

## Predictions for the New Year, 2011

2010 was a year busy with new opportunities in social media, gadgets, smart devices and video games. Many of us embraced the technological improvements that were made in 2010 while some of us tolerated them. Economically, many of us are glad to file memories from 2010 in their memory archives and begin a hopeful new one.

We conducted a small unofficial

poll of predictions by randomly selected individuals in northern Frederick County, Maryland about the status of politics, the economy and other tidbits. For our poll, our prognosticators were usually unsuspecting victims of spur-of-the-moment inquiries which became, at times, more comical than notable. Regardless, our contributor's comments may hold some truth. We

will see.

Thurmont's Mayor, Marty Burns, was our first contributor. He confidently contributed a solid list of predictions. At the top of his list, he believes that the resolution for the Adequate Public Facilities Ordinance (APFO) will be settled out of court with the new Board of County Commissioners (BOCC). He also believes that the new BOCC will build a new level of respect between municipalities, residents and Frederick County Government.

Burns added that Thurmont will not face significant budget issues in comparison to what other municipalities in Maryland may face in 2011. He predicts that the State Government officials will try to balance their budgets on the backs of the counties and municipalities. Also, he hints that we may see some small housing developments start to attempt to develop in 2011.

Emmitsburg's Mayor, Jim Hoover, gave similar comment that aligned with some of Mayor Burns' predictions. Hoover feels that the APFO will be settled within the first three months of 2011. He noted that Thurmont has an APFO and listed Emmitsburg's adoption of their own APFO to his list of predictions.

Hoover predicts that public sector government will start to see the toughest years yet as far as economy, but adds that he believes that the private sector will start to see times improve. He said that Emmitsburg is financially sound and he doesn't feel that the town budget will be as strained as others. But, he noted that sewer and water rates may be impacted as State mandated upgrades are carried out.

Emmitsburg resident, Bob Rosensteel, predicts that the Town of Emmitsburg is going to get really

involved in bringing new businesses to Emmitsburg. (See inside for a kickoff to this resolution.) Fairfield resident, Philip Mort, on leave from his post in Afghanistan, predicts that the temperature in Afghanistan is as cold as it is here. (With a chuckle, he says he knows that is a fact. It's about 25 degrees at night there.)

Larry Eby is confident that the world won't come to an end in 2011 or 2012. Emmitsburg resident, Gabe Baker, gave his prediction that the Ravens will win the Superbowl in 2011.

Rocky Ridge resident, Wes Manger, predicts (with the help of The Hagerstown Town and Country Almanack), that there will be heavy snow on January 10 and 11 and a Nor'easter on February 12 and 13. He adds a solid bet that he will get married this year. He also believes the economy will continue to be bad for the next four to five years.

Ericka Renn of Fairfield, Pennsylvania, believes that there will be a better harvest of pumpkins this year. Bob Hurst of Harney is certain of his rhyme, "2010 will never come again and 2011 will be like heaven."

We have a whole year to determine the validity of our local prognosticators. In the meanwhile, enjoy the new year. Let's make 2011 the best year ever!



Courtesy Photo

## Bihl & Bryant Represent CHS in Thanksgiving Day Parade

Becca Bihl and Madison Bryant, members of Catoctin High School Marching Band, played piccolo in the 2010 ABC's Ikea Thanksgiving Day Parade in Philadelphia. The students -- Becca, a senior and Madison, a freshman -- represented Catoctin in the Tournament of Band (TOB) All-Star Band. This band began participating in the annual parade in 2009, and individuals from the East Coast are encouraged to apply for a chance to march in the country's oldest parade honoring Thanksgiving Day.

Members were notified of the music that they would be playing upon acceptance into the parade and

were required to memorize it on their own time. Becca and Madison met up in New Jersey the day before Thanksgiving to practice as a band for the first time. After a long day of practice, the students were shuttled back to Philadelphia and stepped out to freezing temperatures at seven o'clock the next morning in final preparation for the parade.

Throughout the parade, it rained, snowed and was sleeting. However, the students had a great time, and Becca and Madison were even interviewed by ABC affiliate Channel 6, and were featured on the nationally televised show, Good Morning America.

# Happy New Year!

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from the publisher

Dear Reader:

I am very excited that a new year has begun. I believe 2011 will be a great year! We’ve turned a corner here at *The Catoctin Banner*. All those new things I’ve been promising along with more help for the newspaper will soon be apparent in print. We’re starting the year with a few incentive opportunities: The Catoctin Banner Incentive Program is a program where any reader can refer an advertiser to us and that person receives a \$40 award; also, our current advertisers will be receiving coupons as a thank you for their support; and finally, new advertisers will receive print deals at E Plus Copy Center & Promotions for new print jobs.

I’ve always said that this newspaper should be utilized as YOUR own community bulletin board - a place where you can post your announcements and good news. I am pleased to acknowledge that a majority of this edition is what you’ve sent in. Good job and keep it coming!

As always, I urge you to patronize the advertisers who reach out to you through *The Catoctin Banner*. Tell them you saw them here! *The Catoctin Banner* exists due to the advertising support of those featured in each publication. Thank You.

Make 2011 your best year yet!

Deb Spalding, *Publisher*

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Notices

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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

Emmitsburg Business Seminar

Are you thinking about opening a business or do you need new ideas on how to make you business successful? On Wednesday January 26, the Town of Emmitsburg and the Frederick County Office of Economic Development will host a brief seminar on ways to open and maintain a successful business. Speakers include Randy Gray, Michelle Day, Chris Olson and Emmitsburg planning staff. This Seminar will be held at the Emmitsburg Town Office 300A South Seton Ave. Emmitsburg at 7:00 p.m. and last about 90 minutes. Participation is free and open to the general public. The snow date is Wednesday, February 2, 2011.

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

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For Sale

FOR SALE: G.E. Electric stove, bisque color, self-cleaning oven, clean, works fine. Changed kitchen decor - must sell. \$65.00. 301-898-9835.

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

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

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

Corrections to December’s Issue

Our sincere apologies go out to Samantha Puvel and her family for the incorrect spelling of their last name in the article, “A Magical Night of Entertainment Performed by Sammie Puvel”. Also, the wrong church was sited as the location of her concert. The correct location was Thurmont United Methodist Church.



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## Emmitsburg December

### Town Survey Results

The town of Emmitsburg got the results from their "Report Card" Survey conducted by Mount St. Mary's University Business students. The survey measured the effectiveness, efficiency, professionalism, and communication with citizens for both elected officials and town staff. University students conducted this survey as a result of an interest for such a survey by Emmitsburg Mayor Hoover. The Mayor says he wanted to find out where the town needed improvement for both elected officials and town staff in relation to serving the citizens' needs.

All residents and businesses were not sent a survey due to the expense and time involved. Of the random selection of recipients given the opportunity to participate, only 6 percent of residents and 34 percent of businesses responded.

The town staff received high ratings among the business community for overall effectiveness and efficiency, courtesy and professionalism, communication with the business community, and the handling of permits and licenses. However, they scored lower in regard to responsiveness to businesses, with a portion being somewhat dissatisfied. Businesses surveyed gave the mayor and town officials a positive approval rating for overall performance. However, when it came to communication between the elected officials and the business community, more than two-thirds

# town hall reports

by Michele Cuseo

indicated they were neutral on the issue or felt that the communication had not been good. The majority of businesses surveyed stated a neutral response or felt the mayor and officials had not been effective at enhancing the business climate. The business community was divided among those who felt the elected officials understood the needs of the community and those who felt they did not.

Mayor Hoover says it has been a good learning experience for all involved. He believes that although the response percentage was small, that they still got the results they needed to make changes.

Areas for improvement appear to be in the area of responding to the public and public perception of the town officials and town staff. Town staff scored better than town officials overall.

The Mayor states that future surveys are desirable to continue to measure progress and make improvements where needed.

See information about the an Emmitsburg Business Seminar on page 2. To view the results of this survey, visit Emmitsburg on-line at [www.emmitsburgmd.gov](http://www.emmitsburgmd.gov).

### Check the Calendar

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

## Thurmont December

### Thurmont Master/Comprehensive Plan: Final Vote

The town of Thurmont officials made final the Master/Comprehensive Plan with a final vote. The Plan passed with one vote against the plan by Commissioner Lookingbill.

The Master Plan is updated every 10 years. Mayor Burns stated that great effort, time and energy went into working out the details with compromises on many of the details. "The end result is what is hoped to be a balanced, manageable, and slow growth plan for the town." The plan includes a geographic northern expansion of the growth boundary on the zoning map. Mayor Burns noted that the zoning can't be changed just because someone wants to change the zoning. "Any change must be looked at in a comprehensive manner that takes the whole town into consideration." During several town hall meetings, citizens were given the opportunity to voice their concerns and desires about the zoning that has affected them. The Mayor believes that a vast majority of people were satisfied with the results.

### Reward Program

In cooperation with town police officers, town officials will be developing and implementing a rewards program. This program creation is in reaction to the recent

crime spree in the Thurmont area. The reward will be worth up to \$1000 for any information that leads to the arrest and conviction of the guilty party or parties. Town officials are reviewing ordinances from other towns for reference. These referenced towns have already passed the legal tests needed to implement a rewards program. This action will save the town additional time in developing the wording for the program, as well as reducing legal costs.

### Future Budget Planning

The town of Thurmont will start budget planning in January. The budget is required to be finalized by summer 2011 for next years' budget. Mayor Burns is pleased with how well the town has managed their current budget during these economic times. "We still won't be budgeting for sweeping the streets," says Mayor Burns. Some of the same budgetary constraints will remain in place for the future. The Mayor is encouraging citizens to provide commentary on the budget and is open to their concerns and ideas.

### Snow Removal Rules

The town of Thurmont follows the same rules as the Frederick County snow removal requirements. The most important being that once the snow stops falling, snow must be removed from the sidewalk within a 24 hour period.

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

## Emmitsburg Citizens Can Sign Up for Regular E-mail Updates From Mayor Jim Hoover

Citizens can now sign up to have news and information from Mayor Jim Hoover delivered directly to their e-mail in boxes.

The Mayor's eMemo updates will be sent out one to two times each month. In each eMemo, Mayor Hoover will provide an inside look of town government and personal comments on town issues and programs. The first issue is scheduled for release the week of January 15.

As mayor, one of the top priorities is to ensure the town government is accessible and accountable to the citizens. These e-mail updates and the telecasting of town council and planning commission meetings are a great way for Emmitsburg residents to stay informed and involved in their town government.

Anyone wishing to receive the "Mayor's eMemo" can sign up by visiting <http://mayorhoover.webs.com/emailupdates.htm>. An e-mail address is the only information required, and recipients can discontinue receiving messages by clicking a link included in every e-mail.

In addition to the "eMemo," Mayor Hoover has also created a personal Website [www.mayorhoover.com](http://www.mayorhoover.com). The newsletter and Website will primarily focus on Emmitsburg Town Government, but they both will also be used as a tool to "educate" the general public on the roles, duties and responsibilities of the town staff and its officials.



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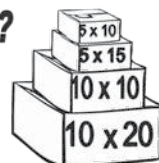
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## The Catocin Banner Incentive Program

Here at *The Catocin Banner*, our least favorite part of publishing the newspaper is selling ads. But, since this little good-news newspaper exists only because of our advertiser's support, it is necessary. In our tough economic times, we're feeling the crunch as the advertising dollar becomes more and more frugal.

So, instead of becoming pesky ad sales people, we've come up with *The Catocin Banner* Incentive Program, where anyone of you can sell an ad(s) 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!

## Thurmont Thespians To Hold Open Auditions for "Snoopy"

The Thurmont Thespians will hold open auditions for the Spring musical production of "Snoopy!!!" at St. John's Lutheran Church Social Hall on January 16-18 from 7:00-9:00 p.m. Four male roles and three female roles are available. Ages 13 to 60 may audition. Bring a song to sing and read from the script. Production dates are April 8-10 and 15-17, 2011 in the American Legion Auditorium in Thurmont.

## 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 pm.) 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.

## Holiday Tour

On January 8, 2011, a unique Holiday Tour will be held at the home of Doug Favorite and Don Keeney. See more than 50 Christmas trees including the "Red, white and blue tree", the "Santa tree," the "Snowman tree," the "Candy tree," the "Upside-down tree," the "tree with Flying Butterflies," and the "Angel tree."

This event is for the benefit of Lion Paul Cannada's candidacy for 1st Vice District Governor of Lions Club District 22W. This is a private affair and entry is by ticket only. Hours are 4:00 to 8:00 p.m. Tour tickets are \$10.00.

For tickets, call one of the following numbers: 301-271-0558 or 301-271-4020 or 301-898-7004.



## Congratulations! Hidden Object Game Winner

*The Catocin Banner's* winner of the December issue's Hidden Object Game is Pamela Long. Santa and his eight tiny reindeer were located in the Hoffman's Market ad on page 23. Pamela wins a \$25 gift certificate to the advertiser of choice from the December issue.

This month the hidden object is a helicopter. If you find it, 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.



Courtesy Photo

## Along for the Trip

Pictured left to right are Zach Fritz, Cindy and John Grimes of J&B Real Estate, Flo and Carroll Glass of Flo's Lawn Care and Tiffany Tressler. They took an issue of *The Catocin Banner* along on their trip to St. Maarten in the Caribbean. On behalf of that particular newspaper, we'd have to say that we had a great time! *The Catocin Banner* was the thinnest bather on the beach and stylin' in its CMYK wrap and center spread. Thanks for including us!

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## Thank You from Emmitsburg Auction Service

Bruce and Barb May would like to thank the community for their support, cards, letters and concern through Bruce's recent health challenges. Bruce is home and doing well. He is back at the auction part-time.

### REWARD

The Emmitsburg Auction Service is extending a \$250 reward for information leading to the arrest and conviction of whomever broke into the Emmitsburg Auction on Saturday, December 18, 2010.

## Christmas in Thurmont - A Thank You

What I experienced in downtown Thurmont on December 4, 2010, was nothing short of a Christmas miracle. When I was asked to co-chair the 8th Annual Christmas in Thurmont Celebration, I had no idea what I was in for. I had been a participant and volunteer for the big event for the past three years, but never to this extent.

It all started back in October when my co-chair, Nancy Poss, and I (along with our top notch committee of volunteers) began to plan the event. We all worked very hard in the months leading up to the big day, making sure that everything would be just right. The beautiful thing is that it did turn out just right, in fact, it turned out better than just right, it was amazing.

I arrived at Town Square at 9:30 a.m. on December 4, to 12 smiling volunteers who looked at me warmly and said, "What can we do to help?" After we got everything set up, it was time for the official Christmas in Thurmont Ribbon Cutting Ceremony. This was especially exciting for me, because it was the first time that I was actually the cutter of that big red ribbon.

And with that, the festivities were on. The next thing I knew, families were visiting with Santa, the Elves were making children laugh, and a very special artist was painting Christmas cheer on children's faces. Folks warmed up with hot cider and cookies while listening to Christmas music. Many of them started their journey of getting their maps stamped from 25 local Thurmont business locations. ESP dancers put on a great show, dancing to cheerful Christmas music in their front studio. The day went off without a hitch, and just when I thought it couldn't get any better, it did. At day's end, it was time to pack up our supplies and head down to Hobb's Hardware for the much anticipated prize giveaways. This included packing up the boxes of canned goods and coat drive items that had been donated throughout the day. There were so many items donated that I couldn't even carry the boxes. That was an awesome thing!

As I was feeling totally elated

from the overwhelming volunteer and participant turn-out (and the smoothness of the day's activities), we arrived across the street from Hobb's for the lighting of the 1st Annual Lion's Club Remembrance Tree. This is a beautiful community tree-covered with ornaments memorializing loved ones we have lost. If you have not yet had a chance to check it out up close, you should make a visit.

Then it was time to head across the street to Hobb's, where we were joined by a crowd of about 200 people. Everyone was excited and the Christmas spirit was truly felt in the air. What happened next still makes me smile; the crowd of 200 people began to sing. The first song they sang was Happy Birthday to You, and the lucky birthday boy was none other than our very own Mayor, Marty Burns. Next, 200 neighbors sang together Rudolph the Red-nosed Reindeer. It was fantastic - children sang, parents sang, town officials sang, business owners sang, everyone sang together! It was one of the most beautiful moments I have experienced. I am very thankful to be a part of this community. I am thankful for the sense of fellowship, joy, compassion and teamwork that I was lucky enough to be a part of at Christmas in Thurmont this year, which brings me to my point of writing this note. I would like to thank all of the wonderful folks who contributed to this little Christmas miracle. Thank you from the bottom of my heart to all of the hard-working volunteers; all of the businesses who made donations (including 200 gift bags for children and 20 grand prizes); businesses who participated as stamping locations; Mayor Burns; Thurmont Town Commissioners; Main Street Manager, Nancy Poss; and especially the community of Thurmont for attending our event. Not only did you attend - YOU SHINED!

A special thank you goes out to Santa, Mrs. Claus, and the Elves for making the trek all the way down from the North Pole. This was a day I will never forget. Thank you all.

Sincerely,  
**Stacie Zelenka**, Vice-Chairman of  
Thurmont First

## in our own words

### Thurmont "Makes a Difference" Every Day

by Theresa Dardanell

It would be impossible to personally thank all of the people who contributed to "Make a Difference Day" this year. It was truly a community event that actually started several months ago with a fundraising campaign. If you bought mums or cancer support signs, you made a difference. If you were one of the sponsors of the event or volunteered to help, you made a difference. If you participated in the actual ceremony on October 23, you made a difference.

The day started with an admiration walk to symbolize the steps taken by those affected by cancer. Led by event coordinators, Shirley Long and Susan Favorite, participants walked from Our Lady of Mount Carmel Parish Center to the Town Square Park. In a touching ceremony, ornaments were hung on a "remembrance tree" in honor of cancer victims, those currently fighting the disease, cancer survivors, families of those affected, health care professionals, caregivers and

researchers.

After the return of the walkers, the reception started with a welcome by Thurmont Lions Club President Margarito Ochoa. Dianne McLean introduced special guests Rosemary McDermott, Bill Blakesley and Mayor Martin Burns. John Brown gave a brief history of Make A Difference Day.

Because so many people in Thurmont make a difference in the lives of others every day, part of this event included awards for outstanding community service. Lieutenant Paul Allen Droneburg was named the 2010 Police Officer of the Year, and Lynn Stuart was named the 2010 Volunteer of the Year.

The focus of the 2010 Thurmont Make A Difference Day was cancer and the many people who are affected by this disease. The guest speaker at the reception was Dr. Julie Eiseman, a local resident who is also a cancer researcher. Dr. Eiseman presented a slide show, including a virtual tour of her cancer lab. She spoke about the drug development cycle and the compounds currently under study in her lab. She gave us hope for the future of anti-cancer treatments.

The most exciting part of the event was the presentation of the funds. As a result of the generosity of the community—a donation from R.R. Donnelley, sponsorship by Bogley Chevrolet and Thrivent Financial for Lutherans, and coordination by The Thurmont Lions Club—\$10,063 was raised. Checks were presented to the Catocin Community Medical Fund to assist with the cancer-related needs of local cancer patients and to Dr. Eiseman's laboratory to further her research.

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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 January 14 and February 11 (e-mail shelleburg@yahoo.com); Hoss' Restaurant Community Fundraiser in Frederick on January 20 (Kay 301-447-6793); 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); 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 off at the high school.



Courtesy Photo

## Emmitsburg Lions Club Children's Christmas Party

The Emmitsburg Lions Club hosted its largest Children's Christmas Party on December 4, at the Vigilant Hose Company facility. Over 150 guests attended and enjoyed the crafts, magic show, food and drinks. Santa also dropped in to hear each child's—and some parents'—Christmas wishes, and children had their pictures taken with Santa and Mrs. Claus.

**What do you call a parrot hiding behind a bush?**

**A squawker**

- Hayden Spalding (10 yrs. old, Thurmont)

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## Thurmont's First Community Remembrance Tree

Christmas in Thurmont was another success, with many people bracing the cold to come out and enjoy the treats and Santa. A special thanks to all of the volunteers, donors, and, especially, the residents that participated. Also thanks to the Town of Thurmont, the Board of Commissioners and town staff for helping bring this event to life. There is an update on www.thurmontfirst.com showing pictures from the day and also an entire album, including pictures from the Library, the Remembrance Tree dedication, prize drawings, and all the kids with Santa.

This year added something new to the day. The Thurmont Lions Club sponsored the first ever "Remembrance Tree." This tree "Is the story of life," as one person put it; "A lot of sentiment here" said John Brown of Brown's Jewelers.

Most of the bulbs on the tree were of people that had already passed on and this was in memory of the difference they had made in someone's life. "Each one was made from the heart and had its own story to tell," said Shirley Long. Irene Matthews made bulbs for the Police Department, Fire Department, Town Hall, American Legion Post 168, Amvets and the Lions Club. A heart-felt thank you went to all that helped put the tree together and contributed to the bulbs. With such a positive turn out, the Lions Club plans on making this an annual event.

Globes can be claimed between 5:30 and 6:15 p.m. on Wednesday, January 12, at the Cozy Restaurant or by



Photo by Carie Stafford

phoning Shirley at 301-898-7004. Globes not claimed by January 20, 2011, will become the property of the Thurmont Lions Club.

Christmas in Thurmont is hosted by the Economic Development Council and sponsored this year by: Timeless Trends Boutique, PNC Bank, Catoctin Mt. Hobby and Train, Hobbs Hardware, ACE, Stauffer Funeral Homes, Catoctin Mt. Orchard, Colorfest Inc., Intowne Barber Shop, Renovations Day Spa, Jen's Cutting Edge, Catoctin Dancewear and Gifts, Heart & Hands Decorators Workroom & Design, Here's Clydes, R.S. Kinnaird Memorials, Town & Country Liquor, Powell Insurance Agency, Pondscapes, The Beauty Parlor, Frattelli's, Rocky's Pizza, Mountain Gate, Simply Asia, Gateway Florist, TecJunkies, Heather and Scott Dewees, John and Karen Kinnaird, Barbara Barbe, Browns Jewelry and Catoctin Mountain Zoo.

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## Grange Annual Community Citizen Celebration Held

On November 29, 2010, the Thurmont Grange #409 held its annual community citizen celebration at the Thurmont Grange Hall. Members of the Grange also adopted two families at the holiday season and members provided canned goods and gifts for the two families—the Neil Shriner family and the Terry Coblentz family. The Grange also provided fruit baskets and gift bags to persons in local nursing homes.

Several Grange members received membership awards, including John Hart (25 years), Dale McNair (25 years), Alan Brauer (40 years), Ethel Brauer (40 years), Sandy Moser (50 years), and Jean Myers (55 years).

In addition, Nikki Eyler, member of the Thurmont Grange, placed first in the Maryland State Grange Poetry contest, which was recently held in Frederick, Maryland. Her entry, entitled "Self" went on to the National Grange Session in North Carolina, and Nikki recited her entry for those present. Congratulations Nikki!

Also at the celebration, the Thurmont Grange 2010 Community Service Award was presented to Rocky's Pizza, owned by Tony and Tina Testa. Tony and Tina Testa came from a small town outside of Naples, Italy, where they were both born and raised. They came to America with strong work ethics and a search for opportunities to form their own restaurant business. They have a son, Vincent, who serves as a police officer and a daughter, Lole, who is in nursing school. It has now been 25 years since they moved to America, and they proudly serve their Thurmont community with their Italian restaurant business.

Rocky's Pizza has helped many local organizations, such as the Catocin Booster Club, the Thurmont Little League, Catocin Safe and Sane, and many more folks and businesses too numerous to mention, by providing pizza at great prices and excellent service over the years.

Several members of the community spoke at the event.

Denise Valentine, member of the Catocin High School Sports

Booster Club, commented on how Rocky's Pizza has provided pizzas for the local sporting events and the concession stand operations over the years. Children and adults who attend sporting events are able to purchase slices of pizza at a reasonable cost. In addition, the Booster Club has held several meetings at their restaurant facility, and several sports teams have held fundraisers to support their programs at the restaurant.

Mike Randall, President of the Thurmont Little League and CYA Wrestling, spoke on how Rocky's

Pictured left to right back row are Alan Brauer (40 yrs.), John Hart (25 yrs.), Dale McNair (25 yrs.), Rodman Myers (award presenter), Jane Savage (Grange secretary); front row - Ethel Brauer (40 yrs.), Sandy Moser (50 yrs.) and Jean Myers (55 yrs.).



Photos by Bob Wiles



The Community Service Award was given to Tony and Tina Testa of Rocky's Pizza in Thurmont. Pictured left to right are Ethel Brauer of Camp Airy, Helen Troxell of Grange, Denise Valentine of CHS Boosters, Tina Testa from Rocky's, Mike Randall representing CYA, Tony Testa of Rocky's, Rodman Myers of the Grange and Randy Valentine of Safe and Sane.

Pizza has been a sponsor of little league teams in Thurmont, and how Tony and Tina have given so much to the Thurmont community and how special a place Thurmont is to live in. Many sports teams show up at Rocky's after a sporting event, unannounced, and Rocky's is always willing to serve the players, parents and coaches, with smiles on their faces. The little league has also used their restaurant as a meeting place.

Rodman Myers spoke on how each year Rocky's Pizza supports the Thurmont & Emmitsburg Community Show cake sale by purchasing a cake at the event. This

year, Rocky's purchased a chocolate cake made by Frances Angleberger. Tony commented that it was the best cake he ever had, and Tony and Tina were surprised as Frances made them another chocolate cake to enjoy that night.

Randy Valentine, who has assisted with the Catocin Safe and Sane event, spoke about how Rocky's Pizza provides pizzas for the Safe

and Sane party each year, and how the year Randy helped with the event, pizzas were delivered all night and morning for the children who graduated from Catocin.

Ethel Brauer, Thurmont Grange member, spoke on how Rocky's Pizza delivers pizza to Camp Airy every summer for counselors who are staying there.

Roger Troxell, member of the Catocin Soil Conservation District, spoke on how Rocky's Pizza supplies pizza each year to students who participate in the Envirothon, which is held at the Cunningham Falls Park.

Tony recently received a Proclamation from the Commissioners of the Town of Thurmont for all of their support of the Thurmont community.

Many other members and guests commented on how Thurmont was a better community because of Rocky's Pizza and Tony and Tina's generosity. Tony and Tina thanked everyone and appreciated all of the kind remarks. It's their nature to give back and help the community in which they live.

So, the next time you are at Rocky's Pizza, don't forget to thank them for all that they do to make Thurmont a better place to live and for all of their support to the youth in the community.

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## Historic Thurmont Business Landmark Receives a Facelift

The old Creager Furniture Store building, located at 21. E Main Street, Thurmont, has received a facelift! Originally Creager Furniture Store, the building was built and purchased by James Creager around 1897. The Creager Furniture and Undertakers was the original name of the family business, which was run by the Creager family. The business was renamed to "M.L. Creager Furniture and Undertakers" after James' son, Martin Luther Creager, took over upon James' death in 1900. The Creager family continued to run "M.L. Creager Furniture and Undertakers" throughout much of the 20th century, eventually separating the funeral home from the furniture store. The funeral home was sold in 1977, but James Creager's two granddaughters, Mary Ellen and Clara Jean, continued to operate the Creager Furniture Store until 1987, when it was sold to Ken and Lois Fraley. The Fraley's continued to operate it under the same name (a nod to tradition) until 2003. The building was vacant for several years until Virginia and Jay LaRoche purchased it in late 2007.

Virginia and Jay have made many updates to this landmark. A new roof was immediately put into place to prevent further water damage and the original floors were restored by Chris LaRoche, son of Virginia and Jay. Most recently a fresh coat of paint was applied to the front of the building, which caught the attention of many of the folks around town. "People around town have stopped in just to tell me how much they like the new look of the building," says Virginia, "and I have to keep the clock in the window, running and on time. It was a total surprise to me, how many people depend on that clock being there!" The building is now home to 'Timeless Trends Boutique', run by Virginia LaRoche. Timeless Trends Boutique is rapidly becoming the hot spot for unique, antique, vintage and upscale furniture and gift shopping. In the tradition of the Creager family, it's still very much a family run business – Jay and Virginia along with their children have all worked on getting the building back in shape, so that the old Creager Furniture Store building can continue to be a historic business landmark in Thurmont! In recent months, the old carriage house, located behind the building, has been put to use to hold Timeless Trends Boutique's monthly Vintage Warehouse Sale! For more information, visit [www.TimelessTrendsBoutique.com](http://www.TimelessTrendsBoutique.com), call 800-864-8591, or stop in at 21 E. Main Street, Thurmont.

## Center of Life Donates to Community

The Center of Life Chiropractic and Pilates Studio in Thurmont held their 13th annual "Holiday Open House" on Wednesday December 22. Clients enjoyed holiday music, home baked goodies and even a visit from Santa himself! One hundred percent of the donations from the day's office visits were given to the Thurmont Ministerium to help our neighbors in need. Dr. John Hagemann was pleased to announce, "Contributions this year totaled \$1,496! We are very grateful and blessed to serve in a community that cares so much for each other. I thank everyone who participated for their generous contributions."



Courtesy Photo

## business news

## Local Businesswomen Bring Holiday Warmth to Thurmont Historical Society's Creeger House

Virginia LaRoche of Timeless Trends Boutique and Laura Meredith of the Meredith Design Group brought holiday warmth to the 2010 Christmas House Tour in Thurmont. Virginia and Laura teamed up to decorate a room in the Historic Creeger House located at 11 North Church Street, using Victorian period décor. The theme for this makeover was "A Christmas Eve to Remember."

The room was transformed using lights hanging on fragrant boughs, garland strung from the mantel, and lovely scents of fir, pine, cinnamon, and apple filling the air. A beautiful Victorian Christmas tree was adorned with pearls, silk roses, feathered birds, and clip-on candles. Burgundy, pink, and cream colors predominated to create the Victorian theme.

If you would like more information about the Victorian Era, furnishings, or need decorating ideas for your home or business, stop by Timeless Trends Boutique, 21 E. Main Street, Thurmont or call 800-864-8591 and contact the Meredith Design Group at 877-465-4975 or visit MDG at [www.MeredithDesignGroup.com](http://www.MeredithDesignGroup.com).



Courtesy Photo

## Rock & Roll to the Sounds of the 50s & 60s

The Emmitsburg Business and Professional Association is holding a fund-raising dance for which the band, The Rock & Roll Relics, will play 50s and 60s music ensuring a good time for all. Join in the fun on January 22 from 8:00 p.m. until midnight at the Emmitsburg Ambulance Company, 17701 Creamery Road, Emmitsburg. Call Bob Rosensteel at 301-447-6272 for tickets. BYOB. See their ad on this page.

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## EBPA Annual Awards Banquet Held

The Emmitsburg Business and Professional Association (EBPA) honored several individuals for their contributions to the Emmitsburg community. EBPA President, Conrad Weaver, served as master of ceremonies during the banquet, which was held December 7, at the Carriage House Inn in Emmitsburg.

Robert Rosensteel, Sr., Elizabeth Prongas, Sue Fogle and Dr. Bonita Krempel-Portier were recognized during the event.

It was a complete surprise to Robert Rosensteel, Sr., owner of Friend of the Family Photography and Rosensteel Studios, when he was awarded the Extraordinary Community Service Award and honored with a video production created by the Association's President, Conrad Weaver of Conjo Studios. Mr. Rosensteel started EBPA's "Change for Food" program, which has raised thousands of dollars for the Emmitsburg Food Bank. This idea is not to be overshadowed by the countless efforts Mr. Rosensteel contributed during his life-long service to the Emmitsburg community.

Elizabeth Prongas was presented the EBPA Lifetime Membership Award for her contribution in establishing Emmitsburg's

designation as a historic district and her on-going efforts toward the preservation of forests in northern Frederick County, Maryland.

Sue Fogle (unable to attend was represented by her son, Brian) was honored for risking her own life as fire spread through apartments on April 3, at 2 E. Main St. building to ensure that all the tenants were out safely.

She repeatedly entered to evacuate residents and was honored for her action by the EBPA and Vigilant Hose Company.

Dr. Bonita Krempel-Portier of Emmitsburg Osteopathic Primary Care Center was honored for taking a dilapidated building and transforming it into a clinic. Portier also opened an adjoining Oncology office and was acknowledged for her induction as a National Osteopathic Fellow in November.

Congratulations to this year's award recipients.

Pictured top to bottom are: EBPA President Conrad Weaver and Dr. Bonita Krempel-Portier of the Emmitsburg Osteopathic Primary Care Center; EBPA Treasurer Alan Knott, EBPA President Conrad Weaver, Robert Rosensteel, Sr. and Phyllis Kelly of the Emmitsburg Food Bank; EBPA President Conrad Weaver, Vigilant Hose Company President Frank Davis and Brian Fogle for his mother, Sue Fogle, who was unable to attend.



Photos by Deb Spalding





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## Winter Safety Tips Courtesy of His Place Automotive Repair & Restoration

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2. Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking and squeaking wipers change to near perfect silence and clarity.

3. Ice-proof your windows with vinegar! Frost on its way? Just fill a spray bottle with three parts vinegar to one part water and spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water, preventing water from freezing!

4. Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors and rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.

5. Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield and wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.

6. De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and the lock and the problem's solved!

## Winter 2011 Recreation Programs Coming to Catocin Recreation Center and Emmitsburg Community Center

Gear up and stay fit this winter season with our programs for all ages. Preschool sports offer: Exploring Sports, Mini-Hoopsters, 1st Kicks Indoor Tot Soccer, and Indoor Tee-Ball Skills. Youth sports offer: Basketball, Soccer, and Football Skills. Preschool art offers: Messy Masterpieces. Youth art offers: Art Expressions and Teenz Art. Adult fitness offers: Zumba. To register call 301-600-2936 or [www.recreator.com](http://www.recreator.com).



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## briefs

### Thurmont Senior Center Update

by Helen Deluca

Changes at the Thurmont Senior Center are on the way in the near future. The Center's renovation project will be open for bids by the end of January. Interested contractors can call or visit the Thurmont Town Office.

In the meantime, a special program called "Before and After" is planned for January 11, 2011. Attorney, Mike Delauter, and funeral director, Robert Dailey, will provide valuable information regarding documents that will assure your final wishes will be met. There will be a light supper (soup, salad and sandwich buffet) served at 5:00 p.m. for a suggested donation of \$5.00. The program will follow the meal. Reservations are due by January 7. Call 301-271-7911.

Also coming soon will be a program regarding veterans and what benefits are available that they may not be aware of. A final date has yet to be made, but watch the sign in front of the Center for further information on the program or watch Channel 99.

If you were at the Senior Center Christmas dinner (there were 102 seniors there), you got to see and talk with Anna Rollins. She looks great and is determined to come back to the Center when she completes this new series of treatments for her cancer.

In the meantime, the Center's Board of Directors met with the Department of Aging to request a full-time replacement until Anna can return. That request was denied by the Department of Aging because of budget problems. Linda Umbel, coordinator for the Emmitsburg Senior Center, is filling in three days a week, and two Department

of Aging staffers are filling in the rest of the week. It is not what we want, but fortunately the Center has always had wonderful volunteers who are helping to keep the Center there for you.

In addition to the upcoming renovations, there has also been a change on the Center's Board of Directors. I'm sure you will all know and recognize our new president, Patt Troxell. She is back, and with Roy Clever serving as vice-president; it is like "old times" again. As always, your suggestions or comments regarding the Center are always welcome.

Next summer, when the days are longer and seniors feel more comfortable about coming out in the evening, there will be new programs planned. Hopefully, by then, the renovating will be complete. Come and visit the Thurmont Senior Center, pick up the lunch menu and calendar of activities. It is a great way to while away some of these long winter days.

I mentioned the Senior Christmas Dinner. As always, the folks at the Graceham Moravian Church served a delicious turkey and oyster meal complete with all the "fixin's." There were door prizes and entertainment by John and Peggy Offutt. Thanks to all, especially to all the senior volunteers who made the whole event possible.

Special thanks go to Pauline Duble for hand stitching another beautiful quilt for our fall raffle. Tuddie Garver won the quilt. Jerri Bowers won 2nd prize (\$100), and Dottie Wiley won 3rd prize (\$50).

Have a wonderful, healthy, and happy New Year.

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Pictured are Becca Dihl, Linda Beckett and Reagan Hamrick sorting coats during the CHS Leo Club coat drive.

## CHS Leo Club Warms Thurmont

Ah, the warmth of a good winter coat on an icy winter day! Nothing feels so comforting. Sadly, many even here in Thurmont shiver during the wintry days for lack of warm winter clothes.

This past month, the Catoctin High School Leo Club decided to do something about it. The Leo Club is a younger version of the Thurmont Lions Club. Their motto is "We Serve." Determined to improve the well-being of our community, especially our colder neighbors, the Catoctin High School Leos had a winter coat drive. They made and hung posters advertizing the event. They organized announcements. They set up bags in the various classrooms throughout the school. When the coat drive ended, they hauled eight full bags of coats to the classroom of their advisor, Mr. Roberts. From there, the coats were taken to a Frederick dry cleaner, where they were cleaned and pressed without charge. Finally, on distribution day, at least 50 Thurmont neighbors, wearing their new coats, felt the warmth and love of this dedicated group of Leos. As Reagan Hamrick, one of the Leo Club members stated, "It was such a good benefit both to us and to our neighbors." We are so proud of these community-minded Leos.

If a Catoctin High School student is interested in joining the Leo Club, contact Wes at 301-271-9195. You'll be so glad you did when you see the faces of those helped by your good work.

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Courtesy Photo

Fort Ritchie Community Center Public Relations Manager Bev Coyle standing amongst the hundreds of donated items collected during the center's annual Christmas Charity Week.

## Fort Ritchie Community Center Collects Over 100 Winter Coats & Many Other Items During Charity Week

Residents and businesses in the Pen Mar-Blue Ridge Summit area once again showed their generous spirit by donating hundreds of items during Fort Ritchie Community Center's annual Christmas Charity Week. The Center collected over one hundred winter coats, items for pets, toys and games for children, essentials for nursing home residents, and canned foods during the December 6 - 12 event.

For the third year in a row, the Cascade-based community center will distribute the donated items to needy families, local nursing homes, and charitable groups in the area, including Antietam Humane Society, Hope Alive, Waynesboro Welfare Association, Help Hotline, Toys for Tots, and the Waynesboro Homeless Shelter.

Fort Ritchie Executive Director, Bob Spence, reports that Charity Week donations appeared to be up this year. Fort Ritchie Community Center serves Pen Mar, Cascade, Blue Ridge Summit and surrounding communities in Maryland and Pennsylvania, with a wide range of programs and events, as well as fitness and meeting facilities. For more information call 301-241-5085 or visit the community center's website: [www.TheFRCC.org](http://www.TheFRCC.org).



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Courtesy Photo

Pictured are Connie Kapriva, Sharon Hane and Mary Flickinger sorting food for the Emmitsburg Lions Club Christmas Food Drive on December 18.

## Emmitsburg Lions Club Christmas Food Drive

On December 18, the Emmitsburg Lions Club, with assistance from a couple of kind-hearted citizens and the owners of Briggs Associates, Inc., provided Christmas food baskets to 67 Emmitsburg resident families. The 67 families served represented the largest number of family recipients in the history of this Lions Club program.

## St. Joseph's Parish Retreat: "The New Roman Missal"

On Saturday, February 5, St. Joseph's Parish will host a retreat in the parish hall. The day will begin at 9:00 a.m. with refreshments and will close at noon with lunch. Our Pastor, Fr. John Holliday, C.M., will be our speaker. The theme for the retreat will be "The New Roman Missal" and the changes which will go into effect on Sunday, November 27, 2011, the first Sunday of Advent. All parishioners are encouraged to attend and prepare for the new changes. Please call the rectory at soon as possible as 301-447-2326 to register. There is no fee.



Courtesy Photo

## Guardian Hose Company Gives Back to Thurmont Community

This holiday season, the junior members of the Guardian Hose Company gave back to the Thurmont Community in a different way. The junior members collected donations and supplied four Thurmont area families with a holiday meal. The junior members (left to right): Kristen Myers, Chris Kinnaird Jr., Daniel Myers, Tyler Burke, Chad Brown, Brandon Marshall, and Chris Yingling.

## Wivell Annual Christmas Party 2010

The descendants of Roy and Helen Wivell held their family Christmas party on December 26, at Mother Seton School in Emmitsburg. There were 170 in attendance. The family now totals 510.

The blessing was led before the meal by Anita Rutan. Paul Wivell gave an update on the family. We had 8 new babies, 2 weddings and many anniversaries for those celebrating on a 5-year recognition, a total of 14. Door prizes were given out; winners were: \$10.00 – Cindy Wivell and Chelsea Dawson; \$5.00 – Rick Wivell and Mary Wivell; hats were given to Greg Reaver, Sue Wivell and Judy Koller; 2 doz. eggs –

Patrick Reaver; and a Christmas picture to Jackie Wivell.

The Christmas play was directed by Cathy Yoder and the Nativity story was narrated by Carolyn Wivell. The great-grandchildren represented the Nativity scene: Mary – Madison Kuhn; Joseph – Kimberly Shields; Angels – Autumn Kuhn, Julia Blake, Allison Kohler; Shepherds – Katie Glass, Kelly Glass, Nina Matthews; Kings--Tyler Wivell, Julia Wivell, Victoria Weaver. Traditional songs were sung by everyone.

The family donated food to the food bank and a monetary donation was given to two family members.

After serving as the Wivell emcee for 25 years, Paul Wivell has decided to step down, delegating the job to his daughters. As always, the Wivell family wishes everyone a holy, happy and healthy new year.

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# Your Hunting Pics!

We had an exceptional response to our first ever display of hunting photos. We didn't include other types of game in this spread this time, because we were short on space. Deer hunting is part of game management in our area. Every year, many of our local hunting families fill their freezers with venison for food. In Catoctin Mountain Park, a deer herd reduction plan was carried out to support forest regeneration and provide for the long-term protection, conservation and restoration of native species and cultural landscapes. The consumption of vegetation by the overpopulated deer herd has negatively impacted other wildlife species' habitats, park neighbors, and has led to the decline in health of the Park deer population. Current population estimates indicate there are 87 deer per square mile in the Park, which is approximately 6 times larger than the density of deer in healthy forest ecosystems.



Colby Wagerman got his first deer on Youth Day in November.



Wayne Wivell Jr. participated in youth hunt on November 13, 2010. He shot an 8 point in Emmitsburg on his grandfather's farm. Wayne is 15 years old and attends Fairfield High School.



Kristopher Walter, grandson of Bernard Sweeney of Thurmont, is shown with the buck he got during early muzzleloader season.



Cameron Andrew of Rocky Ridge shot his first deer, a button buck, on Saturday, December 4.



Matthew White with a 6 point buck. Matthew is 10 years old and attends Thurmont Elementary School. Photo submitted by Daniel Fitzgerald and Heather White.



Stacie Baust got a 7 point in Thurmont during her first year hunting on youth day, Saturday November 13, 2010. She goes to Catoctin High School and is 14 years old.



Brian Faulkner is shown with his biggest buck ever in this November photo.



Richie Doney of Sabillasville shot a 6 point buck on the opening day of Buck season near Burnt Cabins, PA. Richie is a Junior at Catoctin High School.

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Daniel, Mike, Danny, and Bryan Fitzgerald on the first day of the season. Five deer hunted down on the family property outside of Emmitsburg. The family that hunts together stays together. Photo submitted by Heather White.





Joshua Walter is shown with his buck.



Mike Hahn with his six point.



Right, Kevin Miller Sr. of Catocin Furnace, Thurmont, shot a 14 point buck near the Thurmont area on November 27.



Left, Rob Foster of Thurmont shot an 8 point buck with a 16" spread on November 29, 2010 at 2:50 p.m. in Polk, PA while visiting his parents.



Brad Reaver of Thurmont with his 6 point shot on youth day. Brad is 11 years old and attends Mother Seton School in Emmitsburg.



Kevin Miller Jr., 8 years old, Thurmont.



Justin Hahn (left) with his eight point and Justus Yocum (right) with his four point.



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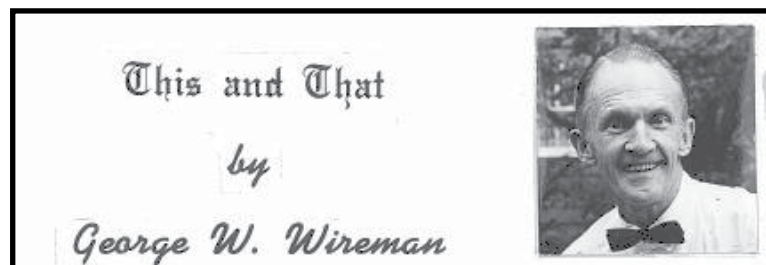
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## The Pro Football Hall of Fame

I am sure there are many football fans in our Thurmont area that have been enjoying the good games of college and professional football featured each week on TV. As the count-down begins and the fans prepare to root for their favorite teams in the playoffs, which determines who will end up in Super Bowl, let's take a quick look at the standings of the pro football teams as of December 27, 2010.

In the American Conference East, New England has won 12 games and lost 2. They have clinched their playoff spot. In the North, Pittsburgh won 11 games and lost 4. They too have clinched their playoff spot.

In the National Conference, Atlanta has clinched their playoff spot in the South, winning 12 games and losing 2. It is interesting to note that three teams in the National Conference are tied, winning 10 games and losing 4. They are Philadelphia, New Orleans and Chicago. The playoffs in the National Conference should prove to be very interesting.

I am sure that the Adventure Room at the Pro Football Hall of Fame in Canton, Ohio, is gearing up to add the picture story of the upcoming Super Bowl. This reminds me of the big \$1.25 million expansion, some years ago, of the Pro Football Hall of Fame. This expansion represented America's most popular sport in a great number of colorful and exciting ways. Included in the sparkling-modern four-building complex are four bright eye-catching exhibition areas, a football action movie theater, a research library, a snack bar, a bustling and popular museum store, plus the twin enshrinement halls, where the greats of pro football are permanently honored.

On my last visit to Ohio, I was indeed lucky to get the opportunity to visit the Pro Football Hall of Fame. I was deeply impressed with the seven-foot bronze statue of Jim Thorpe, the legendary hero of early-day pro football, that greeted me as I entered the Hall. A gently-sloping ramp then curved upward

to the exhibition rotunda, where the pro football story begins to unfold. Many priceless mementoes capture each visitor's attention as the rotunda curves around the 52-foot football-shaped dome that dominates the Hall and concludes with the multicolored Professional Football Today display, where the current NFL teams are honored.

In another building is the Pro Football Photo-Art Gallery, which features the winning photos in the Hall's prestigious annual professional photographer's contest. In the largest exhibition area is the Pro Football Adventure Room, which is filled with attention-getting displays and the picture stories of all the Super Bowls.

Expanded twice since its opening in 1963, the Pro Football Hall of Fame is rich in treasured relics of the past. There is also an emphasis on recent and even current-day events. Today it is almost three times its original size.

A new class of enshrinees is elected each year by a 29-man Board of Selectors, made up of outstanding media personnel from across the nation. To be elected, a candidate must receive approximately 80 percent of the selectors' votes.

As the showplace of a colorful, exciting and action-punctuated sport, the Pro Football Hall of Fame has been created with the

hope that happy and enthused fans will enter, relax and enjoy their visit. But there is an unspoken exception to this general theme in the twin enshrinement halls, where the niches of the greats, who have been bestowed pro football's highest honor, are located.

A final note: Canton, Ohio was selected as the site of the Pro Football Hall of Fame for one reason. It was in 1920, in Canton, Ohio where the National Football League was first established. It proved also to be a fortunate choice geographically, for Canton was located within easy driving distances of many major cities and several transcontinental highways.

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# Who Am I?



## Who Am I? Next Issue

Your clues are: *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.*

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](mailto: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.

# Happy New Year!

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# body wisdom

by Teresa Dukich, L.M.T.

The holidays are over, a new year has begun. Many of us focus on improving our health with a resolution to eat better and exercise more.

The Christmas cookies don't linger in the kitchen anymore, because they've found a new home around our waists.

Seems like a stretch to connect cookies to back pain doesn't it? But, a stretch is exactly what it creates. Abdominal weight and weakness creates a stretch of the connective tissue that connects our abdominal muscles to our spine.

In the world of bodywork, we have an affectionate expression, "What's wrong with your back is your front."

Please don't misunderstand, even a thin person may experience back pain. There are many different factors that may be the source of back pain, but my focus this month is weak, overstretched abdominals.

Our bodies are designed with four layers of abdominal muscles to protect the vital abdominal organs. The most superior being rectus abdominus is where we'd find "six-pack abs," elusive little creatures. This muscle is the only abdominal muscle that isn't connected to our spine. That's right, the other three -- transverse abdominus and the internal and external obliques -- are connected

to your spine by a thick sheath of connective tissue called aponeurosis.

Laxity in the abdominals causes the aponeurosis to stretch and pull on your spine creating pain. If you've ever been pregnant, you can relate to the pull in the low back created by the weight gain in the front. After the birth, the back feels better. The next thing you know, the baby gains weight and you're carrying him around in your arms all day and unless you've strengthened your abs, the pain comes back.

Men are not exempt from this pain. Remember last summer when you picked up the air conditioner by yourself because there wasn't anyone around to help you? Hurt your back, didn't you?

How many of us are carrying around extra weight every day because it's attached to us? Wouldn't it be nice if we could just put it down like a child or an air conditioner? The remedy for eliminating this kind of back pain is to keep the weight off the front and strengthen your core, front and back. Sounds simple, but it takes dedication.

It is my hope that as you head to the gym, the treadmill, the yoga or pilates class, to run, walk or hike the beautiful Catocin Mountains, that this information will give you a new incentive to exercise and become stronger and healthier in 2011.

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# tickling our taste buds

by Denise Valentine,

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

Hello everyone, here we are ringing in another New Year! I'm not sure what the weather will be bringing over the next few months, but I've tried to showcase a recipe that would be fun to do with the children or grandchildren when everyone may be stuck inside the house.

Probably the last thing you think of when it's cold and snowing outside is ice cream, but let's face it, ice cream is good anytime. I'm a coffee drinker and my husband always comments in the summer, "How can you drink coffee when it's this hot out?" My reply, the same way you can drink ice water when it's freezing cold out. Makes sense to me. The same thought may apply to ice cream. But, I believe that it's an anytime treat. Following are two variations of ice cream treats for you to try.

Best wishes for a happy and prosperous New Year!

## Fudgesicles

1 pkg. chocolate pudding mix (not instant)  
 ½ cup sugar  
 3 ½ cups milk  
 ½ tsp. vanilla

Place pudding mix, sugar and milk in a heavy saucepan and bring to a boil. Remove from heat to cool. Pour into 5 oz. paper cups. Place in freezer. When they are at the mushy stage, insert a plastic spoon or flat wooden stick into each cup.

When frozen, tear off the paper to eat. Makes 8 servings.

## Ice Cream in a Bag

1 small Ziploc bag (sandwich size)	3 tsp. sugar
1 large Ziploc bag (gallon size)	6 to 8 ice cubes
½ cup whole milk	2 tbsp. salt
1 tsp. vanilla	

In the small bag, place milk, vanilla and sugar. Seal bag. In large bag, place the small bag sealed, ice cubes and salt. Seal the large bag. Shake until the contents in the smaller bag turn into ice cream.

## Shoe Box Ministry

Twenty youth gathered at St. John's Evangelical Lutheran Church in Thurmont on Sunday, November 20, to pack shoe boxes full of goodies for children in impoverished countries. The boxes were wrapped by this team of Christians in festive Christmas paper as an act of love. Forty-four boxes were filled and dropped off with the Samaritan Purse Ministry.



Courtesy Photo

The Mission

of Samaritan's Purse is to demonstrate God's love in a tangible way to needy children around the world, and together with the local church worldwide, to share the Good News of Jesus Christ. Eight million children received shoe boxes last year and over 130 countries have been part of the distribution since 1993. Our local children had the blessing to think of others in less fortunate situations to start off their holiday season.



Courtesy Photo

Pictured in this 2008 photo are Joy Reunion Attendees who are also Mount St. Mary's graduates: Teresa Joy, Melissa Joy Dowd, Donald Joy, Sandra Joy Raines, Julie Joy, Cindy Joy Raines, Ed Joy, Dolores Joy Henke, Robert Henke, Michael Joy (not pictured: Lauryn Hoff Blair).

## Joy Reunion Held

The Hubert and Gertrude Joy Family Summer Picnic was held in late summer with over 100 people in attendance. Relatives from Baltimore, Westminster, Frederick, Emmitsburg and other areas enjoyed being together. Many brought campers and spent the night. Special guests were graduates of Mount Saint Mary's University (College): Cindy Joy Raines '87, Donald Joy '53, Dolores Joy Henke '82, Ed Joy '93, Julie Joy '83, Lauryn Hoff Blair '06, Melissa Joy Dowd '92, Michael Joy '60, Robert Henke '77, Sandra Joy Raines '84, and Teresa Joy '87.



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# CATOCTIN VETERINARY CLINIC

## Welcome 2011



**February is Dental Month!**  
 Don't forget to schedule your pet's Dental Cleaning!

Jonathan Bramson, VMD  
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Office Hours by Appointment:  
 M & Th 8-7; Tu/W/F 8-5; Sat 8-12  
**4 Paws Place • Thurmont**  
 Near Catoctin High School





Courtesy Photo

Pictured with Ranger Jeremy Murphy, from left are CFA Board Members Susan and Kevin Haney, Linda Sundergill and Elizabeth Prongas.

## Catoctin Forest Alliance Raises Money for Scholarship

This past year, the Catoctin Forest Alliance has continued its commitment to preserve and promote the health of the Catoctin Mountain forest lands for the benefit of present and future generations. The CFA works closely with the State and National Parks, as well as local private land owners, on a variety of preservation and education projects.

Most recently, the CFA raffled off a live evergreen tree, provided by the Autumn Ridge Tree Farm, to raise money for the Environmental Scholarship Fund managed by the Community Foundation of Frederick County. The drawing took place on November 27th. National Park Service Ranger, Jeremy Murphy, who was the first recipient of this Scholarship award 11 years ago, drew the winning ticket. Karen Dosch of Greencastle, PA was the winner.

Ranger Murphy, currently of Emmitsburg, MD, was a graduate of Catoctin High School. He went on to graduate from Penn State University in 2002. Murphy said, "The scholarship helped me buy books for the first semester of college." He stated he was happy that the Catoctin Forest Alliance (formerly the New Forest Society) has grown into an organization that can do bigger things in the future.

The mission of the Catoctin Forest Alliance is to preserve and promote the health of the Catoctin Mountain Forest for the benefit of present and future generations. Visit <http://sites.google.com/site/catocinforestalliance/> for more information regarding Membership and activities of the Catoctin Forest Alliance.

## Woodsboro Vol. Fire Co. to Hold Gun Raffle

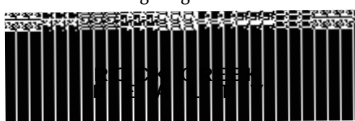
The Woodsboro Volunteer Fire Company will hold a Gun Raffle benefit on Saturday, March 12, at the Woodsboro Activities Complex at 10307 Coppermine Road in Woodsboro. Doors open at 4:00 p.m. with a buffet served at 5:30 p.m. and raffle beginning at 7:00 p.m.

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 this page and Bill's Auto Body's ad on page 3.

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## briefs

### Email Helps Toys for Tots

Cub Scout Pack 270 has participated in the Toys for Tots program for three years, this year was no exception. With 33,000 children to help provide for in Frederick County alone, the pressure was on. Boxes were placed at Mountain Gate Restaurant, the Thurmont Regional Library and Food Lion. Over 250 toys were collected from the three boxes, 20 more than last year.

On Thursday, December 16, there was a flood where the toys were stored, and the U.S. Marine's lost 200+ toys for ages 3-5 and 6-7. Cub Scout Pack 270 heard the news and emails went out to everyone on their lists and they went on from there. Monday's monthly pack meeting was open to the public, if they wished to drop off toys to help out. With the U.S. Marines, Santa and Cub Scouts poised and ready, the Thurmont Community once again came



through and 100 additional toys, to include bicycles, key boards, drum sets and so much more were dropped off.

On behalf of the U.S. Marine Corps and Cub Scout Pack 270, a warm thank you to all that generously donated toys for Toys for Tots, with 350 toys going to children in need this year.

Courtesy Photo

### Toys for Tots at Men's Oasis

The folks at Men's Oasis Barber Shop and Residential Design Professionals (R|D|P) would like to thank everyone for their continued support for our "Toys for Tots" collection drive. Your generous donations exceeded expectations yet again. R|D|P, a custom home and remodeling design firm, joined up with Men's Oasis this year and looks forward to working in the community for a prosperous 2011. Anyone interested in designing a new home or remodeling their existing home can find out more by calling 301-271-3777.

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## GUN RAFFLE

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**Woodsboro Activities Complex**  
10307 Coppermine Rd  
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Doors Open 4 P.M.  
Buffet Served 5:30 P.M.  
Raffle Begins 7:00 P.M.

Tickets \$25.00 per person  
\$8.00 per guest

Tickets may be purchased from any Fire Co. member or at:  
**Bill's Auto Body 301-898-5080**

Firearms are being supplied by  
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# happily ever after

## The Year in Review

by Valerie Nusbaum

I get a lot of questions and comments about the things I write in my columns, so I decided to answer them here – a sort of “year in review.”

My January column was about diet and exercise. I’m happy to report that at my last checkup my cholesterol was down about forty points. Randy firmly believes that those numbers don’t mean a thing. He also believes that the people on television can see us as we’re watching them. He thinks that some of them are aliens. Apparently, aliens don’t blink.

I got a lot of feedback regarding my March column which discussed how men gossip with and about each other. The ladies I heard from all told me that their own mates do enjoy talking trash about other men from time to time.

This fact was brought home, recently when Randy and I had dinner with another couple whom we’ll call Chrissy and Frank. Chrissy and I spent the entire evening discussing vacations, food, clothes and a mutual friend who’d recently passed away. Frank and Randy spent the evening one-upping each other and telling off-color jokes. On the drive home Randy proceeded to tell me how Frank has been everywhere, done everything and knows everything. Randy can do an excellent imitation of Frank describing the perfect meal in the ultimate setting. I had to chuckle because I really hadn’t been paying attention to the men’s conversation.

Not so with Randy. He pointed out that he’d heard Chrissy’s response to my comment that when a man defends himself and doesn’t take a lot of guff, the man is thought of as strong and aggressive. When a woman does the same thing, she’s referred to as a word that begins with “b” and rhymes with “itch.”

Randy grinned and said, “I heard her tell you that you can be, ummm, “witchy,” and I’m pretty sure she wasn’t giving you permission.”

I never did like that woman.

Last May, I wrote about some of our vacation adventures. It seems to be our destiny for one of us to get sick when we’re away from home. I’d like to say that we escaped that fate in 2010. Unfortunately, that’s not the case. Randy planned a weekend trip to Rocky Gap for my birthday in August. It was the hottest weekend of the year, so we had to spend a lot of time indoors. There wasn’t much to do, so we came home a day early.

It’s a good thing we did, because I had picked up yet another virus and ended up being sick for two weeks.

After getting sick on the cruise to Alaska and then again at Rocky Gap, I became paranoid about taking a real vacation, but as I told you in my column, we had settled on a road trip for this year. We drove north to Cape Cod and Martha’s Vineyard in October and nothing awful happened. Neither of us had an upset stomach or even a headache during the trip, and we had a grand old time. I admit that after we came home, we were ‘pahking the cah in the yahd’ for about two weeks. Randy had some fun with the names of the towns while we were in Massachusetts. Falmouth became “Foul Mouth,” Yarmouth was referred to as “Your Mouth,” and Hyannis is now known as “My....” Well, you get the drift.

June’s column discussed our trip to The Cheesecake Factory and the wonderful red velvet cheesecake. That same cheesecake is now available in the freezer section at Sam’s Club for \$14.95. That’s a good buy, considering that it’s sold by the slice in the restaurant for about \$5.95. The restaurant version, of course, includes fresh whipped cream. I haven’t tried the frozen cake because Randy believes that it’s just a sin to freeze anything that tastes good.

In my October column, I wrote about Randy putting up a new deck on the back of our house. The deck is all finished now and has passed inspection. Randy did a great job. His thumb has healed, and Randy proudly tells everyone how he built the whole thing all by himself – with absolutely no help from me, except those times I brought him Gatorade. I smile and nod. My neighbor, Steve, wants me to let everyone know that Randy asked him to come over. Steve says that he would never dream of interrupting Randy when he’s hard at work. Uh huh.

The November column dealt with my crooked bite. I have just a few notes about dental issues. If you have a rechargeable toothbrush, please look inside the hole where the toothbrush sits to charge. I’ve discovered that putting a wet toothbrush in there is not a good idea. The moisture and the heat from the charger can create some nasty mold. Also, make sure you close the toilet lid before you flush. One uncovered flush can contaminate the whole bathroom, including your toothbrush. I do my best to keep everyone

# imagination zone

## Children and Teens at the Thurmont Regional Library

by Janet Vogel

Children’s Services Supervisor, Thurmont Regional Library

It’s cold outside, but it’s warm inside the library. Stop by and see what we have to offer!

Ms. Lesa is presenting a special puppet show in January that’s sure to be fun, fun, fun! School is out on Tuesday, January 18, so that’s the perfect time for a puppet show. Come by at 3:00 p.m. and see what we have in store. We will have an encore showing at 10:30 a.m. on Wednesday, January 19.

Yoga for preschoolers also returns in January by special request. Register for this special session of Yoga for 3-5 year olds that will be held on January 20, at 10:30 a.m. Certified Yoga Instructor, Rachel Varon, leads the class that’s sure to be fun for little ones. Don’t forget to bring a yoga mat or beach towel to make our carpet a little more comfortable.

One of our favorite programs, Wags for Hope, will have its first program of the year on January 22, at 10:30 a.m. Wags for Hope allows children to read aloud to registered therapy dogs at the library. Volunteer trainers bring their dogs to the library, and children enjoy reading aloud and improving their reading skills. All ages and reading levels are welcome, and parents may even come and read aloud to their child and the dog. Don’t forget to register!

Looking for a good bedtime story for your little ones? Winter is the perfect time to cuddle up and read stories, but selecting a story can be the hardest part. Come to Let’s Start a Bedtime Story on Wednesday, January 12, at 6:45 p.m., and we’ll help you get started. Designed for kids ages 5-10 and their grownups. We’ll have some books ready for you to take home and finish with the family. Please register.

New this winter: Reading Makes Cent\$ debuts at 4:00 p.m. on Thursday, January 27. 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

informed, but I can’t be everywhere.

I wrote about my desire to forego cooking Thanksgiving dinner in my December column. I did end up cooking dinner again in 2010, and I’m sure you’re happy to know that Randy got his leftovers. I did it because our parents are getting older, and we didn’t want to subject them to the cold and the crowds that going

information. There will be fun games and activities, too. What a great way to start off the New Year!

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 January 6 (followed by 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 January 19, at 4:00 p.m. Cool games, books, snacks, and fun for all!

Teens! Sharpen your Wii skills or just have fun hanging out with your friends at our After School Wii Event on Thursday, January 20, at 4:00 p.m. You can play in a tournament or watch the games unfold. Check it out!

Mark your calendars now for a special Life as a Civil War Soldier program on Saturday, February 5, at 2:30 p.m. See uniformed Union and Confederate soldiers and learn about what life was like during the Civil War. Gals, you won’t be left out either; see a woman in period dress and find out about life on the home front.

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’s new hours effective July 1: Monday-Thursday 10am-8pm, Friday & Saturday 10am-5pm and Sunday 1-5pm. The library will be closed Monday, January 17 for Martin Luther King, Jr. Day.

out to dinner would have involved. It was a typical dinner at our house. We found my mother-in-law’s slippers in the refrigerator, inside a bag of fresh sausage. My father-in-law brought three loaves of homemade bread, with one containing the paddle from the bread machine. I’ll be seeing my dentist, Dr. Sadist, sooner than I’d planned.





Courtesy Photo

## ESP Studio & Performing Company Presented "An ESP Christmas" Show

Thurmont's local dance school and performing production company Elower-Sicilia Productions of Dance & Music, LLC and ESP Performing Company, LLC presented "An ESP Christmas" on December 18th to an overwhelming audience. The performance was held at the Guardian Hose Co. Activity Building located in Thurmont. Various styles of dance, including ballet, tap, jazz, lyrical, hip hop and acro were performed to seasonal music. To add to the festivities, Santa Clause visited and provided treats and photo opportunities for the children. The studio finished the fall semester with the Christmas performance and will begin the winter/spring semester on January 3. Registration for new students is open and can be completed on line at [www.espdance.com](http://www.espdance.com) or by calling 301-271-7458.

Dancers participating in the program were: Alexandra Adkins, Cassidy Andrew, Lindsey Baker, Alyssa Barbour, Taylor Beckley, Julie Beech, Haleigh Bowling, Allison Brawner, Hope Brown, Nikita Burris, Courtney Carnes, Nicole Cevario, Lindsey Chilson, Kimiko Coleman, Kayla Cox, Carly Crone, Carolina Czarra, Natalie Czarra, Kelli Czarra, Sophia Daly, Peyton Davis, Delanie DeWees, Allison Dorcus, Robbie Doyle, Elizabeth Dougherty, Olivia Ecker, Makayla Eibert, Riley Elias, Catherine Estelle, Jack Estep, Lucy Estep, Cheyenne Favorite, Kristen Felichko, Arden Felichko, Emily Flynn, Carson Fry, Olivia Gamer, Mackenzie Garrett, Shayna Gerring, Whitney Grim, Natalie Hafler, Maria Hane, Mandolyn Hanson, Hannah Hooper, Tenley Horman, Madison Kiessling, Meghan Kiessling, Maddie Laramore, Kayla Lenhart, Autumn Little, Alyssa Long, Emma Magers, Toni Marceron, Aiden Marceron, Chloe McDonald, Johandra Martinez, Rachel Mercer, Julia Miller, Brooke Miller, Emily Mitchener, Kayla Moore, Julia Moran, Ellie Moses, Kiley Mullaney, Arielle Mumm, Marah Musselwhite, Shares Musselwhite, Jayden Myers, Brenna Nopenz, Madison Ohler, Bridey Puvel, Kylie Reed, Taylor Robertson, Paige Romeril, Emerson Rose, Keaton Rose, Lily Smith, Taylor Smith, Julia Steinly, Stephanie Steinly, Rylee Stevens, Amanda Unger, Anna Waldron, Maddie Weigelt, Codi West, Lauren Wetzal, Struther White, Alyssa Wiles, Cailey Williams, Michael Wilson, Meredith Wilson, Liz Winchester, Jessica Wood, Riley Zaluski and Lyla Zelenka.

## Emmitsburg Baseball & Softball Sign-Ups

Don't miss sign-ups for the Emmitsburg Baseball and Softball League on January 15 & 16 and 29 & 30 from 1:00-3:00 p.m. at the Vigilant Hose Company Fire Hall on West Main Street in Emmitsburg.

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# Dude, It's Catocin

by Julia Shipley

Though the weather outside may be frightful, the indoor gym at Catocin High School is warm and delightful. A couple of two-hour delays never hurt anyone, right? As the school began to prepare for winter break with project assignments and tons of reading, you could tell the holidays were near. I hope everyone had a rip-roaring time with family and friends and kept warm.

Winter sports kicked off with wins for both boys and girls basketball. Special shout-out to Ellen for helping me learn basketball. Hannah Stone took first place at the indoor track team's first meet by getting a jump of five-foot six inches on the high jump. That is taller than me, and we're all hoping for her to make it to States again.

The Swim Team is also doing a magnificent job. Though they only compete within Frederick County, they have a good feeling about the rest of their season. Wrestling is having a good time as well, with key players making big strides towards regionals. I may not know much about winter sports, but it makes me happy to go and support them all the same.

The winter concert this year was great. Almost one hundred people showed up to the festive event. There was a performance by a whole group consisting of the marching band class and a few helpers (Jared Davis), performances by small chamber groups and Ms. Lynch's guitar students came out to perform

a couple of duets. The students assembled in the library and played their arranged duets, trios, quartets and a brass septet. There was also a percussion ensemble (Me + Heels + Big Drum = BAD) and a color guard floorshow. The indoor percussion and indoor color guard programs will begin in January. For more information, please contact Ms. Lynch if you're interested.

Clubs have been really busy. French and English National Honor Society had their inductions the night of December 15. With everyone coming out to support the lovers of language, we had a great time. Madame Jarman was delighted, because it was her largest induction ceremony to date for the French honors society. President Obama invited Madame Jarman's other club, the Gay-Straight Alliance (GSA), to a dinner for the GSA's in the area. The GSA does exactly what the name implies, members fight for the acceptance of any sexual orientation into today's high school society. Mrs. Jarman and the officers of the club, Tiffany Sloane, Jenny Helt and Toni Goff, went to the white house to be recognized. Mrs. Jarman said, "It was freezing, but well worth the effort to see the beautiful decorations in the White House."

Now we head straight for 2011: A new year, new ideas, and new goals. What's your resolution going to be, Catocin?

## Catocin Lacrosse

Want to play the fastest game on two feet? CYA Lacrosse is registering players for the 2011 spring season. All boys and girls from ages 5 thru 14 are eligible to participate. No experience is needed.

Registration will be held at Thurmont Middle School from 9:00 a.m. until noon on the following dates: January 15 & 29 and February 12.

Fees are \$85.00 per player; however, no child will be turned away due to inability to pay. Want to sign up early or by mail? Check out our Website [www.leaguelineup.com/catlax](http://www.leaguelineup.com/catlax) for forms. Send to Laurie Wilhelm, ATTN: CYA LAX, 5149 Wigville Road, Thurmont, Maryland 21788. Make checks out to CYA LAX. Call Denny 240-446-7219 or Laurie 301-748-7597 or email [catocinlax@yahoo.com](mailto:catocinlax@yahoo.com).

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## Thurmont Middle School Leo Club—Santa's New Helpers

President Bubba Williams called the Thurmont Middle School Leo Club to order in Ms. DeSonier's classroom on December 1, at 2:30 p.m. The approximately 25 Leo members busily played Santa's Helpers, as they wrapped such gifts as skinny jeans, shirts, books, a game, a doll, CDs, and a CD player to be donated to a less fortunate family. Veronica Patrick, one of the Leos, took time from her gift-wrapping to explain, "I joined the Leo Club because I always heard it was a lot of fun and Leos had a chance to help people, and we sure do."

This past month, TMS Leos sold coupons for Bon-Ton stores as a fundraiser. They netted over \$450.00, money that will be put to good use. In addition to helping their community, the Leos are learning skills in conducting meetings, organizing and managing funds, making decisions, and having fun. As an example of this last activity, after wrapping all the gifts, the Leos enjoyed a holiday treat of pizza, cupcakes, soda and good fellowship.

We, the Thurmont Lions, are proud of our younger members. Keep up your enthusiasm and spirit of service.

## Mother Seton School Celebrates the Holiday Season

Parents and friends were delighted with the annual Mother Seton School Christmas Program held on December 13. Pre-K through Grade 3 sang various Christmas carols and the MSS award winning band, under the direction of Dave Metcalf, played several holiday favorites. The highlight of the evening was the Christmas play presented by the MSS Chorus, under the direction of Cheryl Carney. This year's program entitled "On Our Way to Bethlehem" was dedicated to the memory of Father Paul Murphy, C.M., a Priest from Saint Joseph's Catholic Church, Emmitsburg. Fr. Paul loved music and was a regular visitor to Mother Seton School before he died suddenly in November 2009. The Ladies Sodality of the Blessed Virgin Mary, St. Joseph's Emmitsburg, had given the MSS Chorus a donation in Father Paul's memory, and it was agreed that a Christmas program with music would be a perfect tribute to him.



Courtesy Photo  
Angels Samantha Mariano, Christine Kong, and Rianna Joy sing to the newborn King. Mary, Madison Herring and Joseph, Mark Golibart, look on while other cast members sing in the background.

## Fourth Graders Aspire To Be Mayor

Fourth grade students at Mother Seton School enjoyed a visit from Emmitsburg Mayor, James E. Hoover on December 6. The Mayor and Administrative Assistant, Amy Naill, spoke to students about the Maryland Municipal League (MML) essay contest "If I were Mayor, I would..." This year's contest theme is "Working Together Works". Eleven winners will be chosen throughout the state and winners will receive a Governor's Citation and \$100.



Courtesy Photo  
Emmitsburg's Mayor Jim Hoover addresses enthusiastic fourth grade students during a recent visit to Mother Seton School.

Enthusiastic students asked Mayor Hoover many questions. After being told that the Mayor of Emmitsburg earns \$8000, the students anxiously wanted to know how people could become mayor and if the job of mayor is a hard job. "It's like going to school," said Mayor Hoover. "Some days are fun and some days are hard."

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for coffee, they lied. It  
wasn't Starbucks, it was  
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# Catoctin High School Seniors Sign Scholarships

Catoctin High School seniors R.J. Smith and Nichole Thome were offered and signed athletic scholarships. R.J. Smith signed a baseball scholarship to play at West Virginia University. Nicole Thome signed a scholarship to play Lacrosse at Wagner College. Congratulations!



Courtesy Photos  
Pictured above are Nichole Thome and her parents, with Catoctin H.S. Athletic Director, Kevin McMullen and Catoctin H.S. Principal, Bernard Quesada.

Pictured below are R.J. Smith and his mother, with Catoctin H.S. Athletic Director, Kevin McMullen; Catoctin H.S. Principal, Bernard Quesada; and Coach Mike Franklin.



# school news



Courtesy Photo  
Mother Seton School Pre-Kindergarten students sit in their seats and ride the Polar Express. Teachers (left to right): Donna Smith, "Conductor" Jeanne Davis, and Mary Jo Burkell enjoy this yearly tradition.

## All Aboard the Polar Express

Pre-Kindergarten students at Mother Seton School got in the Christmas spirit in a very special way this year—aboard the Polar Express! Students wore their pajamas to school and were each given a special train ticket to which the Conductor of the Polar Express, Jeanne Davis (pre-k teacher assistant in real life), punched the students tickets and helped them board the train. Pre-Kindergarten teacher, Donna Smith, read the "Polar Express" to the train full of anxious kids, as teacher, Mary Jo Burkell, prepared the snacks for after the train ride with hot chocolate and candy canes.

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Theresa M. Cecil,  
MSS Class of 2007

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# the health jeanne

by Jeanne Angleberger  
Shaklee Associate for a Healthier Life

Have you ever eaten an extra helping at a buffet even though you were stuffed? The answer is yes for most of us! We've all eaten extra helpings of food because it's there -- and that's the key reason more than two-thirds of all adults in the United States are overweight or obese. Studies are showing this is responsible for rising rates of hypertension, heart disease, and type 2 diabetes among the age 50-plus Americans.

Yours truly, a member of this population, recalls only one high school classmate being overweight. What were we doing differently in the 1960s?

We sat down at the dinner table together in our home, not at a fast-food restaurant. Families consumed more vegetables and fruits instead of fattening desserts. Water was the beverage, not sugary sodas. Candy and sweet snacks were limited.

Definitely, we were more physically active than today's younger generation. Our games were played outdoors, compared to the electronic ones played indoors today. And, being indoors, allows for the opportunity to snack, leading to more calories being consumed!

It is time to challenge yourself to lower your body weight. This will require changes, but change is good. There are so many reasons for lowering your weight. We are familiar with all of the reasons, so let's get to work!

Pick three changes to start. These are simple and may begin by using a smaller plate. Include a fruit and a vegetable with your lunch and dinner. Pre-plate your food instead of serving from bowls. Record this on a checklist. Writing it down is powerful. This should help to modify your goals.

Check out [www.mindlesseating.org](http://www.mindlesseating.org) for more tips on eating habits. Brian Wansink, author of "Mindless Eating," shares his recommendations on this site.

Develop good habits, set a weight loss goal, and consult with your health care provider about your weight-loss program. Believe in yourself. Make 2011 your year of a new YOU! Remember you control your destiny!

**Q: How many psychiatrists does it take to change a light bulb?**

**A: Only one, but the light bulb has to WANT to change.**



Courtesy Photos

## Lewistown Ruritan Chicken BBQ Benefits Community

At a recent meeting of the Lewistown Ruritan Club, money raised from the Club's Chicken BBQs was given to the following organizations (represented in the photo above from left to right): Dick Basely accepted for the 4-H Therapeutic Riding Organization and the Thurmont Library; Harold Staley accepted for the Lewistown Elementary PTA; Chuck Jenkins accepted for the Lewistown Fire Co. 22; Richard Kippeon accepted for the Catocin High Safe and Sane; Dave Axline accepted for the 4-H Camp Center; Pastor Elza Hurst accepted for the Thurmont Food Bank and the Lewistown United Methodist Women; and Ron Demory, Ruritan President, presented the donations.

## Stultz Fitness Open House

Stultz Fitness Training will be holding an Open House on January 15 from 10:00 a.m. to 1:00 p.m. at 285 Boyle Road in Fairfield, Penn. Just minutes from Emmitsburg, Gettysburg, Fairfield and Thurmont, Stultz offers an opportunity for personal training, weight and nutrition programs and more.

Call 717-334-6009 for more information. See their ad on page 11.

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# The Word is Getting Around to Area Third Graders

Every year, the local Grange presents dictionaries to third graders in our local public schools. This year's project was funded through a fund provided by Norman and Diane Elsbree in honor of their son Brian Elsbree. Grange representatives visited each of our northern Frederick County elementary schools to present the dictionaries.

When possible, Grange representatives worked with the children to look up the meaning of the words "grange" and "agriculture."

Courtesy Photos



Pictured above are Mrs. Hickie's third grade class at Sabillasville Elementary School. Mrs. Locke, SES Principal is shown with Grange representatives Jim Royer, Norman and Diane Elsbree, Milt Mills, Rodman Myers and Gayle and Bill Powell as well as the third grade students in Mrs. Hickie's class.



Pictured above are third grade students at Lewistown Elementary School. The Grange is represented by Cheryl Lenhart (top row far right).



Pictured above are third grade students at Emmitsburg Elementary School. Grange representatives left to right are Bob Wiles, Cliff Stewart and Mike and Sharon Lewis. Front row students left to right are Jack Harris, Ali Werlang, Logan Rock, Riley Barth, Justin Barber and Morra Ogendi.



Pictured above, Mrs. Mapes (pictured top row left) third grade class at Sabillasville Elementary School is shown with Grange representatives Milt Mills, Jim Royer, SES Principal Mrs. Locke, Rodman Myers, Diane and Norman Elsbree, and Gayle and Bill Powell.

Photo below shows representatives from Thurmont Elementary School's third grade classes. Shown left to right top row are third grade teacher, Mrs. Enck, Grange representatives Norman and Diane Elsbree, Rodman Myers, Milt Mills, and Gayle and Bill Powell. Bottom row left to right are Haley Dewees, Wayne Lewis-Waggeneer, Hope Manahan, Principal Kreitz and Brandon Sier.





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Courtesy Photos

## Girl Scout Gold Award

Members of the International Order of Odd Fellows, located in Frederick, Lodge King David # 50, recently honored nine girls who achieved the Girl Scout's Gold Award.

Girl Scout Leader, Ella Coberly, and four Girls from Cadets Troop 81096, did the opening and closing Flag Ceremony.



The State of Maryland IOOF Grand Master, Frank A. Raczniak, presented a plaque from the Odd Fellows to the Girl Scouts at a banquet held on November 20, at the Junior Fire Department in Frederick. Presenting certificates from other local and states was Rosy Swain from the local Lodge King David # 50. Presenting a plaque from the IOOF Rebekah Assembly and from the Mt. City Lodge # 29 Knights of Pythias was Tony Pironne.

The nine girls who had achieved the Gold Award (the highest award in the Girl Scouts) were: Lauren Ekanger, Troop 81786; Project: One World. Lauren hosted a public thinking day to raise awareness about Global Poverty.

Kendall Billie, Troop 81786, completed her project, Alzheimer's: A Walk through the Decades by hosting a fashion show to raise Alzheimer's awareness.

Laura Michelli, Troop 81162, completed her project, "From the Hearts of Veterans" where she created a DVD documentary of her interviews of 16 individuals who were either civilians during World War II or Veterans of the US Armed Forces.

Melissa Dorrance of Troop 81786 was not in attendance. Her project "Cheer Quilts for Sick and Elderly" entailed teaching a group of girls how to sew simple quilts and then donating the quilts to nursing homes in the area.

Stephanie James, Troop 81796, completed her project "Recycling Rocks" by creating a recycling program for New Market Elementary School.

Alyssa Poulin of Troop 81162, completed her project "Nipping Garbage in the Bud" by creating a video that explains and promotes recycling.

Katherine Lambert and Kristen Symour of Troop 81796 created their projects "Lax it Uppp" where they ran a beginners lacrosse camp to teach children lacrosse skills and nutritional tidbits for healthier living.

Kathryn Juliano of Troop 81051 completed her project "String Instruments Inventory" where she ran an inventory of all school-owned instruments in Frederick County High Schools.

Lauren, Kendall and Laura and their families were present to receive the plaques and the certificates.

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## CYA Wrestling

CYA Wrestling started off the 2010-2011 season with the 4th Annual Cougar Challenge on December 5. There were over 350 wrestlers from 5 different states and 50 different wrestling clubs, including 50 wrestlers from CYA. With outstanding volunteer support this year's Cougar Challenge was once again a success.

The 4th Annual Cougar Challenge winner included - 1st Place: Owen Liller, Zachary Bryant, Garrett Buckley, Dalton Hawkins, Charlie Perella, Kurt Sanders; 2nd Place: Dylan Mulligan, Dewey Pittinger, Jason Baust, Joshua Small, Kevin Simmel, Justin Phillips; 3rd Place: Peyton Castellow, Matthew Hadeed, Kane Richardson, Matthew Linker, Dennis Pittinger, Joey Puvel, Payne Harrison; 4th Place: Braedon Reed, Jacob Baker, Luke Ford, Ethan Fuss, Justin Peters.

Congratulations to the following wrestlers who have participated and placed in other tournaments:

**Fairfield Tournament** -- 1st Place: Nolan Brightshue, Alex Taylor, Joshua Small (in 2 different age classes), Garrett Buckley, Dennis Pittinger, Joey Puvel, Charlie Perella; 2nd Place: Justin Peters, Colby Keilholtz; 3rd Place: Dewey Pittinger, Carson Sickeri, Ethan Fuss, Ryan Taylor, Logan Mulligan.

**Mason Dixon** -- 1st Place: Dewey Pittinger, Joshua Small, Joey Puvel, Charlie Perella, Kurt Sanders; 2nd Place: Zachary Bryant, Dennis Pittinger, Ryan Taylor, Kevin Simmel. 3rd Place: Alex Taylor; 4th Place: Garrett Buckley.

**Mason Dixon Open** (no age division) -- 1st Place: Charlie Perella, Kurt Sanders; 2nd Place: Zachary Bryant, Joshua Small, Garrett Buckley; 3rd Place: Ryan Taylor.

**PAL Tournament** -- 1st Place: Peyton Castellow, Colby Keilholtz, Matthew Hadeed; 2nd Place: Jamieson Carbaugh, Alex Hauk, Braden Bell, Dylan Mulligan, Logan Mulligan; 3rd Place: Braedon Reed, Carson Keller, Nathan Willard; 4th Place: Nicholas Willard.

**Vipers Tournament** -- 1st Place: Gage Randall; 3rd Place: Charlie Perella, Zachary Bryant, Jacob Baker.

**Montgomery County Fall Classic** - 1st Place: Charlie Perella & Zachary Bryant.

**Montgomery County Fall Brawl** -- 1st Place: Charlie Perella, Zachary Bryant, Joshua Small.

**Newville Bulldog Fall Brawl** - 1st Place: Gage Randall; 2nd Place: Zachary Bryant.

**Mid Penn Officials** -- 1st Place: Gage Randall; 3rd Place: Nolan Brightshue; 4th Place: Zachary Bryant, Dennis Pittinger, Dewey Pittinger, Dylan Mulligan.

**Tuscarora Holiday Classic** -- 1st Place: Charlie Perella, Joshua Small, Gage Randall; 3rd Place: Zachary Bryant; 4th Place: Garrett Buckley, Jacob Baker, Dennis Pittinger, Dylan Mulligan, Kevin Simmel.



Courtesy Photo

Dennis Pittinger, Jr. (on top) of the CYA team, wrestles for third place at the 4th Annual Cougar Challenge on Sunday, December 5.

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### Check the Calendar

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



# january

- 7....Tiny Tots 'n' Tunes, Thurmont Regional Library, 10:15 a.m. Ages 12-36 months w/adult, 11:00 a.m. Ages 3-5 w/adult. Registration 301-600-7200.
- 7....St. Elizabeth Ann Seton Liturgy, Basilica of Saint Elizabeth Ann Seton, South Seton Avenue, Emmitsburg. 10:15 a.m. The Class of 1960 & 1961 honored for their 50th Anniversary. 301-447-3161 or www.mothersetonschool.org.
- 8....Holiday Tour, Thurmont Lions at Doug Favorite and Don Keeney's home, Thurmont. By ticket only. \$10/ticket. 301-271-0558 or 301-898-7004.
- 11..Open House, Mother Seton School, Creamery Road, Emmitsburg. 7:00 - 8:00 p.m. 301-447-3165 or visit www.mothersetonschool.org.
- 12..Ornaments created for the Community Remembrance Tree can be claimed at Cozy Restaurant, Thurmont, 5:30-6:15 p.m. or call 301-898-7004. Ornaments not claimed by January 20, 2011, become the property of the Thurmont Lions Club.
- 12..Open House, Mother Seton School, Emmitsburg. 10:00 a.m. - 1:00 p.m. Information meeting 11:15 a.m. 301-447-3165 or visit www.mothersetonschool.org.
- 12.. "The Storytime Show with Miss Jenni," Mother Seton School, Creamery Road, Emmitsburg. 10:00-10:45 a.m. "Snow, Snow, Snow" is the featured show for preschoolers. Pre-register 301-447-3165 or development@mothersetonschool.org. FREE.
- 13..Winter Bracelets and ornaments, Emmitsburg Library, 5:00 p.m. Registration required 301-600-6329.
- 13.....Meeting, Republican Club of Frederick County at Café 611, 611 N. Market Street. Guest speaker Mary Rolle. www.gopclub.org.
- 14..CHS Safe and Sane Uno Chicago Grill Dough Raiser, Uno Chicago Grill, Frederick. Present your S&S voucher at the time of purchase and Uno's will donate a percentage back to the Safe and Sane. E-mail shelleburg@yahoo.com for more info.
- 15..Krafty Kids, Thurmont Regional Library, 10:30 a.m. Ages 6-11 w/adult, registration required. 301-600-7200.
- 15..Frosty Fun, Emmitsburg Library, All day. All ages welcome.
- 16...Library Art Gallery: Vince Coates, Thurmont Regional Library, 1:00 - 4:00 p.m.
- 16,17,18 Open auditions for musical production of "Snoopy!!!", Thurmont Thespians at St. John's Lutheran Church Social Hall, North Church Street, Thurmont. 7:00-9:00 p.m. Four male roles and three female roles available. Ages 13 to 60 may audition. Bring a song to sing and read from the script. Production dates are

April 8-10 and 15-17, 2011, American Legion Auditorium in Thurmont.

- 18..Puppet Playhouse, Thurmont Regional Library, 3:00 p.m. All ages w/adult.
- 19..Puppet Playhouse, Thurmont Regional Library, 10:30 a.m. All ages w/adult.
- 19..Book Bunch Book Club, Emmitsburg Library, 4:00 p.m. Ages 7-11, registration required 301-600-6329.
- 19..The Guys Book of Super Sonic Awesomeness, Thurmont Regional Library, 4:00 p.m. Ages 8-12, registration required 301-600-7200.
- 20..After School Wii, Thurmont Regional Library, 4:00 p.m.
- 20..CHS Safe and Sane at Hoss's Community Fundraiser. Present your Cash Cow Card and Hoss' will donate a percentage back to the CHS Safe and Sane. Contact Kay at 301-447-6793 for more info.
- 21..Basket Bingo, Activities Building, Thurmont Carnival Grounds. Doors open 5:00 p.m., Games start 7:00 p.m. \$25. Bring a used pair of glasses to donate and be in a special drawing for a basket. Sponsored by Thurmont Lions Club. Susan 240-409-1747 for tickets (only 225 tickets will be sold). www.thurmontlionsclub.com.
- 22....Bingo held at the Mother Seton School to support Our Lady of Mt. Carmel and St. Anthony parishes' high school youth to attend the work camp and learn what it means to help those in need. 100 Creamery Road, Emmitsburg. Doors open at 5:00 p.m.; Games start at 7 p.m. Bingo Prizes: 20 games @ \$100. each. 3 specials @ \$100. Each. 1 Winner-Take-All before Intermission, \$1,000. Jackpot.
- 22..Wags for Hope, Thurmont Regional Library, 10:30 a.m. All Ages w/adult, Allergy Alert—they are live animals. Registration required 301-600-7200.
- 24..Red Cross Blood Drive, Our Lady of Mount Carmel Church, 103 N. Church Street, Thurmont. 2:00 - 8:00 p.m. Terry 301-271-7872 to schedule an appointment or for more information. Walk-ins welcome.
- 26 Business Seminar, Town of Emmitsburg, 300A South Seton Ave., Emmitsburg. 7:00 p.m. Free.
- 27..Reading Makes Cent\$, Thurmont Regional Library, 4:00 p.m. Grades 3-5, registration 301-600-7200.
- 30..Spaghetti Dinner, Mother Seton School, Creamery Road, Emmitsburg. Noon - 5:00 p.m. All You Can Eat. \$7/children 11-adult, \$4/children 3-10, FREE/2 and under. "To Go" orders available. 301-447-3161 or www.mothersetonschool.org Open to Everyone!

# community event calendar

## february

- 4....Tiny Tots 'n' Tunes, Thurmont Regional Library, 10:15 a.m. Ages 12-36 months w/adult, 11:00 a.m. Ages 3-5 w/adult. Registration 301-600-7200.
- 5....Life as a Civil War Soldier, Thurmont Regional Library, 2:30 p.m. All ages. The Monterey Pass Battlefield Association's Living History program.
- 5....The New Roman Missal Retreat, St. Joseph's Parish, N. Seton Avenue, Emmitsburg. 9:00 a.m. - noon. Register 301-447-2326. Free.

- 10..Skateboarding Valentine Pig, Emmitsburg Library, 5:00 p.m. Registration required 301-600-6329.
- 10..Daring Club for Girls, Thurmont Regional Library, 4:00 p.m. Grades 2-5, registration required 301-600-7200.
- 11..CHS Safe and Sane Uno Chicago Grill dough Raiser.
- 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., event held 8:00 p.m.-midnight. Tickets/\$10 min. donation. Lisa Reed 240-315-5331 or Lynn Ott 301-447-3060.

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## monthly calendar

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

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

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

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

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

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

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

Thursdays .....Bible Study - "Thirty Life Principles" by Charles F. Stanley, Weller United Methodist Church, Thurmont. 6:30 p.m. for thirteen weeks (September 13-December 6). 301-271-2802.

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