Benefits Emmitsburg Lions Club Food Drive, Emmitsburg Baseball and Softball League, ARC of Frederick County, and American Legion Post 121 Building Fund.
- 9....Shrimp Feed, Emmitsburg Ambulance Company, Creamery Road, Emmitsburg. Doors open 4:00 p.m./ Dinner 6:00-8:30 p.m. Cost: \$25/ ticket. Includes steamed shrimp, fried shrimp, fried chicken, soda and beer. Diane 301-748-6894.
- 9....Fried Shrimp and Roast Beef Dinner, Creagerstown Parrish House, 8619 Blacks Mill Road, Creagerstown, MD. 12:00-5:00 p.m. Tickets: \$15/Adults; \$7/Children (6-12); Free/Children under 6. Carry-outs \$16.00. Baked Items for sale. Benefit Creagerstown Lutheran Church.
- 9....BINGO Vera Bradley, Mother Seton School, 100 Creamery Road, Emmitsburg. Doors open 5:30 p.m., bingo starts 7:00 p.m. Tickets: \$15/ advance, \$20/door. 301-447-3161 or Lena at 301-717-8860.
- 9....Spring Craft Bazaar, Fort Ritchie Community Center, 14421 Lake Royer Drive, Cascade. 9:00 a.m. - 3:00 p.m. Rain or shine. 301-241-5085.
- 10..Basket and Vera Bradley Bingo, the Lewistown Fire Hall. Doors open 12:30 p.m.; Bingo starts 2:00 p.m.

- Tickets \$15/advance, \$20/door. Benefit Faith UCC. 301-271-7573.
- 10..Kids in Christ Youth Ministry present "The Easter Puzzle," Graceham Moravian Church, 8231 Rocky Ridge Rd., Thurmont. 2:00 p.m. The public is invited and the offering will benefit the Graceham Moravian Mission Trip.
- 12..CHS "Standing Room Only" Show Choir Open House, Catocin High School Auditorium. 7:00 p.m. Free.
- 12..Open House, Mother Seton School, 100 Creamery Road, Emmitsburg. 7:00 - 8:00 p.m. 301-447-3165 or visit [www.mothersetonschool.org](http://www.mothersetonschool.org)
- 13.."The Storytime Show with Miss Jenni," Mother Seton School, 100 Creamery Road, Emmitsburg. 10:00 to 10:45 a.m. FREE program for preschoolers Due to the great response, please pre-register 301-447-3165 or email: [development@mothersetonschool.org](mailto:development@mothersetonschool.org). More info: [www.mothersetonschool.org](http://www.mothersetonschool.org)
- 14..Talent Show, Mother Seton School, 100 Creamery Road, Emmitsburg. 1:00 p.m. and 7:00 p.m. Evening show followed by a Family Ice Cream Party sponsored by Mother Seton School Home-School Association. 301-447-3161 or visit [www.mothersetonschool.org](http://www.mothersetonschool.org).
- 15..Quartermania, Libertytown Vol. Fire Company Fire Hall, 12027 South Street, Libertytown. Doors open 6:00 p.m., bidding begins 7:00 p.m. \$5/ door, extra paddles \$3/each. Various vendors featured too. 240-285-6425.
- 16..Yard Sale, Garfield United Methodist Church, Route 77 West to left on Stottlemeyer Road. Many first-time items, vegetable soup, country ham sandwiches, baked table. 8:00 a.m. - 1:00 p.m. 301-271-0321.
- 16..Run for the Sun 5K Run/Walk, Mount St. Mary's at the ARCC. 8:00 a.m. 301-447-6239 or [jsgreenstone@verizon.net](mailto:jsgreenstone@verizon.net). Benefits Emmitsburg Council of Churches' Mission to Kenya.
- 16.."Run for the Sun" 5K Race/Walk with 1 Mile Fun Run for kids. 8:00 a.m. Gather at Pavillion at Mount Saint Mary's Knot Athletic Fields. Participants encouraged to register in advance or on-site day of race. [jsgreenstone@verizon.net](mailto:jsgreenstone@verizon.net) or call 301-447-6239. Benefits Emmitsburg Council of Churches Mission to Kenya 2011.
- 16..Special Needs Homes - Internationally Known Speaker, Mount St. Mary's University Patriot Hall, Keeler Dining Room. 10:00 a.m. - Noon. Sister Sue Mosteller will speak about the communities of L'Arche. L'Arche provides caring homes where persons with disabilities live with comfort,

community event calendar

- spirituality and respect. Sister Sue also works at the Henri Nouwen Library in Canada. The public is invited. Jeanne Kuhn 301-416-0273, [jeannekuhn@yahoo.com](mailto:jeannekuhn@yahoo.com).
- 16,17Thurmont Heritage Days 3rd Annual Festival, Eyler Road, Thurmont. 301-271-2023 or 301-241-3610.
- 17..Emmitsburg Annual Easter Egg Hunt, Emmitsburg Community Park at the farthest ballfield behind the pool. For ages up to 11 years, sponsored by The Knights of Columbus, Emmitsburg.
- 23..Rose Hill Manor Park Egg Roll, The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick. 1:00-4:00 p.m. Ages 2-12. Bring an Easter basket with grass. Meet Easter Bunny, hop on a hayride, enjoy games & crafts, and enter the age-appropriate egg roll. \$5/child. Pre-registration suggested. 301-600-2936, 301-600-1650, or visit [www.rosehillmuseum.com](http://www.rosehillmuseum.com).
- 23..Easter Egg Hunt, Weller United Methodist Church, 101 N. Altamont Ave., Thurmont. 11:00 a.m. We would like to invite the children of the community through 5th grade to join us for our annual Easter Egg Hunt. Rain or shine. 301-271-2802.
- 23.. Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m.
- 24..Annual Easter Egg Hunt, Thurmont Community Park. 2:00 p.m. Children ages 12 and under. Over 1,000 eggs filled with candy or money. Meet the Easter Bunny. This free community event is sponsored by the Thurmont Lions Club.
- 25..Red Cross Blood Drive, Our Lady of Mount Carmel Church, 103 N. Church Street, Thurmont. 2:00 - 8:00 p.m. Please call Terry at 301-271-7872 to schedule an appointment or for information. Walk-ins welcome.
- 27..Thurmont Senior Center Birthday Party, Mountain Gate Restaurant, Frederick Road, Thurmont. 6:00 p.m. 301-271-7911.
- 30.. Money Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m.
- 30..Spring Tea, Lewistown United Methodist Church, 11032 Hessong Bridge Road, Lewistown. Two seatings: 11:00 a.m. and 1:00 p.m. \$15/person. Benefit LUMC Missions Program and Projects. 301-898-5572.
- 29..Rock N Roll Relics Dance, Presented by Thurmont American Legion Post

- 168, Park Lane, Thurmont. 8:00 p.m.-12:00 a.m. Must be over 21, members and their guests only. Tickets: \$12/advance, \$15/door. All proceeds benefit our veterans! Joey 240-409-7711.
- 30..Spring Festival, The Children's Museum of Rose Hill Manor Park, 1611 N. Market Street, Frederick. April 30-10:00 a.m.-4:00 p.m.; May 1-12:00-4:00 p.m. Parking donation \$1; fees for crafts, food, hayrides, and manor house tours. 301-600-1650 or visit [www.rosehillmuseum.com](http://www.rosehillmuseum.com).
- 30..The popular "Fish and Seafood Fry" returns for the 6th year, Bell Hill Farm (1 ½ miles north of Thurmont along Rt. 15). 10:00 a.m.-3:00 p.m. Menu includes: deep fried tilapia, oyster sandwiches, crabdaws and shrimp served individually or in platters. Available for carry-out. Sponsored by the Thurmont Lions Club. Proceeds benefit the community and vision related projects.
- 30..Mission to Kenya Gathering, Art Studio of Elizabeth Prongas, 14726 Old Frederick Road, Rocky Ridge. Festive Gathering in support of the Mission to Kenya (July 10-27, 2011). Light Fare provided. 301-271-4459 or email [arteliza@msn.com](mailto:arteliza@msn.com).
- 30..Tiger Trot 5K & 1-Mile Fun Run/ Walk, Lewistown Elementary School, Lewistown. 7:30 a.m. race day registration, 8:30 a.m. 5K, 9:30 a.m. 1 Mile Fun Run. \$15/person on or before Apr. 13; \$20/person after Apr. 13 or on race day. (Maximum \$45/family). 240-236-3750.

may

- 1....Rolling Stones Satisfaction Tribute Show, Green Grove Gardens, Greencastle, Pennsylvania. Sponsored by Thurmont Heritage Days. 301-271-2023 or 717-597-0800.
- 1....Spring Festival, The Children's Museum of Rose Hill Manor Park, 1611 N. Market Street, Frederick, MD. 12:00-4:00 p.m. Exhibits, hayrides, animals, food, crafts, and music. Parking donation \$1; fees for crafts, food, hayrides, and manor house tours. 24-hour information 301-600-1650 or visit [www.rosehillmuseum.com](http://www.rosehillmuseum.com).
- 1....Cash Bingo, Rocky Ridge Activity Building, Rocky Ridge. Doors and kitchen open 11:30 a.m.; Games begin 1:00 p.m. Tickets: \$20/ advance; \$25/door. Contact Bonny 301-271-3370 or Linda 301-271-9170.
- 1.... Cash Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. 7:00 p.m. Sponsored by the Ladies Auxiliary. Tickets \$20/ advance, \$25/door. 301-271-9170 or 301-271-3370.
- 1.... The International Rolling Stones Show, Green Grove Garden, Greencastle, PA. Tickets \$25/each, available at Green Grove Garden, Mountain Gate Restaurants in Thurmont and Waynesboro or call 301-271-2023. Sponsored by Thurmont Heritage Days Committee.
- 7....Bingo Bash, Emmitsburg Ambulance Company, Creamery Road, Emmitsburg. \$45/door. Buy ticket by April 29 to be entered into a special cash drawing. 301-748-6894.

monthly calendar

1st Sunday of each month....Woodsboro Fire Co. Breakfast 7:30 a.m. - 12:00 noon.

Mondays.....Bagged leaf & grass curbside pickup at 6:00 a.m. for Thurmont residents.

1st Monday.....Avid Readers Book Club, Thurmont Library. 6:30 p.m. 16 and older.

2nd Monday.....Dragons and Droids, Emmitsburg Branch Library. 4:00 p.m. Ages 8-12.

3rd Tuesday.....Explorer's Club, Thurmont Regional Library. 7:00 p.m. Grades 3-5.

3rd Thursday .....Breakfast at Bollinger's Restaurant, Employees of Claire Frock Company. 9:00 a.m.

3rd Thursday .....Join ThorpeWood's youngest friends each month for a morning of stories, crafts and nature-related activities. Storytime is held from 10:00 - 11:30 a.m. Children 2-5 years of age. Registration e-mail: [info@thorpewood.org](mailto:info@thorpewood.org) or by calling 301-271-2823.

Saturdays .... (Nov.-Apr.) BINGO at the Rocky Ridge Volunteer Fire Company's Activity Building. Doors open 4:30 p.m., games begin 7:00 p.m.

**Need a... HOME IMPROVEMENT?**

- All Types of Home Improvement
- Bob Cat Services
- Light Hauling

**Call Guy T. Riley!!**  
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**Fully Insured**  
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## J & B Real Estate

13½ Water Street  
Thurmont, MD

*For All Your Real Estate Needs!*

### Lots for Sale

**Rocky Ridge-** \$79,900  
1.73 Acre building lot with  
4 bedroom conv. perc. close  
to covered bridge. Call for  
details.

**Thurmont-** \$129,000  
Gorgeous, wooded 3.8 Acres  
on Baugher Rd, surrounded  
by parkland with 7  
bedroom perc and well

#### SOLD

**Thurmont-** \$199,900  
Wooded 9.91 Acre lot  
on Baugher Rd. with 7  
bedroom conv. perc and well



**120 E. Main St.**  
**Emmitsburg--\$119,900**  
Convenient 3 Bedroom,  
2 full bath, detached  
two car garage, off  
street parking!



**115 Bethel Street**  
**Hagerstown- \$94,900**  
Renovated and well  
maintained 2 unit  
home on large lot! A  
must see! Call Today!



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



**10905 Keysville Road,**  
**Emmitsburg- \$374,900**  
4 bedroom, 2.5 bath  
4 level split on 4.82  
acre farmette ready for  
animals!



**28 Terben Court**  
**Thurmont- \$236,900**  
3 bedroom, 3 full bath  
rancher with garage!



**125 Victor Dr.**  
**Thurmont- \$234,900**  
3 bedroom, 3.5 Bath  
Colonial Gorgeous Sunroom,  
laminare and ceramic tile  
floors, large open kitchen  
with tons of storage! Fenced  
yard, finished Basement and  
room for a Garage! Subject  
to third party approval.



**8607 Crystal Fountain Road**  
**Emmitsburg- \$334,900**

*Lovely stone rancher. Offers 3 bed-  
rooms, 2 full baths, 2 car garage and  
a finished basement on 8+ gorgeous  
wooded acres! Adjacent to Water shed  
and State Park! Minutes to Rt. 15 and  
Mt. St. Mary's University!*



**See Additional Advertisers' Specials & Coupons Inside!**

# See you at the Party!

## Vigilant Hose Company #6 Third Annual Spring Fling

**Horseshoes • Food • Live Music • Beverages  
& TONS OF FUN!!**

**Saturday, May 21, 2011 at  
Mt. St. Mary's University**

**LOCATION CHANGE**  
Please note: We will be moving back  
to last year's location -  
**ECHO FIELD @ MSM**

Location Change: Echo Field at  
Mount Saint Mary's

**\$60.00 per Ticket**  
**Good for two people!**

Spring Fling benefits Vigilant Hose  
Company, & VHC Explorers Post

## \$30,000 given in prizes!

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

**For Tickets & Info:**  
**Chris Stahley**  
301-447-3081  
**John Glass**  
301-447-3724  
**Gabe Baker**  
301-447-2212  
**Bill Boyd**  
717-642-9717

**Final Drawing**  
**6:00...**  
**\$4,000 Cash**

