

## Catoctin High School Girls' Softball Team Brings Home State Championship Division 1A Title

by Aaron J. Heiner

On May 29, 2011, the Catoctin High School Cougars Girls' Softball Team—19-3 record for the season—took home the state championship title for division 1A, beating out Loch Raven (17-5) in a stunning 10-0 victory at the University of Maryland. Head Coach Jessica Valentine said, "Nice. Unexpected. I guess, not really unexpected. After we got through that 1st play-off game (we had) five games to go, I knew we could do it."

For Catoctin High School, this marks the third state championship for the team, having also captured the title in 1986 and again in 2006. Coach Valentine added, "It all came together. We've always been softball-rich in this area."

"After the first inning, we knew we were going to win. Loch Raven didn't look very good in the field, and our defense held them down in the field," said Cady Baer, a senior

for the Cougars. The momentum of the game continued to grow, as inning after inning the Cougars earned run after run.

Going into the bottom of the 6th inning, the home-team Cougars were in the lead 8-0. Bases were loaded when sophomore Mackenzie Smith hit a double to score two runs and end the game. Carly Farr, senior short stop, referenced the big lead when she said, "It took the nerves out of the game." Nerves or not, Catoctin cinched its third state championship title. "Defensively, we were solid. Mentally, we were strong as a team," added Ashley Smith, senior 3rd baseman. "We just wanted it more."

Rachel Marlow, a graduating softball senior at Catoctin lends a bit of advice to her younger team mates who are moving up to the varsity level, "Work hard, and you have to want it. Do not expect it."

*See more photos on page 14.*



Interview supplied photo

The Catoctin Cougar Girls' Softball State Championship team members are pictured left to right: 3rd row - Coach Sam Valentine, Coach Desiree Enck, Mackenzie Smith, Coach Mike Valentine; 2nd row - Rachel Marlow, Courtney Clemons, Cady Baer, Katie Davis, Carly Smith, Brooke Harig, Kristy Erfurdt, Katie Kinna, Coach Jess Valentine; 1st row - Kaylee Krietz, Rhianna Drieu, Sydney Reaver, Carly Farr, Ashley Smith, Stephanie Andrew, Brooke Ridenour.



Photos by Deb Spalding

## Summer Fun in Full Swing at Area Events

Event season is in full swing for local non-profit groups who are hosting community events. Two events were held the weekend of June 25 and 26: Emmitsburg Community Day in Emmitsburg and Mountaintop Heritage Days in Cascade, MD and Blue Ridge Summit, PA. See more details of these events on page 33.

Pictured left, participants in a sack race dive and jump their way to the finish line during the Emmitsburg Lions Club's Community Days Festival on Saturday, June 25.

Pictured below, members of Sabillasville's St. John's United Church of Christ serve up some fries during the One Mountain Foundation's Mountaintop Heritage Days Event on Saturday, June 25 in Cascade.



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

**Congratulations!** June's *Hidden Object* and “Where Am I?” Game Winners were Linda Clabaugh (\$25 Gift Certificate) and Sandra Cool (\$10 Gift Certificate). The hidden pair of flip flops was located on page 29 in the *Simply Asia* ad.

Last month's “Where Am I?” photo showed the two United States flags flying at Roy Rogers and Pizza Hut in Thurmont. This month's Hidden Object is a sand castle.

For the “Where Am I?” photo contest, take a look at the photo directly below this box and tell us where it was taken. It is somewhere in or around our Northern Frederick County Area. Our area is defined as Rocky Ridge to Cascade and Lewistown to Emmitsburg, Foxville to Creagerstown and everywhere in between. Call 301-693-9503 to leave a message or e-mail news@thecatocinbanner.com. Don't forget to leave your name and phone number. Please only leave game messages on the message line. Call our regular number with all other inquiries.

### ‘Where Am I?’ Contest



Photo by Deb Spalding

## Guardian Hose Company Carnival

The Annual Guardian Hose Company Carnival will be held from July 11 through 16 and features rides, good food and entertainment for everyone.

Ride-all-night tickets can be purchased at the fire hall from 9:00 a.m. until 12:00 p.m. and Sunday from 2:00 p.m. to 4:00 p.m. and every weekend until the carnival. Ride-all-night tickets can also be purchased at the local banks; the cost is \$13.00 (a savings of \$7.00). Once the carnival begins, the cost is \$20.00. Pre-sale ride tickets can also be purchased on the carnival grounds on July 9 and 10 from 9:00 a.m. until 4:00 p.m. Rides are provided by Penn Wood Amusements.

Superb entertainment will be offered: Monday – Rock & Roll Relics, oldies; Tuesday – Catocin Promise Band, Christian; Wednesday – Leghorn, classic rock; Thursday – Just Friends, variety; Friday – Allen Brown and Friends, traditional country and gospel; Saturday – Knight Brothers, variety and gospel.

The annual parade will be held on Thursday, July 14, beginning at 6:30 p.m. Numerous chance prizes will be raffled off, including a scooter, cash and other prizes. Any questions should be directed to Bob Oxendale, Secretary at 301-271-3943 or Wayne Stackhouse, President at 301-271-7117.

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

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

We created *The Catocin Banner* Incentive Program to reward our supporters. The Incentive Program is a program where any person can sell an ad or ads and earn money by helping to support this little newspaper.

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

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HOURS - Saturday - 9:00 AM - 12:00 PM  
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Wrist band advance sale tickets will also be available at the Carnival Grounds on Saturday, July 9, 2011 and Sunday, July 10, 2011.  
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**WHEN & WHERE**  
Mon., July 11, 2011 - Sat., July 16, 2011  
**Guardian Hose Co. Carnival Grounds**  
East Main Street, Thurmont, MD



**PARADE**  
The Parade will be held on Thursday, July 14, 2011  
Starting 6:30 p.m.  
rain or shine

**RAFFLE**  
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• BBQ Grille with \$100 meat package  
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**ENTERTAINMENT**  
**Mon., July 11** - The Rock & Roll Relics  
**Tues., July 12** - Catocin Promise Band  
**Weds., July 13** - Leghorn  
**Thurs., July 14** - Just Friends Band  
**Fri., July 15** - Allen Brown and Friends  
**Sat., July 16** - Knight Brothers Music

**Sponsored by Guardian Hose Company, Inc. Thurmont, Maryland [www.guardianhose.org](http://www.guardianhose.org)**

## Emmitsburg, July 2011

### Emmitsburg Officials Make Budget Cuts

As part of cost savings and balancing the budget, the town of Emmitsburg decided to cut one of their community deputies. This will save the town about \$60,000 for the fiscal 2012 budget.

The current deputy contract will terminate as of November 2011, and so the town will have three deputies until that time. This deputy will not be unemployed, but will be reassigned by the county to another town/area. President of the town commissioners, Chris Staiger, stated that this cut was necessary to avoid dipping into savings or raising taxes. There has been some negative reaction, understandably, comments Staiger. Commissioners voted unanimously for this cut. Additional cuts included reducing the amount of bulk trash pick-ups; reducing the capital improvement budget for playground equipment, fencing, and road paving; and cutting the office supply budget to 2011 levels. Commissioners did, however, vote in favor of a cost of living raise for town staff.

### Solar Farm to Be Built at Mount Saint Mary's University (aka-The Mount)

The Frederick County Planning Commission unanimously approved a large solar farm project to be installed on the Mount's land. The project will include installing 220,000 photovoltaic panels over 135 acres, to be completed by the end of 2012. Constellation Energy will build, own, and operate the system. The state of Maryland has contracted to buy the electricity that the system produces for the next twenty years. In addition, Constellation Energy will erect a smaller and separate energy system that will generate power specifically for the Mount's consumption. This project helps with the state of Maryland's goal of generating 20 percent of its energy from renewable sources (such as wind and solar) by 2022.

### Smoking Ban Discussion

Town commissioners discussed a proposal to ban smoking in town parks. Commissioner Glen Blanchard said he proposed it for both his own experience witnessing smoking during Little League games, as well as getting inquiries from citizens about a possible ban in the parks. There were both positive and negative responses to the idea. Some commented that banning smoking outdoors is going too far, while others think that smoking should be limited in outside areas, like parks, children's games, and public pools. Commissioners proposed placing a no-smoking sign in playground areas and the town pool, and are

# town hall reports

by Michele Cuseo

recommending a "self-policing" method of reducing smoking in these areas. More discussion at a future meeting is planned.

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

## Thurmont, July 2011

### Thurmont Water Department Notice

The Carroll Street water tank will be closed for the next three to four weeks. Water pressure will be lower than normal. Also, there will be a chance that water could be clouded

or discolored. If this occurs, run cold water to flush away the cloudy water. The town is asking that people try to conserve water during this time period. Any questions, call 240-674-2209 or 301-271-7313.

### Farmer's Market Includes Entertainment and Flea Market

The Farmer's Market this summer include live entertainment and flea market vendors, along with fresh, delicious local produce. Guitar player Harold Staley will perform once a month. Another entertainer, Rick Hill, is also scheduled to play once a month. He plays the guitar, dulcimer, banjo, and entertains the kids by allowing them to play instruments. The market has a bakery vendor, too. The Market opened on May 28, 2011, and will remain open through September 24, 2011. To find out how to join the market as a vendor or entertainer, contact John or Karen Kinnard at 301-606-9458. The market is held every Saturday from 9:00 a.m. to noon, at the Carnival Grounds property.

### Thurmont Town Budget Approval Includes Amendments

The new town budget takes effect on July 1, 2011, and includes the following amendments: (1) Hiring a Thurmont Police Department Lateral Officer; (2) Raising employee health care contributions an additional \$2.50 per single and \$5.00 per family; and (3) Hold the police department IT costs down until the town and county settle on an appropriate amount.

### Thurmont Shocked by County Commissioners Discussion to Close Senior Center

Town of Thurmont commissioners had been considering finding another source for a food vendor for the Senior Center, when they discovered that the county commissioners were considering doing away with the Center altogether. The town's decision for an alternative food vendor had not yet been made, when they received a letter from the county stating that the county wants to divest itself of the Thurmont Senior Center. The county proposal would include a one-time pay off of \$13,000 to the Thurmont Senior Center. Thurmont Commissioners discussed contingency plans and hope to get help for the Senior Center, if the county makes good on eliminating the Center.

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.

## Farmer's Markets:

**Emmitsburg** -- South Seton Avenue, Fridays from 3:00 - 5:30 p.m.  
**Thurmont** -- Carnival Grounds on Boundary Avenue, Saturdays, 9:00 a.m. to noon.

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- July 16 Thurmont Commissioner Bob Lookingbill &  
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"Writing a New Constitution for Frederick County"
- July 30 Maryland Senator Ron Young  
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- Aug 6 Frederick County Sheriff Chuck Jenkins
- Aug 13 Emmitsburg Mayor Jim Hoover & Appointed  
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- Aug 20 Thurmont Police Chief Greg Eyler
- Aug 27 Larry Stouter MS,  
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## Send Your Fishy

**Pics** We will feature your fishy pics in the center spread for the August issue. Send your pics to [news@thecatocinbanner.com](mailto:news@thecatocinbanner.com)





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wood floors, and beautiful  
Mountain views. Fully  
finished basement w/ 2  
bedroom in-law suite, separate  
entrance and pellet stove.  
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ceilings and workshop. Home  
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has 3.85 KW tie solar array.  
Seller is motivated and willing  
to consider reasonable offers.  
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8607 Crystal Fountain Rd.  
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baths, 2 car garage and a  
finished basement on 8+  
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Adjacent to Water shed!  
Minutes to Rt. 15 and Mt.  
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3 E. Main St.  
Thurmont- \$164,900  
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upstairs (both currently  
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possibilities! Recently  
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Wigville Rd- Thurmont  
3 gorgeous building  
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Acres, 6 BR, perc, well)  
(\$179,900- 5 Acres,  
5 BR, perc, well)  
(\$169,900- 5.57 Acres,  
6 BR, perc, 2 wells)



25308 Military Rd.  
Cascade- \$222,900  
Cozy 4 bedroom, 2.5  
bath colonial w/recessed  
lighting in living room,  
hardwood floors and  
spacious eat-in kitchen  
with pantry. Detached  
one car garage w/  
workshop, electric and  
woodstove. Fenced  
backyard with storage  
shed.



4750 Sabillasville Rd.  
Thurmont- \$375,900  
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with in ground pool on over  
.75 of an acre! Gorgeous  
cherry kitchen, hardwood  
floors, stone fireplace and  
incredible library/office off  
of master suite with built-  
ins and separate entrance!



25331 Military Rd.  
Cascade/Fort  
Ritchie-\$199,900  
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so many options! Solidly  
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bedroom, 2 bath apartment  
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rented) could also be used  
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and creamery. A must see!





## St. Philomena's Books and Gifts

by Aaron J. Heiner

St. Philomena's Catholic Books and Gifts in Emmitsburg is celebrating its fourteenth year of business with a relocation of the religious book store to 2 West Main Street on the town square in Emmitsburg. It will open at the new location in June, just two blocks east of the old location.

Current owners, Pam Sielaff and her husband Bruno, pictured above, have made many changes to the old store in an effort to make the most of their small store space. They felt the original location could no longer sustain the company's growth and jumped at the opportunity to move to the new location, where they're adding the Holy Grounds Café to their book store. They will offer coffee and a juice bar at Holy Grounds Café which features wi-fi and natural lighting.

Services provided at the new store include, but are not limited to, the continuation of selling quality Catholic books, religious fine art, jewelry, and special orders. A new frequent buyer's card provides discounts for repeat purchasers. In the future, they plan to add an online storefront in order to promote internet sales.

Local parishioners and students from Mount Saint Mary's, as well as pilgrims visiting the Grotto of Lordes, visit the store on a daily basis; but as Pam Sielaff states, what separates her store from the crowd is personalized service. With the advent of online retailing, internet services such as Amazon.com, have cut deeply into many Catholic book stores over the past decade. Since clientele wish to grow in their faith,



Photos by Aaron J. Heiner

St. Philomena's Catholic Books and Gifts can offer a feature that internet retail cannot -- one-on-one services.

The Sielaffs have a goal to promote the shop's community-centric nature by including images of historic Emmitsburg in the shop. Thus, local patrons of the community are asked to loan or donate images of the town. Stop by for details. St. Philomena's Catholic Books and Gifts & Holy Grounds Cafe offers new extended hours: Monday through Friday, 6:00 a.m. until 6:00 p.m., and Saturday from 7:00 a.m. until 6:00 p.m. The store is closed on Sunday.



## Uncle Dirty's BBQ Sauce

Josh Bollinger, pictured right, of Bollinger's Restaurant in Thurmont is spreading the word about his line of Uncle Dirty's BBQ sauce. Current flavors are Regular, Apple, and Honey Chipotle, with more surprising flavors in the works. Josh said, "If you like the sauce now, you're going to like these (new flavors)." The production of the sauce is licensed by the State of Maryland. Creating the sauces takes place in the kitchen at Bollinger's Restaurant, where he has slowly introduced the sauces over the last three years.

Bottles of the BBQ sauce are currently available at the restaurant, as well as at Hillside Turkey Farm and Gateway Market & Candyland. It can be purchased by the bottle or the gallon, and, upon request, Josh will cater for cookouts and events. This month, he will be a sponsor at the Red, White and Brew Festival on the square in Brunswick, Maryland, on Saturday, July 30, 2011, from 5:00 to 9:00 p.m.

Customers who have purchased the sauce say "it's good stuff." Josh's crowd of repeat customers is growing. He said, "Everyone likes every flavor." Josh has hopes to grow the Uncle Dirty's line of BBQ sauces throughout the county and the state. He said he wants the sauce to be a "home-town product," where people from all over "have to go to Maryland to get that." While a website is in the works, presently you can 'like' Uncle Dirty's BBQ Sauce on Facebook or purchase the product by visiting participating stores or by calling 301-271-3500 or 240-529-4488. Just ask for Josh or Uncle Dirty.



Photo by Deb Spalding

## "Gettysburg, The Musical"

The Carriage House Inn is excited to announce a new event: "Gettysburg, The Musical" performed by a dynamic Duo—Billy and Carol Finch—every Friday evening, from July 1 through August 19, 2011, in JoAnn's Ballroom at the restaurant. The Carriage House is located on South Seton Avenue in Emmitsburg, Maryland. See their ad on page 10. Billy Finch and his wife, Carol, have shared the stage with many luminaries, including Senator Edward Kennedy, Rush, Kool and the

Gang, The Spinners, The Miracles, Dave Chappelle, and Rodney Dangerfield. Billy has performed at the Riviera in Las Vegas, Wolf Trap, and the Kennedy Center, and for three Presidents at the White House. This 'new' musical brings new energy to the Battle of Gettysburg, and the point of view that combines North and South, respectively. Doors open at 5:30 p.m. A dinner buffet starts at 6:00 p.m., and the show starts at 7:15 p.m. Reservations are required.

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## Dale's Place

by Aaron J. Heiner

Dale's Place has been a well-known Thurmont establishment for years, but it has often been perceived to draw a roadhouse crowd. Not anymore. Since Dalene Dewees purchased the establishment in 2009, she has managed a slow but steady change into a modern and family-friendly eating place. She said, "People who come in here have a positive experience, and word of mouth is helping."

The current era of Dale's Place began when Dale Dewees purchased the business and renamed it Deer Dale Inn in 2000. Two years ago, his daughter Dalene, purchased the business from her father. Dewees has twenty-five years of hotel management experience and a business degree. She left her career to be closer to the family and try her hand at running a restaurant.

And a restaurant is what Dale's Place strives to emphasize. Dewees states that home-made, quality food is key to the future of the business. Home-made crab cakes, and crab soup, along with a higher grade of food and bar favorites, such as

burgers and fries, will provide options for everyone. She said, "I challenge you to try my steak and cheese and tell me that anyone else's [sic] is better."

Dewees has been working

on a new menu for the past six months but wants a perfect dining experience and refuses to cut corners to her patrons before a final printing is released. "I want to get away from prepared frozen foods and move over to entirely freshly prepared foods. I love to cook." Her love shows with the amount of time she has poured into creating the new menu.

Food is not the only changes in the works at Dale's. Recently, a new deck and entrance way were erected. Changes to the kitchen are also underway. Future changes include a new ceiling, taps for the bar, and new wood and stone decor. New lighting and bathroom work will complete the makeover.

Interestingly, with the changes comes the opportunity for the customers to participate. A name adjustment needs to occur. Dewees said, "We are going to run a little contest to get some names out there." She continued, "People say, 'You've got to keep it 'Dale's.'" Well, that was my father's name, Dale. Dalene, throw an 'ne' at the end of it."

For those who still enjoy the bar,



Photo by Aaron J. Heiner

Dale's Place was a host of the Second Annual Crabby Daddy's JDRF Benefit Motorcycle Ride.

## business spotlight

Dale's Place offers a full bar, a live KENO machine, and the occasional poker runs, but what separates Dale's from the competition is, as Dalene said, "the friendly atmosphere. Most of the people in here are like family, and we'll welcome anyone who comes in."

Dale's Place offers live music on the weekends and karaoke on Fridays. However, Dewees commented that Frederick County does not have much of a selection for live country music. She hopes to change that. Along with country there seems to be a great desire for classic rock bands which routinely play on the weekends.

On a little publicized note, Dale's Place also plays host to local charitable events. This past June, Dale's Place hosted the last leg of the Second Annual Crabby Daddy's JDRF Benefit Motorcycle Ride, which raised money for the Juvenile Diabetes Research Foundation. "We definitely like to help the community when and wherever we can. So, come on in and see who we really are."

Dale's Place is family owned and operated. Stop by Dale's Place at 12841 Catocin Furnace Road in Thurmont. Visit them on Facebook at <http://www.facebook.com/dalesbarandgrill> or call 301-

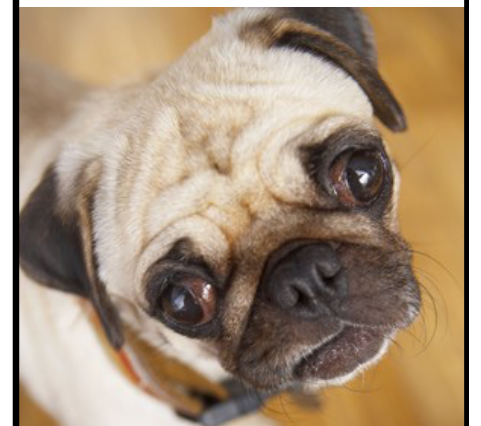


Photo by Aaron J. Heiner

Dale's Place owner, Dalene Dewees is shown open and ready for business at the restaurant which is located in Catocin Furnace parallel to US #15 across from Catocin Mountain Park Manor Area.

271-6995. Hours of operation are Mondays 2:00 – 9:00 p.m., Tuesdays and Wednesdays Noon to 11:00 p.m., Thursday noon to midnight, Fridays and Saturdays 11:00 a.m. to 2:00 a.m., and Sundays noon to 8:00 p.m.

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## Swinetastic BBQ Festival

by Aaron J. Heiner

Friday, June 17, 2011, marked the start of Fredrick's First Annual Swinetastic BBQ Festival, held at the Great Frederick Fairgrounds. John and Peggy Van Der Cruyssen, pictured right, of the Cruzen 2Q Competitive BBQ Team—a husband and wife team from Cascade, Maryland—came down off the mountain in their RV to show folks in Frederick what mountain BBQ is all about.



Photo by Aaron J. Heiner

The Van Der Cruyssens were not alone. Fifty-four other teams from all over the eastern seaboard turned out and braved the severe weather Friday night to compete for the prized BBQ trophy. Friday night's contest was "Anything Seafood." Saturday's contest was the sanctioned Kansas City Barbeque Society (KCBS) event, with ribs, brisket, pork butt and chicken categories.

John Van Der Cruyssen is also a Kansas City Barbeque Society (KCBS) certified judge and member. KCBS, a nonprofit organization dedicated to promoting and enjoying barbeque, is the world's largest organization of barbeque and grilling enthusiasts, with over 14,000 members worldwide. John stated, "There's a lot of good competition that is here. It's a very tough competition." He added, "We've been competing for five years. We did ten competitions last year, and we're doing ten competitions this year." The husband/wife team is prepared to go to great lengths and travel great distances in their RV to compete. John said, "We'll go as far as Maine. Last year, we went from Georgia to Maine." Their passion for the competition shows with the food they prepare. They won Third Place for the chicken category during the Swinetastic event.

The Swinetastic BBQ Festival ran from Friday through Saturday, with judging at the end of the competition. It looks like it will become a permanent staple of summertime events at the Frederick Fairgrounds. For additional information on the Cruzen 2Q Competitive BBQ Team, please email John and Peggy at [jvandercruyssen@msn.com](mailto:jvandercruyssen@msn.com).

## Send in Your Fishy Pics! Pics featured August issue.

Email them to [news@thecatocinbanner.com](mailto:news@thecatocinbanner.com), mail them to 515B East Main Street, Emmitsburg, Maryland 21727 or 13425 Moser Road, Thurmont, Maryland 21788, or stop by E Plus Copy Center in Emmitsburg.

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## Starting a Business in Emmitsburg

by Sue Cipperly

In the three and a half years that I have been the Town Planner for Emmitsburg, I have seen some businesses come and go fairly quickly, while others have endured and seem to be successful. The difference between these outcomes seems to be the amount of experience the owner had in running a business, the amount of marketing they did, and whether they were a good fit for the Emmitsburg area market. For instance, it may seem like there is a lot of traffic going through Emmitsburg at certain times of the day, especially during the months when Ski Liberty is open. Traffic count information from the State Highway Administration shows that on a daily basis, there are 7,991 trips on East Main, and about 7,741 trips on South Seton. Whether these travelers are really potential customers depends on what you are selling, and whether they are really just interested in getting to work or home in Emmitsburg, and elsewhere. If you are planning to open a take-out restaurant, this might work for you. If you are planning to open a specialty clothing store, there may not be enough buyers to make your business successful if you depend solely on existing traffic and the local market. There are other elements that play a role in business success, as well—local residents' age, income level, interests, and whether the commuters shop where they work, rather than when they get home.

Emmitsburg does have existing businesses that generate tourism, retail, and dining customers. The Antique Mall has 39,000 customers annually, the Seton Shrine has 45,000 visitors each year, and NETC/FEMA trains 16,000 students per year. Mount St. Mary's represents a total of 133,035 visitors annually, with 43,900 of those visiting the Grotto. In addition, Mount St. Mary's averages 1,500 students

at the local campus. Restaurants who responded to my inquiry were the Carriage House Inn, which serves about 36,400 meals per year, and McDonald's, where 421,901 customers were served during 2010. On Main Street, there are also some specialty businesses, such as Antiques Folly, Rebecca Pearl Gallery, St. Philomena's Books, and State Line Gun Shop, which attract customers looking for a specific product or service.

Our newest attraction—the Frederick County Fire Museum on South Seton Avenue—will bring new visitors to town and provide an additional activity for both residents and tourists.

If your business idea is one that can tap this existing visitor/business base, there is a better chance that you will succeed. None of the businesses I have mentioned depend solely on local traffic or residents. They reach out to a considerable area, and have generated business as a result. A good marketing plan and investment in advertising is a necessity.

For help with considering your business options, the Frederick County Office of Economic Development is a good place to start. One-on-one assistance is available for preparing a business plan, marketing tools, and hiring employees. Training is offered to those who are just starting out, and for those who have specific needs. The website address is [www.discoverfrederickmd.com](http://www.discoverfrederickmd.com) and the main phone number is (301) 600-1058.

Permits are required by both the Town and Frederick County before a new business can open up. Please stop by the Town Office and ask about business permits. We can provide information about the Town permits and direct you to the proper Frederick County office. Susan H. Cipperly, AICP Town Planner, 301-600-6300.

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Photo by John Kinnaird

Members of the Thurmont Economic Development Committee are shown enjoying a safari ride at the Catocotin Wildlife Preserve & Zoo during a recent picnic. Special thanks to the folks at the Catocotin Wildlife Preserve & Zoo for their hospitality. A good time was had by all.

## Close of the First Annual Butterfly Project

One thing is for sure: Thurmont loves Butterflies! The Thurmont Economic Development Committee's first annual butterfly parking meter project was a huge success. Sixty-four butterflies were purchased and uniquely decorated by children, businesses, local artists, classrooms, churches, and civic groups. Comments about the butterflies range from, "They make me smile every day, as I drive through town," and the butterflies "have renewed a true sense of community spirit."


After being decorated, the butterflies were up for sale via silent auction. Every decorated butterfly was purchased during auction. The project raised \$640 in initial purchase fees and \$1,091 in silent auction bids.

The Best Decorated Butterfly Award went to Gateway Printing for the "Stained Glass Beauty." First runner-up was Irene Matthews for her "Maryland Flag Butterfly." And, Best Butterfly Decorated by Children went to Mr. Baran's First Grade class at Thurmont Primary School (TPS) for "Hands, Caring and Sharing." Please visit [www.thurmontfirst.com](http://www.thurmontfirst.com) to see pictures of all of the butterflies and to find out what projects and events we have planned.

Thank you so very much to everyone who participated. Without your support, this project would not have been possible. Special thanks go to all the folks at Catocotin Wildlife Preserve & Zoo. Please contact Stacie Zelenka, Thurmont First/EDC Vice-Chair, with any questions at 240-446-2846.

## Antique Tag Sale

An Antique Tag Sale will be held July 15, 16 and 17 in an 1800s barn located at 7508 Utica Road, Thurmont. As you stroll through the barn, you will find traditional, primitive and shabby chic furniture, as well as blue decorated stoneware, quilts, Griswold Collection, old tools, plus lots of accents for your home, and so much more—even some baked goodies. Parking and admission are free. Open rain or shine. See their ad on page 6.



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## business news

### Emmitsburg Business and Professional Association Sponsors Business Expo

The Emmitsburg Business and Professional Association (EBPA) held their first ever Business Expo in JoAnn's Ballroom at the Carriage House Inn on South Seton Avenue in Emmitsburg on June 15. A variety of businesses as well as patrons came out to gather information about those in attendance.

Visit [www.EBPA.biz](http://www.EBPA.biz) for more information on this exciting event.



Photo by Graceanne Schramm

Darlene and Rick Sharer are shown collecting information from the Mount St. Mary's University display during the Expo.



Photo by John Kinnaird

Quizno's owners, Mike and Debbie Bloom and staff, along with members of Thurmont First, Inc., celebrated the Grand Re-Opening of Quiznos under their new ownership on Saturday, June 4.

### Grand 'Re-opening' of Quiznos in Thurmont

Quizno's owners, Mike and Debbie Bloom and staff, along with members of Thurmont First, Inc.—the Main Street organization responsible for Thurmont's economic development initiative—celebrated the Grand Re-Opening at their location at 130 Frederick Rd., Ste A, Thurmont, on Saturday, June 4, 2011.

Owners, Mike and Debbie Bloom have lived in the northern Frederick County area for over 20 years. During their early days together, they spent weekends at Cunningham Falls, the Catocotin Zoo, and other Thurmont destinations. Mike and Debbie fell in love with the charm, history, and beauty of this community, along with its people and attractions. Mike comes from a food service/restaurant background, and Debbie shares that Mike is a "wonderful, superb chef who loves to cook!"

With this said, Mike and Debbie have future plans. They recently added an outside patio/deck seating at the shop, which will encourage patrons to come and dine outside, weather permitting. What does the future hold? Delivery, catering, breakfast menu...who knows? For more information, contact Debbie at Quiznos directly at 301-271-9889; fax your order to 301-271-9887; or reach them on the website for orders and delivery at [www.quiznos.com](http://www.quiznos.com).



## body wisdom

by Teresa Dukich, L.M.T.

Bodies are my business. I am constantly watching bodies work. I make observations about body structure and movement.

It's important here to note the word observation, not judgment. In my training as a massage therapist, the class was instructed to observe someone's posture in motion and in stillness. The body tells a story. That's why making judgment is not valid, because until we interview, we don't know the life story of this body. Have there been accidents, genetic causes, or repetitive work motions that deform the structure? We can, however, observe.

If you're also a people watcher, some of our favorite places to make observations are at the beach and the mall. But you can also watch folks walking down the street. Some points of awareness might be: Are they walking tall? Are their arms bent at the elbow? Do they swing their arms? Is the chest lifted? Are the hips square and fluid? Is the chin parallel to the ground? Are the nose and eyes straight ahead? Are the shoulders rounded forward or are they in alignment with the ears? Are the feet under the knees and the knees under the hips? (I know that one sounds weird, but observe.) What part of the body is leading: is it the feet, knees, hips, chest, or head?

All of these points are important to perfect body posture and good health. The Good Book says, "Judge not lest ye be judged," so now take a good look at your own posture. Do you accomplish this posture when you're walking? How about when you are standing?

Our mothers were right when they told us to "stand up straight and quit slouching." She probably told us that because she didn't want to own up to a sloth, but she was right! With proper posture, we allow more blood flow to our organs. We actually breathe better and provide more oxygen to the brain. Better posture can also improve your self-esteem.

Elongation of the spine creates more space between the vertebrae which provides more space for discs, ligaments, and nerves to do their job. Inversion therapy is the best defense against the inevitable damage of gravity. It reverses the blood flow, shakes up the important immune-fighting lymph system, and disturbs toxins lying in the bottom of our internal organs. Occasionally, I'll instruct a client to go to the playground, climb the ladder to the slide, sit backwards with your feet on the top step and lie down on the slide. It takes surrender to allow the weight of the upper body to stretch and elongate your back, but it's a simple way to create space. Let yourself stay there for a few minutes, breathing deeply and relaxing. The head rush will tell you when it's time to sit up again.

While hanging upside down every day may not be an option, we CAN consciously and DAILY get out of our hips! I'll bet no one has ever told you that before, but just TRY it. Lift your torso OUT of your pelvic girdle as if there were a rope in the top of your head pulling you upward. Your internal organs will thank you for creating a little more room for them to do the best job they can do for you.

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## Todd Michael Seiss Receives Top Academic Honors

John and Brenda (Bruchey) Seiss of Graceham announce the acceptance of their son, Todd Michael Seiss, to Harvard and Princeton Universities. Mr. Seiss has also been offered the prestigious Bannaker/Key Scholarship from the University of Maryland. After assessing these opportunities, Mr. Seiss plans to attend Princeton University in Princeton, New Jersey, where he will study Physics this fall.

Mr. Seiss is a 2011 graduate of Catoctin High School (CHS), where he graduated first in his class. He was a member of the National Honor Society and was a Gold Advanced Placement (AP) Scholar with twelve AP (college-level) courses. He was also designated a Maryland Distinguished Scholar. Mr. Seiss served as Senior Class President, Captain of the CHS "It's Academic Team," President of the CHS Astronomy Club, student representative to the CHS PTSA, and an active member of the Environmental Academy.

Mr. Seiss was the Grand Prize winner at the Frederick County Science and Engineering Fair, where he went on to compete at the Intel International Science and Engineering Fair in Los Angeles, California, in May. During the summer of 2009, he attended the Education Program for Gifted Youth at Stanford University, where he studied Quantum Mechanics. In eighth grade, he took the SAT, and because of his above-average scores, was accepted into the Johns Hopkins Center for Talented Youth program, allowing him to take pre-calculus the summer after his high school freshman year.

He was awarded scholarships from the following organizations: Thurmont Middle School PTA, CHS Youth through the Community Foundation of Frederick, CHS PTSA, Thurmont American Legion, and the Thurmont Lions Club. Mr. Seiss' hobbies are reading, video-gaming, and hiking. He works at the Thurmont Regional Library as a shelver.



Courtesy Photo



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## Thurmont Lions Club Gives Away Over \$40,000

by Theresa Dardanell



Photo by Alban Little

Pictured are representatives from some of the many organizations that received funds from the Thurmont Lions Club during their recent Community Night event (Standing from left to right): Frank Melienz, Operation Second Chance; Wayne Stackhouse, Guardian Hose Company; Robert Bullock, Lions Vision Research Foundation; Butch West and Bill Blakeslee, Town of Thurmont; Bob Miller, Lions Saving Kids Sight; Brooks Widder, Hearing & Speech, District 22W; Susan Polansky, National Federation of the Blind, Parents of Blind Children; Paul Cannada, LCI Foundation; Kate Charuhas, Hospice of Frederick County, Camp Jamie; Donna Jackman, Diabetes Awareness, District 22W; Pat Murphy, MD Medical Eye Bank; Bobby Rakestraw, Frederick County Soil Conservation, Envirothon; John Ford, Catocin Community Medical Fund; Sue Oehmig, Hope Alive; Pastor Sally Joyner-Giffen, Thurmont Food Bank; Lisa Coblenz, Community Foundation of Frederick County, Davey Long & Mike Compton Memorial Fund. (Sitting from left to right): Jan Flynn, Frederick County 4-H Therapeutic Riding Club; Teresa Bean, TMC Show Choir; Laura Knott, CHS Show Choir; Rosemary McDermott, Thurmont Ministerium; Miss Bean, TMS Show Choir; Becky Little, Guiding Eyes for the Blind.

If you enjoyed one of the southern fried snickers, oreos, or twinkies served up by the Thurmont Lions Club during the past year, you may have also helped someone in the community with vision or hearing problems. Having lunch at one of the summer sandwich sales could also mean help for military families or the poor, homeless, elderly, ill or disabled members of our community. Purchasing your Christmas tree from the Lions Club might help with

emergency needs or disaster relief. Since July 2010, the Thurmont Lions Club has donated more than \$40,000 to organizations that provide these and other services. In addition, they have coordinated and/or assisted with events that directly provided more than \$25,000 for cancer needs.

During the past 12 months, the Thurmont Lions Club held five sandwich sales, operated a food booth at two of the Saturday Strolls, as well as at the Thurmont/Emmitsburg Community Show and Colorfest. They hosted a basket bingo, Fall Food Festival, a Spring Fish Fry, and a community breakfast. Christmas trees and ornaments were sold during the holiday season. These and other fundraising efforts, together with tremendous community support and assistance from the town of Thurmont, helped to make the Thurmont Lions Club's many donations possible.

The Thurmont Lions Club members believe in their motto: "We Serve." The group coordinated the Thurmont Health Fair, Make a Difference Day, the Easter Egg Hunt, the A.R.T. Festival, Remembrance Tree, and a Christmas House Tour, which was coordinated jointly with the Historical Society. The Thurmont Lions also support Boy Scout Troop 270 and two local LEO Clubs. Together with the town of Thurmont, they maintain the Trolley Trail. If you would like more information, visit their website at <http://www.thurmontlionsclub.com>.

## people making news

### "Always In Motion" Presents Scholarship Awards and the 2nd Annual Bobbi Jo 5K Memorial Run/Walk



Courtesy Photo

Pictured are Amanda, Ashley, Andrea and Justin Barber (Bobbi Jo's children) and Craig Nowaczyk and Rachel Marlow, scholarship recipients.

On May 31, 2011, the organization behind the Bobbi Jo 5K Memorial Run/Walk, "Always In Motion," presented two \$1,500.00 scholarship awards to Catocin High School graduates, Craig Nowaczyk and Rachel Marlow, to use towards their continuing education. The scholarship committee would like to thank you for your support of this endeavor and remembrance of Bobbi Jo Delphey Barber. Without your support, these awards would not have been able to be given. Thank you!

The 2nd Annual Bobbi Jo 5K Memorial Run/Walk will be taking place on July 23, 2011 at the Eyler Road Park in Thurmont. On-site registration and check-in begins at 7:30 a.m. Runners in the 1-Mile "Fun Run" take off at 8:30 a.m. and runners in the 5K Run start at 8:00 a.m. Pre-registration is \$25.00, on-site registration is \$30.00 and the 1-Mile "Fun Run" is \$15.00. T-Shirts will be given to ALL that register before July 10. Register online at [www.bobbijo5k.webs.com](http://www.bobbijo5k.webs.com) or call 240-422-7996 for more details.

The course will come out of Eyler Park and eventually make its way to one of Frederick County's Covered Bridges. The route also follows along a tree-lined stream. This is a pretty course with a lot of shade.

Please consider running this event again in support and remembrance of Bobbi Jo. Your support will also help two outgoing seniors in the spring of 2012.

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## Thespians Present “Narnia” in July



Photo by Becca Richards

Pictured in the equipment in the back left to right are Adrianna Bussey, Bolden Blades, Mary Larrivee, Ethan Larsen, Andrew Payne, Dan Miller, Mallory Donaghue, Sam Nigida, Rachel Johnson, Jessica Puckett, Julianna Lynch, Cameron Shanton, Nathan Kopit, and Madeline Mulligan. Back Row (left to right): Jen Stull, Anna Staley, Isabel Miller, Leah Morgan, Amy Donna Bittner, Ali Bruder, Chrissy Kaas, Diana Burch, Maya Swiderski, and Sarah Getz. Third Row (left to right): Arielle Mumm, Erin Fox, Matthias Buchheister, Ben Robinette, Elijah Crisp, Austin Lemere, Sean Miller, Michael Larrivee, Liz Buchheister, and Kirsten Hawk. Second Row (left to right): Mia Ferraro, Timmy Hilton, Nick Miller, Rex Robinette, Stephanie Hilton, Emily Neumann, Annabelle Perry, Bill Kaas, Kaitlyn Solich, Emily Cofer, Annabel Anderson, Maddie Reeve, and Erin Kopit. Front Row (left to right): Ky Anderson, Lauren McFarland, Erin Miller, Emily Williams, Sam Forns, Joe Robinette, Andrew Higgins, Hannah Hartness, Tara O'Donnell, Danny Flanick, Taylor Wiles, and Caroline Coleman.

The Thurmont Thespians' portrayal of “The Lion, The Witch, and The Wardrobe” brought out youngsters in record numbers as 80 will participate in this production. A free workshop for young people ages 6 to 13 will culminate in a production of “Narnia” at the Thurmont American Legion July 21, 22, 23, 24 and 28, 29, 30, and 31. This is a musical version to delight all ages.

Becca Richards will be directing this year, with Becca Corbell returning to once again do the Musical Direction.

The teens from last year's “Godspell” have volunteered to help as production assistants to aid the little ones in learning the basics of stage craft. Every phase of theatre

is taught in this workshop, so youngsters design posters, write press releases, make up prop lists, as well as learn the basics of stage movement and character development.

There are youngsters from Frederick, Woodsboro, Walkersville, Blue Ridge Summit, Waynesboro, State Line, as well as Thurmont—a wonderful opportunity to know friends in other communities, as well as locally.

As usual, we will be walking in the Thurmont Firemen's Carnival Parade, so look for us and take a flyer. The flyer will provide you with all the particulars: curtain at 7:30 in the evenings; on Sundays, curtain is at 2:00 p.m. For reservations, call 301-271-7613.

## Thurmont Heritage Days Holds Concerts

Thurmont Heritage Days recently sponsored a Donna Huber concert at Green Grove Gardens in Green Castle, Pennsylvania. Donna Huber, pictured below, from Toronto, Canada, is a “Shania Twain” impersonator who performed as “Shania Twin.” Donna performed a tribute to Canada's favorite country singer, with a terrific band that was no less than the best. Not only did “Shania Twin” (Donna Huber) look like, sing like, and dance like the Shania Twain, she was a perfect lady and stayed after the show to sign autographs and take pictures with everyone.

After four changes in dress costumes, the crowd all stood and yelled with great joy comments, such as “She is better than the real Shania Twain in every way,” and “The price was well worth the trip, at \$25.00 rather than paying \$175.00 to see Shania Twain,” and “I'll come again, if she comes back.”

Donna Huber is a true, family person and made sure she sang “Happy Birthday” to seven lucky people on stage and at their seats.

After the show and nine hours of driving, it was on to Toronto, Canada for a noon show on Saturday, and then on to California for the next venue. If you would like to see Donna Huber as “Shania Twin” return to our area, please call 301-271-2023.

Her comment was that she “likes the people, beautiful country, and the beautiful Green Grove Gardens. Thanks to all of you!”

Tickets are now on sale for the The Morgan Family concert on July 8, 2011, at 5:30 p.m. at Green Grove Gardens on Buchanan Trail in Greencastle, Pennsylvania. Ticket prices: Adults \$15.00, Ages 12 & under \$12.00. Free drink and hot dog at the show with each ticket purchased. For tickets and more information, call 301-271-2023, or stop by Mountain Gate Family Restaurant in either Thurmont or Waynesboro.



## Tom's Creek To Host 2nd Annual Old Fashioned Country Festival and Car Show

Plan now to attend and participate in the Tom's Creek Country Festival and Car Show on July 30 from 10:30 a.m. to 5:00 p.m. at the promised land of Tom's Creek United Methodist Church, east of Emmitsburg on Route 140. This event features barbeque chicken dinners with carry-outs, pit beef, hot dogs, hamburgers, pie, and ice cream. Activities include some unique options like a pie and watermelon contest, horseshoe contest, goat milking, barrel rides, and more.

Commercial exhibitors and crafters are welcome. A silent auction will also be held. See you at the Festival!

Call Jimmy Hill at 301-447-2633 for more information.

## James H. Mackley Golf Day

Sign up now to take part in the Guardian Hose Company's James H. Mackley Golf Day on Friday, September 23, 2011, at Maple Run Golf Course, 13610 Moser Road, Thurmont. Sponsorship opportunities are available, as well as registration to participate. Participation is \$260.00 per foursome or \$65.00 for an individual. Contact Terry Frushour at 21 North Church Street, Thurmont, MD 21788 or call 301-271-4289. Make checks payable to Guardian Hose Company.

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# UFO Spotted Over Northern Frederick County

by Aaron J. Heiner

A strange sight to be seen—a UFO some can say—as in Unusually [large] Floating Object. However, in this case the UFO is a blimp. The Hanger One Blimp, to be exact, as seen by locals this past week over Frederick and northern Frederick County as it continued on its six-month cross country trip from Florida to Maine, then ending its flight in California. Along the way, Hanger One flew parallel by the Blue Ridge Mountains on its voyage, passing over northern Frederick County to the delight of its citizens after spending a week moored at the Frederick Airport.

“She’s 128 feet long and crafted in Maine,” mentioned Billy Gallagher, the Brand Ambassador, while glancing over at the new airship from about fifty yards. “We’re going to almost every major city in the U.S.” Gallagher is clearly enthusiastic about the cross-country journey, “However, we are limited by the weather, as when we can fly.”

Second officer, John McGuirk, and veteran airship pilot added, “They are essentially giant hot air balloons.” McGuirk, a native Australian with twenty years of flight time with blimps formally flew the FujiFilm blimp. “Even a light wind can make flying very difficult.”

They said that people always ask how does one become a blimp pilot and how would members of the general public get to go up in one for a ride. Brett Viets, Hanger

One’s captain and senior airship pilot, responds that, “The blimp pilot is usually anyone who operated airships. They [the airship’s owners] hire pilots. There is no blimp school to go to.” Viets added, “We don’t sell rides. The rides are by invitation only by Hanger One.” Viets has been involved actively in aviation for over thirty years.

The Hanger One Blimp is a major component of the company’s re-branding strategy and was so named for its brand-sake, Hanger One Vodka, which formed in 2001. The vodka is made by St. George Spirits. The brand is owned and distributed by Proximo Spirits of Jersey City, New Jersey. The name originates from Hanger Number One, an old US Navy base in Alameda, California where the vodka is currently distilled.

As he started to mix a drink for a local vender who has come out to see the blimp, Tour Manager Diego Certuchi talked about the company’s advertising mission utilizing the blimp, “We go into different towns and invite people to taste [the vodka]. Then we move on to the next city and start all over again.”

Commenting on the brand, Gallagher added, “It’s a hand crafted vodka... We’re kind of known for our fruit flavored vodkas. We distill the whole fruit the day they are picked.” Suddenly, the large white blimp with its navy blue stripe showing the Hanger One logo started to bob up and down. The wind had changed



Photo by Aaron J. Heiner

direction and the blimp started a slow dance around its red and white mooring post. He said, “We don’t have a candied flavor. It’s 80 proof, hand made. It’s distilled in a hanger—hence where our name came from and why we have a blimp.”

Recently, the MetLife blimp, Snoopy One, was at Frederick for two weeks covering the U.S. Open. The Snoopy One had departed Frederick only hours before the arrival of Hanger One. In the past, Frederick County has hosted the Outback blimp, the former Budweiser blimp and several of the Goodyear blimps including, The Spirit of Akron, The Spirit of Goodyear, and The Spirit of Innovation.

“Frederick [County] sure seems to be a magnet for these things,” a local observer commented from the parking lot of the Frederick Airport. “It never

ceases to amaze me how big these things really are.”

The blimp departed for its next stop on Monday morning, flying over the northern part of the county near Emmitsburg.

More information on the airship, Hanger One or the brand, may be found on the company’s website at: <http://www.hangarone.com/>

## An Alternative to Four Dollar Gas

Aaron English, owner of Automotive Energy Solutions LLC, has a mission—to reduce pollution and provide Americans the opportunity to power their vehicles by means other than gasoline.

English is a graduate of West Virginia University’s Davis College of Agriculture, Forestry, and Consumer Sciences, holding a Bachelor’s Degree in Environmental and Natural Resource Economics. Currently, English is an Automotive Service Excellence (ASE) certified auto mechanic with a specialization in engine performance and electrical systems. He has also been trained in housing industry energy technology by both the National Residential Energy Services Network (RESNET) and the Building Performance Institute (BPI).

Automotive Energy Solutions LLC was established in the State of Maryland in 2007. English notes, “I had already been researching alternative fuel technology for a couple of years. Once the company was established, we began setting

up wholesale accounts and working with prototype vehicles. We still have one of our original prototypes available for the public.” The company owns a 1967 Fin-Tail Mercedes powered by vegetable oil. AES offers conversion kits for diesel vehicles to run on vegetable oil and gas vehicles to run on E85 ethanol.

Biodiesel is a fuel that is produced from vegetable oil. This is done by mixing fresh or recycled vegetable oil with alcohol and a base such as lye. Biodiesel has characteristics similar to diesel fuel and can be used in most vehicles without extensive modifications, depending on climate zone.

Diesel engines can also run on vegetable oil without being processed into biodiesel. In this case, the vegetable oil must be heated before it can be burned by the engine. Diesel



Aaron English is shown next to his 1967 Fin-Tail Mercedes during the His Place Car Show last May in Emmitsburg. Photo by Deb Spalding

fuel is utilized until the motor warms up enough to heat the vegetable oil or biodiesel being used. Whenever recycled vegetable oil is used for either biodiesel or a direct fuel, it must first be filtered to remove impurities.

Automotive Energy Solutions LLC also has two subsidiary companies. The first of the two subsidiary pertains to home energy use. Appalachian Energy Specialties focuses on energy for people’s houses. “We perform energy audits with diagnostic testing

to help homeowners understand where their energy is being lost. We also upgrade people’s homes with insulation and air-sealing measures,” English said. Appalachian Energy Specialties hold a Maryland Home Improvement Commission License and has contracts with the state, local municipalities, and various power companies.

English’s other subsidiary is AES Performance, established as a performance auto parts outlet. It horizontally integrated with Automotive Energy Solutions by marketing auto parts that were available through wholesale sources but did not fit in the alternative fuel market. The company has since grown to include many automotive accessories, hardware, and old-stock parts. English reported that, “This is currently the largest part of our business.”

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Continued from cover page...

## Catoctin Girl's Softball State Champions



Photo by Cate Erfurdt

The Catoctin Cougar Girls' Softball State Championship team members are pictured left to right: 3rd row - Coach Sam Valentine, Coach Desiree Enck, Mackenzie Smith, Coach Mike Valentine; 2nd row - Rachel Marlow, Courtney Clemons, Cady Baer, Katie Davis, Karly Smith, Brooke Harig, Kristy Erfurdt, Katie Kinna, Coach Jess Valentine; 1st row - Kaylee Krietz, Rhianna Drieu, Sydney Reaver, Carly Farr, Ashley Smith, Stephanie Andrew, Brooke Ridenour.



Photo by Aaron J. Heiner

Catoctin High School's graduating senior softball players are pictured left to right: Cady Baer, Rachel Smith, Carley Farr and Ashley Smith.

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## Catoctin High School Boys' Track Team Finishes State Runners' Up



Courtesy Photo

Pictured is the CHS Boys Track Team celebrating after being awarded the State Runners' Up trophy at the State Track Meet.

The Catoctin High School (CHS) Boys' Track & Field Team finished second behind Carver Vo-Tech to finish the season as State Runners' Up at the State Championships, held on May 26 and 28 at Morgan State University in Baltimore. Deven Patterson led the Cougars and was crowned State Champion in the 400 meter dash and the 200 meter dash. Deven also ran on the Second Place 4 x 200 and 4 x 400 meter relay teams. The Cougars broke school records in several events. This is also the highest ranking that a Catoctin team has ever finished at the state meet and the most points ever scored by a Cougar team (74). This ended a terrific year for the Cougar boys, who also won the MVAL Championships and finished second at the Regional Championship meet by 2 points. In addition, the Cougar boys' also won the Heurich Invitational meet this past season. Catoctin Coach Terri Gibbons said, "What a great performance by CHS. Great work Cougars!!"

From the girls' team, Hannah Stone was named State Champion in the Triple Jump and took Second Place in the High Jump. Savannah Steinley won the State Championship in the 800 meter run, breaking the old school record. Savannah also finished Fifth Place in the 400 meter run. The girls' team finished in Fifth Place.

State Meet Results: • 200 Meter Run: Deven Patterson—First Place. • 400 Meter Run: Deven Patterson—First Place and new school record; Brandon Humerick—Ninth Place. • 3200 Meter Run: David Dorsey—Fifth Place; Nick Trapane—Seventh Place. • 100 Meter Dash: Harlan Lawson—Third Place. • 800 Meter Run: Jeff Stone—Fifth Place. • 4 x 100 Meter Relay: Tyler Davis, Zach Paguirigan, Craig Nowaczyk, and Harlan Lawson—Second Place. • 4 x 200 Meter Relay: Harlan Lawson, Craig Nowaczyk, Zach Paguirigan, and Deven Patterson—Second Place and new school record. • 4 x 400 Meter Relay: Zach Paguirigan, Brandon Humerick, Jeff Stone, and Deven Patterson—Second Place and new school record. • 4 x 800 Meter Relay: Graham Lindahl, David Dorsey, Brandon Humerick, and Jeff Stone—Third Place and new school record. • Discus Throw: Tyler Silverman—Fourth Place. • Pole Vault: Graham Lindahl—Sixth Place. • 1600 Meter Run: David Dorsey—Ninth Place.

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## Catocin1 15-U FCGSL Champions 2011

Catocin1 15-U Girls' Softball team became Frederick County Girls Softball League Champions. Team members are pictured left to right (back row): Ciara Walters, Mike Walters, Brooke Harig, Brian Smith, Mackenzie Smith, Jessie Bryant, Jeff Harig, and Jordan McLaine; (front row, left to right): Kristy Erfurdt, Courtney Scott, Kaylene Frailey, and Megan Jenkins.



Courtesy Photo

## ESP Ballroom Dance Classes

A new Beginner Ballroom Dance class starts Tuesday, July 12 at Elower-Sicilia Productions of Dance and Music 15 Water Street, Thurmont. The class meets Tuesdays July 12, 19, 26, August 2 at 7:00 p.m. No partner or previous dance experience is required. The cost for the class is \$75.00 per person for four weeks. Private lessons at 6:00 p.m. and 8:00 p.m. are also available. See their ad on page 19 for contact information.

## Mulligans Bring Home Multiple Medals

Morgan Mulligan, entering 6th grade at Thurmont Middle School, and Dylan Mulligan, entering 3rd grade at Thurmont Elementary, both of Thurmont, competed in the Jr. Grapplers East Coast Jiu Jitsu Championship in Hampton, Virginia on June 25, 2011. They brought home a total of 8 medals including three first places, 2 second places, and 3 third places.



Courtesy Photo

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## sports



Courtesy Photo

Pictured front row left to right are Macy Randall, Allison Larochelle, Brianna Fowler, Gabby Zirkle and Emily Weaver. Second row, Head Coach Dana Randall, Alyssa Baker, Ginna Morris, Anissa Lyons, Meghan Jenkins, Amanda Neumann, Hailey Harding and Camryn Skowronski. Back row, Coaches-Jim Larochelle, Terry Fowler, Tracy Morris and Amy Weaver.

## Dynamite Winners of the Gold 12U Division

Catocin Recreation Council's Thurmont Dynamite Girls' Softball Team won the 12 and under Gold Division Championship for the Frederick County Girl's Softball League. The team finished the season with a 6-2 win against Urbana. During the regular season the team had 14 wins and 1 tie.

The game was hosted by Catocin Recreation Council at Thurmont East End Park on June 15.

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## CYA Wrestling News

Several of our Catoctin Youth Association (CYA) and Catoctin High School (CHS) wrestlers continue to compete in the post-season. Each year, the Middle Atlantic Wrestling Association (MAWA) hosts the Eastern National Wrestling Championship in Salisbury, Maryland. More than 12,000 folkstyle wrestlers, representing 17 states from Maine to South Carolina, compete to become eligible to enter this elite tournament by placing in one of the more than 35 district tournaments throughout the Eastern United States. District tournament place winners then advance to one of four regional tournaments, where they must place in the top four to advance. Those who place at a regional tournament are then qualified to compete in the National Championships and square off against some of the best wrestlers around.

**District Place-Winners:** First Place—Owen Liller, Justin Peters, Nolan Brightshue, Joshua Small, Garrett Buckley, Zachary Bryant, and Charlie Perella. Second Place—Kevin Simmel and Collin Schildt. Fourth Place—Patrick Guilday.

**Regional Place-Winners:** First Place—Charlie Perella. Second Place—Garrett Buckley. Third Place—Zachary Bryant. Fourth Place—Josh Small and Collin Schildt.

**National Place-Winners/All-Americans:** Eighth Place—Charlie Perella; Charlie became the third CYA wrestler to place at MAWA Nationals. Seth Chilson placed Fourth in 2007, and Joshua Small placed Fourth in 2010.

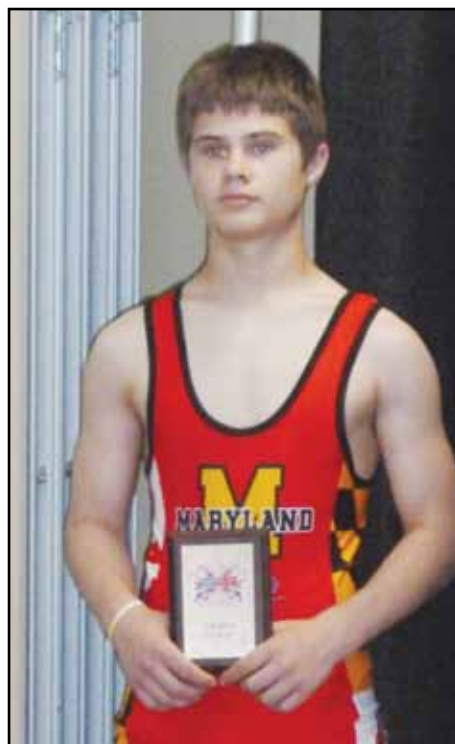
**Other Post-Season Wrestling Tournaments**

**Bad Boys Spring Brawl,** Germantown, MD: First Place—Garrett Buckley and Zachary Bryant. Second Place—Nolan Brightshue and Kevin Simmel. Fourth Place—Patrick Guilday.

**1st Annual Battle of Gettysburg:** First Place—Garrett Buckley. Second Place—Kevin Simmel. Third Place—Patrick Guilday. Garrett Buckley wrestled the entire tournament, five tough matches, without giving up a single point.

**Wrestling for the Montgomery County Bad Boys:** Zachary Bryant, and high-schoolers Collin Schildt and Jon Sweeney wrestled in the NHSCA Duals in Virginia Beach. Zachary also competed in the Dundalk Duals as a member of the Bad Boys team and represented the Warhawks at the PA Slam Team Tournament.

A couple of our wrestlers have competed in events showcasing several different styles of wrestling. Nolan Brightshue placed first and Third (entered two divisions) at the Capitol Battle Submission Wrestling Tournament in Woodbridge, Virginia. Submission wrestling, or grappling, is a form of ground fighting that emphasizes joint locks and chokes,



Courtesy Photo

both legal moves in this style, to subdue an opponent. Nolan also placed Second at The Good Fight Maryland Open Submission Wrestling Tournament in Baltimore.

Charlie Perella, pictured above, competed in the Maryland State Wrestling Association (MSWA) Greco-Roman and Freestyle State Qualifiers in Huntington, Maryland, placing third in Greco-Roman and second in Freestyle. These two styles of wrestling are referred to as the International styles, because they are practiced throughout the world and they are the only two styles contested in the Olympic Games. In Greco wrestling, contact below the waist is not permitted. Therefore, the emphasis is on throwing an opponent, and points are awarded for high amplitude throws. Charlie qualified for and wrestled in the Maryland Greco-Roman and Freestyle State Championships in Owings Mills, Maryland, where he placed second in Greco-Roman and second in Freestyle. Charlie made the Maryland Schoolboy National Team and wrestled in the National Greco / Freestyle Duals in Indianapolis, Indiana, in a field that included many of the top schoolboy wrestlers in the nation. He went 7 and 3 in Greco, helping Team Maryland clinch an eighth place finish—the first time Team Maryland has ever placed at this event. He went 6 and 2 in Freestyle. Team Maryland finished twelfth in Freestyle.

**Eighth Graders Moving Up:** Ryan Green, head coach of the Catoctin High School wrestling team, will pick up seven former CYA wrestlers for the 2011-2012 season. Seasoned wrestlers Kurt Sanders, Ryan Taylor, Joey Puvel, Kevin Simmel, Jake Lease, Garrett Buckley, and Charlie Perella will bring a combined total of over 40 years of mat experience to the Cougar squad, as well as an extensive list of impressive individual achievements.

## Emmitsburg Baseball and Softball League News

The Emmitsburg Baseball and Softball League's (EBSL) 12U Red Sox went undefeated (13-0) for the season and won the league championship. The 12U All-Star team picked up where the Red Sox left off and continued their run of perfection to become the 2011 District 1 Cal Ripken Major League 46/60 Champions.

The 10U Giants went undefeated for the season and won the league championships. The 10U All-Star team played very well, coming in second in District 1 Cal Ripken Baseball Minor League Division.



Emmitsburg U12 District All-Star Champs 6-18-2011



Emmitsburg U12 Red Sox Undefeated League Champs



Emmitsburg U10 Giants Undefeated League Champs

Photo by Mary Ann Wivell

Courtesy Photo

Photo by Deb Spalding





Courtesy Photo

The 2010-2011 Mother Seton School Presidential Physical Fitness Award winners are shown with Physical Education teacher, Mrs. Danielle Kirby. Fifty-five percent of all MSS students tested received award status.

## Mother Seton School Presidential Fitness Awards 2011

Physical fitness has always been an important part of the overall development of Mother Seton School (MSS) students. This year, 42 MSS students were awarded the Presidential Physical Fitness Award and 117 students received the National Physical Fitness Award recently at the end of the annual Field Day.

"I am impressed with the amount of award achievers this year," said Mrs. Danielle Kirby, Physical Education teacher. "55% of the students tested achieved award status in all five components of fitness testing," continued Kirby.

The Presidential Physical Fitness Award Program was started in 1966 by President Johnson and became the President's Challenge in 1986. The Physical Fitness Test recognizes students for their level of physical fitness in five events: curl-ups or partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach. Presidential Award recognizes students that score at or above the 85th percentile on all five events. The 2010-2011 MSS Presidential Award winners are 1st grade: Emma Wivell, Jacob Hartness, Sarah Mulqueen, Elizabeth Kiley, Thomas Wiles, Mia Ferraro, Zoe Kean, and Sean Himes. 2nd grade winners were Summer Ruskey, Natalie Bosche, and Matthias Buchheister. There was one 3rd grade winner, Brigid Pugh, and no 4th grade winners. 5th grade winners were Gabriella Ferraro, Kimberlee Ahlers, Max Kirby, Michael Kiley, and Nick Reaver. 6th grade winners were Carrie Reaver, Andrew Bramson, Brendon LeFaivre, Mackenzie Kirby, Sarah Szulkalski, Lucas Torres and Grace Santos. 7th grade winners were Gabriels Tannure, Maya Swiderski,

Josie Estep, Marah Williams, and Samantha Nigida. 8th grade winners were Rachel Washek, Kelsi Stopyra, Claire Vietri, Madeline Adams, Julia Shultz, Taylor Washek, Quin McCarthy, David Shields, Nicole Milbourne, Andrew Neibecker, J.Patrick Van Der Cruyssen, Jacob Barthlow, and Travis Stocksdales.

The National Fitness Award recognizes students that score above the 50th percentile on the physical fitness test of all five events, demonstrating a basic, yet challenging level of physical fitness. The 2010-2011 MSS National Award winners were 1st grade: John Estep, Jane Waybright, Riley Frutiger, Clarence Pavlovic, Evan Washek, Shea Archie, Keola Evans, Blaise Ridenour, Christopher Nield, Raphaela Smaldone, Timothy Wahl, Katherine Bowlby, and Mathew Knox. 2nd grade winners were Michael O'Donnell, Aedan Myles, Shepherd Leverette, Samantha Strahotsky, Sean Mazaleski, Emmanuel Luzuriaga, Ryan LeFaivre, Garrett Malachowski, Jacob Torres, Katherine Frutiger, Marshall Mott, Emma Kenneweg, Sydney McCarron, Grace Kovalcik, Margaret (Liv) Cliber, and Chase Stull. 3rd grade winners were Evan Ott, Daniel McCarthy, Brede Laug, Carleton Walker, Reese Collins, and William Bush. 4th grade winners were Alexander Wivell, Issiah Wivell, Kendall Peacock, Aidan Cliber, Lucy Estep, Jonas Holz, Halle Houck, Haleigh Bowling, Adrianna Bussey, John Walker, Hannah Hartness, Elizabeth Buchheister, Isabella Alley, Harrison Cole, Christina Kong, Jack Walker, and Vanessa Witmer. 5th grade winners were Edison Hatter, Maxwell Herring, Madison Herring, Grace Mazaleski, Mark Golibart, Caroline Mace, Justin Reaver, Nora

## sports

### Send in Your Fishy Pics! Pics featured August issue.

Email them to [news@thecatocinbanner.com](mailto:news@thecatocinbanner.com), mail them to 515B East Main Street, Emmitsburg, Maryland 21727 or 13425 Moser Road, Thurmont, Maryland 21788, or stop by E Plus Copy Center in Emmitsburg.

**Ah, summer, what power you have to  
make us suffer and like it.**

— Russel Baker

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Stocksdale, James Pugh, Julia Laug, Maya Hand, Thomas Laudani, Stephen Hochschild, Noah Wivell, Beth Gillis, Camille DeSanto, Tyler Archie, and Kimberly Shields. 6th grade winner were Bobby Laudani, Katie Thomas, Zachary Milbourne, Cecelia Bosche, Dominic Nield, Jack Stohlman, Hannah Reed, Athena Fream, Paige Orner, Brandon Benitez, Anna Marie Fostik, Kara Roberts, Bernadette Blocher, Brad Reaver, Sean Vietri, Sierra Harley, and Megan McGee. 7th graders winners were Christopher Kletz, Gregory Dorsch, Jordon Jensen, Payne Harrison, Nick Durski, Nick Imes, Immanuel Castillo, Veronica Smaldone, Justin Shanholtzer, Sam Herring, Robert Hawkins, Gavin Sullivan, Cecilia Galovic, Danielle Harrington, and Meredith Hane. 8th grade winners were Tabitha Gregory, Madison Krauss, Hayley Meunier, Caroline O'Donnell, Jacob Raleigh, Robert Reaver, Savannah Soter, Mathew Benjamin, Connor Gorman, Ellen Weber, Abby Hamrick, Mackenzie Blocher, and Jason Kean.

Physical Education is an essential part of the academic program at Mother Seton School, a faith and family focused private school for Pre-K through grade 8. For more information about the school call 301-447-3161 or visit [www.mothersetonschool.org](http://www.mothersetonschool.org).

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## pets of interest

### 30 Seconds with Mamma Kitty

by Carie Stafford



Photo by Carie Stafford

Mamma Kitty hangs out on the computer key board waiting for an opportunity to help with business.

Interview...you ask? Well, I can share 30 seconds of my time. As my dad often complains, I let people pet me for just 30 seconds as I walk by. I am not stuck-up; I am a Siamese cat—Tortoise shell Siamese, to be exact. Yes, that makes me different; I am special! My Mom thinks so, too. That is why she rescued me from some mean neighbors about 14 years ago in Ohio.

My Mom was in the military, so I guess you could say I am a military brat. I have lived in several different states, and when my mom went overseas, I stayed with a friend until she came home. I was the happiest fur-ball when she came home. I think she missed me, too! She would always cry when she came to pick me up. I used to sleep under the covers with her until she and my dad got married. Now, I have to share the bed with him, too; I just sleep between them now.

I love my dad. When my mom and the kids leave to go out of town, I will sit with him when he watches TV. When I think he is not giving me enough attention, I will tell him. My mom always talks to me and I talk back. Dad not so much; he always complains that I talk too much. It is in my genes; I can't help it.

When my mom used to work night shift, there was this blue jay that would sit by her window and screech. It drove her nuts. Well, I got smart and climbed up on the roof and waited until the time was right and...Gotcha! I proudly sat by the front door with my catch, hollering so mom would let me in. She was so excited, and so proud of me, that I received extra tuna for a week. I earned the nickname "Momma's Angel" after that excursion.

Dogs...you ask? Not a big fan.

I do tolerate the two that have become part of the family over the last couple of years, but they know who the boss is. I used to chase dogs out of the yard. There was a big furry thing they called a Chow that used to live a couple of doors down from our house in Ohio. He liked to come in the yard and do his "thing" and leave. My mom would get so mad when she mowed the yard and stepped in it. Well, I took care of that dog and chased him right out of the yard and down the street. Never saw him again. More tuna for me! Boy, I love Mom!

When the kids were young, I used to sit on the deck railing and keep an eye on them while they were in the back yard. If I felt they were too far from the house, or if they were getting into something they shouldn't be getting into, I would yell at mom and she would go running. I guess you could say I was a good watch cat—anything for tuna.

It seems as if my mom has been going to college for forever—do not tell her I said that. Her schoolwork keeps her busy and on the computer a lot. Therefore, I spend a good deal of time with her while she is working. I lay on the computer desk between the screen and the keyboard. If I think she is not paying enough attention, I start typing on the keyboard. Boy, does she have a fit, but I do get my attention. Well, my 30 seconds is up, and it is time for me to move on.

### Check the Calendar

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



Photo by Jerry Clem and Dick Fleagle

Pictured left to right are Patrick Joy, Bob Dinterman, Billy Kolb, Me, C. Aldesberger, Dick Fleagle, Mark Zurgable, Carol Weidner, Donnie McKinnon, Mary McKinnon and Tom Joy.

### "A Scooter Chair for Billy"

by Jim Houck Jr.

Donors contributing toward a motorized chair for Billy Weidner, a patient at St. Catherine's Center, Emmitsburg, Maryland, met in the activity room and officially presented the chair to Billy's sister, Carol, as he was unable to be present to receive it. The project started by SAL member Mark Zurgable approaching The Sons of The American Legion Post 121 at their monthly meeting. They approved the request and the chairmanship was given to Mark. Local organizations were contacted, and when they heard the urgency of donations, ten of the organizations contacted wasted no time and came through with the sum needed to purchase the chair. Mark called the chair company and ordered it, and when it was delivered, he and Mike Hartdagen delivered the chair and set it up for Billy. We, the friends of Billy, pray he will be able to use his new chair for many years to come.

Sons of The American Legion Post 121, Commander Jim Houck Jr. presented Mark Zurgable with a certificate of appreciation on behalf of all Post 121 SAL officers and members for a great chairing job and making the project a reality.

The organizations that helped sponsor the chair for Billy are: SAL Post 121, American Legion Post 121, VFW Post 6658, VFW Men's Auxiliary Post 6658, Emmitsburg Lions Club, Knights of Columbus Brute Council 1860, Am Vets Post 7 Thurmont, Sons of Am Vets Post 7 Thurmont, Ladies Auxiliary Post 7 Thurmont, Am Vets Post 172 Fairfield.

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## Kids Fishing Derby

by Jim Houck Jr.

The Sons of the American Legion Post 121 Annual Kids Fishing Derby was held Sunday June 12, 2011 at Kline's Pond along US 15 South, between Emmitsburg and Thurmont. Registration started at 8:00 a.m., and by 9:00 a.m. when registration ended, 142 kids had signed in. The fishing started at 9:00 a.m. and all of the kids had their line in the water as soon as Tim Andrew announced it was time to begin.

A lot of fish were pulled in, and the kids were having a ball, as well as their families. The kids and their families were provided with snacks, hot dogs, water and soda. By 11:00 a.m., the group had consumed about 300 hot dogs, all of the snacks (provided by some of the ladies belonging to Auxiliary unit 121), and much of the water and sodas. The weigh-in was under way at 11:00 a.m., and trophies and fishing rod and reels and tackle boxes were given to the top winners in the three age groups.

SAL Post 121 Commander Jim

Houck, Jr. presented Tim (Chopper) Andrew with an award from SAL Post 121 for his years of hard work chairing the Kids Fishing Derby. Special thanks go to the Veterans, the Auxiliary, and everyone who helped make this a great day in the life of kids in our community.

SAL Post 121 would also like to thank the sponsors of the derby, because without their help it would not be possible: Shriver's Meats, Quality Tire, PNC Bank, Jubilee Food, Hobbs Cycle, Hobbs Trucking, McNair & Son, Bollinger

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Post 7 Thurmont, Amvets Post 172 Fairfield, The Palms, Post 121 Auxiliary, Emmitsburg VFW 6658, Sal Western Maryland, Mountain Liquers, Amvets Post 7 Auxiliary.

Some Fishing Derby winners are pictured. At press time, we did not have their names. Those pictured are invited to call in with their names so we can include a correction in the next issue.



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## Scouts Cycle and Learn History



Courtesy Photo

Boy Scout Troop 270, Crew 270, and a few Cub Scouts from Pack 270 ride 40 miles on the C&O Canal.

Cycling 40 miles on Memorial Day weekend, Boy Scout Troop 270 started at Little Orleans, Maryland, and cycled along the C&O Canal Trail to Williamsport, Maryland. The first day, the troop camped out at Fort Frederick, after 28 miles of muddy trail riding.

Fort Frederick is originally an old Revolutionary War fort, and to the scouts' delight, re-enactors were there for the weekend, and the scouts were able to relive history for the day. Heading out the next day, the troop rode another 12 miles and stopped at Williamsport, Maryland.

The C&O Canal is 128 miles long, starting in Cumberland, Maryland, and ending in Washington, D.C. Troop 270 breaks the trek up into four sections, taking four years to complete the whole trail. Last fall, the troop completed their first trek from Cumberland, Maryland through the Paw Paw Tunnel in Paw Paw, West Virginia, to Little Orleans, Maryland on Labor Day weekend.

## Catoctin High School's New Batting Cage

Catoctin High School (CHS) recently had a small group of students complete an amazing community assignment. Under the guidance of Brian Hendrickson, Ag Education/FFA Instructor at CHS and teacher of Ag Mechanics (classes in which the batting cages were built), three sophomores—Wyatt Farmer, Hunter Lawyer, and Phil Kolb—were able to build a complete batting cage system for their school. These students spent the better part of a month working on the project, including some extra time after school. Coach Franklin, Head Baseball Coach at CHS, was looking for a better batting cage design, because he had been having issues with the current one. Coach Franklin spoke to Brian Hendrickson about the idea of building a new batting cage, sending him a link of what he was looking for. The three boys studied the link, drew up a plan to scale, put together a list of materials, and gave it to Coach Franklin for approval. Coach Franklin was all in favor and took care of the ordering of the square tubing. Upon delivery, all of the square tubing was simply in long sections. The boys had to make the proper cuts for angles, make very good welds during assembly, and they also fashioned the hooks out of materials in Ag Mechanics using the forge. They then spray painted the project. After Coach Franklin had augered the holes, the boys, along with a few other classmates, set the poles in concrete and braced them up. Coach Franklin and the school were extremely pleased with the results. This was truly a collaboration project between the Ag Education department and the Phy Ed/ Baseball department. The time and effort these dedicated students spent on this project was tremendous, and the final product showcases the outstanding unselfish works of Catoctin High School's students and staff.



Courtesy Photo

Pictured are Principal Bernie Quesada, Teacher Brian Hendrickson, Wyatt Farmer, Hunter Lawyer, and Phil Kolb.

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# Mid-Atlantic Soaring Association (M-ASA) Fairfield

by Aaron J. Heiner

At twenty-seven hundred feet, the only sound that could be heard during a recent flight in a sailplane was a faint rush of air pouring through an open air vent. Every now and then, the variometer—a device used to look for thermal columns that would allow the plane to gain more altitude—would chirp. On occasion, squawks on the radio would sound, as pilots spoke with ground crews and other aircraft. Compared to a normal Cessna, the modern sailplane is smooth, quiet, and is a sheer joy to fly.

On this muggy summer day, the skies were gray and there was a thirty percent chance of rain. However, the weather did not stop member pilots from enjoying the opportunity of taking to the skies.

On the ground, as a sailplane touched down, Ben Mwendwa was waiting for his turn to go up. During the wait, he talked about receiving his private pilot rating three

years ago. He said, "It's been a long journey, but it was worth it." Mwendwa has been a member of the Mid-Atlantic Soaring Association (M-ASA) for about five years.

Formed in March of 1952, by splitting off from the Northeastern States Soaring Association in New York, the M-ASA originally flew out of Martinsburg, West Virginia. Several years later, the

group relocated to Westminster, Maryland, and became the area's only local sailplane organization. By the 1960s, an extension of the club expanded to Cumberland, Maryland, with the primary branch remaining in Westminster. The club would permanently relocate from Westminster to Frederick in 1966. Though, a few more years would pass before the club formed a small contingency in Fairfield, Pennsylvania.

Run by volunteers, the Mid-Atlantic Soaring Association operates with the intention of promoting the sport of unpowered flight. Low-cost memberships for teens and young adults enable student-aged members

the ability to enter the sport through an inexpensive educational program. Older members may also learn the joys of sailplane flight with a comprehensive one-on-one learning program.

Veteran flight

instructor, Paul Rehm, a wood worker who graduated up to sailplanes after flying the RC models he built himself, has been flying sailplanes since 1998. Today, Rehm enjoys sharing his vast wealth of knowledge with students who are just now entering the sport. "If you go to a commercial environment, some people can learn in a matter of weeks of going to a flight school," Rehm stated. "We're a self-



Current M-ASA President Rick Fuller points out critical components of one of the club's training gliders while discussing some of the safety features of a modern sailplane.

A tow plane is shown departing the airport with a trainer plane behind it. The plane will be towed between 1000 and 3000 feet before being released by the sailplane pilot.

Photos by Aaron J. Heiner



help club. Instructors volunteer just like the tow pilots do. So, in that time period, we only fly on weekends."

"I take advantage of days like this, when the weather is said to be bad," added Mwendwa, as Rehm started keeping a close eye on some rather large birds out in the distance. Rehm commented that birds tend to stay near the thermal columns, which is a good indication of where the sailplanes should be. "By sailing around the columns, the sailplanes will be able to stay up longer."

Mwendwa added, "It's a good day for flying." And while gray skies prevailed, rain kept itself at bay. The opportunity to enjoy a day out was not lost on its members. Soon Mwendwa would take to the skies himself, but not before Rehm's glider would be towed up the runway for take-off.

The club provides members of all experience levels the opportunity to fly. Members may receive a full array of opportunity to soar from the beginning novice to competition

racing and cross-country flights. Other services furnished by the club include a multitude of opportunities to fly, by providing use of one of the nine club-owned sailplanes. Members also enjoy camaraderie among other enthusiasts and the opportunity to participate in sailplane competitions throughout the country.

As Mwendwa prepared for his flight, Rick Fuller—current President of the Mid-Atlantic Soaring Association—stated that in the past, the association would host a community event in August. However, plans for this year have not yet been confirmed. During this event in the past, the club promoted itself to the community, gave out sailplane rides, introduced and educated the

community to the sport of gliding, and lastly, presented to the community that flying is a great way to enjoy the weekend.

Fuller, a retired Navy pilot, got into soaring because it was not expensive and was fun. As several members entered the club house and began to discuss the weather conditions for the airport, Fuller said, "We like the simplicity of it. It doesn't involve hot engines of fuels." He then added, "On a good day, we can stay up for hours."

Meanwhile, at twenty-seven hundred feet, Rehm was on the lookout for the next cloud, in the hopes that there would be a thermal column large enough to give his plane the altitude to travel to the next cloud, so his aircraft can stay up as long as possible. "It's possible to stay up all day if the weather is good."

The Mid-Atlantic Soaring Association (M-ASA) is a chapter of the Soaring Society of America (SSA), a 501(c)3 non-profit organization. Members typically meet on the



Flying at 2400 ft. in glider plane.

weekends at either the clubhouse at Frederick Municipal Airport (FDK) located off of Gas House Pike, or the Mid-Atlantic Soaring Center (W73) in Fairfield, Pennsylvania, off of Pecher Road. For additional information on the Mid-Atlantic Soaring Association, visit their website at <http://www.midatlanticsoaring.org/>, or contact the club by email for membership information at [membership@midatlanticsoaring.org](mailto:membership@midatlanticsoaring.org).

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# tickling our taste buds

by Denise Valentine,

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

There is nothing better than a good summer salad! When I was growing up, we would go to my Grandmother's for Sunday dinner. Every now and then, we would go to a restaurant. I would usually get a salad, if you could call it that by today's standards. It consisted of lettuce and tomatoes, topped with Thousand Island dressing (I didn't even know what Ranch dressing was).

I've expanded my salad ingredients since then, and usually put so many different veggies on top that it's a juggling act getting back to my seat without letting anything fall or drip off my plate. The more challenging part of the process is trying to cut the salad up a little, without pushing veggies on to the table. But when the time comes to eat that pile of assorted health foods, it is worth it. I even love to try different dressings, but my favorite is the bacon dressing, featured on the salad bar at Mountain Gate Family Restaurant in Thurmont.

My friend, Brenda, makes this delicious Spinach Salad. Every time that I know we will be at the same "pot-luck" picnic with a group of family or friends, I keep my fingers crossed that she will bring it. Her recipe is in our 4-H Cookbook, so I can make it myself, but you know that everyone has a specialty, and I consider this recipe one of hers. I hope you and your family enjoy it as much as I do.

## Spinach Salad

1 lb. of spinach leaves	¼ cup green onions
4 hard cooked eggs, sliced	½ lb. bacon, fried, crumbled
1 cup fresh mushrooms, sliced	2 cups fresh bean sprouts, optional

### Dressing

¾ cup sugar	1/3 cup ketchup
¼ cup vinegar	2 tsp. salt
¼ cup salad oil	1 tsp. Worcestershire sauce

Place spinach leaves in a large salad bowl. Rinse and drain sprouts. Toss all salad ingredients together. Set aside. Combine dressing ingredients in jar. Cover; shake well. Pour dressing over salad at serving time; toss lightly until spinach leaves are well-coated. Serve immediately.

**Send us Your Fishy Pics!**  
**Pics featured in August issue.**

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The Thurmont Grange recently presented books and agricultural bookmarks to Grades 1-3 at Emmitsburg Elementary School. Pictured are 3rd Grade students at Emmitsburg Elementary School and Grange members Bob Wiles and Cliff Stewart.

## Books and Bookmarks

The Thurmont Grange donated the book *Seed, Soil, Sun: Earth's Recipe for Food* by Cris Peterson to Thurmont Elementary, Sabillasville, Lewistown and Emmitsburg third grade classrooms along with the Thurmont Primary School Library. "This book describes the process in which air and water combine with seed, soil and sun to create the food we eat". It teaches students what agriculture is and what different ingredients are needed to make something grow and how each ingredient is needed in the circle of life. Book marks were also given to the area third graders to help remind them how the process works. This generous donation from the Thurmont Grange is in partner with the Maryland Agricultural Education Foundation Ag Literacy Program 2011.

## Catocin High School 2011 Athletic Summer Camps

If you want to improve your offensive skills, become a better defender, build your athletic skills, and have a lot of fun, look no further than Catocin High School summer camps. Catocin High School is hosting a variety of athletic summer camps this 2011 summer season:

- Catocin Football Camp. Open to Grades 3-12. Camp dates: July 18- July 21. Camp times: 6:00-8:00 p.m. Camp fee: \$75.
- Lady Cougar Basketball Camp. Camp dates: July 18-21. For girls in Grades 3-9 (entering fall 2011). Camp times: 1:30-5:30 p.m. Camp fee: \$100/ athlete.
- Catocin Cougar Soccer Camp. Camp dates: July 25-28. Camp times: 5:30-8:00 p.m. For male & females entering Grades 3-9 in the fall 2011. Camp fee: \$95 per player; \$70 for additional family members. Additional camp information can be found online at [www.catocinboysoccer.com](http://www.catocinboysoccer.com).

For more information, please contact Catocin High School at 240-236-8100.



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## Red Run Grill

On a recent trip to Waynesboro, Pennsylvania, the craving for lunch crept in. I've been passing by the old Pizza Hut—turned BBQ joint—on Buchanan Trail for so long and have meant to stop in. I will also admit that I did something I seldom do; I casually mentioned to the order taker that I was planning to Yelp this place (post a review of the business on the social networking community site: yelp.com). However, I don't think she knew what Yelp was, as many people don't.

Previous reviews I read on Yelp about Red Run Grill listed the price as "\$\$=Moderate, \$11-\$30," but this is way off base. As soon as I saw the menu board for the drive-through, I knew the reviews were in error. I parked and entered Red Run Grill, finding a nice, well-placed menu board along the wall—which is great for those of us with less than stellar eyesight. Why more places do not do this is beyond me.

I started with the #4 Combo,

which is a BBQ beef sandwich with a side of wafer fries and a drink. I opted for an extra 75¢ for cheese dip, for a total of about \$7.00 and some change. I was barely seated when the food was brought to my table. I started with the wafer fries, as fries tend to cool off the fastest, thus losing the most flavor first. The fries were perfectly salted, and the amount of cheese dip was more than sufficient for the amount of fries I



Photo by Aaron J. Heiner

was given.

Next, I set about devouring that BBQ beef sandwich ravenously. The meat was perfect, although I wish there was a tad more sauce on the sandwich, as it was a tad dry for



a wet BBQ. I fixed that by visiting the nice old-school-style ketchup containers full of BBQ sauce, which went right to work wetting my sandwich. My drink was a Mountain Dew, which tastes the same everywhere.

As for my stomach, it was telling me that I was full. Yet, I decided, what the heck, the prices are cheap, so I'm going to have another sandwich. I went back up to the counter and was going to go with a classic Carolina Pork, when I noticed that they had a special called "Pittsburgh BBQ."

Well, being from the Steel City myself, I had to see what this was all about. Primanti's (and it's not BBQ) is the closest thing we had to BBQ back in the Steel City. I found the Pittsburgh BBQ to be rather interesting. Overall, I liked it. It was sweet, but had a little bite to it, yet not enough to be a turn off.

The service was interesting. It reminded me of Hardee's, right down to the little plastic numbers they give you for your table. A little like Arby's was with the BBQ sauce squeeze bottles on the tables. Both the manager on duty and cashier were attentive, coming out several times during my visit to check on our comfort and to offer free refills.

I would definitely make the trip to Red Run Grill for BBQ (heck, I make the trip to Rouzerville just for Hardee's all the time, and this place is several miles closer). So, if you like good BBQ, and you like it affordable with good service, then you want to visit Red Run Grill.

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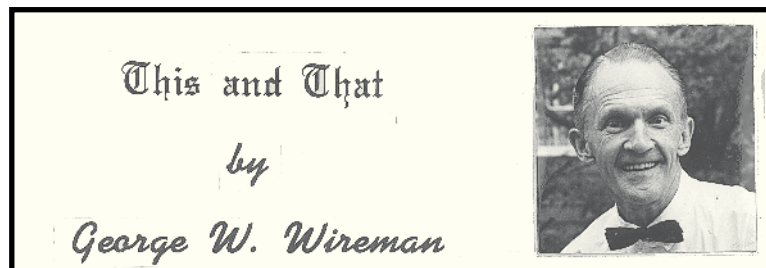
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## Remembering February 28, 1959

On occasions, I have devoted this column to events and happenings that have played a major role in the history of our community. In my lifetime, I have found that it does us good to look back and review past history. So often, we all take for granted and never give serious thought to the important part history plays in our daily lives.

February 28, 2011, marked the 52nd Anniversary of the Thurmont Post Office building, located on Water Street. It was a normal working day for most of us citizens of Thurmont, and business was considered as usual. It is my guess that the anniversary slipped by unremembered by most of the local citizens, and in particular, the local postal employees.

Fifty-two years ago, on Saturday, February 28, 1959, at 2:00 p.m., the citizens of Thurmont and surrounding areas, gathered on Water Street for the dedication of the newly constructed Thurmont Post Office building. It was indeed a gala occasion for the community.

On hand for the dedication was R. E. O'Donovan, Postal Installation Manager of the Washington Region of the U.S. Post Office Department. Mr. O'Donovan was the principal speaker at the special ceremonies planned for the dedication.

As the guests and special postal officials arrived for the ceremonies, the Thurmont High School Band, under the direction of Calvin Wacker, rendered several instrumental selections that added so much to the spirit of the occasion.

The dedication ceremonies began

with the invocation, given by the Reverend Eugene R. McVicker, pastor of the Thurmont St. John's Lutheran Church. Lee Munshour, who was Acting Post Master for Thurmont at the time, welcomed the guests and special officials. Samuel L. Birely, Master of Ceremonies, read letters and telegrams addressed to Post Master Munshour, offering congratulations on the dedication of the new post office. Among the letters were congratulations from President Eisenhower and Postmaster General Arthur E. Summerfield.

Charles R. Ambrose, Mayor of Thurmont, expressed his feelings about how great it was to have the new post office building. On closing his remarks, Mayor Ambrose said, "And may all the mails received at the Thurmont Post Office bring only good news."

During the remarks of Mr. O'Donovan, the guest speaker, he stated, "At the present time, 1959, there are over 36,000 post offices, and 8,400 postal branches and stations throughout the country."

Following the remarks of Mr. O'Donovan, Carroll E. Kinsey, President of the Thurmont Construction Co., presented the keys to Ernest Hammaker, President of the Thurmont Masonic Temple Association, the Lessor. Mr. Hammaker then turned the keys over to Postmaster Munshour. Following the flag raising ceremony, conducted by the Color Guard of the Edwin C. Creeger Jr. Post 168 of the American Legion, the audience, assisted by the Thurmont High School Band, sang



Courtesy Photo

## Thurmont High School Class of 1961 Celebrates 50 Years

Members of the Thurmont High School Class of 1961 celebrated their 50th Anniversary at Cozy Restaurant on June 3, 2011. Pictured left to right, back row are: Howard Buhrman, Jr., Richard Dinterman, Paul Trimmer, Ronnie Brown, James Miller, Tom Redding, Robert Fogle, James Sweeney, Richard Kelly, Sam Palmer, Gladys Myers Baker, Sue Eyler Clabaugh, Bob Wangness, Bob Rippeon, Connie Zentz Fox, Irene Weabley Matthews and Naomi Long Cassidy. Left to right sitting are: Bob Eichelberger, Cindy Fox McJonathan, Joe Hahn, Louis Powell, Pauline Trimmer Heininger, Carla Benchoff Warren, Mary Kreitz Miller, Mary Lou Winebrenner Royer, Lorraine Hagelin Kuhn and Joe Moyer.

## Mt. Tabor Festival

Mt. Tabor Church of Rocky Ridge will hold a festival at Mt. Tabor Park, home of the BIG SLIDE on Saturday, July 16, 2011. Enjoy good home-cooked food: soup, sandwiches, iced tea and ice cream and peaches beginning at 4:00 p.m. Also enjoy games including BINGO. Music by "Blue Grass Chapel Band" from 6:00 - 9:00 p.m. Come join us in Christian Fellowship - surely a good time for everyone of all ages.

the National Anthem.

Under the able direction of Miss Mildred Trevvett, the Thurmont High School Choral Group rendered several vocal selections, after which Rev. Lloyd L. Wolf, rector of the Catocin Parish, pronounced the benediction. At the close of the ceremonies, the public was invited to inspect the new facilities and light refreshments were served.

At the time of the dedication ceremonies on February 28, 1959, the Thurmont Postal personnel consisted of the following individuals: Lee Munshour, Acting Postmaster (later

appointed Postmaster); Howard F. Shire, regular clerk; Sam H. Starbuck Jr., substitute clerk; Charles D. Walter, temporary substitute clerk; James R. Eyler, Jr., regular rural carrier; Mehrl T. Ecker, temporary rural carrier; Lester L. Moser, substitute rural carrier; and Sterling H. Kelbaugh, substitute rural carrier.

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## Preserving an Emmitsburg Treasure

The Seton Treasures Benefit: Organ Concert & Lecture held on June 11, 2011 in the Basilica at the National Shrine of St. Elizabeth Ann Seton in Emmitsburg was a huge success. Music lovers and friends of the Shrine gathered in the choir loft to hear Dr. Elizabeth Krouse perform pieces by J.S. Bach, Nicolaus Bruhns, as well as an original composition. The concert was followed by a lecture from Mr. Irv Lawless, president of Lawless & Associates Pipe and Organ Company in Hagerstown, MD. Dr. Krouse and Mr. Lawless enthusiastically answered questions and the event concluded with a wine and cheese reception.

The concert was held to support the ongoing restoration of the Möller organ in the Basilica. The lengthy project which has been divided into four phases includes the cleaning and revoicing of all 1,737 pipes, while replacing the leather valves connecting the pipes to the air chest. In the final phase of the restoration the organ will receive a new digital console.

One phase of this project has been completed to date. Currently in the



Photo by Ed Chambers

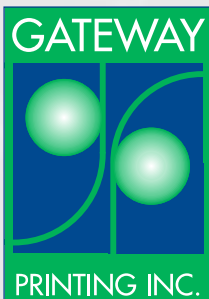
Pictured are Dr. Elizabeth Krouse and Mr. Irv Lawless.

middle of phase two, an additional \$4,600 is needed to begin phase three with no delay. The completion of phase three will finish the process of cleaning the organ for optimum sound quality. Phase four, installing the new console, will begin shortly after.

If you would like to help preserve this Seton Treasure and keep angelic music alive in the Basilica, please contact Jennifer McAlice at 301-447-8037 or [jmcalice@setonshrine.org](mailto:jmcalice@setonshrine.org) for more information.

## Annual Ice Cream Social and Book Sale

The Blue Ridge Summit Free Library will host their Annual Ice Cream Social & Book Sale on Saturday, July 16 from 9:00 a.m. to 3:00 p.m. at the Library & Summit Plaza in Blue Ridge Summit, Pennsylvania. Fun activities will take place throughout the day with the Do Yourself A Flavor Contest, fire truck rides, seated massages by Synergy, Lions Club Brooms, book signings by local authors, music, entertainment and more. For more information call 717-794-2240. Thanks to the event's generous underwriting sponsor, PenMar Development Corp. at Ft. Ritchie.



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## Who Am I?



### Who Am I? Next Issue

Your clues are: "Worked at Thurmont Super Thrift before automatic scanning; owns local business for 20 years; people have cleaner cars because of him; in car blurb for Halloween car shows; middle

and high school band member." 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.

Article and Photo by Laura O'Donnell

Your clues were, "Has owned a local business for 8 years; people have cleaner cars because of him; may be politically incorrect; worked in the kitchen at MSM College; part of a team that holds a record in the Emmitsburg Baseball League."

Those who guessed correctly are: Dwight Baumgardner and Donnie Wastler.

## I am Kevin Shorb

Kevin Shorb, pictured right, is a happy, caring, and compassionate person. He appeared especially happy while talking about his seven-year-old daughter and the fun, eventful Father's Day he spent with her the day before this interview. He took his daughter swimming at a friend's house, to the bowling alley, and then to the movie theater to see "Mr. Popper's Penguins." As a Father's Day gift, Kevin received a gift card to Mountain View Golf Course, which is his favorite place to play golf.

In 1985, his baseball team was the Emmitsburg Allstars of the District 2 Championship, and he currently plays softball for two different leagues. Kevin somehow manages to fit his sports into his busy schedule of working full-time for the National Fire Protection Agency and running his own car-detailing business. Kevin's Auto Detailing is located in Emmitsburg, which is also where Kevin has lived his whole life. He works on cleaning cars on the inside and the outside, in areas such as Frederick, Westminster, and Fairfield. He is willing to go to the customer's home if that is what the customer wants. Kevin's friendly personality attracts many customers to his business. This is a fact that was reinforced during this interview, as his phone seemed to be ringing frequently with customers wanting their cars cleaned!

It appears as though he also is fantastic at making and keeping friends. Kevin is still friends with his co-workers from his very first job working in the kitchen at Mount Saint Mary's University. He has also coached kid's baseball for Emmitsburg. He loved coaching the kids and said he has many wonderful memories from his coaching days. Kevin loves kids, and when it comes to being a father, he never wants to take the precious time with his daughter for granted. His favorite thing about being a father is



reflecting on things his daughter says and does. He said that when it comes to raising children, "every moment counts."

## Check the Calendar

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

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# What's Up At the Thurmont Senior Center?

by Helen Deluca

I'd like to try to clear up some of the rumors you may have heard about the Thurmont Senior Center. First, the Center is not going to close down permanently. But, there may be a short time during renovations that it will be necessary to close temporarily due to noise, dust, and so on. The Center has been in operation for 34 years, and it will serve the community's seniors for many more years. I'm not saying that it will be easy. We will face many challenges.

At a recent meeting with Frederick County's Department of Aging, the county made a decision to stop funding the Thurmont Senior Center in response to our Board of Directors' request for a full-time director to replace the Center's recently-retired director, and expressed concerns about the quality of the Center's meals. The meals are prepared in Baltimore, then delivered to the Center at 9:00 a.m., and kept in a warming table until they are served at noon.

Despite the withdrawal of the County's funding, the Center's volunteers and members of the board of directors, along with the support of Thurmont's Mayor Burns and the Thurmont Town Commissioners, are determined to keep the Center open and available to the seniors of Thurmont.

As I said, we do face many challenges, and we need the support of all who can help. Our first concern was, and still is, the food program. A new food program will start in July 2011, with Cozy Restaurant catering the meals. Call the center at 301-271-7911 after July 1, if you are interested in participating in the food program.

Also, we will need a van to transport those who are in need of transportation to the Center. We will also be planning some fundraisers to help fund the Center's operating costs. Despite the recent and unexpected challenges, we are confident that we

will overcome them. We would love to hear from you, so please feel free to call the Center and let us know how you can contribute or participate. If you would like to volunteer, please reply to these questions: (1) Name three activities you think would benefit the Center; (2) Indicate what skills, hobbies, or interests you have that might be shared with others at the Center; and (3) Let us know if you be willing to conduct an activity weekly, bi-weekly, monthly, or a special event. It is your Center. If you can volunteer, you will make it a better place.

Watch for us on July 14, 2011; we'll be on a wagon in the Thurmont Firemen's Parade. Don't forget the Pen Mar picnic on August 3, 2011. Call the Center to make your reservations. That's always a fun day!

We had a general meeting and pot luck lunch on June 15, 2011. What a great meal, and what a nice crowd! The menu included fried chicken, slippery pot pie, wonderful covered dishes, and dessert. Can't beat that! Thurmont Commissioner Bob

Lookingbill joined us. He spoke to the group and was open to any questions. At one point, he got Bill Blakeslee, Town Administrator, on the phone to graciously answer several questions regarding the renovations. We had a great time. If you have never joined us before, try it, you'll like it!

We want and need you to come to the Center. We want to make it a happy place again. In one of my past articles, I wrote about seniors and senior seniors. Seniors are those just approaching their senior years.

Senior seniors are those who have been there, done that. It's surprising how much they both have in common, and how they can share their experiences with each other. Basically, that's what the Thurmont Senior Center is all



about—sharing!

In the past, I introduced you to a few members of the Board of Directors. Today, I'd like to introduce you to two more members: Joan Follin and Susie Portner.

Joan Follin, pictured left, has lived in Thurmont for 32 years. She and her husband, Robert, were married in Rockville, Maryland, moved to West Virginia for a short time, and then came to Thurmont. They will be celebrating their 42nd wedding anniversary in September. Robert is a skilled cabinet maker. He retired after running his own business for many years. However, you might say he is semi-retired, since he still gets many calls for his special talent. They have been blessed with two sons, two grandchildren, and two great-grandchildren. Their son, Bobby, is a paramedic and lives in Hagerstown.

Shannon and daughter-in-law, Sandy, live in the Damascus area. Joan worked at the Marriot Corporation in Bethesda for 17 years. She retired from there and went to work at the brick plant in Rocky Ridge for 10 years. Joan loves to travel, read, and really enjoys the beach. She enjoys the people and activities at the Center and will be involved in fundraising and planning trips.

Now, meet Susie Portner, pictured right. Susie was born in Highland, Maryland, and has lived in Thurmont for 44 years. She met John William when they were students at Thurmont High School. They married in 1964 and have two children. Their son, Kenny, and his wife, live in Lantz and have three children: Johnathan, Katie, and Zack. Their daughter, Amy, is at home but will be moving to Fairfield

## What's on the menu at... Thurmont Senior Center?

This menu sponsored by **The Catocin Banner**

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<b>4th</b> Closed for Independence Day	<b>5th</b> Warm Sliced Ham Creamy Scalloped Potatoes/ Kale Pinapple Chunks Wheat Rolls 1% Miilk	<b>6th</b> Tomato Juice Bean Soup/ Tuna Salad Lettuce/Tomatoes Peaches, Slice of White Bread 1% Milk	<b>7th</b> Apple Juice Fried Chicken Beets Creamy Fruit Salad, Wheat Roll 1% Milk	<b>8th</b> Tomato Juice Salmon Cakes Roasted Potatoes Vegetable Blend Apple Cobbler 1% Milk
<b>11th</b> Fruit Punch/ 1% Milk Sliced Beef Boiled Potato Carrots/Wheat Roll Mandarin Oranges	<b>12th</b> Cranberry Juice Baked Potpie w/ Biscuit Blueberry Pie 1% Milk	<b>13th</b> Orange Juice/ Iced Tea Meatloaf/ Wheat Roll Mashed Potatos Steamed Broccoli Vanilla Pudding	<b>14th</b> Grape Juice/ 1% Milk Baked Ziti Tossed Salad Lemon Merengue French Bread	<b>15th</b> Apple Juice Shrimp Fritters Cole Slaw/ Potato Roll Jello w/ Fruit Ice Cream
<b>18th</b> Pineapple Juice Pork Loin/ Saurkraut Parsley Potatoes Apple Sauce Wheat Roll 1% Milk	<b>19th</b> Orange Juice/ 1% Milk Salisbury Steak Mashed Potatoes Mixed Vegetables Jello w/ Peaches Potato Roll	<b>20th</b> Grape Juice Baked Chicken Pepper Slaw Green Beans/ Wheat Roll 5 Cup Salad Iced Tea	<b>21st</b> Apple Juice Meat Chili Tossed Salad Peach Cobbler White Bread 1% Milk	<b>22nd</b> Baked Whiting Macaroni & Cheese, Vegetable Blend, Stewed Tomatoes, Peach Cobbler Wheat Bread 1% Milk
<b>25th</b> Fruit Punch Beef Tips w/ noodles Carrots Fruit Cocktail Potato Roll 1% Milk	<b>26th</b> Apple Juice/ Iced Tea Turkey Salad Vegetable Soup Lettuce/ Tomatoes 5 Cup Salad Wheat Bread	<b>27th</b> Sirloin Steaks Mashed Potatoes Vegetable Blend Jello w/ Pears Wheat Rolls 1% Milk	<b>28th</b> Pineapple Juice Pork BBQ Cole Slaw Baked Beans Apple Crisp White Bread	<b>29th</b> Apple Juice Fried Fish Collard Greens Grapes Vanilla Ice Cream Iced Tea

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continued from previous page...  
in the near future.

Susie may be recognized by many people here in Thurmont. She worked for 43 years at the Bank of America, starting there when it was still called the Thurmont Bank. She was a bookkeeper, teller, and then teller manager.

Her husband, John William, is a plumber. He worked for the Fink Plumbing Company for 19 years. They are now a retired couple, enjoying their family, home, and garden.

Susie likes coming to the Center to—as she puts it—“gab with the people.” I have to say her slippery pot pie does add to our potluck dinners.

In the upcoming months, you will meet Lynn Moseley, Shirley Riffle, Doris Roman, Roy Clever (Vice President), and Patt Troxell (President). Most of these names are familiar to you—especially, Roy and Patt. They have had many years of experience at the Thurmont Senior Center. We are positive that, with their leadership, the Center will once again be a happy and welcoming place.

## Thank You to Linda and Austin Umbel

On Wednesday, June 8, 2011, Emmitsburg Senior Center's Linda Umbel and her husband, Austin, cooked and served a delicious meal to members of the Emmitsburg and Thurmont Senior Centers' Wii Bowling Teams and their guests. What a delightful evening.

Thanks a lot! You are great!

From each of us who enjoyed the feast: Emmitsburg's Bowling Team members Margaret Kinnaird, Elizabeth (Liz) Enright, Donald Duvall and Moe Snyder. Thurmont's Bowling Team members Jessie Moser, Ruthye Willhide, Kenny Clabaugh and Nelson (Smitty) Smith and guests Sis Duvall, Barb Smith and Janice Snyder.

## Check the Calendar

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

## Shakespeare At The Mount

by Aaron J. Heiner

The Maryland Shakespeare Festival, a growing presence in the Frederick arts community and the State of Maryland, announces its Good Will Summer Tour 2011 with its first show of the season performed on Echo Field at Mount St. Mary's University.

On the last weekend of June, the Maryland Shakespeare Festival began its 11th season by performing William Shakespeare's "As You Like It" with a cast of professional actors from around the state of Maryland. Labeled as one of Shakespeare's best loved comedies, boasting wrestlers, women disguised as men and the women who love them, a lion attack, four weddings, and a couple of banishments, the show has much family mass appeal.

"We are a non-profit organization based out of Frederick. We have several different projects we do annually,"

Production Manager Jamel Vaughn said while unloading stage props from a large white box truck. He continued, "Annually this ["As You Like It"] is our biggest production. This year we are touring for six weeks."

Stage Manager, Joe Mannarino, enthusiastically went on to add, "This is the first time I have seen this particular play performed. The actors are amazing."

As Mannarino was talking, a few of the actors hurried in the background as they tried to set up some of the stage props handed over to them moments earlier by Vaughn. "We have taken a lot of care from the artistic direction of John Bellomo, our artistic director," Mannarino continued as he looked over at the progress of the work being preformed.

During the course of the play, the audience learns that Rosalind falls in love with Orlando. However, the tenacious Rosalind wants to learn if Orlando's love for her is true. She goes undercover dressing as a man, to discover the truth. By the end of the play, Rosalind decides to live out the rest of her life in her alternate gender role as a man.

"This is one of Shakespeare's plays where a girl dresses up as a guy," noted Teresa Spencer who plays the lead role of Rosalind. "She's pretty gutsy, but what it does is let her talk to the man she loves as an equal and sort of get to know him as an equal -- as a human being rather than in a courtship culture."

Spencer, who has been acting professionally for five years, has always enjoyed the theater. Having acted as a child, Spencer originally completed studies in medicine before deciding that her love for acting was greater than that of science. She said, "I think if you are in any art, you have to be very interested in what you do. You have to be interested in being alive."

In its continuing effort to make Shakespeare more accessible to audiences, and particularly families with children, a short pre-show using Maryland Shakespeare Festival's signature festive style was performed. Shows will continue though out the summer. All shows begin at 8:00 p.m. with pre-show at 7:20 p.m. For venue listings and more information, please go to the Maryland Shakespeare Festival website at [www.mdshakes.org](http://www.mdshakes.org).



Photo by Aaron J. Heiner

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# dude, it's catoctin

by Julia Shipley

Boom! Catoctin, it's over. No more school. Sit back, relax by the pool, get your tan on, do whatever you please. We busted our humps all year, and now we move on to another. Big shout out to Mr. Cree for collecting so much canned food for the Thurmont Food Bank—you're a real trooper.

Spring sports tore it up at the end of the year, with the girls softball and the boys baseball teams pushing on through playoffs. The boys, unfortunately, did not make it to states. However, the girls continued to win their way all the way to the State Championship Title where they beat Loch Raven in a phenomenal 10-0 game. Though it was sweltering outside during the game, the lovely mascot (me) did make an appearance for enough of the game before she passed out, and then sat as a spectator until the final run was brought in by a smashing hit from Mackenzie Smith. Congrats girls! The school and the town are proud of you!

Oh yes, graduation was awesome for all the grads. This ceremony may go down in history as one of the shortest Catoctin graduations, even with one of the larger classes. The grads had a lovely ceremony. Matt Lind's speech to the grads made us all laugh, cry, and reminisce on days of long ago (freshman year?). In

keeping with tradition, the Catoctin Safe & Sane followed the festivities with a party. The grads each received shopping cards and other assortments of prizes. Rebecca Rader was quoted as saying, "So much fun! I got bumps, bruises, and burns from the inflatable dragon, but it was so worth it! Thank you! It was much appreciated!!" Cole Bradfield was quoted as saying, "Thank you for everything! A night I'll never forget!"

I don't know how many of you know about Mr. Wivell and all of the money he gives to Catoctin sports associations; he really works hard for us. The Wivell Walk was a couple of weekends ago, and many parents and students came out to donate and walk the town park to support the boosters. Thank you, Mr. Wivell, for everything you do!

Wow, Catoctin, it's finally finished. The school year is over, and finals will no longer cause us to meticulously study. But, this school year is not all that's over. Sad to say it, but I will be leaving you all for good. I just hope that you remember the lovely mascot you had for three years. I enjoyed it!

If you want to stay in touch with me, just Facebook me. I just want to say goodbye; I'll miss you all. Let me end this column by saying, for one last time... Peace out, Catoctin, stay fresh.

## TEPS PTA 2011 Scholarship Winner

Each year, the Thurmont Elementary and Primary Schools (TEPS) PTA gives a graduating Catoctin High School Senior a Scholarship for \$500.

The TEPS PTA would like to congratulate Jessica C. Reese, who is this year's recipient of the TEPS PTA Scholarship.

Thanks to all of the seniors that submitted applications; it was a difficult decision for our Scholarship Committee. In addition, a special thank you goes to our Scholarship Committee for their work in choosing the winner.

Congratulations to the entire Catoctin High School Class of 2011. The world awaits you!

## Thurmont Middle School's Trout in the Classroom Fish Release

by Emmalee Miller and Stephanie Kennedy, from Mrs. Mize's 7th Grade Class



Courtesy Photo

Pictured from left to right: Claire Jacobs, Tyler Sumner, Tanner Lloyd, Jessica Late, Stephanie Kennedy, Valerie Koogle, Emmalee Miller, Megan Knipple, Elaina Orchard, Mrs. Mize, Aaron Robertson, Hayley Blake, and Nate Little.

It was a perfect day for a fish release at Owens' Creek at the Roddy Road Covered Bridge—blue skies, warm temperatures. The fish were eager to go, but our feelings were not the same. Mrs. Mize's 6th and 7th grade science students at Thurmont Middle School raised the fish from tiny white eggs to mini rainbow trout-like fingerlings. We released them on May 21, 2011. They were literally jumping out of the cups that they were to be released from. Believe it or not, we had 183 baby trout to release. There were a total of 13 students (with additional parents and siblings) anticipating the release of our little trout. Mr. Chuck Dinkle from the Potomac Fly Fishermen's Association went over safety rules for releasing the fish. We had to test the tank and stream water to make sure the water was habitable for the baby trout. Turns out, the stream water was in perfect condition for our fish. Earlier in the year, the Catoctin Forest Alliance funded all of the supplies needed to accommodate the fish. For example, they supplied the money to buy the chiller (which keeps the tank cool), the tank, the fish, the filter, and all of the other needed supplies. Out of this experience, we learned that the fish will try to eat you if they haven't been fed all day!



Thanks to Kris Wolf for submitting this photo from "Drive Your Tractor to School Day" in May.

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## Mother Seton School Students are “Eggcellent” at Science

Mother Seton School (MSS) eighth graders continue to take their science experiments to new heights, as they once again participate in the annual “MSS Egg Drop” experiment. On May 24, 2011, Danielle Kuykendall, middle school science teacher, conducted this “eggcellent experiment” with 38 eighth grade students. The goal of the experiment is to teach students about acceleration due to gravity and the effect of air resistance on an object.

Standing on the school roof, Facilities Manager Jake Ford dropped uncooked eggs encased in various protective covers to a crowd of eighth grade students below. Many of the eggs were equipped with parachutes or wrapped with bubble wrap or boxes. Out of the 38 attempts, twelve eggs left the mess of “acceleration due to gravity.”

Ellen Weber, an MSS eighth grade student, managed to keep her egg from breaking. “This experiment was fun and very messy when the egg broke,” said Weber. “I love science, especially with Mrs. Kuykendall. She encourages us to learn visually with hands-on experiments and follows up with study guides and worksheets,” continued Weber.

Mother Seton School middle school students enjoy exploring many interesting science topics in their state of the art science lab such as chemistry, astronomy, physics, genetics, environmental and forensic science. Other projects include studying and making rockets, hatching chickens in an incubator, using an earthquake simulator to test student constructed houses, maintaining a worm farm for composting, and studying osmosis and diffusion using eggs. Seventh grade students can participate in a Science Club where they do many environmental activities and host guest speakers. Mother Seton School also holds a yearly science fair where students can showcase their ideas and experiments.

Mother Seton School is an independent faith and family focused school, sponsored by the Daughters of Charity, approved by the Archdiocese of Baltimore, accredited by the Middle States Association Commission of Elementary Schools, and certified as a Maryland Green School. For families seeking outstanding academics and strong values, Mother Seton School is an affordable option that is easily accessible by bus from multiple locations in Frederick County. For admissions information, please visit [www.mothersetonschool.org](http://www.mothersetonschool.org).



Courtesy Photos

Ellen Weber displays her “eggcellent” egg protector made from styrofoam, duct tape, and cotton balls and released it using a parachute. Other eighth grade students watch the launching of other experiments—one by one. Ellen’s egg passed the test and survived the force of the gravity, due to the accelerated fall from the Mother Seton School roof.

## school news

## Thurmont Middle School Students Commit to Helping Others—Cranes for Japan Project

Social studies students folded 1,200 paper cranes to contribute to rebuilding efforts in Japan this spring. This department-wide service learning project began at the end of March after the devastating earthquake and tsunamis hit Japan. Thurmont Middle School (TMS) students participated in two national projects: “Students Rebuild” out of Seattle, WA, and the “Million Crane Project” out of Princeton University. Before folding paper cranes, students learned about Japanese geography, history, and culture. They also learned about the Japanese art of origami, the symbolism of the crane in Japanese culture, and how 1,000 cranes symbolize “good luck.”

The students’ goal was to fold and string 1,000 paper cranes to send to Japan to show support and good wishes for the future. Instead, students surpassed their goal and folded 1,200 cranes. A sponsoring foundation also contributed \$2 for each paper crane to be donated to Architecture for Humanity, in helping Japan rebuild after the destruction caused by a series of natural disasters. Thurmont Middle School students should be commended for their commitment to helping others across the world!



Courtesy Photos

Photo above shows 8th Grade student, Savannah Heon, folding a crane.



Photo to the right shows Janice Campbell and Jasmine Metal (both 6th Grade students at Thurmont Middle School) with a whole bunch of colorful cranes.

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# OUR NEIGHBORHOOD VETERANS

by Jim Houck, Jr.

## EDWARD W. MCKINNON, MASTER SERGEANT, U.S. AIR FORCE

Born at a hospital in Marion, Virginia, on June 22, 1949, to Wayne and Lillian McKinnon, was a son they named Edward. Wayne and Lillian raised Eddie (his nickname) in Rockville, Maryland. The family—Wayne, Lillian, Eddie, Sue, Buella, and Donnie (one sibling, Dennis, passed away on his first birthday)—lived on a small farm on Seven Locks Road and raised cattle and chickens.

Eddie liked playing normal childhood games like baseball. He was a member of the local little league team. In Junior High School, he ran track and field. He also fished and hunted every chance he got.

Eddie went to school at Richard Montgomery High School, and while attending high school, he spent his time on scholastics and didn't play many sports. He graduated in 1967.

On April 9, 1968, Eddie joined the U.S. Air Force and was sent to Lackland Air Force Base for basic training. After his basic training, he was sent to Chanute Air Force Base in Illinois for in-flight refueling training. Eddie spent four months at Chanute Air Force Base, training for his military future.

On September 16, 1968, Eddie had his first assignment at Allison Air Force Base in Alaska, where he spent nineteen months. A beautiful little place named Bien Hoa Airbase in South Vietnam is where Eddie did 29 days out of a 30 day TDY. Next, Eddie went to Webb Air Force Base in Texas in March of 1969 for six months. Elmendorf Air Force Base in Anchorage Alaska was his next destination, where he spent eighteen months and where he would end his job in in-flight refueling.

A fuel specialist was Eddie's next job and that consisted of ground fuels. He was assigned to Andrews Air Force Base in May of 1970, worked with the 1700 Supply Squadron and went to lab school for fuels for presidential aircraft. Eddie was at Andrews from 1970 until 1976, and then was reassigned to Adak Air Force Base on one of the Aleutian Islands (the last island on the Aleutian chain) for one year. He was then reassigned to McGuire Air Force Base in New Jersey. While at McGuire, Eddie attended NCO Academy, where he went to NCO Leadership School.

Eddie's next assignment was at

Lackland Air Force Base, where he attended recruiting school for eight weeks to become a recruiter. When he graduated recruiter school, Eddie went back to McGuire, packed up his family and moved to Rockville, Maryland, where he worked as a recruiter for two years.

Eddie left recruiting in December of 1981, and went back into the fuels field and was stationed at Andrews Air Force Base. He was assigned to the 1776 Fly Squadron, where he was in charge of establishing the fuel control center that maintained all the fuels for the whole Washington D.C. area. He took care of presidential aircraft until August 1988, when he retired from the U.S. Air Force as an E7 Mastersergeant. Eddie received an award for longevity and the Air Force Achievement Award for the years of service, as well as a picture of Air Force One signed by the pilots for the service he had done for the presidential fleet.

Eddie moved his family to Gettysburg, Pennsylvania, where they still reside today. He went to work at Zerfings Hardware Store in Gettysburg, where he sold hardware for almost nine years. When Eddie left that job, he went to work for the Borough of Gettysburg and stayed with that job for about nine years. After leaving the job with the borough, he went to work with a company called GBM in Biglerville, Pennsylvania, where he worked for about three years. Eddie left that job for a better job at Fort Detrick in Frederick, Maryland, where he went to work for a company named CACI, working on logistical software; he still works there today.

Eddie has been involved with Post 7 AmVets Thurmont, Maryland, since 1983, where he started as the Secretary of the House Committee, and has been in office ever since. Some of his many offices held at the post are Post Commander, Post Adjutant, helped form the Honor Guard for the Post in May of 2003, and has been active in it ever since. With Eddie's leadership, the Post 7 Honor Guard has won the best Honor Guard in the Thurmont Fireman's parade for the past six years. The Post 7 Honor Guard has participated in several parades, winning numerous awards. They also work with The American Legion at

funerals and graveside ceremonies.

Eddie and his wife, Mary, have been married since May 6, 1972, and plan on staying that way. They have two boys—Tim, who now resides in Florida with his wife, Sue, and their youngest son Rory, who resides at the Spokane Air Force Base in Spokane, Washington, with his wife, Chanel. Rory and Chanel have three children—Coleen, Nolan, and Grady. You can tell Eddie is a proud grandpa.

I feel very proud and honored to have met a man named Eddie McKinnon, who is totally committed to honoring his fellow veterans. He is a man who honors and respects all men and women who are sincere in what they commit themselves to and do, not just do it for self glory and recognition. I know Eddie's wife, Mary, is of the same caliber as his brother, Donnie -- well, I hope I can introduce you to him in the very near



Courtesy Photo

future. But, let me forewarn you... be prepared. I am proud to have met Eddie, Mary, and Donnie.

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# happily ever after

## It's A Sign

by Valerie Nusbaum

Randy and I just got back from a quick trip to Ocean City, Maryland. It was "Senior Week" down there. Silly us—we heard "senior" and thought "discount," but "Senior Week" has nothing to do with old people and early-bird specials. There were young people everywhere, and signs were hanging off the balconies advertising all sorts of parties and festivities. My favorite sign was the one asking for really hot girls to call a nine-digit phone number. I'm guessing that the writer of that message won't be majoring in math next year at college! He's probably a communications major.

After seeing that sign, we started laughing and reminiscing about other funny signs we've seen in our travels. On Fairview Avenue in Frederick, the sign reading "Speed Hump" conjures up all sorts of images. I won't go into detail, but it makes me laugh every time I see it.

Randy came home from work one evening and told me about the sign advertising a "Hug" sale at a store down the road. The sign should have read "Huge"—at least we hope so. The idea of paying for hugs isn't all that appealing, unless the hugs are very good and really cheap. That reminds me of the time we were at a farm market in Gettysburg and the owner had given us some pears to sample. I was enjoying mine when the owner asked me if I had offered Randy a bite of it. I hadn't, and I didn't intend to. He had his own pear, and I've never been one to share food. Evidently, my behavior was morally offensive to the owner of the stand, and he proceeded to chastise me with a demonstration. He kissed his own hand and then explained, "That was nice, but it would have been so much nicer if I had shared it." I buy my pears at the grocery store now, even though that particular fruit stand has some great signage.

We've also seen signs advertising produce for sale—"String Bans" and "Cram Corn." Creamed corn, maybe? Either that or those people have a lot of corn and some attitude, and they want you to know what you can do with it.

One of my favorite local signs was on Butterfly Lane in Frederick at the

La Petit Daycare facility. Someone had vandalized the sign out front and removed the "p" and "e". Yes, I'm awful, but I laughed out loud and so did my mom.

When we're traveling, Randy and I have a silly thing we like to do. Every time we see a sign advertising Dunkin Donuts, we sing the jingle. You know it—it goes: "Dunkin Donuts.... it's worth the trip." This was all kinds of fun until we took a road trip to Maine a few years ago. There was a Dunkin Donuts sign at every single highway exit throughout four states. I can't even bear to look at a munchkin anymore.

On that same trip, we stopped at a beautiful lake to rest and have a picnic. There was a sign on a tree that read "Watch out for loons." Randy hadn't noticed the sign, so I asked him to pose for a picture beside the tree. He didn't think the photo was funny at all when he saw it. I think it would make a nice Christmas card, but I can't afford a divorce lawyer.

Recently, on another trip, we came across a sign on a hotel toilet which read "Consumption of this water may cause health problems." Really? We had to wonder what event prompted the need for the sign in the first place. Did some zany senior drink the water?

Probably our favorite is the sign that used to hang at the entrance to Hershey Park. The signage boldly stated "The Fun Starts Here." This was a few years ago, and we drove up planning to spend the day at the park. As we drove in, an older gentleman was standing in the parking lot directing traffic. He was wearing his day-glo orange vest and waving us through. Randy thought he'd have a little fun, so he pulled up beside the man and leaned out the window to ask, "Is this where the fun starts?" Evidently, the man had heard it before a few hundred times, and it had stopped being amusing a while back. He let loose with a string of profanities and told us where we could put the fun. Randy parked the car in silence, and then he looked at me and said, "I guess you can't believe everything you read."

## Ask the Anytime Fitness Gal

Expert answers to your health and wellness questions  
by Inga Olsen



Courtesy Photo

**Question:** I hear so many conflicting reports when it comes to high-fructose corn syrup (HFCS). Is it really as bad as some people say it is?

**Answer:** Let's be clear—HFCS is not good for you. It certainly doesn't offer any health benefit, that's for sure. But if you've been convinced that it poses additional health risks compared to sugar, or is simply worse for you from a health perspective, then you may need to rethink things. The preponderance of the scientific evidence indicates that high-fructose corn syrup and sugar, or sucrose, affect the body in very similar ways. Unfortunately, some health professionals have ignored this research when discussing HFCS with the general public and/or the media. I think some of this misinformation stems from the name of the ingredient itself. Fructose is known to have several adverse metabolic effects on the body, so based on the name, one might assume that HIGH-fructose corn syrup does indeed pose additional health risks above and beyond that of traditional sugar. However, HFCS is not really high in fructose. In fact, it has about the same amount of fructose as regular table sugar, which is comprised of equal parts fructose and glucose. Bottom line—avoid HFCS as much as possible because it's considered a source of empty calories and it's devoid of nutritional value.

**Question:** My personal trainer has been trying to get me to do Olympic lifts, but I'm a little apprehensive. What do you think?

**Answer:** If you have a good trainer and he or she thinks you're ready for some Olympic lifts, I say go for it. Olympic lifts are great because most of them are multi-joint, full-body exercises. The movements used by most recreational weight lifters are isolation exercises, so you should relish the opportunity to utilize the muscles of the entire body in a coordinated fashion. Olympic lifts are designed to help increase strength and power (think strength at high speed), and amazingly enough, they positively affect your cardiovascular system, too. Another benefit is the fact that significant volume (sets x reps) is not needed, meaning you can do an effective workout in less time compared to more traditional forms of strength training. It is important to be properly trained on form, however, since these lifts typically involve heavier weights and overhead training. That said, I assume your

trainer is well prepared to teach you these lifts (at least I hope so). Like I said, give 'em a shot. I think you'll find that they're quite fun to do!

**Question:** Are there any serious health implications when it comes to caffeine?

**Answer:** Interesting question given the fact that caffeine has been vilified in the past. However, that's not the case anymore. Caffeine is actually studied more for its health benefits nowadays as opposed to any significant health detriments. It does increase heart rate, blood pressure, and respiratory rate, but only to a small degree. If you have pre-existing medical conditions that could be affected by these "side effects," then you may want to moderate or avoid caffeine entirely. And some people are considered caffeine-sensitive, so in addition to the above, they may experience tremors, anxiety, or insomnia. Again, these folks might want to limit or avoid caffeine as well. Thankfully, those adversely affected are in the minority. For most of us, caffeine is pretty benign. In fact, some studies indicate that up to 90% of Americans take in some form of caffeine each and every day. That's pretty amazing! As with most dietary constituents, it's a good idea to moderate your overall intake, so keep track of foods and beverages you consume and the caffeine in them.

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

*A perfect summer day is when the sun is shining,  
the breeze is blowing, the birds are singing,  
and the lawn mower is broken.*

— James Dent

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# the health jeanne

by Jeanne Angleberger  
Shaklee Associate for a Healthier Life

Are you planning to travel by air this summer? If so, kindly remember you may encounter in-flight germs aboard the plane. We simply need to be aware and take the steps to stay healthy during airline traveling.

The airline industry is filling the flights to capacity and taking measures to counter the economic impact on their business. Yours truly wonders how often the planes get cleaned between flights. So, we need to look out for ourselves.

For certain, it begins at the security check-point—avoid going barefoot. Wear socks or have a pair handy that you can wear during the security check.

Remember, the airplane lavatory is used by hundreds of people while in flight and no one is cleaning it. Avoid as much contact as possible. When returning to your seat, use hand sanitizer—even after washing your hands.

Travel with antibacterial gel (bottle size under 3-ounces), as well as antibacterial wipes. As soon as you get to your seat, wipe the seat-belt handle, arm rests, tray table, overhead light, and attendant call button. Also, wipe any in-flight entertainment controls. You may want to bring your own magazines.

If the other passengers look at you kind of funny while you're conducting your own personal hazmat drill, the joke's on them since chances are much better that you will enjoy healthy travels.

Yours truly enjoys flying several times a year. It takes a little prevention to arrive and return healthy. The individual antibacterial wipes are inexpensive at the dollar store. Stock up before your next flight. Begin your battle against in-flight germs before you board.

**What do you call a fish with no eyes?**  
**- A fish!**

## Saturday Sip & Stroll

Thurmont's Main Street Committee will host their Sip & Stroll during their Saturday Stroll event on Main Street in Thurmont on July 16, 2011 from noon until 4:00 p.m., rain or shine. The Sip & Stroll is intended to give a taste of Thurmont's best! Local wines and infused iced tea will be available to taste. Enjoy vendors along main street and other Main Street business. Remember to bring a canned good to enter to win one of the many great door prizes. Upcoming Saturday Stroll events include the Back to School Stroll on August 20 and Frumont Days/Fall Harvest on September 17.



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## The Lady of Shalott and Lovestruck Girls

by Becky McCulloch

We are so alike in many ways,  
I dare say more than one.  
We sit around all the day,  
and think until we're glum.  
Then we see him, and are knocked,  
right off our placid feet.  
Does he see me? Does he care?  
Oh, it's HIM I want to meet!

Why's he riding away? Hey wait!  
I think I might love you!  
Where are you going?  
What's your name?  
Hey, does that saddle fit two?

I run from my tower of security  
On feet called "My Trusting Heart."  
Trying to catch up with you and not,  
even thinking about what is smart.  
I run so hard and so fast,  
My feet, they start to break.  
Tears spill over at the thought,  
Of being just a little too late.

My feet are broken and I'm lost  
Where did you lead me to?  
I can't see my beloved tower,  
and now, not even you.

## Reverie

by Francis Smith

Evening mist  
drifts across the pages  
of my reverie  
landscapes dim and fade  
indistinct silhouettes  
farm of field and forest  
school and church and home  
folk and kin  
intermingle in my twilit mind  
emerge in pastel shades  
emerge and slip away  
unsure if they should bide.

Like a dream  
I wonder  
which are myth which real  
what fictitious tricks  
a mind can play  
flicking through  
the mists of yesteryear!

## Music on the Deck 2011 at the Thurmont Regional Library

Turn out, tune up, and tune in for the Thurmont Regional Library's 3rd annual "Music on the Deck," a summertime series of talented musicians playing and singing on the library's spacious and inviting deck. All concerts are free and family-friendly.

On Sunday, July 10, at 2:00 p.m., "The Yardslippers" invite everyone to slip on down and become part of their good-time sisters, brothers, uncles, and friends in a rollicking celebration. Stay on track for "Off Track," a duo from the Annapolis Bluegrass band. "Off Track" winds up "Music on the Deck" with the final concert on Saturday, August 6, at 1:00 p.m.

"Music on the Deck" is generously sponsored by The Friends of the Thurmont Regional Library. The library is located at 76 East Moser Road in Thurmont. Visit our website at [www.fcpl.org](http://www.fcpl.org) or call 301-600-7212 for concert news and information about how you can become a Friend of the Thurmont Regional Library.

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## 6th Annual Mountaintop Heritage Days

The One Mountain Foundation hosted the 6th Annual Mountaintop Heritage Days on Saturday, June 25, and Sunday, June 26, in Blue Ridge Summit, Pennsylvania and Cascade, Maryland. The multiple events were open to the public and included a wide variety of activities like the 3rd Annual Mountain Thunder Car "Cruis-in", fireworks by Master Design Limited, local history memorabilia displays, helicopter rides both days, boating on the lower Fort Ritchie lake, a climbing wall, a living history encampment and historical reenactments, a steam engine display, and much more. Corporate sponsors for this event were Corporate Offices Property Trust, PenMar Development Corporation, The Hagerstown-Washington County Convention & Visitors Bureau, and the Fort Ritchie Community Center.



Photo by Deb Spalding

Sandra, Matthew and Edwin Pryor, from Sabillasville, stroll through the Cruis-In Car Show during One Mountain Foundation's Mountaintop Festival at Fort Ritchie on Saturday, June 25.

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## briefs

### Emmitsburg Community Day Winners

The pig ran out of the pen, decided she didn't like freedom, and ran back in during the Greased Pig Chase at the Emmitsburg Lions Club's Community Day festival on Saturday, June 25, at the Community Park in Emmitsburg. Fun was on the menu for participants of all ages including games, the Tommy West Memorial Car Show, Lions BBQ, EBPA sponsored parade, Town Sheriff sponsored Community Bike Ride, entertainment, fire works and more.

Community game winners were: the Greased Pig Chase: Ages 1-6: winner—Bradley Miller; Ages 7-11: winner—Juliana Donahue; Ages 12-16: winner—Michael Donahue; Ages 17 and up: winner—Rose Samples. Sack Race: Ages 1-4: winners—Nikolai Bokinsky, First Place and Josh Hahn, Second Place; Ages 5-8: winners—Josh Maze/Bryant Palmer, First Place and Kaitlyn Gallagher, Second Place; Ages 9-12: winners—Andie Leach, First Place and Joel Miller, Second Place; Ages 13-16: winners—Lucy Crampton, First Place and Courtney Orndorff/Rob Reaver, Second Place; Ages 17 and up: winners—Vince Reaver, First Place and Josh Weikert, Second Place. Doubles Sack Races: 5-8 years Josh Maze/Bryant Palmer 1st and Caeley McVearry/Meara McVearry 2nd, 9-12 years Cody Stahley/Gavin Palmer 1st and Jordan Fineyrock/Courtney Orndorff 2nd, David Shields/Rob Reaver 1st and Andrew Nibecker/Paul Slotwinski 2nd, 17 and up Bridget McCarthy/Christine McVearry 1st and Ray Buchheister/Becca Corbell 2nd.

Water Balloon Toss: Tony Scarzello and Pete Leach 1st and Tammy and Andrew Liller tied with Michael and Mathew Donahue for 2nd.

Pie Eating Contest: Up to age 4 winners were Jack Scarzello first place, Adam Knox second; 5-8 years were Kendall Buckholz first and Owen Liller second; 9-16 year winners were Madison Flohr and Lucy Crampton tied for first; 17 and up winners were Michelle Ogle first and Matty Brown second.

Casting Contest Winners: Nikolai Bokinsky (up to 4 years age group), Deondre Phebus (5-8 years), Brittany Wybierala (9-16 years) and Wayne Bradshaw (17 and up).



Photo by Deb Spalding

Tony Scarzello 'scores' when Water Balloon Toss partner, Peter Leach, both of Emmitsburg, are declared winners by Lion Dale Shields.



Photo by Deb Spalding

Participants in the Watermelon Eating Contest show what's left on the rhine to Lion Dale Shields.



## imagination zone

*Children and Teens at the Thurmont Regional Library*  
by Janet Vogel, Children's Services Supervisor, Thurmont Regional Library

It's hot outside, but it's always cool inside the library. Join us for plenty of programs for all ages throughout the month. Also, don't forget to register for the Summer Reading Program for your chance to win a trip to the Great Wolf Lodge Water Park, a mini digital video camera, an eReader, and more! Stop by the library or visit [fcpl.org/src](http://fcpl.org/src) to register and for more information. Kids win prizes just for visiting the library, and teens earn prize drawing entries for every hour that they read or each program that they attend.

July is the heart of summer and time for many of our biggest events. The Thurmont Regional Library will celebrate its 3rd birthday on July 30, with a day full of activities and events for all ages. Join us beginning at noon for games and crafts in the children's department. Then meet Winnie the Pooh at 12:45 p.m., followed by Happy Cakes Cupcake Celebration. Decorate cupcakes (and eat them, too!) in this fun, family program led by a professional baker. Everyone's favorite Kathy MacMillan will present "Signs Around the World," a great family program of signing and songs. Then, we will have one last chance to meet Winnie the Pooh at 3:00 p.m. Mark your calendars now for this big event!

Dig out your fanciest clothes and join Minnie Mouse at our "Fancy Nancy & Fancy Clancy" party on Saturday, July 16. Oooh la la! It's your chance to show off your fancy selves, just like Fancy Nancy. Kids ages 3-8 are invited to participate in our fashion show and create a special craft. Please register in advance, since this is sure to be popular!

Elementary-aged kids will have plenty to do at the library this summer. Beginning July 12, elementary-aged kids can register for programs just for them on Tuesdays at 2:30 p.m. Everything from "Games around the World" to our "Splash Party" will make sure you have plenty of fun this summer (and learn a few things, too!). Busy on Tuesdays? We have a few Thursday afternoon programs, including "Wii for Kids" on July 7 and 21, as well as "History Detectives" on July 14.

We didn't forget the little ones this summer! Fans of "Tots 'n' Tunes" can continue to enjoy both "Tiny Tots" for children 12 months – 2 years, and "Tots 'n' Tunes" for ages 3-6 on the first Friday of every month at 10:15 and 11:00 a.m., respectively. Dance and move in this special storytime for active kids! Older ones, ages 3-6, can come back for our \*new\* Movin' and Groovin' Storytimes at 10:05 a.m. on the third Friday of every month (July 15 and

August 19). Ms. Lesa is leading this brand new storytime for the movers and shakers in your house!

Take me out to the ball game! We can't play baseball inside the library, but we can bring a real Frederick Keys player out to meet you on July 22 at 10:05 a.m. He will read a story and take pictures with the kids, so bring your camera.

Vrrroom! Otto the Talking Auto is back again this summer with plenty of safety tips, songs, and your chance to meet a real, talking car! He's not full size, but he's big nonetheless.

He will interact with you, including answering your questions about bike and car safety on July 22 at 10:30 a.m.

Teens and tweens will have a lot to celebrate this summer! We're ramping up our program offerings, including new Tween Lunch & A Movie showings. Bring your lunch and your friends and watch "Flipped" on our big screen on July 28 at noon. This "Tweens Only" event is just for you and your friends—no grown-ups allowed!

Teens can also take the Cupcake Wars challenge on July 21 at 6:00 p.m. Battle for the most extreme cupcakes in this sweet teen program, where you'll add gobs of candies, flavorings, and colorings in an attempt to be Cupcake King or Queen! Don't forget to register for this program led by professional baker, Amy Hunt.

This is just a sampling of the many programs we have to offer this summer. Visit our website (<http://www.fcpl.org/information/branches/thurmont/>) or call the Children's Department at 301-600-7214 for more information about upcoming programs. Our regular programs continue throughout the summer, along with many special events! Don't forget to mark your calendar for our Summer Reading Club Finale Party on August 13 at 10:30 a.m.

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## Vacation Bible School

**Graceham Moravian Church** -- Come join us at Graceham Moravian Church, located at 8231 A Rocky Ridge Rd., for "PandaMania" Vacation Bible School (VBS), where God is wild about you! VBS is July 25-29, 2011, from 6:30-8:45 p.m. Registration is for children ages 3 through Grade 5. To register, call the church office at 301-271-2379.

**St. John's Lutheran Church** -- Vacation Bible School will be held at St. John's Lutheran Church, 8619 Black's Mill Road, Creagerstown, on August 1-5, 2011, from 6:00-8:30 p.m. All children ages 3 to 12 are welcome. For more information, call 301-418-1760.

**Lewistown United Methodist Church** -- Lewistown United Methodist Church is holding Vacation Bible School on July 26-29, 2011, from 5:30 to 8:00 p.m. Registration is open to children ages 4 through 12. Parents are also invited and encouraged to participate in this exciting adventure of Bible stories, songs, and crafts with their children. This year's theme is "Joseph—From Prison to Palace." Snacks will be provided each evening, and there will be a covered dish picnic on Friday, July 29, for everyone to attend. Please plan for you and your children to attend this time of learning, fun, and fellowship. For more information or for a registration form, please phone the church at 301-898-7888 or Shirley at 301-898-7004.

**Mt. Zion United Methodist Church** -- Mt. Zion United Methodist Church, located at 13010 Mount Zion Rd, Sabillasville, will be holding Vacation Bible School on August 8-12, 2011, from 6:00 to 8:00 p.m. Come "Backstage with the Bible!" and get ready to experience the ultimate "concert" each day! There will be tickets for children in grades K through 6th. There will even be an adult class! For more information, please call 301-271-3357.

## The Emmitsburg Ambulance Company Open House

Members of the Emmitsburg Volunteer Ambulance Company (EVAC) held an Open House in June. Sparky the Dog and company members conducted training exercises for attendees to observe and for members to stay fresh on their skills.

The EVAC will host a Sportsman's Drawing and Dinner on August 6. See details in their ad on page 8.



Photo by Deb Spalding

Pictured are Chief, David Stonesifer (at the head) leading the rescue drill for Chase McKenney as Spot the Dog and Chris McKenna assist.

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## july

- 6 .... The Scam: Classic Rock, McGowan Patio, Mt. St. Mary's University, 16300 Old Emmitsburg Rd., Emmitsburg. 8:30-10:00 p.m. Free and open to the public. Rain or shine. 301-447-8329 or [www.msmary.edu/summermusic](http://www.msmary.edu/summermusic).
- 8 .... Movie: Rango (PG), on the Academic Quad, Mt. St. Mary's University, 16300 Old Emmitsburg Rd., Emmitsburg. 9:00 p.m. Free and open to the public. Bring a blanket or lawn chair. (Raindate: July 15). 301-447-8329 or [www.msmary.edu/summermovies](http://www.msmary.edu/summermovies).
- 8 .... The Morgan Family Concert, Green Grove Gardens on Buchanan Trail in Greencastle, PA. 5:30 p.m. Adults/\$15, 12 & under/\$12. Sponsored by Thurmont Heritage Days. 301-271-2023.
- 9 .... Yard, Bake & Food Sales, Corner of Depaul Street and North Seton Ave., Emmitsburg. 8:00 a.m. to 2:00 p.m. Sponsored by St. Joseph's Sodality. Donations accepted Thursday and Friday evenings July 7 & 8 from 6:00 to 8:00 p.m.
- 9-10 Civil War Encampment, Rose Hill Manor Park, 1611 North Market Street, Frederick, MD (Fred. Co. Div. of Parks & Rec.). Living history encampments demonstrations, artillery, sutlers, children's tent area, hands-on activities, manor tours, and concerts by the 2nd S. Carolina String Band. July 9–10:00 a.m.-4:00 p.m./July 10–10:00 a.m.-3:00 p.m. Saturday/Sunday: Battle 2:00 p.m.; Sunday: Church Service 10:30 a.m. Admission: \$3/ person each day. Sat. evening Camp & Dance Program: 7:00-9:00 p.m., \$3/person. Handicap Accessible. 301-600-1650 or visit [www.rosehillmuseum.com](http://www.rosehillmuseum.com).
- 10... Music on the Deck, Thurmont Regional Library, 76 East Moser Road, Thurmont. 2:00 p.m. Featuring "The Yardslippers" Sponsored by The Friends of the Thurmont Regional Library [www.fcpl.org](http://www.fcpl.org) or 301-600-7212.
- 10... Lewistown Ruritan Chicken Barb-B-Q, U.S. 15 North & Fish Hatchery Road.
- 10-14... 2011 VBS, Germantown Church of God, 16924 Raven Rock Rd, Cascade, MD. 6:30-8:30 p.m. Kick-Off Picnic for Parents & Kids on Sunday, July 10, at 6:00 p.m. Dinner will be served for the VBS Kids at 6:30 p.m. the rest of the week. Pre-register 301-241-3050.
- 12... "A Vision Comes to Life," The Daughters of Charity of St. Vincent De Paul, 333 South Seton Avenue, Emmitsburg. 10:00 a.m. Sponsored by the Daughters of Charity, St.

Joseph's Ministries and Seton Heritage Ministries. Blessing, groundbreaking, light refreshments, and an opportunity to visit the Basilica of Saint Elizabeth Ann Seton. RSVP 301-447-6039 or email [bosslesrp@doc.org](mailto:bosslesrp@doc.org).

- 13... Bruce Swaim Quartet: Straight Ahead Jazz Quartet, McGowan Patio, Mt. St. Mary's University, 16300 Old Emmitsburg Rd., Emmitsburg. 8:30-10:00 p.m. Free and open to the public. Rain or shine. 301-447-8329 or [www.msmary.edu/summermusic](http://www.msmary.edu/summermusic).
- 14... Blood Drive, Emmitsburg Ambulance Company, Creamery Road, Emmitsburg. 2:00-8:00 p.m. 301-447-8465.
- 15-17... Antique Tag Sale, 7508 Utica Road, Thurmont. 10:00 a.m.-6:00 p.m.
- 16... Mt. Tabor Festival, Mt. Tabor Church of Rocky Ridge hosts at Mt. Tabor Park, home of the BIG SLIDE. 4:00 p.m. Soup, sandwiches, iced tea, and ice cream & peaches. Music by "Blue Grass Chapel Band," 6:00-9:00 p.m.
- 16... Thurmont's Main Street Saturday Sip & Stroll. 12:00-4:00 p.m. Theme is "Sip and Stroll," with food, prizes, and games. Seafood will be abundant.
- 16... Ice Cream Social & Book Sale, Blue Ridge Summit Free Library and Summit Plaza, Blue Ridge Summit, PA. 9:00 a.m. - 3:00 p.m. 717-794-2240.
- 18-21... Lady Cougar Basketball Camp, Catocin High School. For girls in Grades 3-9 (entering fall 2011). 1:30-5:30 p.m. Camp Fee: \$100/athlete, \$85/athlete if paid by June 1st. 240-236-8100.
- 18-21... Catocin Football Camp, Catocin High School. For students in Grades 3-12. 6:00-8:00 p.m. Camp fee: \$75. 240-236-8100.
- 20... Jonathan Ragonese- Jazz Musician, McGowan Patio at Mt. St. Mary's University, 16300 Old Emmitsburg Rd., Emmitsburg. 8:30-10:00 p.m. Free and open to the public. Rain or shine. 301-447-8329 or [www.msmary.edu/summermusic](http://www.msmary.edu/summermusic).
- 22... Jay C. Graff Memorial Golf Tournament, Carroll Valley Resort, Carroll Valley, PA. Registration 12:00-12:45 p.m., Tee off 1:00 p.m., Buffet Dinner 6:00 p.m. 717-642-8282.
- 23... 2nd Annual Bobbi Jo Memorial 5K Run/Walk, Eyler Road Park, Thurmont. 7:30 a.m. On-Site Registration/Check-In, 8:30 a.m.

## community event calendar

- 1-Mile "Fun Run", 8:00 a.m. 5K Run. \$25.00/Pre-Registration \$30.00/ On-Site Registration, \$15.00 1-Mile "Fun Run". Register online [www.bobbijo5k.webs.com](http://www.bobbijo5k.webs.com) or call 240-422-7996.
- 24... Concert on the Lawn, St. Johns Lutheran Church, Creagerstown. 6:30 p.m. Featuring The Blue Grass Chapel Band. Bring lawn chair or blanket. Free hot dogs and drinks.
- 25... Red Cross Blood Drive, Our Lady of Mount Carmel Church, 103 N. Church Street, Thurmont. 2:00 - 8:00 p.m. Please call Terry at 301-271-7872 to schedule an appointment or for more information. Walk-ins welcome.
- 25-28... Catocin Cougar Soccer Camp, Catocin High School. For males & females Grades 3-9 (entering fall 2011). 5:30pm-8:00pm. Camp Fee: \$95/player, \$70 for additional family members. 240-236-8100.
- 27... The Rick Whitehead Trio: Jazz Trio, McGowan Patio, Mt. St. Mary's University, 16300 Old Emmitsburg Rd., Emmitsburg, MD. 8:30-10:00 p.m. Free and open to the public. Held rain or shine. 301-447-8329 or [www.msmary.edu/summermusic](http://www.msmary.edu/summermusic).
- 28,29... Grandparents University, two-day program for Grandparents and grandchildren ages 8-14 to come together and learn from one another while enjoying hands-on learning activities. Mt. St. Mary's University. Meals and overnight accommodations. 301-447-8329 or [www.msmary.edu/grandparents](http://www.msmary.edu/grandparents).
- 30... Tom's Creek Country Festival and Car Show, Route 140 east of Emmitsburg. 10:30 a.m. to 5:00 p.m. 301-447-2633.

- fcpl.org or call 301-600-7212.
- 6 .... Sportsman Drawing & Dinner, Emmitsburg Volunteer Ambulance Company, 17701 Creamery Road, Emmitsburg. Doors open 5:00 p.m., dinner 6:00 p.m. \$25/ticket. 301-447-6626 ext. 102 or 240-674-9834.
- 6 .... Summer Sandwich Sale, hosted by Thurmont Lions Club, Bell Hill Farm, 1 1/2 miles north of Thurmont along MD 15. 10:00 a.m.-3:00 p.m. (or until sold out). Menu includes pit beef, pork, turkey and ham—sandwiches and platters—including fries. 301-271-0558.
- 7 .... Lewistown Ruritan Chicken Barb-B-Q, U.S. 15 North & Fish Hatchery Road.
- 13... Annual Picnic, Mt. Bethel United Methodist Church, Stottlemeyer Road, Foxville. 10:00 a.m.-5:00 p.m. Featuring Chapel Blue Grass Band.
- 14,15... Bring cakes in for Cake Judging and Auction, Rocky Ridge Vol. Fire Co. Activities Building, 13516 Motters Station Road, Rocky Ridge. 1:00-4:00 p.m. (14th), 11:00 a.m.-1:00 p.m. (15th).
- 15-20... Rocky Ridge Annual Carnival, Motters Station Road, Rocky Ridge. August 15—Cake Judging and Auction 7:00 p.m. August 17—Parade 7:00 p.m.
- 20... Thurmont's Main Street Saturday Stroll. 12:00-4:00 p.m. Theme is "Back to School." Fill a back pack. Scavenger hunt throughout the main streets.

Calendar Advertising (this page) is free for non-profit events and display advertiser's events.

Classified Advertising (page 2) 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 Catocin Banner* at 515B East Main Street, Emmitsburg, MD 21727 or 13425 Moser Road, Thurmont, MD 21788. Call 301-271-1050 or email [ads@thecatocinbanner.com](mailto:ads@thecatocinbanner.com)

## august

- 3 .... Thurmont Senior Center Picnic, Pen Mar Park. 301-271-7911.
- 6 .... Music on the Deck, Thurmont Regional Library, 76 East Moser Road, Thurmont. 1:00 p.m. Featuring "Off Track." Sponsored by The Friends of the Thurmont Regional Library [www.fcpl.org](http://www.fcpl.org).

## 55th Annual Thurmont & Emmitsburg Community Show

The Thurmont & Emmitsburg Community Show will be held at Catocin High School, 14745 Sabillasville Road, Thurmont, Maryland, on September 9, 10, and 11, 2011.

The show will open to the public at 6:00 p.m. on Friday, September 9. There is no admission charge to the event; however, a silver offering will be collected.

Over 3,000 farm and garden, household, quilt, livestock, machinery and commercial displays can be seen during the three-day event.

This year, the show committee will honor the 50th Anniversary of the Catocin Mountain Park.

Community Show booklets will be available near the end of July at local area businesses. Shortly, you may also visit the Community Show's website at [www.thurmontemmitsburgcommunityshow.webs.com](http://www.thurmontemmitsburgcommunityshow.webs.com) to view the premium list.

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

Come and see the many farm, garden, household, canned goods, flowers, baked products, quilts, sewing exhibits, and animals exhibited by the residents of the Catocin High School area. There will be plenty of good food; entertainment; free parking; and door prizes, donated by area businesses.

## monthly calendar

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

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

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

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

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

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

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

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



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1 - 2 Ltr. Soda - **\$16.99**  
1 Lg. - 1 Topping Pizza, 1 - 2 Ltr. Soda &  
10 Buffalo Wings - **\$13.99**  
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**MONDAY:**  
1 Lg. Cheese Pizza &  
1 - 2 Ltr. Soda - **\$6.99**  
- **\$2.00 OFF** Any Pasta Dinner

**TUESDAY:**  
**\$5.00** Foot-Long  
**\$1.00 OFF** Any Small Sub

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

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

<b>\$6.99</b> Lg. Cheese Pizza & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$6.99</b> Lg. Cheese Pizza & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$6.99</b> Lg. Cheese Pizza & a 2 Ltr. Soda <small>Not valid with any other offers. Offer expires 8/31/11</small>
<b>\$13.99</b> 1 Lg. - 1 Topping Pizza a 2 Ltr. Soda & Buffalo Wings Add more wings - \$4.99 <small>Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$13.99</b> 1 Lg. - 1 Topping Pizza a 2 Ltr. Soda & Buffalo Wings Add more wings - \$4.99 <small>Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$13.99</b> 1 Lg. - 1 Topping Pizza a 2 Ltr. Soda & Buffalo Wings Add more wings - \$4.99 <small>Not valid with any other offers. Offer expires 8/31/11</small>
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<b>ANY DAY!</b> <small>Not valid with any other offers. Offer expires 8/31/11</small>	<b>ANY DAY!</b> <small>Not valid with any other offers. Offer expires 8/31/11</small>	<b>ANY DAY!</b> <small>Not valid with any other offers. Offer expires 8/31/11</small>
<b>\$5.00</b> <b>FOOT-LONG</b> <small>Any Large Sub Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$5.00</b> <b>FOOT-LONG</b> <small>Any Large Sub Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$5.00</b> <b>FOOT-LONG</b> <small>Any Large Sub Not valid with any other offers. Offer expires 8/31/11</small>
<b>\$3.00 OFF</b> <b>ANY PASTA</b> <b>DINNER</b> <small>Includes Salad &amp; Bread Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$3.00 OFF</b> <b>ANY PASTA</b> <b>DINNER</b> <small>Includes Salad &amp; Bread Not valid with any other offers. Offer expires 8/31/11</small>	<b>\$3.00 OFF</b> <b>ANY PASTA</b> <b>DINNER</b> <small>Includes Salad &amp; Bread Not valid with any other offers. Offer expires 8/31/11</small>

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