

Be My Valentine

by Valerie Nusbaum

Wikipedia describes Saint Valentine's Day as "an annual commemoration celebrating love and affection between intimate companions." Established in 500 A.D. by Pope Gelasius, Valentine's Day is named after several early Christian martyrs, including Valentine of Rome and Valentine

of Terni. Historians believe that Valentine's Day was originally celebrated in May and not February, because it's unlikely that birds would have mated in England in the Winter, and mating birds played a big part in the early rituals.

Valentine's Day is traditionally a day on which lovers express their

feelings for each other by giving gifts of flowers, candy, jewelry, and greeting cards known as "valentines." In the last century, hand-written greeting cards have given way to mass-produced cards, which offer the sender the opportunity to remain anonymous.

The day first became associated with romantic love in the High Middle Ages, and now Valentine's Day is a day on which many couples become engaged to be married.

In keeping with the theme of love and romance, we decided to ask some local couples how they met, and, more importantly, how they knew they were right for each other.

David and Patti Bradfield

Patti Bradfield told us that she met her husband David at a restaurant/nightclub. She said, "One evening I stopped by a spot that my friends and I frequented, and I was waiting for them to show up when I saw David. He was watching me and smiling. I thought he was attractive, and I probably smiled back, which led to us making plans to go out."

On our first date, he took me to a Mexican restaurant. At that time, I was not a fan of Mexican food, but I didn't say anything. After dinner, we went to a club that he normally patronized because there was live music. It was not my favorite genre and still is not. Overall, our first date didn't go very well according to me, but David had a great time."

Patti went on to say that she realized shortly after she and David started dating that she had met him before. "We were getting to know each other and talking about places



where we used to work. I discovered during that conversation that I had seen David before. It was 10 years earlier, when I was working part-time at a mall and David was working at the same mall. During my breaks, I would walk past the store where he worked. He was always smiling and always said hello. I thought he was so cute and friendly. I couldn't help wondering why I couldn't find someone like him. Yes, I actually did think that at the time. It's strange thinking back on it that I actually saw my husband 10 years before we got together. David told me that he never went to the club that I frequented but decided to go there that evening. We've been together 20 years and counting. He's my best friend and we enjoy each other more than ever."

Steve and Kathy Boyland

Steve Boyland was Kathy's boss at Toys 'R Us. Steve had taken the job after college while looking for more permanent work. Kathy was still going to school and working part-time. They hit it off and dated for five years before they got married. As a nod to the place they met, the couple had Kermit and Miss Piggy on top of their wedding cake.

When asked what made her think that Steve was the one for her, Kathy replied, "He had a nice tushie that

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Vigilant Annual Banquet Recognizes Heroic Volunteers

The 127th Annual Banquet of the Vigilant Hose Company was held on Saturday, January 8, at the Mother Seton School. The 2011 Officers were installed by the Maryland State Fireman's Association Second Vice President, John Denver. The following officers were installed during the banquet:

Administrative Officers:
President, John A. Damskey; Vice President, Arthur J. Damuth; Treasurer, Steven M. Hollinger; Assistant Treasurer, William D. Boyd, Jr.; Secretary, Steven W. Valentine; Assistant Secretary, Thomas Vaughn.

Board of Director Members:

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Photo by Rosensteel Studio

Pictured above, Chris Stahley, outgoing Chief of the Vigilant Hose Company, presented the Vigilant Hose Company's Meritorious Award to Sue Fogle while Tim Clarke read her Governor's Proclamation in the background during the Vigilant Hose Company's recent Annual Awards Banquet. Sue Fogle was selected for the award due to her unselfish acts while clearing the Old Hotel Building of tenants while fire spread through the building in April, 2010

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from the publisher

Dear Reader:

Winter is definitely here...we are once again having snow, snow and more snow. Those of you that moved from the north to Maryland to get away from all the snow, surprise! Maryland has had more snow in the past two years than those who live in the northeast have had; but, the northerners are trying to make up for it this year. While you are sitting inside and enjoying the warmth of your home, make sure you check out all the new contests *The Catoctin Banner* has to offer. Click those photos of the kids in the snow and send them in.

As promised, *The Catoctin Banner* is undergoing changes and we are always interested in what you think of them or any ideas you may have to improve your hometown paper. Do you know someone that has a business and could use some advertising, we have incentives; check them out in this issue. February is the month of “Love”. Valentines day is the 14th, don’t forget to give your someone special something special from one of our advertisers. They may have just the perfect gift.

Deb Spalding, *Publisher*

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For Rent

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

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 hgpartygirl62@aol.com or call 301-447-2073. Host your party in my home. Call me to set your date and I will do the rest.

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

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FOR SALE: Firewood, seasoned and split. You haul. \$140.00/cord. 301-271-4723.

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

For Sale: Scentsy wickless, flameless, smokeless candles. Rob Renner 240-415-2404.

FOR SALE: 42” Toshiba Projection TV, 5 years old, works fine. Asking \$100. Call 301-271-3644.

FOR SALE: Player piano rolls. Large assortment. Call 301-271-7206.

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, Emmitsburg. Donations only. Benefit local schools.

Services

Snow plowin’ and shovelin’. 240-367-1104.

Calligraphy the Art of Fine Penmanship. February 4, 6:30-8:00 p.m. Cost: \$10. Handwriting is easy to learn, beautiful, and a must for people that want to send cards, letters, invitations, etc., with a personal, elegant touch. Held at Dear Bought Farm Rescue by Kitty Harvey. RSVP required, family discounts, homeschoolers welcome. 443-848-3101.

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

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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@thecatocinbanner.com

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Troop 727 Dedicates Little League Sign

Emmitsburg's Boy Scout Troop 727 (pictured below) recently dedicated their sign to the Town of Emmitsburg's Little League fields. The Troop was accompanied by Town Council member, Tim O'Donnell (pictured far right), who observed the proceedings. In celebration of the Boy Scouts' 100th year anniversary, the Troop decided to uphold its credo of service to the community by volunteering to keep the Little League fields clean and free of trash. The Scouts not only clean up the fields during the baseball season, but all year round. Troop 727, in association with Pack 727, provides many varied social and educational activities for boys from ages six through eighteen. For more information on both groups, please contact our sponsor, St. Joseph's Church at 301-447-2326.

Courtesy Photo



Photo by Carie Stafford

Pictured (left to right): Madison Beavin, Kelsey Stafford, Veronica Patrick, and Marie Hamshire jump for joy to be in New York City. Behind them is the subway entrance and The Plaza Hotel.

Girl Scouts and Friends Take New York City by Storm

by Carie Stafford

Braving the snowy weather on Saturday, January 8, Girl Scouts from Troop 81200 (and all over Frederick County), along with family and friends, made a bus trip to NY City. Upon arrival, the weather did not deter the girls from scattering to all corners of New York City to take in the sights and sounds of the busy city.

Girls from Troop 81200 braved the winds and went up the Empire State Building to the observation deck. For those that had been there before and remembered the twin towers, it was a different skyline to look at this time, and it was a reminder of what our country has been through. With an overcast day due to the snowy weather, it was still a clear view past the Statue of Liberty. To everyone's delight, the New Year's Eve ball in Time Square was still half way down and bright enough to see clearly.

The girls did their fair share of shopping at some of the most famous stores on 5th Avenue, along with the vendors on the streets. The scale of the holiday decorations still adorning the stores and hanging above the traffic on 5th Avenue was amazing. A must-visit was Rockefeller Center for the ice skating, along with Trump Tower, Tiffany's, and FAO Schwarz. The construction ladders around the face of St. Patrick's Cathedral did not deter from the magnificence of the building or take away from the grace it bestowed on those viewing it.

To end a day of viewing awe-inspiring buildings and architecture and experiencing the life of a busy, big city, dinner at the Plaza Hotel, "the greatest hotel in the world" was a treat. The hotel sits at the south corner of Central Park and 5th Avenue and was built in 1907; it has seen some of the world's most famous people as guests. Marble lobbies, Irish linens, mahogany doors, and over 1,650 chandeliers are seen throughout the famous historic hotel. The girls felt like princesses and were treated as such by waiters and maitre d' in tails. Oh, what a treat is was.

To catch the bus at Herald Square, the girls had the life-changing experience of taking a ride in one of New York's famous taxis. A ride to remember. Arriving safely at their destination, they all wished the day had just started to see more of what the Big Apple had to offer.

The Catocin Banner Incentive Program

Here at *The Catocin Banner*, our least favorite part of publishing the newspaper is selling ads. But, it is necessary. Instead of becoming pesky ad salespeople, we've come up with *The Catocin Banner* Incentive Program, where any one of you 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!

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Emmitsburg, January 2011

Police Report/Forum for Public
Frederick County Police Sheriffs reported making arrests for several of the crimes committed in Emmitsburg within the last 60-90 days. There is an on-going investigation for all crimes that have been reported. The first of several forums to address local crimes took place in January at the Fire Hall on Main Street. The Emmitsburg-assigned Sheriffs—John McQuain, Jim Moxley, and John Barrett—have taken the initiative to organize and offer the forums to the public. About 20 residents responded. They had the opportunity to discuss their concerns over the recent crime spree with the police. Several town commissioners attended, including Chris Staiger, president of the town commissioners. Staiger thinks these forums will be helpful to residents and keep them informed about how to reduce the risk of becoming a victim of crime. This forum will continue to take place every third Monday in Emmitsburg at the Fire Hall, 25 W. Main Street, starting at 6:00 p.m.

Adequate Public Facilities Ordinance (APFO)

The town of Emmitsburg is close to finalizing their APFO ordinance. Sometimes referred to as “Smart Growth,” the APFO is designed to ensure that services and public

by Michele Cuseo

infrastructure can accommodate new growth. It is meant to be a helpful tool in managing future growth and development within a community. The town used the Frederick County APFO as a guideline to incorporate requirements needed for the Emmitsburg plan. However, Emmitsburg downsized the document to only outline infrastructure that they could control such as sewer, water, roads and parks. The Frederick County APFO controls schools and roads. The next review of the document is scheduled for February 21st.

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

A’Hoy there Matey!

The Thurmont Business Expo
is Friday March 25, 2011 at
Catocin High School
from 6:00-9:00 p.m.

The Theme for this year is
“PIRATES”

town hall reports

Thurmont, January 2011

Snow Emergency and Removal Plan

Thurmont is considering implementing a snow emergency plan for Thurmont. In discussion at the town hall meeting, Commissioners expressed concern that they need a plan that adheres to the Frederick County laws for snow emergencies. Certain roads within town have been rated by priority order for emergency access. However, all roads are considered part of the emergency plan, as emergency vehicles and snow plows need to be able to access areas to help people and clear snow. One idea was to require cars to park on one side of the street, so trucks can plow or remove snow adequately.

Another idea was to prohibit parking on the streets in a snow emergency. This idea was problematic for certain areas that have no off-street parking and no nearby adequate parking. Commissioners were concerned about how the elderly would be able to handle walking long distances from cars to home in snow and ice. The Mayor and Commissioners will continue to discuss the plan in future meetings.

Fair Housing Ordinance for Thurmont

A Fair Housing Ordinance is being implemented for the town of Thurmont. According to the

Who will be the 2011 Teacher of the Year?

The Thurmont Lions Club has announced their guidelines for their 2011 Teacher of the Year Award. This award is open to Pre-K through Grade 12 full-time teachers for schools in the Catocin feeder school system located in Thurmont, Emmitsburg, Sabillasville, and Lewistown. Nominators may include parents, students, fellow teachers, etc. All nomination forms are due to Susan Favorite, P.O. Box 324, Thurmont, Maryland, by Friday, March 25, 2011, at 5:00 p.m. (240-409-1747 or skfavorite@comcast.net). All nominees, nominators, principals, fellow-teachers, parents, and students are encouraged to attend a reception at Thurmont Middle School on Tuesday, April 12, at 7:00 p.m., when one finalist from each of the eight schools (Thurmont Primary, Thurmont Elementary, Thurmont Middle, Catocin High, Sabillasville, Emmitsburg, Lewistown Elementary, and Mother Seton School) will be announced. The final Teacher of the Year will be selected from these finalists by a committee of community leaders and will be announced at the Thurmont Lions Club’s Education Night on May 11 (finalists and principals encouraged to attend). For more information, contact Susan Favorite at 240-409-1747 or skfavorite@comcast.net. Nomination forms can also be picked up at the Thurmont Regional Library or from the Thurmont Middle School front office. See the Thurmont Lions Club website (www.thurmontlionsclub.com) for additional information.

Mayor, this is necessary in order for the town to apply for grant money. Mayor Burns stated that this is not because of any complaints of housing discrimination. He states that although discrimination is already against the law, there is some language in the grant applications that require laws are on the books in the town of Thurmont.

Colorfest Follow-up and Planning

Commissioner Hooper reported on the Colorfest follow-up report from October 2010. The town came out ahead for the Colorfest budget, with \$6,000 left over after expenses were paid. Total costs for the event were approximately \$49,000. This covered costs for bus service, sanitation, police, cleanup, labor, and additional costs for walking traffic barrels.

Mayor Burns stated that he was hesitant to pay for town staff overtime, but the bottom line is that the town still came out in the black for funds. Commissioners stated that they were pleased with the results of the clean up, stating that the day after Colorfest, you could not tell there had been 100,000 people in town. Permit Fees charged to vendors brought in the majority of the income for the town. Plans are already underway for the 2011 Colorfest. Hooper stated that they welcome any ideas for improvements.

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

St. John’s Christian Preschool
15 North Church Street
Thurmont, MD

OPEN HOUSE

Friday, February 25, 2011
9-9:30 a.m. - Information Session
9:30-10:00 a.m. - Tour of School

Registration:

Monday, March 7 - 8:00 - 11:30 a.m.
Registration for Current Students

Tuesday, March 8 - 8:00 - 11:30 a.m.
Registration for new 2, 3 and 4-year-olds

For more information, call 301-271-4109.

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St. John's Christian Preschool Holds Open House

St. John's Christian Preschool, located at 15 North Church Street in Thurmont provides a program of early childhood education for two, three, and four-year-old children where Jesus' loving care is expressed through living, working, learning, and playing together. They will be holding an Open House on Friday, February 25, with an information session at 9:00 a.m. and a tour of the school at 9:30 p.m.



St. John's believes that all aspects of learning are significant in the development of the total person. It is hoped that each child will grow and experience the feeling of being loved, wanted, and accepted. Our school accepts all children regardless of religious denomination or ethnic origin. We will develop the individual child with quality learning through a multi-disciplinary curriculum. We have been providing early childhood education to the community for 43 years. For further information, please call 301-271-4109. See our ad on page 4.

The G.O.L.F. C.L.U.B. Benefit Dance

The 5th American Cancer Society Benefit Dance featuring the band Stick Time and sponsored by Relay for Life Team, The G.O.L.F. C.L.U.B. (Going Onward with the Long Fight Care and Love Undertaking the Battle) will be held on Saturday, February 12, 2011, from 8:00 p.m. – midnight (doors open at 7:00 p.m.) at the Thurmont American Legion, 8 Park Lane, Thurmont. Tickets are a minimum \$10.00 donation per person (300 tickets will be sold.)

Proceeds benefit the American Cancer Society. Attendees must be 21 years old to attend. Cash bar, chips and pretzels provided. Feel free to bring your own snacks. Call Lisa Reed at 240-315-5331 or Lynn Ott at 301-447-3060.



Kids Helping Kids Bingo

Sunday, March 6, 2011

Doors open at 1:00 p.m.

Games start at 2:00 p.m.

Mother Seton School

100 Creamery Rd., Emmitsburg, MD

\$10.00 per Ticket

- Door Prizes
- Concessions for Sale
- FUN FOR THE FAMILY



Grand Prize Drawing
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Sponsored by the MSS Development

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MS School Office: 301-447-3161

All Players must have a ticket. All ages welcome.

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Hidden Object Game and "Where Am I? Photo Location Game

Congratulations! Hidden Object Game Winner

The Catocin Banner's winner of the January issue's Hidden Object Game is Becky Flohr. Someone, and we won't point fingers at who (it was Deb), forgot to put the helicopter in the issue. So, if you called in to tell us that there was no helicopter or if you expressed your certainty in passing, your name was entered into the contest. Becky wins a \$25 gift certificate to the advertiser of choice from the January issue.

This month the hidden object is not a helicopter. There are several of those "Be Mine", "I Luv You", etc. Valentine heart-shaped message candies throughout the issue. Call in with your total count.

ALSO, we've added a "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.

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

NEW - 'Where Am I?' Contest



See Game Rules above for details.

Send Your Snow Pics

We will feature you and your family in snow pics in the center spread for the March issue. Send your fun shots to news@thecatocinbanner.com

Main Street Groomers

Judy Cochran & Cindy Grimes, Owners

Open Monday Through Friday

8:30 a.m.-noon

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129 E. Main Street, Thurmont
301-271-0568

-New 2nd Location-

17 W. Frederick Street, Walkersville
301-845-6888

Pre-Kindergarten and Kindergarten Information Night

If you have a child entering the Thurmont Primary School pre-kindergarten or kindergarten programs for the 2011 – 2012 school year, you are cordially invited to a pre-registration orientation on Wednesday, February 23, at 6:30 p.m. Applications will be accepted for the pre-k program for children who are 4 years old on or before September 1. Incoming kindergartners must be 5 years old on or before September 1. Since this meeting will focus on the registration process and enrollment packet, we ask that children not attend. Registration will begin on Thursday, March 3, from 12:30 – 7:30 p.m., March 4, from 8:30 a.m. – 3:30 p.m. and continue during regular school hours through the summer until the start of the new school year. So, please come and join us! If you have any questions, please call the school office at 240-236-2800.

Be an Early Bird to the Spring Fling

The Vigilant Hose Company will host their 3rd Annual Spring Fling on May 21 on the Knott ARCC Arena grounds at Mount St. Mary's University. Tickets are on sale now with a special \$500 Early Bird Jackpot drawing for those who purchase their tickets by March 1, 2011.

Your \$60.00 ticket includes admission, food, drinks and entertainment for two people as well as one set of five random numbers per ticket. Payouts are awarded every five minutes starting at noon through 6:00 p.m. Payouts range from \$100.00 to \$4,000.00 in value.

Many sponsors contribute to this community event which is a large social event in our area. We can't wait to see you there!

Call Chris Stahley at 301-447-3081, John Glass at 301-447-3724, Gabe Baker at 301-447-2212 or Bill Boyd at 717-642-9717 to purchase your tickets. See their ad on the back cover for details.



Graceham Moravian Bids Farewell to Organist

Beginning in February, the organ music at Graceham Moravian Church sounded a little different. That is because the church had to bid farewell to its dedicated organist. Anna K. (short for Kathryn) Layman, pictured right, has been the organist at Graceham Moravian Church for over 30 years, and her performances during the services at Graceham are a testimony to her love of music and the organ.

Anna K. comes from a musical family. Before she played the organ, she sang in the church choir. As a young child, she studied the piano. When she was in high school, she accompanied the school chorus. Four generations of Ms. Layman's family have played at the church. Her mother and her grandmother both played the organ. Her daughter currently plays the keyboard for the Heavenly Grace choir.

Over 30 years ago when the organist at Graceham left the position, Anna K. used her piano playing skills to teach herself how to play the organ. Within one week, she was able to play well enough to begin playing for church services and has been the organist ever since. Anna K. decided recently that due to health concerns, she would retire from the organist position, effective following services on January 30.

Anna K. was honored for her long years of service to the church with a luncheon on January 23rd. The congregation presented her with a beautiful crystal Moravian star and a shower of cards. Members



Courtesy Photo

shared stories about Anna K. and her years of service at Graceham with several members unable to remember another organist.

The Graceham Moravian Congregation has been truly blessed with the talent and dedication of Anna K. for so many years. She will be truly missed. An Organist Search Committee has been formed to locate a new organist. Interested persons may submit a résumé and salary requirements to the church. A job description can be located on the church website: www.gracehammoravian.org.



Peggy Koontz

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Rocky Ridge Volunteer Fire Company Country Butchering and Breakfast

The Rocky Ridge Volunteer Fire Company is accepting orders on or before February 11, for their Country Butchering on February 19, at the activity building in Rocky Ridge. To place a butcher order, call Gertie at 301-271-4253, Helen at 410-775-2758, or Paulette at 301-271-4252.

Orders must be picked up between 6:00 and 10:00 a.m. on February 19, during which time a pancake breakfast will be served.

Catoctin High School Safe and Sane Activities

The CHS Safe and Sane fundraisers for the Class of 2011 include: Dough Raisers at Uno Chicago Grill in Frederick on February 11 (e-mail shelleburg@yahoo.com); Gun Raffle and Dinner at the Vigilant Hose Company on February 19, tickets are on sale now (Gina 301-305-6903 or John 301-447-6261); and Cash Bingo at the Emmitsburg Fire Hall on February 27 (shelleburg@yahoo.com).

Also, Glory Days Dining for Dollars is an on-going partnership with Glory Days restaurant in Frederick through April 2011. Turn in your receipts to any Safe and Sane member or drop them off at the high school.

Catoctin Mountain Park's Free Health and Safety Fair

A free Health and Safety Fair is being presented by Catoctin Mountain Park on Thursday, February 10, from 10:00 a.m. to 2:00 p.m. The fair will be held in the gymnasium at Camp Round Meadow, 14840 Manahan Road, Sabillasville. Invited attendees include the general public, community organizations, national and state park employees, and local military installations, as well as those from the surrounding local communities.

Numerous local businesses; local, state, and federal agencies; and various health related organizations have been invited to provide exhibits at this event.

If you are a vendor and wish to reserve a free space at the fair, please contact Barbara Riddick at 301-663-9357, by fax at 301-663-8652, or by e-mail at Barbara_Riddick@nps.gov. For additional information, contact the Event Coordinator, Ranger John Kempisty at 301-416-0100 x 504.

briefs

Thurmont Lions Club Announces Photo Contest

The Thurmont Lions Club is searching for the perfect picture to feature on their 2011 Birthday Calendar. To share the fun with everyone, they are holding a contest. The winning picture, along with photo credits to the photographer, will be featured on the 2011 Birthday Calendar. Be the one to have those photo credits and bragging rights! Enter today! For the contest rules and entry procedures, go to the Thurmont Lions Club Web site at: www.ThurmontLionsClub.com and see the Don't Forget the Photo Contest item on the home page.

Lion Susan Favorite (pictured with 2nd Vice District Governor, Paul Cannada and Immediate Past District Governor, Robert Disinger) was recently awarded the Lions Club International President's Leadership Award. Susan, who is currently serving as the Thurmont Lions Club Secretary, received this award for her outstanding work as last year's Membership Chairperson. Consideration for this award requires a significant increase in membership. With Susan's leadership, the club inducted 16 new members in one year.




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- Feb. 23 at 7 pm
- Feb. 24 at 10 am

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Michele O'Neill
Mother of Mary Margaret,
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Annual Catoctin FFA Alumni Banquet Held

Approximately 120 members and guests attended the Annual Catoctin FFA Alumni Banquet on January 13, at Mountain Gate Restaurant.

Vice President, Helen Troxell welcomed everyone and opened the banquet meeting with an Invocation by Daniel Myers, Vice President of the FFA Chapter. The Chapter Update was presented by Taylor Clarke and Tyler Donnelly, Chapter Presidents, who thanked the Alumni for their continued support to the chapter.

Certificates of Appreciation were presented to Bernard Quesada, Principal of Catoctin, and Nancy Boyenton and Jan Witt, Assistant Principals of Catoctin; auctioneers Jack Downin, Josh Ruby, Mike Lewis and Kevin Lewis. Presentations were also made to Robin and David Hertel, Allen and Robin Haines, Missy Donnelly, Jody and Nikki Eyler, Harold and Peggy Long, Eugene Troxell of Gene's Towing, Deb Spalding of The Catoctin Banner, Jay Ruby of Global Force and David Miller, National FFA Alumni President.

Mr. Miller gave an overview at the

National Level and advised that the Catoctin FFA Alumni was the fourth group in the State of Maryland to support the local Chapter 40 years ago. Shaun Shriner, President of the State FFA Alumni, introduced the other State Officers attending: Sarah Shriner, Secretary and Karen Myers, Treasurer.

Sportsmanship Award trophies were presented by Bob Valentine and Brian Hendrickson to Taylor Clarke for Beef, Lauren Schur for Sheep, Kristi Long for Swine, Kayla Neff for Goat, and Shelby Hahn for Dairy.

The Annual Alumni Appreciation Award was presented to Sue Keilholtz, past Treasurer of the organization. Sue has been a devoted member of the Alumni, also serving on the Community Show Annual Dinner and the Beef, Sheep & Swine Sale Committees. She is the wife of Billy Keilholtz and mother of Laura, who are also very active in the Alumni. She is an Administrative Assistant at Fort Detrick for Project Controls, a member of Graceham Moravian Church, was a former member of the Board of Elders, and a former Secretary of the Women's



Photos by Heather Gray

Fellowship Group and is presently their Treasurer. Sue serves on the Vacation Bible School and Church Choir and coordinates the flowers for Graceham Moravian Church. In honor of her past service to the Alumni, Sue was presented an engraved mantel clock.

A beautiful quilt was made and donated by Madeline Valentine to be raffled off with the proceeds going

to the FFA Scholarship Fund. The lucky winner was Peggy Long.

The Catoctin FFA Alumni Association would like to invite you to join our organization to support our youth in the promotion of Agriculture. Meetings are held at the Catoctin High Ag Center on the second Thursday of each month at 7:00 p.m.

Pictured above left to right are Taylor Clarke, Shelby Hahn and Kristi Long (Lauren Schur and Kayla Neff were absent).

Pictured left, members of the Catoctin FFA Chapter are Daniel Myers, Wyatt Farmer, Shelby Hahn, Kristen Myers, Kristi Long, Taylor Clarke, Tyler Donnelly and (in back) Bryan Troxell.

Pictured below, Sue Keilholtz (left) is presented the Annual Alumni Appreciation Award by Helen Troxell.



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Financial Peace University Classes Offered

The First Baptist Church of Thurmont, 7 Sunny Way, Thurmont, Maryland, will be hosting classes sponsored by Dave Ramsey's Financial Peace University. It will be a 13-week session, with classes once a week on Monday evenings at 7:00 p.m. and is open to anyone in the community. Cost is \$100 per family. Registration ends February 7, 2011, and payment would have to be made at that time to order the materials for the classes. For more information on this series, visit <http://www.daveramsey.com/fpu/> or contact Rich at (301)748-5831. Schedule: February 21—Super Saving, Attend Free; February 28—Relating With Money; March 7—Cash Flow Planning; March 14—Dumping Debt; March 21—Credit Sharks in Suits; March 28—Buyer Beware; April 4—Clause and Effect; April 11—That's Not Good Enough; April 18—Of Mice and Mutual Funds; April 25—From Fruition to Tuition; May 2—Working in Your Strengths; May 9—Real Estate and Mortgages; May 16—The Great Misunderstanding.

"CHI-CHING" CASH BINGO—Benefits Catocin Youth Association Cheerleading Competition

This is a fundraiser to help get CYA Cheerleading Competition to the U.S. Finals in Virginia Beach, Virginia. They will be competing against teams across the United States to see who is the #1 cheerleading competition group.

Cash Bingo will be held on Sunday, March 6, 2011, at the Emmitsburg Viligant Hose Company.

Doors will open at 12:00 p.m. Bingo will start at 1:00 p.m. The costs for tickets are \$20 in advance or \$25 at the door.

King Tuts! And other jars will be available along with Food and Refreshments for purchase. Two Jackpots! Catocin Youth Association does reserve the right to adjust payouts if 200 tickets are not sold. Must be 12 or older to play bingo and 18 or older to play tip jars. Everyone must purchase a ticket. For tickets or more information contact: Penni Wiltrout at 301-748-0765.

briefs

Check Your Relationship's Love Language at February's Coaching Workshop!

Valentine's Day is the perfect opportunity to spend a bit of time evaluating whether you and your significant other are on the same page when it comes to values, relationship harmony, and the way you express love for each other.

"Be My Valentine" allows you to do just that, with an evening session held Tuesday, February 8, from 6:00-7:30 p.m.—just in time for Valentine's Day—designed to explore, in a facilitated group setting, what you value most in your relationship.

"Come and explore what is important to you, how your partner's values may differ, and what choices you can make to bridge that gap," said Lisa DiSciullo, CPCC, a life coach who is facilitating the workshop. "It would be a great workshop to attend alone or with a partner!"

The workshop is open to all who would like to nurture their relationship and be sure they are speaking the same "love language." The workshop will be held in the upper conference room of Wolf Furniture, 1215 W. Patrick St., Frederick, Maryland. The cost for the workshop is \$20. To register, visit www.wholisticwomanretreats.com.

The workshop, which follows a related workshop from the recent Wholistic Woman Retreat in Leesburg, Virginia, is one of a series of three workshops that have been held this winter by the Wholistic Coaching Coalition.

Valentine's Day Breakfast

Celebrate Valentine's Day in a unique way with the Emmitsburg Ambulance Company at 17701 Creamery Road in Emmitsburg on Sunday, February 13 from 7:00-11:00 a.m. Enjoy all-you-can-eat heart-shaped pancakes and more. Ages 5-10 years eat for \$5.00, ages 11 through adult are \$8.00 each.



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Kindness is Free: Proper Biting of the Horse

by Kitty Harvey

Biting a horse is fitting a horse, pony, mule, etc. to carry in his mouth a bit that is held on with a head stall and reins, which comes from the bit in the horse's mouth to the rider's hands. This bit allows the rider to stop, steer, and communicate with the horse. Bits should fit the horse correctly, not be painful, and be only as harsh as it needs to be to do the job of controlling the horse. I feel a professional trainer needs to help a rider find a correct bit for a horse that is having problems. Horses at approximately 1000 lbs need to be in control to keep our riders safe, and always use a fitted horse hard hat.

A student named Jessica asked, "How can I keep my horse, Romey, usable?" Romey is a gentle, huge, graceful riding horse. Romey, being very big and powerful, needed extra control, so we could keep Jess safe and let Romey be a usable product. As Romey's trainer, I worked with Jess and took Romey weekly down the road to become a great trail and show horse.

We concentrated on ground schooling and very slow under saddle. We chose to start Romey on a gentle rubber pelham short shank bit. We found that he would run past a leather chin strap, so we fitted him with a standing martindale and a chin chain. Romey by nature bucked and reared up, just for fun at liberty (in the field). With good schooling, Romey learned to keep his feet on the ground and never learned to buck and rear with Jess. I think because of his natural ability to dance on the head of a pin, he could have become an outlaw. Jess is a great rider. Today, Romey, Jess, and her family spend many hours trail riding the C&O canal.

Career Pathways Grant Recipient

The National FFA Organization (FFA) announced that Kayla Jo Neff of Sabillasville, Maryland was selected to receive a Career Pathways grant in the amount of \$500 to initiate or improve Kayla Jo's career development experience known as Supervised Agricultural Experience (SAE). To be eligible, the student must be in grades 7-11, have an SAE, and be a member of FFA. Neff is a member of the Catocin chapter and was selected from hundreds of applicants nationwide. Neff's grant for an Animal Systems SAE is a special project of the National FFA Foundation.

The National FFA Organization, formerly known as Future Farmers of America, is a national youth

organization of 523,309 student members as part of 7,487 local FFA chapters in all 50 states, Puerto Rico and the Virgin Islands. The FFA mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth, and career success through agricultural education. The National FFA Organization operates under a Federal Charter granted by the 81st United States Congress, and it is an integral part of public instruction in agriculture. The U.S. Department of Education provides leadership and helps set direction for FFA as a service to state and local agricultural education programs. For more information, visit www.ffa.org.

If you want to kiss your honey but her nose is runny, you might think it's funny but it's snot.

Award Winning Trumpet Player Performing at Germantown Church of God

Germantown Church of God, located at 16924 Raven Rock Road in Cascade, will host Emmy Award winning trumpet player, Chiz Rider, on Sunday March 6, at 6:00 p.m. Chiz performs over 250 concerts annually throughout North America. He has performed with such popular Christian artists as Carman, Margaret Becker, DC Talk, Newsboys, Cindy Morgan, Apologetics, Skillet, Larnell Harris, and Michael W. Smith. He has also performed at a Billy Graham Crusade and numerous times at the Crystal Cathedral. Chiz's musical style includes patriotic, traditional and upbeat contemporary worship music. The concert will begin at 6:00 p.m. There is no admission charge for this concert but a free-will offering in support of Chiz Rider ministries is appreciated. Everyone is welcome. Direct questions to Pastor Mark A Hosler at 301-241-3050 or mark@hoslers.com.



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Boy Scouts Visit Arlington

On Saturday, January 22, boys from Boy Scout Troop 270 braved the near-freezing temperatures and ventured by metro to Arlington National Cemetery. They toured the visitors center and learned that the Tomb of the Unknown Soldier is really called the Tomb of the Unknowns. They watched the awesome precision and timing of the U.S. Marine Corps' changing of the guard and the reverence and humbleness of a wreath-laying ceremony.

The Scouts visited famous grave markers of Audie Murphy, the most decorated soldier of WWII. They walked over to the Challenger Memorial, the Battleship Maine Memorial and, of course, John F. Kennedy's famous grave site.

They visited the Lee House, commonly named the Arlington House which overlooks the Mall. The Scouts proceeded back to the visitors center and tried to locate a great-grandfather of two of the Boy Scouts that were there, but due to insufficient information they were unable to locate him.

The impressive Marine Corps Memorial on hallowed grounds was something not easily forgotten. Commonly known as the Iwo Jima Memorial, it was a breathtaking capture of the pain, sweat, pride and determination that our military members display during conflicts.



Courtesy Photo



Deer Pic

In the January issue of The Catocin Banner, we missed showcasing Josh Tyeryar with his 13 point buck and Gary Wolfe with his 8 point. Both were shot in the Catocin Watershed.

Courtesy Photo

briefs

Ben is for the Birds

Last year, 13 year old Ben Sielaf of Emmitsburg took an avid interest in birds. He wanted to be able to name them, learn what attracts them and what they eat. He started learning their names and identified his first Carolina Wren in his backyard which features four squirrel feeders, nine birdfeeders and some birdhouses for good measure. Recently, he was surprised to identify a Rosebreasted Grosbeak on a backyard feeder.

As his interest in birds grew, Ben started working in his father's woodshop to create bird feeders, bird houses and squirrel feeders out of wood. Lately, he's been making bird houses with license plates that he gets at a local auction and shapes into a roof. Now he can customize an order by the state of the plate. He makes Purple Martin condos, Wren houses and more from solid hard wood, cedar and pine materials.

That's not all. Ben has a special talent for creating bird food blends that really seem to attract various targeted varieties of birds. His experiments lead the observer to believe that Ben truly is for the birds! Call Ben at 301-447-6505 for more information.



Courtesy Photo

Share Your Good News!

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Thurmont Ambulance Community Banquet Held

by Laura O'Donnell

"We've had a very good year. It could have been better and it will be better," said Jim Humerick, 2010 President of The Thurmont Community Ambulance Company during their annual awards banquet, which was held at the Emmitsburg Ambulance Company on January 15. Humerick then awarded the new 2011 President, Lowman Keeney, an appreciation award for his investment in the organization. Administration awards were then awarded to those with the most "points" based on how involved they are within the Community Ambulance. The person who had accumulated the most points was DJ Ott with 500 points. The President's award went to Jason West.

Lowman Keeney believes that "hopefully we do just as well [as 2010] or even better." While delivering the 2011 President's Remarks, he gave a thank you to Catocin Mountain Orchard for all the apples they donated for the Apple Dumpling fundraiser at Colorfest, which is their largest fundraiser. The orchard has been donating apples for 20 years. Keeney said, "It seems like we get plenty, and they always ask if we want more." He also gave out a special thanks to Colorfest for their support.

DJ Ott gave the Chief's report and stated that in 2010, 1174 calls were responded to and 52 percent of those calls were handled by volunteers only. He also discussed the goals for 2011: to attain new members (active and social) and provide more training to the public. DJ Ott then awarded the top ten responders of 2010. They are Justin Shriner (66 Calls), Jason Schultz (90 Calls), Kassie Manahan (94 Calls), Lowman Keeney (95 Calls), Becky Ott (99 Calls), Pat Cuffe (105 Calls), Amanda Barth (124 Calls), Lisa Eichelberger (133 Calls), Andrew Owlett (136 Calls), and Travis Unger (152 Calls). Mr. Ott himself had the highest number of calls. The 2010 Chiefs award was given to David Riffle. DJ Ott said, "We have some big plans [for 2011], so be ready."

Next, was the installment of new officers. For 2011, the new officers are: Lowman Keeney (President), Bill Morgan (Vice President), Judy White (Treasurer), Dennis Ott, Sr. (Assistant Treasurer), Joyce Stitely (Secretary), Shirley Stackhouse (Assistant Secretary), Jim Humerick (Director), Patrick Cuffe (Director), Wilton Smith (Director), Reverend James Hamrick (Chaplain), Dennis Ott, Jr. (Chief), Becky Ott (Assistant Chief), Travis Unger (Lieutenant), and Marie Conte (Lieutenant). The Life Membership award was then awarded to Judy White. A memorial service was held for Jim Mackley, who had joined the Community Ambulance in the 1960's but passed away this past December. The service was held by Reverend James Hamrick who said of Mackley, "He was really an icon in the community of Thurmont."

Top Responders Pictured (Bottom, left to right): Travis Unger, Andrew Owlett, Lisa Eichelberger, Amanda Barth; (Top, left to right): DJ Ott, Patrick Cuffe, Becky Ott, Lowman Keeney, Kassie Manahan, Justin Shriner.

Pictured right are Dave Riffle (Chief's Award) and Jason West (President's Award).

Officers pictured below bottom row, left to right are DJ Ott (Chief), Becky Ott (Asst. Chief), Travis Unger (Lieutenant), Marie Conte (Lieutenant); (Middle row left to right are Lowman Keeney (President), Bill Morgan (Vice President), Joyce Stitely (Secretary), Shirley Stackhouse (Asst. Secretary), Judith White (Treasurer), Dennis Ott, Sr. (Asst. Treasurer); Back row, left to right are Jim Humerick (Director), Patrick Cuffe (Director), Wilton Smith (Director).



Photos by Laura O'Donnell



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Curves® adds Zumba® to Shake Up the Circuit!

Curves of Thurmont rings in the New Year with new Curves Circuit with Zumba Fitness® classes; *The Catocin Banner Newspaper* readers can try it free for a week.

Millions have lost weight and shaped up with Curves, the leader in women's fitness, and Zumba, the dance-fitness experts. Now, the two have created the only 30-minute class that mixes the moves of Zumba with the proven strength training of Curves for one wildly effective workout. It's definitely NOT your Mother's workout—BUT even your Mother can do it!

Some have called it the perfect workout, but Curves of Thurmont is willing to let you try it free for a week to find out for yourself.

"Curves Circuit with Zumba Fitness is an amazing workout that will really help people stick to their New Year's resolutions," said a Curves of Thurmont staff member. "It combines Curves' proven strength-training program—where you can burn up to 500 calories in just 30 minutes—with the Latin and international inspired music and exhilarating, simple dance moves that have made Zumba so popular. We want you to experience it for yourself to see what an incredible workout it is, so we're inviting residents to try it free for one week."

The benefits of Curves Circuit with Zumba classes are numerous, according to Curves Director of Exercise and Research, Katie Mitchell. "This is definitely a boredom-busting workout," said Mitchell. "There's a lot going on to keep your attention and keep you motivated. You're listening to high-energy music that just makes you want to move, watching to make sure you're meeting your goals on the strength machines, and training your body and your brain by learning new dance moves. And research shows that the dynamics of group exercise like the Curves Circuit with Zumba Fitness classes promotes attendance and lowers drop-out rates, so people are more likely to stick with it."

All ages, fitness levels, and dance abilities can participate in and benefit from Curves Circuit with Zumba Fitness classes. For more information about Curves of Thurmont and Curves Circuit with Zumba Fitness class schedules, please call 301-271-7900.

Calling All High School Students

All current high school students are invited to make a difference in a person's life—your own!

Join Workcamp 2011 and put your faith in action by repairing homes of the poor along with 300 other high school students in this week-long service project. Help families who can't afford or aren't able to do the work themselves. Make new friends. Grow in confidence while learning some basic home repair skills. Experience the joy of serving others.

The Workcamp will be held June 25 through July 1 in Winchester, Virginia. Camp fees will be covered by individual and parish fundraising efforts. Contact Mike Miller 301-271-9871, Lori Carter 301-271-4050, or Deacon John Hawkins 301-271-2194 of St. Anthony's Church.

Single in a Small Town

by Laura O'Donnell

Being single in a small town can be tough. In a small town, it is often true that "everybody knows your name." This can also mean that everybody knows what is going on in your life. It can then make things even more difficult when you are in the local dating pool. When you head out to local establishments on the weekends, you are bound to run into the same people every time you are out. Whether they are at the local restaurant, bar, church, or community function, some singles feel lonely when around those who have family and significant others.

Local resident, Jim O'Brien, moved to the area from Baltimore 15 years ago. He felt that he was judged and looked at as an outsider when he first arrived. He believes it had a lot to do with his status as a single man. He had an incident through his church when he was new to the area, where he was told that he "was not welcome here." After getting to know members of his church, he felt as though they realized that his purpose for being there was the same as theirs, and his single status had nothing to do with the way he interacted with them. Jim feels as though there is a need for people in small towns to embrace everyone new to the area, whether they are single or not. After all, being single isn't such a bad thing to be. But if you are looking for a significant other, there is hope.

Believe it or not, there are ways for singles to meet other singles in

a small town. In our area we have clubs and councils where there are bound to be a few single volunteers. Just identify your interests and give it a try. Nearby, The Frederick Ski Club, Frederick Singles Club, and the Frederick Rotary Club offer some fun opportunities.

Volunteering is a great way to meet new people. In Frederick, Volunteer Frederick coordinates various volunteer opportunities at VolunteerFrederick.org. You can also find volunteer opportunities under the volunteer section on Craigslist.

Another way to meet new people is through a website called Meetup.com, which has various clubs in your area formed by people with similar interests. Also, venturing outside of the small town atmosphere can be a step in the right direction when trying to meet new people. Those looking to meet people outside of their comfort zone in northern Frederick County should try heading to Urbana, Gettysburg, or even as far away as Washington, D.C. and Baltimore.

There is a volunteer website called OneBrick.org with volunteer opportunities in Washington D.C. With OneBrick, you get to volunteer at fun events with no long-term commitment.

There are plenty of people out there to meet. Branching out from your favorite local surroundings can be a great starting place. Even if you don't meet that special someone, you can still have a great time!

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KISS ME

...Be My Valentine continued from cover page

all the ladies at the service desk just adored, and he always laughed at and with us. He wrote a poem one day, shared song lyrics, and gave me a kiss at one of his parties that made me tingle from head to toe. It is his honesty, work ethic, good looks, and dry sense of humor that still do the trick to this day. “

The Boylands have been married for 28 years and are still going strong.

Mike and Michele Tester

Michele Tester told us this story about meeting her husband:

“My husband and I met in July 1982 on the beach in Ocean City, Maryland. I was just six weeks away from turning 14 years old. Mike was 16 years old. My best friend and I decided to take a walk on the beach. We noticed two boys throwing a football. The boys kept stealing looks at us and vice versa, so my friend and I decided to sit down on one of the sand dunes.

It was only minutes before the

boys came over to us. My husband came and sat right beside me. He smiled the cutest smile I had ever seen and said, ‘Hello, my name is Mike.’ I still remember to this day how that smile tugged at my heart. We have been together ever since that fateful

Mike was who I was going to marry one day and have a family with. The true, deep love grew with time and maturity—through adolescence and growing pains, through heartbreaks and triumphs, through high school and college, through hard times

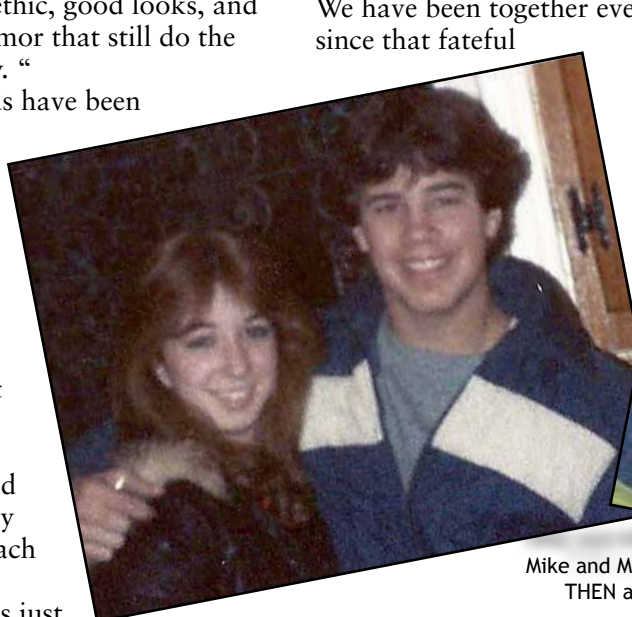
there is no such thing as destiny or fate. Yet, for Mike and I there is absolutely no doubt in our minds that it was fate that brought us together on that warm day in July, and destiny that brought us to where we are today.”

Brian and Rhonda Renn

Rhonda and Brian Renn have known each other since she was in third grade and he was in fourth. The pair started dating in high school and married just two years after Rhonda graduated. Married 32 years now, Rhonda told us how they got together:

“In July of 1974, we were both at a carnival. I was standing in line with some friends to get on a ride, and Brian came over and started talking to me. He said he would get on the ride if he had someone to ride with. I ditched my friends and got on the ride with him! We had our first date on July 21, 1974—a baseball game in Hagerstown. We celebrate our first date anniversary every year.

I knew Brian was the one because I was so miserable when we would argue and he always gave me a good argument! Knowing how fortunate I am was reinforced last year when I had severe complications from surgery, and he was by my side every



Mike and Michele Tester
THEN and NOW.



day--29 years ago this July 18, and we will be married for 18 years this April.

I know that most people would say that a girl of 13 years old could not know what true love is. Maybe at that time and age I didn't. But, I did know this: My heart just knew that Mike and I were meant to be.

and good times—and fate took care of the rest. Mike and I are best friends; we basically grew up together and we feel we grow closer with every passing year. We have been blessed with three beautiful children and a wonderful life together.

Some people might argue that

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Ed and Karen Lind
THEN and NOW.



day for over a month, taking care of me and taking me back and forth to my doctor's office. That's what we do—take good care of one another.

Also, when I see him with our grandchildren, I know he is the one I was meant to be with because his family is so important to him. We have so much fun with "the boys," and he is just as silly with them as he was with our children."

Ed and Karen Lind

Karen and Ed Lind have been married for 20 years. Here's their story in Karen's words: "We met in 1988. I applied for a job at a software company. Ed already worked there, and the manager told him she would hire me to be his wife. Although she was just kidding about that, I was hired and we started dating six months later. After a short engagement, we were married in 1990. We celebrated our 20th anniversary last March. We didn't waste any time getting married, because we knew that God brought us together and we were a perfect match. We quickly became best friends and spent all our time together. BUT, we never lived together until we were married.

Our wedding night was very special because we spent our first night together as husband and wife in our

rented condominium. We had rented the condo a few weeks before the wedding, painted it and moved in some furniture, but we had not stayed there together until our wedding night. We enjoy each other's company more than being with anyone else in the world. We have very different personalities and interests, but our core values and beliefs are the same. Some important things we do have in common are our faith in God, our love for our three children, and our love for our family dogs."

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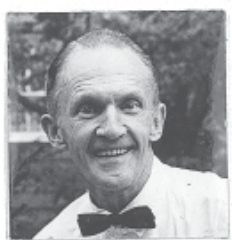
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This and That

by

George W. Wireman



Why Do We Worry?

Webster defines the word “worry” as a troubled state of mind. Worry, as most everyone knows, is something that causes anxiety. Anxiety is a state of being uneasy or worried about something that might happen.

Today, more than any other time, we live in a world that is beset with many problems. These problems don’t only exist on a national or international level. They can be traced down to the state level, the county level, the local level, and yes, right down to the individual, which, of course, includes you and me. We live at such a hectic pace that we fail to keep our worries in proper perspective. The person who claims that they have no worries, is indeed considered to be a very rare individual.

Have you ever given thought to the many worries that are caused by national and international events? As a youth growing up in Thurmont, I recall one of the greatest worries was Russia and the fear that one day Communism would rule the world. During Operation Desert Storm, we worried about the threat of Saddam Hussein. In today’s world, we have not forgotten the terrorist attack of September 11, 2001, and we worry about when and where the next attack will be. Yet while out driving on our highways, we often stop to pick up an unknown hitch-hiker.

We worry about the H bombs and the mass destruction they are capable of creating. Yet, in the very end, do we stop to think about the destruction that can be created when we purchase fireworks for our children or light the barbecue with gasoline? Do we ever stop to think about leaving guns laying around the house or medicine within a child’s reach?

We worry about juvenile delinquency and more recently the increase in teenage suicides, yet we give our children perfect examples of disrespect for the law—by speeding, illegal parking, passing disparaging remarks about our government, our policemen, our school teachers, yes, and even our family members.

How many citizens have you come across who worry about traveling by air? Yet, these same individuals will try to reach the highest shelf by standing on some kind of “make-shift” ladder instead of using a good sturdy ladder.

Why do we often find ourselves worrying about having the latest and the best gadgets....and then use electrical equipment with frayed cords or equipment that is in need of repairs.

Today, there are a lot of citizens who worry about cancer, since the report is official that Maryland’s cancer rate is the highest in the

nation, yet there are those who mix their driving with drinking or light up a cigarette.

As we watch the news on TV, we find ourselves worrying about crime and how it is increasing. How often we fail to find out where our older children are and how they spend their time away from home? How often do we find ourselves leaving the car and even the house unlocked?

NOW comes the big question: WHY DO WE WORRY? Perhaps, it is because we have deep concern about such matters. Why do we fail to keep our worries in proper perspective? If we do have the concern about such matters, why isn’t it constantly with us in all that we do and say? Surely, we should be concerned at all times, not just on certain occasions.

Have you ever wondered what life would be like without WORRY? Have you ever realized that no matter what the worry may be about, it pulls us down physically, as well as mentally? If we are not alert, this too can cause additional worry.

We must not worry. Worrying about something, regardless of what it may be, gets us nowhere. Worry accomplishes absolutely NOTHING. These statements are so easy to say. Yet, try as hard as we can to prevent worrying about something, it finds a way of creeping into our lives.

Sooner or later, we come face to face with worry. When we do, we discover that perhaps we brought it on ourselves. If we must worry, perhaps it would be wise not to waste our time and energy stewing over things that are beyond our control.

Worrying has never solved any problem. We must take action to solve our problems, not sit around and worry about them.

In my lifetime, I have discovered that prayer dispels worry. By praying, I have found that the worrying seems to just disappear. I have always had faith, and perhaps the combination of the two—prayer and faith—are what is missing, and could be the real reason we find ourselves constantly confronted with worry. Maybe this is the answer to the question....WHY DO WE WORRY?

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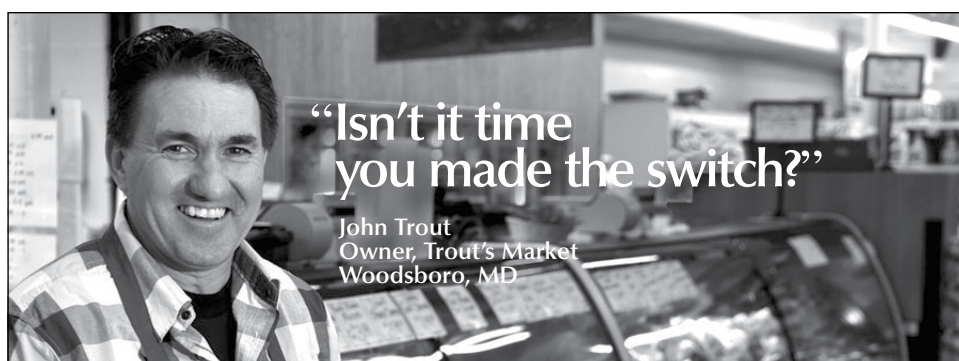
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Who Am I?



Who Am I? Next Issue

Your clues are: *Mountain man transplanted to Thurmont; he's electric; pitcher on a State Championship Team.*

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.

Your clues were: *"Being here for over fifty years may cause some to think that I have always been a resident in this area. However, I moved here after I was given an opportunity for work. Basketball has always been one of my passions, even as I was growing up. To many, I am most known for the number of wins I had as a local basketball coach."*

Those who guessed correctly were: Carroll Forney, Donna Sweeney, Tina Winfrey, Linda Sanders, David Wantz, Jr., Deb Fornwald, Tom Fox, Shike Myers, Wayne Martin, Fred Wood, Bev Frushour, Joan Staub, Jeanne Davis.

I am Jim Phelan

by Kelly Erfurdt

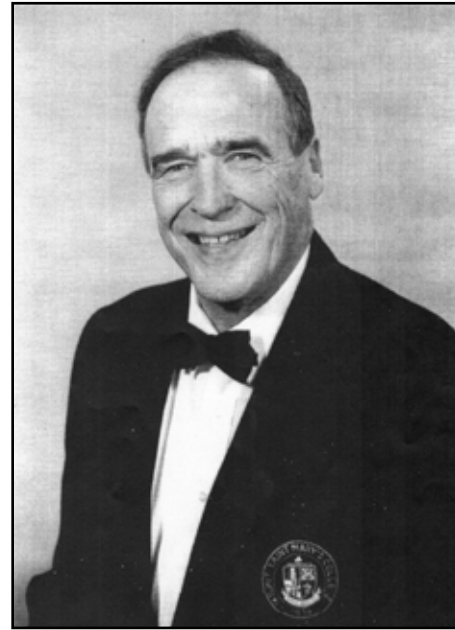
Jim Phelan was born and raised in the heart of southern Philadelphia in Pennsylvania. Basketball—being a passion from the start—landed Mr. Phelan a scholarship to play for La Salle in Philadelphia after high school. Mr. Phelan went from being a successful player to an assistant coach for the college.

In 1954, Mr. Phelan married his wife of 57 years today and was later

offered the full-time position of head coach for Men's basketball at Mount St. Mary's, making him a resident of Frederick County. At the time, the Mount was having trouble keeping a head coach. Therefore, when Coach Phelan arrived, many did not expect the success he would bring for the program.

In the off season, Mr. Phelan held his growing family close to him as he traveled the Eastern Shore from Richmond to New York looking to recruit new players. During his 49 years at the Mount, Coach Phelan reminisces on close wins over teams such as Georgia Tech and Villa Nova. His 830 wins are unprecedented. Mr. Phelan's talent and love for the game landed him behind names such as Dean Smith and Adolph Rupp on the NCAA all-time list. He managed to make sixteen NCAA Division II Tournament appearances and two Division I Tournament appearances, and in 1962 his team walked away with the NCAA Division II Championship title.

After being asked the secret to his success, Mr. Phelan replied, "Many coaches look to recruit kids that motivate themselves, it's hard to teach dedication." He went on to say that, "Players by the end of the season know what the coach is going



Courtesy Photo

to say before they say it. Eventually, they learn to say it better than you do."

I considered it an honor and a privilege to get to know Mr. Phelan. This well respected man is most known for his successful career in basketball and still continues to contribute to his passion for the game by being involved in the Catocin Girl's Basketball program. Today you can find him in the stands as a spectator supporting the Catocin Cougars.

Emmitsburg Green Home Challenge!

Join the Emmitsburg Business and Professionals Association at the Carriage House Inn on February 23, 7:00 p.m. (doors open at 6:30) for the Emmitsburg Green Home Challenge!

No cookware, containers, or jewelry... just food, fun, demonstrations and activities to help us become more "power-aware" and reduce our utility bills! Come learn how to save our energy and bank your money! Everyone receives an energy saving GIFT!

A sustainable community starts at home and the Green Homes Challenge helps residents take action at home to save energy, adopt green lifestyle practices, and use renewable energy. The initiative is comprised of three corresponding challenges and certification programs: Challenge 1: Be a Power Saver! Save Our Energy, Bank Your Money!; Challenge 2: Be a Green Leader! Green Your Lifestyle, Protect Our Resources!; Challenge 3: Be a Renewable Star! Renew Your Energy, Clear Our Air!

If you are concerned about rising energy costs or utility bills, declining quality of life for your children and grandchildren, the impacts of climate change or environmental degradation, or our national energy supply and security, then it is time to turn that concern into personal action right in your own home. The Challenge will inspire you to do just that!

Your household's energy use and routine living habits do make a difference! We'll provide the resources and activities that will make it easy to improve the efficiency and comfort of your home and save you some real green!

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tickling our taste buds

by Denise Valentine,

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

We are fast approaching the most “romantic” holiday of the year. I try to provide a quick and simple dessert recipe for the February issue that is sure to “wow” your significant other or make a great finish to a family dinner.

I first became familiar with this cake years ago and have made a few modifications that make it so easy to prepare. The combination of flavors in the frosting is the secret. Good luck and have a special “holiday.”

Cherry Topped Cake

- 1 white cake mix (and ingredients to make the cake)
- 1 8 ounce package of cream cheese
- 2 tbsp. confectioners sugar
- 1 8 ounce container of whipped topping
- ½ tsp. vanilla extract or almond extract
- 1 can of cherry pie filling

Prepare cake according to package directions.

Pour cake batter into a 9 x 13 pan and bake. To make icing, combine cream cheese and confectioners sugar in mixing bowl and beat until light and fluffy. Add the whipped topping and mix again until smooth. Stir in desired flavoring. After the cake has cooled completely, spread with frosting mixture. Top with cherries leaving a 1” border. Refrigerate.

**To make this a special Valentine treat, bake in a large heart shaped pan.



Courtesy Photo

Callie Got a Van

Steve and Marcia Watkins and their daughter Callie recently attended a meeting of the Thurmont Lions Club. They spoke about the “Callie Needs a Van” project that successfully provided them with a new van. Callie, a student at Emmitsburg Elementary School, has spinal muscular atrophy. Her parents shared stories about how the new van has made a difference in Callie’s life. Very generous donations from organizations, including the Emmitsburg Lions

Club and individuals from 40 different zip codes, made this possible. A benefit breakfast sponsored by the Thurmont Lions Club, Trinity United Church of Christ, and Thrivent Financial for Lutherans raised 35 percent of the funds needed. It was truly a community working together that made a tremendous difference in one little girl’s life.

A Real Angel in Disguise

by Terry Peter

My 7 year old daughter has had trouble maintaining muscle tone due to an undiagnosed condition that she has had since she was born. We spent many years with specialists with no diagnosis or treatment methods to help her. All the while, she was losing what little strength and balance she had. While physical therapy was a great start, it wasn’t progressing as quickly as she needed it to. We had tossed around the idea of exercise in conjunction with physical therapy but wasn’t sure if it would benefit her.

A friend had suggested talking to Gretchen Smith. Gretchen is a fitness instructor at Hood College and the owner of Well-Fit Aerobics & Fitness Center in Thurmont, Maryland. He had mentioned that if she couldn’t personally help us that she may at least be able to point us in the right direction. What would it hurt, right?

So, we went to speak with Gretchen to get her opinion and see if it would be possible for her to help us out. I knew we were on the right path with Gretchen. Her knowledge of the body, how everything works together and affects you seemed perfect for what we were looking for. She took my daughters “symptoms” and needs, and then formulated a plan that seemed promising. Within the first month, I couldn’t believe the amount of progress that my daughter had shown. It was very enlightening and eased our stress, knowing that this may actually help.

Gretchen and my daughter immediately bonded and a friendship was born. She is so uplifting, caring, motivating, and funny. She always treats not only my daughter, but everyone she encounters, with respect and encouragement. My daughter has been at Well-Fit for almost a year, and Gretchen has kept her interested and wanting more every day.

There aren’t enough words that can even tell you how amazing she is, and how much she has given us. For that I am grateful. I only wish everyone had an angel like Gretchen waiting in the wings for when they are needed. Thank you, Gretchen, for all that you are and all that you do. You are a blessing.



Imbisonic to Release Full Length Self-Titled CD

Thurmont resident, Paul Zelenka (pictured second from left) and his band Imbisonic, will release their first full-length CD in February 2011. Imbisonic plays alternative original rock music. They have worked hard to write and record 20 original songs for the self-titled CD. Imbisonic has played their music acoustically in Thurmont at Town Square, volunteering their time for Thurmont’s Saturday Strolls. Their 1st CD release party will be held Friday, February 25, at 9:00 p.m. in Frederick at The Bentz Street Sports Bar. Imbisonic is Casey Jon Mackay, Currie Powers, Jon Sander, and Paul Zelenka. Check them out on Facebook and at Imbisonic.com.

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Emmitsburg Lions Sponsor Rock & Roll Dance

On Saturday, March 19, 2011, the Emmitsburg Lions Club will host a Rock & Roll dance. The dance will feature the sounds of "The Rock & Roll Relics," a legendary band in the Washington/Baltimore area. This event will be held at the Emmitsburg Ambulance Co. building on Creamery Road in Emmitsburg, Maryland, from 8:00 p.m.-12:00 a.m. Cost is \$15 per person. No tickets will be sold at the door. For tickets, please call Zurgable Hardware at 301-447-2020 or Mrs. Sharon Hane at 301-447-2401.

All proceeds from the event will be used to support Lions Club charitable activities within the Emmitsburg community.



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briefs

Benefit Breakfast for Donnie Stull, Jr.

Sponsored by Trinity UCC and Thurmont Lions Club

Donnie Stull, past chief of the Lewistown Fire Department, is currently undergoing treatment for a life threatening illness. The Thurmont Lions Club and Trinity United Church of Christ will hold a breakfast to raise funds to help pay for his medical expenses. The breakfast will be on Saturday, March 5, 2011, from 6:00-11:00 a.m. at the United Church of Christ (101 East Main Street, Thurmont). Menu includes eggs, pancakes, sausage and sausage gravy, hominy, biscuits, fruit, juice and coffee. Price for adults is \$7. Children from 5-10 are only \$3.50. Children under 5 are free. Donnie needs our help! Donnie has been fighting for the lives of others most of his entire life. Now he needs help to fight his battle—and you can help! For advance tickets or more information, please contact Tootie Lenhart (301-271-2305) or Joyce Anthony (301-898-8515).

Woodsboro Vol. Fire Co. to Hold Gun Raffle

The Woodsboro Volunteer Fire Company will hold a Gun Raffle benefit on Saturday, March 12, at the Woodsboro Activities Complex at 10307 Coppermine Road in Woodsboro. Doors open at 4:00 p.m. with a buffet served at 5:30 p.m. and raffle beginning at 7:00 p.m.

Tickets are \$25.00 per person and \$8.00 per guest. Tickets may be purchased from any fire company member or by calling or visiting Bill's Auto Body at 301-898-8090 in Creagerstown. See the Gun Raffle ad on page 9 and Bill's Auto Body's ad on page 16.

The One Mountain Foundation to Hold Spaghetti Dinner and Dance

The One Mountain Foundation will hold an All-You-Can-Eat Spaghetti Dinner and Dance on Saturday, February 26, 2011, at the American Legion Post #239, McAfee Hill Road, Cascade, Maryland. The menu includes spaghetti, tomato or meat sauce, meat balls, Italian bread and a variety of rolls, salad with choice of dressings, dessert, and drink (coffee, tea, or water). Dinner will start at 5:00 p.m., an auction starting at 7:00 p.m., and dancing from 8:00 p.m. until 11:00 p.m.

Tickets cost \$10.00 for adults and \$5.00 for those ages 5 to 12. Those under 5 will be admitted free. Advance sale tickets are available from any One Mountain Foundation Board member or by calling Dave Sanders at 717-794-9988 or Jeff Coyle at 301-241-3964. Seating will be limited, so it is best to reserve a place with a ticket early. Jeff Coyle, Chairperson of OMF's Events Committee and co-planner for this evening's dinner said, "Everyone, especially families, are welcome. It will be an evening of great food, fun, and surprises!"

The One Mountain Foundation is a tax-exempt, non-stock corporation with a focus to promote and support educational programs, historical preservation, community improvement projects, cultural activities, and special projects that benefit the Mountaintop area. OMF just completed a successful 2010 year in terms of the number of events held and the amount of funds raised by local mountaintop non-profit organizations.

This event kicks off OMF's activities for 2011. Proceeds from this event will be split between support to the Help Hotline, a mountaintop community food bank, and funding additional One Mountain Foundation activities in 2011.

Upcoming events include a spring dinner theater on April 1st, 2nd, and 3rd and Mountaintop Heritage Days on June 25th and 26th.

More information about the One Mountain Foundation may be found on the OMF website: www.onemountainfoundation.org.

Check the Calendar

Be sure to check the calendar on page 27 for bingos, breakfasts, dinners, programs, benefits and other events of interest.

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Let Me Call You Sweetheart

by Valerie Nusbaum

Last Sunday, we were getting ready for church and doing the usual stuff. I was sitting at my make-up table, removing hair from places on my face where you wouldn't think it would grow. Randy was reading the paper out loud. He covered all of the articles, from the Wienermobile's visit to two Weis stores in Frederick to the rash of crimes both locally and nationally. One of the things I've always found attractive about Randy is his clear sense of right and wrong, and the way he'd like to fix all of the injustices in the world. Poor thing. He was very upset about that Wienermobile. After all, we have a Weis store right here in Thurmont and there's no reason it couldn't have come here. Randy likes a good wiener.

That got me thinking about how we got together, and more importantly why. I can remember asking my mother how she knew my dad was the right guy for her. She told me that it's just something you feel. I don't know if it's that simple.

I knew Randy was the right man for me early in our relationship. We were walking in the mountains and my stomach started growling. It was not a dainty "I could eat a little something" growl. It was more of an "I'm really unhappy that you ate that burrito last night" kind of thing. Since I couldn't ignore it, I stopped walking and apologized to Randy for my sudden musical interlude. He smiled and told me that he couldn't hear a thing except bells ringing and birds singing. That's when I knew he had potential. A man who doesn't hear well is a good thing.

The other day, I asked Randy to pinpoint the moment when he knew I was "the one." He looked at me blankly and said, "One what?" He swore that he was just messing with me, and then he told me that he realized that I was a keeper the night we went to the Mexican restaurant.

That date had started with him taking me to meet his parents. The meeting went fairly well, but I was nervous and trying to make a good impression. I was wearing a skirt because I wanted to look nice and everything was fine until the dog—a huge mix of German shepherd and Sasquatch—decided to stick his head under my skirt and explore. Randy's mother thought it was so cute that she sent me some fancy underwear from the dog for Christmas that year. I never wore a skirt at their house again.

Anyway, we got the family visit over with and went out to dinner. I won't name the restaurant, but you might know the one I mean. On the weekends there's a balladeer who goes around from table to table and sings to the diners. He writes a lot of his own stuff and strums his guitar, and it's supposed to be romantic. When we got to the restaurant, I noticed the guy in the sparkly suit and sombrero standing by the bar tossing back beers, but I didn't think much of it. I was too busy watching the cockroach crawl up the wall and praying that none of my food was moving when it arrived. Randy and I hadn't been dating too long, and I was hesitant to make waves.

Our dinners arrived. Everything looked okay, and we started eating. The restaurant wasn't crowded. In fact, there were only three or four occupied tables, but it was early. I nearly jumped out of my chair when the singer walked up behind me and loudly strummed his guitar. I looked up at him and he grinned down at me.

"I'll write you a song," he said, "and I'll sing it to you. But you understand that it's what he feels about you. It's not what I feel. Ok?"

I nodded and tried to crawl under the table. The man was slurring his words, and I just wanted it to be over. "What's your name, my beauty?" he asked me.

Randy chimed in with, "Her name is Valerie."

"Ol Pete (that's not his real name) pondered that for a minute and replied, "No, we'll call you 'Sue'."

Then he tore into a song about love and longing. The song had thirty-seven verses and he crooned every one of them, all the while moving closer and closer and eventually resting his foot on my chair with me. The longer it went on, the more ardent he became. Pete sang and blew his beer breath in my face for what seemed like an hour and thirteen minutes. When he finished, he told me again that the song was about Randy's feelings for me. Pete wanted me to be sure that I understood that he was just a vessel. Being a vessel obviously wore him out because after he performed his ode, he needed liquid sustenance and he returned to his spot at the bar. We finished our dinner and got out of there, and we haven't been back.

Randy says that he knew that night that if I was brave enough to go out with him again, he'd better hang on to me.



Photo by Carie Stafford

A Night of Musical Talent

On Saturday, January 29, the devoted students of the All County chorus, orchestra and band performed for a packed auditorium at Governor Thomas Johnson High School. In November 2010, students throughout Frederick County's middle schools tried out for All County. Those selected spent the month of January practicing and practicing - rain, snow, or shine - and all the practice paid off. Saturday evening was a night of fabulous music and amazing talent.

Thurmont Middle School was proudly represented in the chorus and the band. Students selected for All County Chorus were: Taylor Zentz, Katelyn Claxton, Maddie Weigelt, Ashlee Leib, Kendra Pastor, Olivia Keller, Kaitlynn Lowman, Kelsey Stafford, Abigail Jacobs, Robbie Doyle, Sophie Eureka, Ginny Kelly, Ryleigh Scheetz, Morgan Tracey, Catherine Harris, Grace Levering, Eryn Keyser, Paula Guilday, Alyssa Barbour, Anna Harrick, Diana Burch, Jordan Eiker, Lydia Spalding and Morgan Moreland.

Students selected for All County Band were: Kaitlynn Simmel, Jansen Waltz, Malia Grumblatt, Emmalee Miller, Amber Smith, Nick Boykin, Tyler Alexander, Aleksandr Superczynski, Johnny Kempisty and Alexi Baumgardner.

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CYA Wrestling

CYA coaches, wrestlers, and board members would like to take the opportunity to thank their following sponsors for the 2011 season: Beard's Trash Service, Mark Small's Used Car Factory, McHenry Pressure Cleaning Systems, Inc., Rocky's New York Pizza, and Tire Town, Inc.

Congratulations to the following wrestlers for placing in the following tournaments:

Biglerville Holiday Tournament—First Place: Charlie Perella and Kurt Sanders. Third Place: Garrett Buckley, Nolan Brightshue, and Kevin Simmel.

GVAA (Walkersville)—First Place: Braden Bell, Matthew Hadeed, Ryan Fitzgerald, Kane Richardson, Kurt Sanders, and Dalton Hawkins. Second Place: Colby Keilholtz, Joshua Grasmick, Alex Taylor, Matt Linker, Zachary Bryant, Ryan Taylor, and Justin Phillips. Third Place: Peyton Castellow, Braeden Reed, Kevin O'Donnell, Keira Taylor, Jamison Carbaugh, Garrett Sullivan, Dennis Pittinger, Garrett Buckley, and Chaz Perella. Fourth Place: Ryan Sullivan, Arthur Broadway, Jenna Taylor, Carson Sickeri, Dylan Mulligan, Logan Mulligan, and Jacob Lease.

In addition to individual tournament accomplishments, several CYA wrestlers have branched out and participated in team dual meets. Joshua Small wrestled for the Tiny Terps at the VAC Duals in Virginia in December, where his team finished 6th place; and he also wrestled for them in Delaware at the Tyrant Duals in early January, where they took first place. Charlie Perella, Kurt Sanders, and Joey Puvel

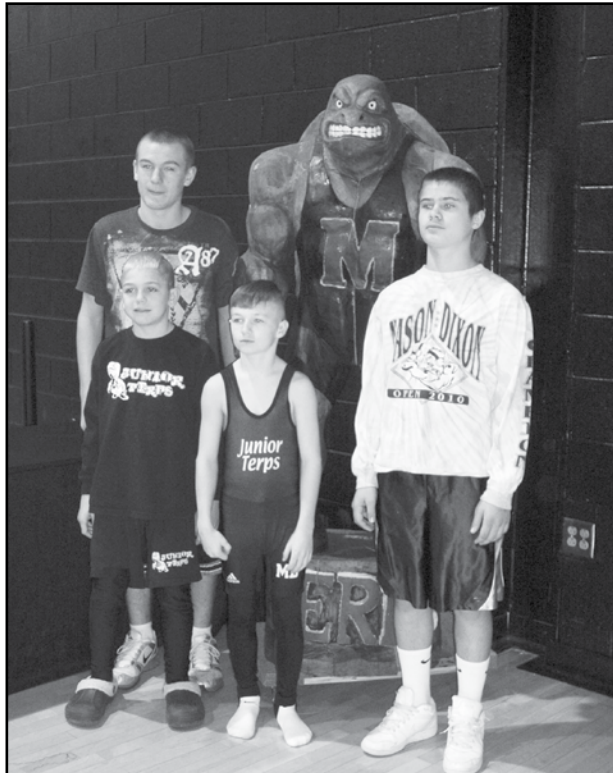


Photo by Terri Allen
Pictured left to right are Kurt Sanders (in back), Joshua Small (in front), Zachary Bryant, Charlie Perella at the University of Maryland on January 23.

also wrestled at the Tyrant Duals, for Mason Dixon AllStars, where their team took 15th place. Charlie Perella, Kurt Sanders, and Zachary Bryant wrestled for the Mason Dixon AllStars at the Hagerstown Duals in mid January, where their team finished 6th place.

Additionally, Charlie, Kurt, Joshua, and Zachary wrestled in an exhibition match prior to the University of Maryland's home match against Virginia Tech at the Comcast Pavilion in College Park on January 23rd. Charlie and Kurt wrestled for the Predators, while Joshua and Zachary wrestled for the Junior Terps. The final outcome of the match all rested on Kurt's shoulders and he didn't disappoint his team—the Predators beat the Terps 40-37. The youth teams received a personal tour of the Comcast Center, which included the wrestling and weight rooms, and the day was capped off with an exciting college match.

Dude, It's Catocin

by Julia Shipley

Semester change! New classes, new people, and new homework to deal with. Everyone has to figure out where to meet their friends after school, or how they can see their boyfriend/girlfriend between classes. As all the students know, the most stressful change is probably finding new cafeteria seats. The college acceptance letters for the seniors keep rolling in, too, and congrats to everyone. A couple of errors were made in recent weather forecasts, but winter is coming in with a fury that can't be matched.

Winter sports are keeping everyone in the school on their toes. Girl's basketball had a nail-biting victory with some hot shooting from Kendall Zickefoose to solidify the win. For boy's basketball, *Frederick News Post* named Josh Laramore MVP as well. Wrestling is also on a hot streak with six of their members having a good chance of qualifying for Regionals. Catocin's swim team is really making a splash, too, with many first time swimmers.

Not to be mistaken as just another group of pretty girls is the dance team. They rip up the stage at varsity basketball games and know how to work the crowd. They also enjoy stepping to the beat and looking fly. Ms. Miller is their coach, and not only does she coach the dance team, but she also teaches the dance class and history. She's one busy lady.

Catocin hosted a foam party this past month. For all of you who don't know what a foam party is, it means big warehouse dance with soapy suds coming down from a machine above the dance floor. Many students came out to support the event and had a chilly but awesome time.

A pep band has started at

Catocin as well. We play at varsity basketball games when numbers permit us to. It's neat because we're the only pep band in the county. Pep band is a walk-on thing. If you play an instrument and you are interested, talk to Ms. Lynch about signing up for some gigs.

Has anyone else noticed all the knitting going on around Catocin? For all of you who don't already know, the English National Honor Society has been knitting scarves and hats for sale. Some of the colors and designs could give your grandmothers a run for their money. All proceeds are going to help fund the society in informing people about the magnificence of English.

Catocin may seem like it's simmering down until the warm rays come out in April, but I know we won't let a little cold get to us. Let's see what these coming months bring for Catocin.

-Jewels

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Children and Teens at the Thurmont Regional Library

by Janet Vogel

Children's Services Supervisor, Thurmont Regional Library

Love is in the air this February as the library celebrates Valentine's Day and so much more!

Our biggest program this month has nothing to do with Valentine's Day and a lot to do with history. On Saturday, February 5, at 2:30 p.m., learn about life as a Civil War soldier and civilian. Meet a Union and Confederate soldier and a female civilian as they show and tell you what it was like to live during the Civil War. Ever wonder what hard tack feels like or what a soldier wore and carried with him? Then this is the program for you. Special thanks to the Monterey Pass Battlefield Association for partnering with us to provide this program. To learn more about the Battlefield Association, visit their website: <http://www.emmitsburg.net/montereypass/>.

Love, love, love! Little ones are going to love our reinvented Storyland Storytime for ages birth-3 years. If you have not been to Storyland in a few months, register to try it again on February 11, at 10:15 a.m. We have new puppets, toys, and other sensory activities thanks to a grant from the Women's Giving Circle of Frederick County. Storyland is specifically designed for children with developmental delays, but it is open to all children under 3.

Everyone will love our special programs in February, including a special Valentine's Tea Party on February 14, at 4:00 p.m.; A Special Preschool Storytime by Mother Seton School on February 15, at 11:00 a.m.; and Wii for Kids on February 18, at 2:30 p.m. There is a little something for everyone at the library, and be sure to visit, call, or go online to fcpl.org for all of our latest programs.

New this winter: Reading Makes

Cent\$ continues at 4:00 p.m. on Thursday, February 24. Register for this interactive program led by Nancy Lewis at the Maryland Extension Agency. Kids in grades 3-5 learn about saving and spending and other important financial information. There will be fun games and activities, too.

Elementary aged visitors can continue to enjoy The Guys Book Club of Supersonic Awesomeness and the Daring Club for Girls this winter. The Daring Club for Girls meets the first Thursday of each month at 4:00 p.m., with the next meeting on February 3. Girls in grades 2-5 will explore using games, crafts, and interesting information that all girls want to know, based on The Daring Book for Girls. The Guys Book Club of Supersonic Awesomeness is led by Mr. Jon. This book club is for guys ages 8-12 and meets the third Wednesday of each month. The next meeting will be February 16, at 4:00 p.m. Cool games, books, snacks, and fun for all!

Teens! There's a mystery afoot at the library. "Who dunn it?" It's anyone's guess as you examine evidence and work to solve a crime at the library's Teen Mystery Party on February 24, at 5:00 p.m. Register for this program and see if you can be the first to solve the crime.

Mark your calendars for Dr. Seuss Day at the library on March 3, and BookFest on March 12 and 13. Bookfest will be "Outta This World" with programs for kids & teens.

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! Please note: the library will be closed Monday, February 21 for Presidents Day.

HUGS!

Check the Calendar

Be sure to check the calendar on page 27 for bingos, breakfasts, dinners, programs, benefits and other events of interest.

Mother Seton School Students Win Patriot Pen's Essay Contest

"Does Patriotism Still Matter?" That is the question that was posed to sixth, seventh, and eighth graders in Mother Seton School by VFW Post 6658 and Auxiliary, in Emmitsburg, for the annual nationwide Patriot Pen Essay Contest. Winners of the local VFW Posts will advance to the VFW District level.

On January 25, 2011, Delores Henke, Auxiliary Essay Chairperson, presented certificates, as well as cash awards to several Mother Seton School winners. First place was awarded to Ed Turner, second place was awarded to Hanna Houck, and third place was awarded to Jacob Raleigh. Honorable mention awards were given to Ashleigh Bush, Madelaine Cliber, Robert Hawkins, Quinlan McCarthy, Thomas Plummer, Christopher Shatzer, Julia Shultz, Maya Swiderski, and Marah Williams.

Other awards presented were first place to Ashleigh Bush from VFW Post 6918 Harney and Auxiliary, and first place to Madelaine Cliber from VFW Post 521 Owens Mills and Auxiliary.

Mother Seton School is proud to support our military and retired military and the Patriot Pen Essay contest is a great way for the students to be able to do this. Congratulations to all of the students.



Courtesy Photos

Mother Seton School winners and honorable mention winners of the Patriot's Pen Essay Contest sponsored by VFW Post 6658 & Auxiliary, Emmitsburg: (Front row, left to right): Maya Swiderski, Madelaine Cliber, Robert Hawkins, Thomas Plummer. (Back row, left to right): Lori Joy, VFW Auxiliary, Jacob Raleigh, Ed Turner, Marah Williams, Hanna Houck, Delores Henke, VFW Auxiliary, Sister JoAnne Goecke, D.C., Principal, Gloria Bauerline, VFW Auxiliary.



Mother Seton School winners of the Patriot's Pen Essay Contest sponsored by VFW Post & Auxiliary 6658, Emmitsburg: (left to right) Lori Joy, VFW Post 6658 Auxiliary, Jacob Raleigh (3rd Place), Hanna Houck (2nd Place), Ed Turner (1st Place), Delores Henke VFW Post 6658 Auxiliary, Sister JoAnne Goecke, D.C., Principal, Gloria Bauerline, VFW Post 6658 Auxiliary.

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FCPS Honors Students with King Awards

Frederick County public school students recently celebrated the life and legacy of Rev. Dr. Martin Luther King Jr. in a presentation called "From Vision to Action." Throughout the evening, 108 students and three classes received awards. This is the 21st year that the school system has held this event.

"This celebration affords us the opportunity to recognize students for their outstanding talent and their willingness to serve their school community. Dr. King often spoke about the importance of service. Our students have demonstrated that Dr. King's dream is alive, and that they have answered his call to be of good character as they serve our school community," according to Ted Luck, supervisor for Education That Is Multicultural and Gifted & Talented Education.

After opening remarks by Superintendent Dr. Linda Burgee, Gov. Thomas Johnson High senior, Jessica Chavez, sang the national anthem followed by Angela Spencer, Frederick County Human Relations vice chair, who sang "Lift Every Voice and Sing." Students from Twin Ridge and Whittier Elementary and Crestwood and Urbana Middle Schools performed during the evening.

BOE member, Jean Smith, assisted Dr. Burgee and Mr. Luck in presenting awards. Throughout the ceremony, emceed by Gov. Thomas Johnson High seniors Tia Jackson, Max Radbill, and Timothy Woo, one outstanding student selected by each county public school received a "King Award." To earn the award, the student must have demonstrated leadership qualities characteristic of Dr. King and exhibited the Character Counts! pillars: responsibility, caring, fairness, trustworthiness, citizenship and respect.

Elementary King Award winners in Northern Frederick County were Allison Rippeon, Emmitsburg; Tiffany Lenhart, Lewistown; Samuel Driscoll, New Midway-Woodsboro; Stephanie Moreland, Sabillasville; Grant Moser, Thurmont; MaKayla Eibert, Thurmont Primary. Middle School winners were Sydney Grossweiler, Thurmont. Written expression winners were elementary students Garrett Fraley, Thurmont Primary and Bryanna Grimes, Thurmont.



Photo by Carie Stafford

Pictured left is Thurmont Middle School student, Sydney Grossweiler (grade 8) who was recognized in demonstrating leadership qualities characteristic of Dr. King and exemplified the Character Counts: Responsibility, Caring, Fairness, Trustworthiness, Citizenship and Respect. Also pictured is Thurmont Middle School student, Bryanna Grimes (grade 8), who was recognized for a written expression piece. Congratulations to both for a great job!

school news

Mother Seton School Students Shine in Geography Bee



Courtesy Photo

Students in grades 3 through 8 participated in the annual MSS Geography Bee, held on Thursday, January 6. Round one consisted of individual questions for each participant. In Round two, participants were given a group question, where they had to write down their answer. Round three consisted of individual questions, where the two remaining participants had to reference a map. Answering the question, "What country lies west of the Gulf of Tonkin?" (Answer: Vietnam) was winner Christopher Shatzer. Christopher, son of Carlton and Susan Shatzer of Taneytown and an eighth grader at MSS, also won last year's Geography Bee. First runner up was seventh grade student, Marah Williams.

Class representatives were (front row, left to right): Jack Malachowski, grade 4; Mark Golibart, grade 5; Alex Wivell, grade 4; James Pugh, grade 5; Anna Eyler, grade 6; (back row, left to right): Robert Hawkins, grade 7; Savannah Soter, grade 8; Marah Williams, grade 7; Christopher Shatzer, grade 8; and Payton Koontz, grade 6.

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the health jeanne

by Jeanne Angleberger

Shaklee Associate for a Healthier Life

Heart Health Month

February is "Heart Health Month." It's the ideal time to step back and reflect upon how well you are taking care of your heart.

Yours truly says, "If you love your heart, take it for a walk or a bike ride. Physical activity helps keep your heart strong and healthy. The important thing is to move and do it regularly. Try walking 30 minutes, five times a week. You can even break it down into three 10-minute intervals.

Eat less saturated fats. Choose a diet low in saturated fat, trans fats, and cholesterol. Eat lots of fiber-rich fruits, vegetables, and whole grains. If you can, go easy on sweets and refined carbs. Watch your sodium consumption. Remember, most processed foods are high in sodium. Eating a lot of these can begin to elevate your blood pressure.

If you smoke, stop! There are no health benefits to smoking! And, according to the Center for Disease Control & Prevention, non-smokers exposed to second-hand smoke have a 25-30% higher risk of heart disease. Put your tobacco cash towards a vacation when you have successfully quit!

It is important to know your family's health history. This explains why this information is required when you complete your health history document. Try to be proactive instead of reactive.

You may have read about waist circumference and how it is linked to your risk of heart disease. Health experts believe that abdominal fat releases excess fatty acids. Set a weight loss goal of getting your waist to below 35 inches.

Everyone has some stress. Chronic stress is harmful. Taking long walks or a yoga class can help relieve stress.

Having good friends and pals is associated with lower blood pressure and heart rate. Just makes sense that your mind and body feel better when you're around people who love and care about you.

Healthy habits and behaviors certainly take time to develop. Focus on one change and go from there. You are taking responsibility of your health, and your heart will thank you!

Always consult your health care provider before starting a new exercise program.

Health Jeanne Scores at Florida State Senior Basketball Events

Jeanne Angleberger, *The Catocin Banner* Newspaper's Health Jeanne Columnist pictured below, brought home 2 gold and 2 silver medals in the Florida State Senior Games held in Fort Myers in December.

Silver medals were awarded for the basketball free throw and spot shooting event. Jeanne shot 22 out of 30 free throws.

She received a gold medal for the timed spot shooting. The second gold medal was awarded to her team in the 3-on-3 game participation. The local games in The Villages are held in March and the state senior games in December.

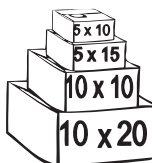
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Little League International Issues Moratorium on Composite Bats—Effective Immediately!

Little League International (LLI) has placed a moratorium on the use of composite bats in the Little League (Majors) Division and all other baseball divisions of Little League, effective immediately.

"Today's decision of the Little League International Board of Directors Executive Committee is based on scientific research data from the University of Massachusetts (Lowell), which was contracted by Little League Baseball," Stephen D. Keener, President and Chief Executive Officer of Little League Baseball and Softball, said. "The maximum performance standard for non-wood bats in the divisions for 12-year-olds and below is a Bat Performance Factor (BPF) of 1.15. The research found that composite bats, while they may meet the standard when new, can exceed that standard after a break-in process."

Local Little Leagues were first informed of the research last September.

"From the beginning, and throughout this process, we wanted to keep everyone informed," Patrick W. Wilson, Vice President of Operations at Little League International, said. "Our intent was to provide local league constituents clear direction regarding composite bats. There is a process through which manufacturers can submit individual models for a possible waiver if they wish to seek it. Going forward, we will let our leagues know which ones meet the standards for the Little League Baseball (Majors) 12-and-under divisions, if any."

On September 1, Little League International placed a moratorium on composite bats in the Junior, Senior, and Big League Baseball Divisions of Little League. Subsequent to that moratorium, some composite bat models have received a waiver and may be used in those divisions. Information on the composite bats that have received waivers for the Junior, Senior, and Big League Baseball Divisions of Little League may be found at: <http://www.littleleague.org/learn/equipment/approvedcompbats.htm>

To find out more information regarding the moratorium on composite bats go to <http://www.eteamz.com/thurmont>. Go to "Other Site News" to see the decision handed down from LLI along with other information pertaining to different age groups. As more information becomes available it will be added immediately.

A list of approved non-wooden bats has been distributed along with an update from Little League International with some "Frequently Asked Questions" regarding this issue. To access the list of non-wooden approved bats go to "Other Site News" to read the updates and questions, then to "Handouts" to see a list of approved non-wooden bats for 2011.

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by Anne

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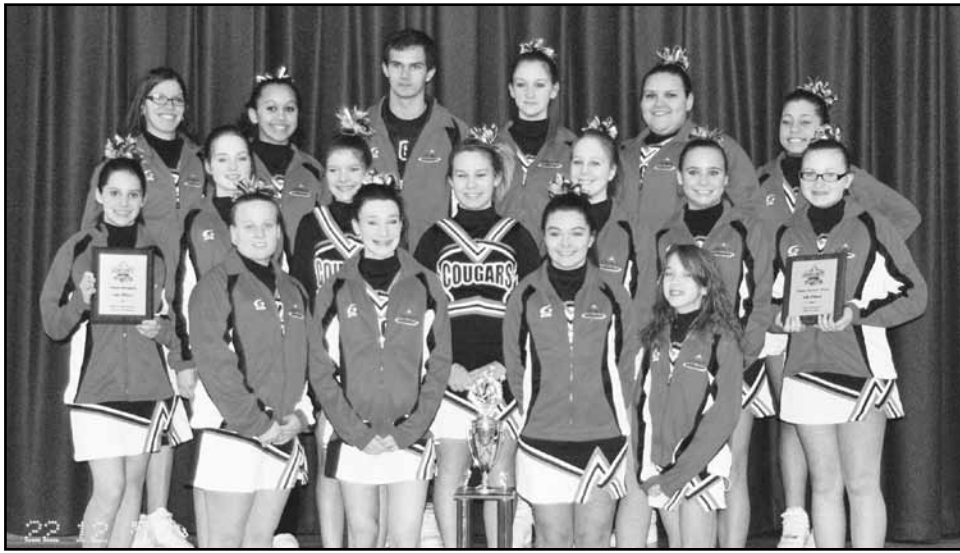
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Courtesy Photo

Pictured top row are Misti Bradshaw, Ashley Miller, Jeremy Burrier, Gabrielle Bodroghy, Paige Gray, and Olivia Barbour; middle row, Heaven Gonyea, Sarah Collins, Nicole McCarty, Jade Vaughn, Haley Owens, Brittini Fogle, and Dakota Poole; bottom row, Lindsey Wilttrout, Kurstin Metz, Ashley Kuhn, and Pamela Grimes; not shown are Leah Souris and Coaches, Penni Wilttrout, Carrie Ridenour, and Megan Bradshaw.

Catocin Cougars: "GRAND CHAMPIONS"

Catocin Youth Association Cheerleading Competition Senior Rec Division, 18 years and under, took Grand Champions at the Let's Meet and Charm City Nationals! This was a Nationals with two competitions. In the Let's Meet Competition, teams had to perform one team stunt and one team pyramid, and in the Charm City Competition, they had to perform their competition routines. The Catocin Cougars took first in all three performances, which entitled them "The Grand Champions" of their division. They earned: First Place Plaque in the team stunt, First Place Plaque in the team pyramid, and First Place Trophy in the team routine performance. They also won First Place Bids to the U.S. Finals—competing against teams from all over the United States—in Virginia Beach, Virginia, in April and National Jackets.

Anyone interested in joining this fine team can call 301-748-0765.



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body wisdom

by Teresa Dukich, L.M.T.

Without getting too deep into science or sounding like a salesperson, my objective this month is to sell you on the benefits of drinking water.

In my work as a massage therapist, I can tell if a body is properly hydrated. Dryness of the skin is the most obvious clue, but then lying deeper in the tissues of the body, I can detect a lack of water where the density of tissue is thicker. A healthy body should have tissue that flows like a river, not stagnant like a landfill. One of my favorite sayings is, "God made our body with moving parts because He meant for us to MOVE." Likewise, the fluids in our bodies must move! I'll save "movement" of our bodies for another month; however, it is my hope that you'll have water by your side from the time you finish reading this edition of *The Catocin Banner*.

You see, water is the main component of the human body. The amazing break down of percentages looks something like this: muscle consists of 75% water, brain consists of 90% water, bone is 22% water, and blood consists of 83% water.

The function of water in the body is vital to transport nutrients and oxygen into cells. It supports the function of our organs and helps them absorb nutrients better. Dehydration may lead to any of the following: headaches, foggy thinking, depression, fatigue, constipation, muscle cramps

or sprains, irregular blood pressure, kidney stones, bladder infection, dryness of our skin, eyes, hair, discs and joints. Thirst is the first sign of dehydration. Don't wait until you're thirsty to drink.

In the worst case, dehydration increases the opportunity for cancer if areas like the bladder, kidneys, and colon aren't given adequate water to keep the toxins flowing through those organs. If left dormant, the cells that cause cancer have a longer opportunity to "set up camp" in the delicate linings of our body.

There's that flow element again!

How much water? An easy rule is 8x8. Eight ounces, eight times a day. That's a minimum. Another rule is to divide your body weight in half and drink that many ounces a day. Adding a squirt of lemon or lime juice not only adds flavor but speeds up the detoxification process.

What about tea, coffee, soft drinks, and alcohol? I'm often asked if they count for water. Yes and no. They do count for fluids; however, all the extras (sugar, caffeine, creamer, bicarbonate, food coloring, acid, alcohol) literally "dirty-up" the benefit of basic water. If you must flavor it, add fruit juice to a glass of water. Make sure that the water you're drinking is pure.

Every time you raise your glass of WATER, challenge yourself to three swallows, and I'll raise my glass to YOU.

Thurmont Little League 2011 Season

Try-outs for the Little League MAJOR Division ONLY will be held on February 27 and March 6, from 1:00-3:00 p.m. at Catocin High School. If your child is remaining in Minor League or below, NO try-outs are required this year. Please note, depending on final eligible numbers for the Major Division, even if your child attends the tryout, he or she may not be placed on a Major team. Sign-ups for Thurmont Little League 2011 Season are now being accepted on-line at <http://www.eteamz.com/thurmont>.

New for 2011: This year Thurmont Little League has decided to move to Frederick County Babe Ruth League instead of Jr/Sr League play. This move creates more opportunity for our players to play longer in Thurmont, as well as to play competitively against other teams in Frederick County. The age groups for the two divisions are: 13-15 Babe Ruth and 16-18 Babe Ruth. More details will follow on the website as we get them at <http://www.eteamz.com/thurmont>.

Free Twirlers Class

The Catocin-Aires are sponsoring a completely free, 4-week twirling course, geared for beginner twirlers ages 5 and up. The course will be held at Emmitsburg Elementary School on Tuesday evenings from 6:30-7:15 p.m. Classes are taught by qualified teachers and aides.

Batons are loaned free of charge for class time. Beginner twirling skills, body work, and marching skills are taught. Certificates are presented at the conclusion of the course for those who successfully complete the program.

This is an excellent opportunity to determine your child's interest and talent for baton twirling with no costs whatsoever! The twirling corps has been sponsoring this free session each year as a way to make the public aware of this growing and exciting sport. Baton twirling affords an opportunity to learn a skill while providing a physically fit activity for youth. Additionally, this free program serves to introduce young people to the local Catocin-Aires program.

For more information or for registration, please contact Misty at 301-845-0074 or email at 5678twirl@gmail.com.

Vigilant Volunteers

Timothy M. Clarke, John A. Glass, John S. Hollinger, Randy Myers, Douglas D. Orner, and David Stonesifer.

Line Officers: Chief, A. Frank Davis; Deputy Chief, James E. Click; Assistant Chief, Christopher A. Stahley; Captain, Christopher Ryder; Lieutenant, Chad Umbel.

Fire Police: Captain, Paul Krietz; 1st Lieutenant, Samuel Cool; 2nd Lieutenant, Stephen Orndorff.

Auxiliary Officers: President, Shirley Little; Vice President, Diana Hoover; Treasurer, Jo Ann Boyd; Secretary, Joyce E. Glass; Financial Secretary, Mandy Ryder; Historian, Shannon Cool.

During the banquet, the outgoing Auxiliary President, Tina Ryder, presented the Vigilant Hose Company President with a check for \$40,000.

Explorer Officers: President, Angela Javor; Vice President, Tyler Arrowood; Treasurer, Matthew Boyd; Secretary, Chris McKenna.

Length of Service Awards were presented to the following individuals:

15 Years: John Damskey, Tom Vaughn, Mike Damskey, and Mike Working; 20 Years: Bill Boyd and Tony Kelly; 25 Years: Carl White
With 25 years of service, the 3

Continued from Cover Page

individuals listed above receive life membership; 30 Years: Jim Glass and Wayne Powell; 40 Years: Charles Champlain and Monroe Hewitt; 45 Years: Larry Little; 50 Years: Jef Fitzgerald and Tom White.

LOSAP Awards were awarded to the following individuals: Tenth Top LOSAP: Tom Vaughn; Ninth Top LOSAP: Frank Davis; Eighth Top LOSAP: Elyssa Cool; Seventh Top LOSAP: Chris Ryder; Sixth Top LOSAP: Jim Click; Fifth Top LOSAP: John Damskey; Fourth Top LOSAP: Tony Kelly; Third Top LOSAP: Alex McKenna; Second Top LOSAP: Doug Orner; Top LOSAP: Cliff Shriner.

Top firefighter responders for fire calls for 2010 include: Tenth Top Responder—John Javor (120 calls); Ninth Top Responder—Carl White (125 calls); Eighth Top Responder—Chris Ryder (129 calls); Sixth top Responder (tie) —Alex McKenna (154 calls); Sixth Top Responder (tie) —John Glass (154 calls); Fifth Top Responder—Randy Myers (190 calls); Fourth Top Responder—Jason Powell (193 calls); Third Top Responder—Paul Eyler (199 calls); Second Top Responder—Frank Davis (205 calls); Top Responders for 2010—Cliff Shriner (262 calls).

Top fire police responders for 2010 include: Third Top Responder—John Hoyle (92 calls); Second Top Responder—Monroe Hewitt (134 calls); Top Responder for 2010—Sam Cool (211 calls).

Matt Volchansky received an award for the individual who completed the most hours of in-house training and training conducted by outside agencies, which include the Maryland Fire and Rescue Institute, the National Fire Academy, and Frederick County Fire & Rescue. Matt also was awarded the 2010 Member of the Year Award. Bill Sanders was awarded the President's Award for 2010. Jim Click was awarded the Chief's Award for 2010.

The highest award to be presented at the annual banquet is the Hall of Fame Award. This year the VHC inducted Larry Little into the Hall of Fame.

A meritorious service award was presented to Sue Fogle for her willingness to risk her own life to save the life of her neighbors in the apartment building fire at 2 East Main Street on April 2, 2010. The following individuals received a certificate of recognition for their prompt response in assisting the victims of this devastating fire: Pastor Jon Greenstone, Bill Wivell, Libby Briggs, Bob Rosensteel, Sr., and Sharon Hane.



Photos by Rosensteel Studio
Pictured above Tina Ryder, President of the 2010 Vigilant Hose Company's Ladies Auxiliary, presents a \$40,000.00 check to Frank Davis, President of the 2010 Vigilant Hose Company.



Pictured left, Larry Little was inducted into the Vigilant Hose Company's Hall of Fame. Jimmy Glass, Dot Davis and Wayne Powell offer congratulations.



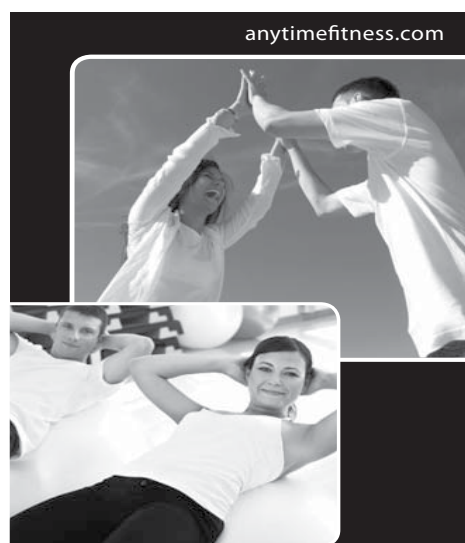
Pictured right, Matt Volchansky was awarded 2010 Member of the Year and Training Awards by 2010 Chief, Chris Stahley.



Pictured left, Jim Click is presented the Chief's Award by 2010 Chief, Chris Stahley.



Pictured right, Bill Sanders is presented the President's Award by 2010 President, Frank Davis.



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february

- 3Open House, Mother Seton School, Emmitsburg. 10:00 a.m.-1:30 p.m. Information meeting 11:15 a.m. 301-447-3165 or www.mothersetonschool.org.
- 4Tiny Tots 'n' Tunes, Thurmont Regional Library. 11:00 a.m. Ages 12-36 months w/adult, 10:15 a.m.; Ages 3-5 w/adult. Registration 301-600-7200.
- 5Fried Oyster & Turkey Dinner, 8619 Blacks Mill Road, Creagerstown, MD. 12:00-5:00 p.m. Adults/\$15 Children age 6-12/\$7, Under 5/Free. Carry-outs/\$16. Benefit St. John's Lutheran Church.
- 5Life as a Civil War Soldier, Thurmont Regional Library, East Moser Road, Thurmont. 2:30 p.m. All ages. The Monterey Pass Battlefield Association's Living History program.
- 5The New Roman Missal Retreat, St. Joseph's Parish, N. Seton Avenue, Emmitsburg. 9:00 a.m.-noon. Register 301-447-2326. Free.
- 6First Sunday Event, Catocin Area Youth for Christ, MorningStar Family Church, 14698 Albert Staub Ct., Thurmont. 6:00 p.m. 2nd Annual Pro-Football Championship Game Party. Bring a canned food item to be donated to the Thurmont Food Bank. Free, open to the public, all are welcome. If you are coming in a party of 4 or more, please contact Pastor Josh beforehand at 301-271-7474. Food and fellowship throughout the evening.
- 6CASH BINGO, Benefits Catocin Youth Association Cheerleading Competition, Emmitsburg Viligant Hose Company. Doors open at 12:00 p.m.; Bingo starts at 1:00 p.m. \$20 in advance or \$25 at the door. King Tuts! And other jars will be available along with Food and Refreshments for purchase. Two Jackpots! Catocin Youth Association does reserve the right to adjust payouts if 200 tickets are not sold. Must be 12 or older to play bingo and 18 or older to play tip jars. Everyone must purchase a ticket. Penni 301-748-0765.
- 8Check Your Relationship's Love Language at February's Coaching Workshop!, upper conference room of Wolf Furniture, 1215 W. Patrick St., Frederick. 6:00-7:30 p.m. Designed to explore, in a facilitated group setting, what you value most in your relationship. Open to all who would like to nurture their relationship and be sure they are speaking the same "love language." \$20. To register, visit www.wholisticwomanretreats.com.
- 10 ..Skateboarding Valentine Pig, Emmitsburg Library, 5:00 p.m. Registration required 301-600-6329.
- 11 ..CHS Safe and Sane Uno Chicago Grill Dough Raiser.

- 11 ..The Basement Coffee House at Elias Lutheran Church returns for Spring Season with Toms Creek Church Praise Band. 7:00 p.m. Also, featuring Silver Lining Band. Come for the Coffee, stay for the Music! 301-447-6239.
- 12 ..Vera Bradley Bingo, Mother Seton School, Emmitsburg. Doors open 6:00 p.m., bingo starts 7:00 p.m. Tickets: \$15/advance, \$20/door. 301-447-3161 or Lena at 301-717-8860.
- 12 ..Valentine's Dance, AMVETS Post 7, Apples Church Road, Thurmont. Doors open 7:00 p.m., dance 8:00 p.m.-midnight. Tickets \$10/person, must be 21 or older. Featuring "Poverty Ridge Band". 301-271-3371.
- 12 ..The G.O.L.F. C.L.U.B. Benefit Dance, Thurmont American Legion, 8 Park Lane, Thurmont. Doors open 7:00 p.m., dance 8:00 p.m.-midnight. Tickets/\$10 min. donation. Lisa Reed 240-315-5331 or Lynn Ott 301-447-3060.
- 12 .."Tweet" Treats, Emmitsburg Library, All day. All ages welcome w/adult.
- 13 ..Valentine's Day Breakfast, Emmitsburg Ambulance Company, 17701 Creamery Road, Emmitsburg. 7:00-11:00 a.m. \$5/ages 5-10, \$8 ages 11 thru adult.
- 13 ..Basket & Money Bingo, Woodsboro Fire Company Complex, 10307 Coppermine Road, Woodsboro. Doors open Noon, games start 1:30 p.m. Tickets \$20/advance, \$25/door. Ruth 301-845-8406, Mary 301-401-2824.
- 13 ..ThorpeWood's 2011 3rd Annual Valentine's Day Fundraising Dinner & Concert featuring Ruut! 3:00-8:00 p.m. 12805-A Mink farm Rd., Thurmont. \$200 for a Sweetheart Table. \$90/person, \$170/couple. BYOB. General seating. For tickets visit ThorpeWood.org or call 301-271-2823 to RSVP. Proceeds to benefit ThorpeWood's programs.
- 14 ..Teen Advisory Group (TAG), Thurmont Regional Library, 3:00 p.m.
- 14 ..Valentine's Day Tea Party, Thurmont Regional Library, 4:00 p.m. Ages 2-8 w/adult, registration required 301-600-7200.
- 15 ..A Special Preschool Storytime by Mother Seton School, Thurmont Regional Library, East Moser Road, Thurmont. 11:00 a.m.
- 16 ..The Guys Book of Super Sonic Awesomeness, Thurmont Regional Library, 4:00 p.m. Ages 8-12, registration required 301-600-7200.
- 16 ..Book Bunch Book Club, Emmitsburg Library, 4:00 p.m. Ages 7-11, registration required 301-600-6329.
- 18 ..Wii for Kids, Thurmont Regional Library, 2:30 p.m. Ages 6-11, registration required 301-600-7200.

community event calendar

- 19 ..CHS Safe and Sane Gun Raffle & Dinner, Vigilant Hose Co. Call Gina 301-305-6903 or John 301-447-6261. Tickets on sale now!
- 19 ..Cabin Fever Cash Bash, Our Lady of Mount Carmel Parish Center, Church Street, Thurmont. Doors open 2:00 p.m. Only 500 tickets sold. You don't have to be present to win. Tickets \$25. No tickets will be sold at the door, one person per ticket, must be 18 years old to enter. Ticket includes food and refreshments. 301-447-2367 or John Dowling 301-371-4439.
- 20 ..Library Art Gallery: Vince Coates, Thurmont Regional Library, 1:00 p.m.-4:00 p.m.
- 21 ..Dave Ramsey's Financial Peace University, The First Baptist Church of Thurmont, 7 Sunny Way, Thurmont hosts. Classes begin February 21 and will be held Mondays at 7:00 p.m. \$100 per family, covers the cost of materials needed for the classes. Registration deadline February 7. To register contact Rich 301-748-5831 or <http://www.daveramsey.com/fpu>.
- 22 ..Transition into Twos, Thurmont Regional Library, 10:45 a.m. 18-36 months w/adult, registration required 301-600-7200.
- 23 ..Open House, Mother Seton School, Emmitsburg. 7:00-8:00 p.m. 301-447-3165 or visit www.mothersetonschool.org.
- 23 ..Pre-Kindergarten and Kindergarten Pre-Registration Information Night. 6:30 p.m. For parents with a child entering the Thurmont Primary School pre-kindergarten or kindergarten programs 2011-2012 school year.
- 24 ..Open House, Mother Seton School, Emmitsburg. 10:00 a.m.-1:30 p.m. Information meeting 11:15 a.m. 301-447-3165 or visit www.mothersetonschool.org.
- 24 .."The Storytime Show with Miss Jenni," Mother Seton School, Emmitsburg. 10:00-10:45 a.m. "Love is in the Air" is the featured show. Due to the great response, please pre-register 301-447-3165 or email: development@mothersetonschool.org. More info: www.mothersetonschool.org.
- 24 ..Teen Mystery Party, Thurmont Regional Library, 5:00 p.m. Registration required 301-600-7200.
- 24 ..Murder Mystery Party, Emmitsburg Library, 5:00 p.m. Registration required 301-600-6329.
- 24 ..First Art, Thurmont Regional Library, 10:30 a.m. Ages 18-35 months w/

adult, register 301-600-7200.

- 24 ..Free Handwriting Class, Thurmont Regional Library, 6:30-7:45 p.m. A clear, easy style of Gothic penmanship. 12 years old and up. Cards, invitations, letter writing, etc. are more personal when handwritten with care. Bring a pen and paper. RSVP Kitty Harvey 443-848-3101. Presented and sponsored by Kitty Harvey of Dear Bought Farm.
- 25 ..Born to Play: Activity Time for Young Children, Thurmont Regional Library, 10:00 a.m. Ages 6 months-5 years w/adult.
- 26 ..Wags for Hope, Thurmont Regional Library, 10:30 a.m. Allergy Alert—they are live animals. All ages w/adult, registration required 301-600-7200.
- 26 ..All-You-Can-Eat Spaghetti Dinner, American Legion Post #239, McAfee Hill Road, Cascade. Benefit the One Mountain Foundation. Dinner starts 5:00 p.m., auction 7:00 p.m., dancing from 8:00-11:00 p.m. Adults/\$10.00, ages 5-12/\$5.00, under 5 free. Advance sale tickets are available from any One Mountain Foundation Board member or by calling Dave Sanders at 717-794-9988 or Jeff Coyle at 301-241-3964. Seating will be limited, so best to reserve a place with a ticket early.
- 27 ..CASH Bingo, Emmitsburg Fire Hall, West Main Street, Emmitsburg. 25 games, specials, King Tut and other tip jars. E-mail shelleburg@yahoo.com for further info.

march

- 5Annual Spring Supper and Bazaar, Elias Lutheran Church, Emmitsburg, MD. 12:00 p.m.-5:00 p.m. Adults \$11/Children 6-12 \$4/Carryouts \$12. Beef, Turkey & Ham Supper with apple fritters.
- 5Benefit Breakfast for Donnie Stull, Jr., Trinity United Church of Christ, 101 East Main Street, Thurmont. 6:00-11:00 a.m. Sponsored by Thurmont Lions Club and Trinity United Church of Christ to raise funds to help pay for Donnie's medical expenses. Adults/\$7, children 5-10/\$3.50, children under 5/free. 301-271-2305 or 301-898-8515.
- 19 ..Rock & Roll Dance, Emmitsburg Ambulance Co. building, Creamery Rd., Emmitsburg. Hosted by the Emmitsburg Lions Club.

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 ThursdayBreakfast at Bollinger's Restaurant, Employees of Claire Frock Company. 9:00 a.m.
- 3rd ThursdayJoin 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 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 start begin 7:00 p.m.



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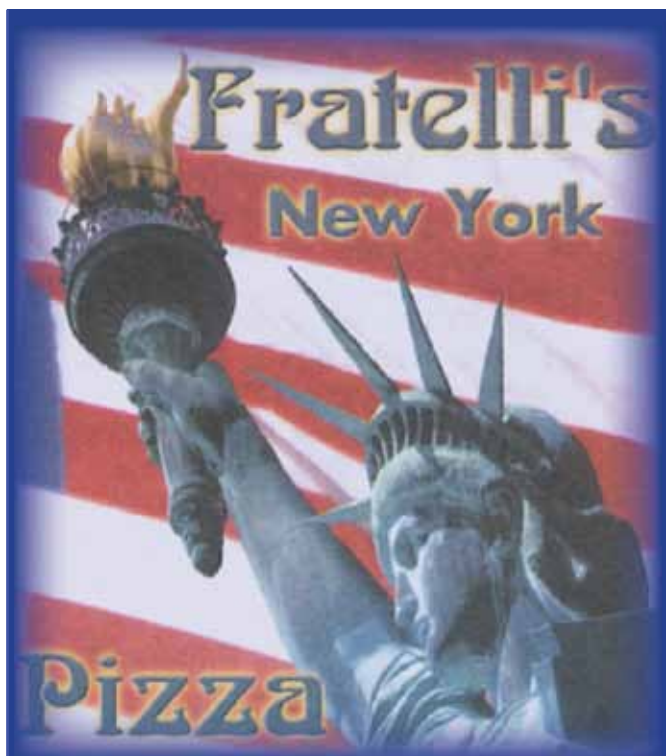
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HOUSE SPECIAL
New York Strip Steak
Side Salad, & Small Fry **\$9.99**

SUNDAY:

2 Lg. - 1 Topping Pizzas &
1 - 2 Ltr. Soda - **\$16.99**
1 Lg. - 1 Topping Pizza, 1 - 2 Ltr. Soda &
10 Buffalo Wings - **\$13.99**
Add more wings for just **\$4.99**

MONDAY:

1 Lg. Cheese Pizza &
1 - 2 Ltr. Soda - **\$6.99**
- **\$2.00 OFF** Any Pasta Dinner

TUESDAY:

\$5.00 Foot-Long
\$1.00 OFF Any Small Sub

WEDNESDAY:

\$3.00 OFF Spaghetti Dinner
(Meatball or Sausage, includes Salad & Bread)
Small Meatball & Cheese or Sausage & Cheese Sub **\$3.99**

THURSDAY:

Any Pretzel Melt and Fries - **\$3.99**
Shrimp and Fries - **\$3.99**
10 Buffalo Wings - **\$4.99**

\$6.99 Lg. Cheese Pizza & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 03/31/11</small>	\$6.99 Lg. Cheese Pizza & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 03/31/11</small>	\$6.99 Lg. Cheese Pizza & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 03/31/11</small>
\$13.99 1 Lg. - 1 Topping Pizza & a 2 Ltr. Soda & Buffalo Wings Add more wings - \$4.99 <small>Not valid with any other offers. Offer expires 03/31/11</small>	\$13.99 1 Lg. - 1 Topping Pizza & a 2 Ltr. Soda & Buffalo Wings Add more wings - \$4.99 <small>Not valid with any other offers. Offer expires 03/31/11</small>	\$13.99 1 Lg. - 1 Topping Pizza & a 2 Ltr. Soda & Buffalo Wings Add more wings - \$4.99 <small>Not valid with any other offers. Offer expires 03/31/11</small>
\$16.99 2 Lg. - 1 Topping Pizzas & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 03/31/11</small>	\$16.99 2 Lg. - 1 Topping Pizzas & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 03/31/11</small>	\$16.99 2 Lg. - 1 Topping Pizzas & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 03/31/11</small>
ANY DAY! <small>Not valid with any other offers. Offer expires 03/31/11</small>	ANY DAY! <small>Not valid with any other offers. Offer expires 03/31/11</small>	ANY DAY! <small>Not valid with any other offers. Offer expires 03/31/11</small>
\$5.00 FOOT-LONG <small>Any Large Sub Not valid with any other offers. Offer expires 03/31/11</small>	\$5.00 FOOT-LONG <small>Any Large Sub Not valid with any other offers. Offer expires 03/31/11</small>	\$5.00 FOOT-LONG <small>Any Large Sub Not valid with any other offers. Offer expires 03/31/11</small>
\$3.00 OFF ANY PASTA DINNER <small>Includes Salad & Bread Not valid with any other offers. Offer expires 03/31/11</small>	\$3.00 OFF ANY PASTA DINNER <small>Includes Salad & Bread Not valid with any other offers. Offer expires 03/31/11</small>	\$3.00 OFF ANY PASTA DINNER <small>Includes Salad & Bread Not valid with any other offers. Offer expires 03/31/11</small>

See Additional Advertisers' Specials & Coupons Inside!

Get Your Early Bird Ticket!

Vigilant Hose Company #6 Third Annual Spring Fling

NEW THIS YEAR!
Buy your tickets by March 1st to be
entered into a special
"Early Bird Drawing" for a...
\$500.00 Jackpot!

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

Location Change: Event to be held
at the Knott Arena Grounds

Spring Fling benefits Vigilant Hose
Company, & VHC Explorers Post

1:00.... \$1500 Cash	1:00.... \$1000 Cash	2:00.... \$1000 Cash	3:00.... \$2500 Cash	4:00.... \$1000 Cash	5:00.... \$1000 Cash
2:05.... \$200 Cash	1:05.... \$200 Cash	2:05.... \$200 Cash	3:05.... \$200 Cash	4:05.... \$200 Cash	5:05.... \$200 Cash
2:10.... \$400 Cash	1:10.... \$400 Cash	2:10.... \$400 Cash	3:10.... \$400 Cash	4:10.... \$400 Cash	5:10.... \$400 Cash
2:15.... \$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	Rod's Tavern	Dave & Jane's	Chubby's Barbeque	Rube's Crab Shack	5:20.... \$300 Cash
2:20.... \$400 Cash	1:20.... \$400 Cash	2:20.... \$400 Cash	3:20.... \$400 Cash	4:20.... \$400 Cash	5:25.... \$200 Cash
2:25.... \$200 Cash	1:25.... \$200 Cash	2:25.... \$200 Cash	3:25.... \$200 Cash	4:25.... \$200 Cash	5:30.... \$400 Cash
2:30.... \$400 Cash	1:30.... \$400 G. Cert.	2:30.... \$400 Cash	3:30.... \$400 G. Cert.	4:30.... \$400 Cash	5:35.... \$200 Cash
2:35.... \$100 G. Cert.	Shriver's Meat	2:35.... \$100 G. Cert.	Jubilee Foods	4:35.... \$100 G. Cert.	5:40.... \$300 Cash
2:40.... \$400 Cash	1:35.... \$100 G. Cert.	Hillside Restaurant	3:35.... \$100 G. Cert.	Stavros Pizza	5:45.... \$200 Cash
2:45.... \$200 Cash	Carleo's	2:40.... \$400 Cash	East Park Auto	4:40.... \$400 Cash	5:50.... \$400 Cash
2:50.... \$200 Cash	1:40.... \$400 Cash	2:45.... \$200 Cash	3:40.... \$400 Cash	4:45.... \$200 Cash	5:55.... \$200 Cash
2:55.... \$200 Cash	1:45.... \$200 Cash	2:50.... \$400 Cash	3:45.... \$200 Cash	4:50.... \$400 Cash	Final Drawing
	1:50.... \$400 Cash	2:55.... \$200 Cash	3:50.... \$400 Cash	4:55.... \$200 Cash	6:00...
	1:55.... \$200 Cash		3:55.... \$200 Cash		\$4,000 Cash

For Tickets & Info:

Chris Stahley
301-447-3081

John Glass
301-447-3724

Gabe Baker
301-447-2212

Bill Boyd
717-642-9717