

A Little Bit of Irish

by Valerie Nusbaum

Ireland is a beautiful island in the North Atlantic Ocean, also bordered by the Celtic Sea and the Irish Sea. Known for its lush green valleys and rolling hills, the “Emerald Isle” is a large exporter of textiles, medicinal supplies, and computer equipment. Ireland has also given us some handsome gentlemen, such as Colin Farrell, Liam Neeson, Bono, Pierce

Thomas’ son, Richard O’Toole, went to work for the railroad in the area and contributed to the flashing light version of the railroad’s semaphore warning system. Photographs by Richard may be viewed on the walls in St. Anthony’s Church near Emmitsburg.

The O’Tooles have traveled to Ireland twice. They visited the area where Bill’s O’Toole ancestors lived in Glendalough (Gleann Dá

ads on trolley cars and subways. Lou’s grandmother was a second cousin to the Joe Kennedy clan.

On St. Patrick’s Day, the O’Briens always have an Irish coffee in honor of their dear family friend Fr. Carl Fives and all of their loved ones who have passed on. Lou’s family eats corned beef and cabbage on the holiday and his wife, Linda, makes Irish soda bread that comes with the warning label “Do Not Operate Heavy Equipment after Eating”! Lou told us that his mom, Jean, loved celebrating St. Patrick’s Day with her children and always put green food coloring in their food. Every March 17th, the little O’Briens would dress in green clothes for school and have green oatmeal, green eggs, and even green orange juice for breakfast!

The O’Briens have visited Ireland two times. Lou told us, “It is uncanny, the constant feeling of being home. I have traveled the world, but Ireland is the only country that captures my heart.”

Another Irish addition to our area is the locally well-known Fitzgerald family. Owners of The Shamrock Restaurant in Thurmont, the Fitzgeralds have a colorful history.

Donna (Fitzgerald) Demmons of Thurmont told us that her family is from a wee town in Ireland called Pallaskenry, which is 30 miles west of Limerick. Donna’s ancestor, Thomas Fitzgerald, came to America from Ireland in the 1830s when he was eleven years old. Thomas lived in Baltimore and apprenticed to a tailor. He also learned to read and write, which in those days was quite an accomplishment. When Thomas got older, he traveled across

the country to California, and back. While in California he made suits in order to earn a living, but he was an enterprising young man and also charged settlers a fee to read their letters from home. If any of the settlers wished to send a return letter, Thomas charged another fee to write back! Eventually, Thomas came back east to Philadelphia, Hagerstown and Baltimore. The Fitzgeralds are still in possession of Thomas’s diary from those years.

Donna’s great-grandfather moved to Emmitsburg from Baltimore in the 1900s. He settled on 90 acres and called it “Havilah,” which is the Irish word for hills and valleys. You might remember that dinosaur prints were found there several years ago.

Allen Fitzgerald and his wife Naomi (Powell) were Donna’s grandparents. Along with their five sons, Allen and Naomi started a restaurant in Emmitsburg back in the 1930s. They began their food business by baking ham and making soup and selling it at the gas station. Eventually, the Fitzgerald family opened a restaurant on Route 15 and the rest is local history.

Donna laughingly remembers that “the restaurant used to serve green rolls and green beer for St. Patrick’s Day. Now we serve authentic Irish beer. This year will be the 47th year for the party, and we can’t imagine not celebrating with everyone.” In 1975, the restaurant won the national grand prize for best St. Patrick’s party.

No matter where our ancestors came from, St. Patrick’s Day is the one day when we’re all a little bit Irish!



Photo by Paige Gray, manipulation by Graceanne Schramm

Brosnan, Bill O’Toole, Lou O’Brien and Donna (Fitzgerald) Demmons. Who are Bill O’Toole, Lou O’Brien and Donna (Fitzgerald) Demmons, you ask? Read on....

Bill O’Toole lives in Emmitsburg with his wife Cathy. He explained that his heritage is mostly German. As a professor of Math and Science at Mount St. Mary’s College for 41 years, Bill was surprised to learn that his great-great grandfather, Thomas O’Toole, came from Ireland to this country to work at Mount St. Mary’s as the campus cook in the 1800s. Thomas was given land bordering the campus on which to live.

Loch, “Valley of the Two Lakes”) in County Wicklow south of Dublin. Their favorite part of Ireland is the picturesque area called the “Queen’s View,” with its glorious vista of the Lakes of Killarney. Bill said that they didn’t see any of the fabled leprechauns, but joked, “If there were any leprechauns, they were hiding from the Yanks.”

Also from Emmitsburg, Lou O’Brien’s Irish ancestors hailed from County Cork, Ireland. The O’Briens immigrated to America in the late 1800s. Later, Lou’s grandfather worked in advertising, where he came up with the idea of putting billboard

Find Out What Happened February 20, 1954 in George Wireman’s “This and That” Column Page 16



Photo Courtesy of The George Wireman Collection

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from the publisher

Dear Reader:

Hello Catocotin Community! It is with a smile that I deliver my latest news... the next issue of the *Catocotin Banner Newspaper* will be full color. You'll notice that we're in transition with this issue. Due to a computer failure and file access challenges, we didn't have time to convert all of the ads to color for this month's issue, despite good intentions to surprise everyone. Our advertising rates will not be impacted by the improvement.

More than ever before, our readers are sending the news to us for publication. I said it before and you listened. This good news newspaper is your community bulletin board. Send us your photos, news, updates and achievements and we'll be the vehicle for you to spread the news.

As always, I encourage you to patronize our advertisers since this publication exists due to their commitment and support. Thanks to you all for reading, contributing and sharing.

Deb Spalding, *Publisher*

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For Rent

ROOM FOR RENT: Thurmont, \$350/month plus ½ utilities. W/D, own parking space, A/C. Non-smoker, no pets, references. 240-357-5659.

APARTMENT FOR RENT: In Emmitsburg. Most utilities included. No pets, no smoking. Call 301-447-2403 or 301-693-1505.

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

Notices

NOTICE: Home and Garden Party and Home Interiors have joined together to become "Celebrating Home" bringing families together. To request a new catalog, host a show, schedule a fundraiser, or learn more about starting your own business, please e-mail MaryLou Little at hgparygirl62@aol.com or call 301-447-2073. Host your party in my home. Call me to set your date and I will do the rest.

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

For Sale

For Sale by Owner: Mobile Home on 2.21 acre located at 12813 Hessong Bridge Road. Electric, phone, water well, sewer system and dish network ready to go. Call 301-271-2098.

FOR SALE: Three 4-foot wide metal wardrobes and one 5-foot wide 5 drawer dresser with mirror. Like new. \$20 each. 301-898-9014.

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

Wanted

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

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

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

Services

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

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

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

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

Why do people wear shamrocks on St. Patrick's Day?

Regular rocks are too heavy.

Thurmont Lions Club Scholarship

The Thurmont Lions Club is pleased to announce that the Club's Foundation will award four scholarships to graduating Catocotin High School seniors this year. Each scholarship is in the amount of \$1,000. One of the scholarships—the Lion Vic Jagow Scholarship—named in honor of the Club's longest-serving Lion, is renewable for a total of four years as long as the recipient maintains a B average in college studies.

The scholarship recipients will be recognized at the Thurmont Lions Education Night on May 11, and at the CHS honors ceremony during graduation week. Applications for these scholarships are available in the Catocotin HS office. Completed applications are due in the office no later than the close of the school day on April 15, 2011. The school's point-of-contact is Mr. Tom Caravela.

Classified Advertising costs 25¢ per word with a minimum of \$5 for line listings. Photo Classified are \$15 per ad limited to 1" height. Send your written listing, photo and payment to: *The Catocotin Banner* at 515B East Main Street, Emmitsburg, MD 21727 or 13425 Moser Road, Thurmont, MD 21788. Call 301-271-1050 or email ads@thecatocinbanner.com

The Catocotin Banner

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or 13425 Moser Road • Thurmont, MD 21788
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Deb Spalding, Publisher
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Hidden Object Game and “Where Am I?” Photo Game

Congratulations! February’s *Hidden Object* and “Where Am I?” Game Winners were James Davis (\$25 Gift Certificate) and Joe Ott (\$10 Gift Certificate). James and Joe are asked to pick an advertiser from the February issue from which they’d like their gift certificate.

There were 24 heart candies in the February issue. The “Where Am I?” photo was taken on the campus of Mount St. Mary’s University on Echo Field. This month’s Hidden Objects are shamrocks. Call in with your total count.

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

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

NEW - ‘Where Am I?’ Contest



Corrections to February’s Issue

In the article “Boy Scouts Visit Arlington,” a reference was made to the Marine Corps Memorial on hallowed grounds. The honor guard memorial vigil at the Tomb of the Unknowns is conducted by the Army’s 3rd U.S. Infantry, not the Marines. Because the dress blues uniform worn by the Army guards resembles the Marine’s dress blues, that mis-reference is often made.

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The Catocin Banner Incentive Program

Here at *The Catocin Banner*, our least favorite part of publishing the newspaper is selling ads. But, it is necessary. Instead of becoming pesky ad salespeople, we’ve come up with *The Catocin Banner* Incentive Program, where any one of you can sell an ad or ads and earn money by helping to support this little newspaper.

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

Celtic Springtime Celebration in Emmitsburg

A Celtic Springtime Celebration, featuring dinner and Irish music, will be held on Saturday, March 26, at 6:00 p.m. in Emmitsburg at St. Joseph’s Parish Hall.

Music will be provided by the Irish band Cormorant’s Fancy. Professional calligrapher, Sheila Waters, will offer a brief presentation with slides she took of the restoration of the Book of Kells, the world’s most famous manuscript (8th century), housed at Trinity College, Dublin. Dinner will feature a roast pig with trimmings and Irish desserts offered by EOPCC (the Emmitsburg Osteopathic Primary Care Center) supporters. Beer and wine will be available, as will a Silent Auction, with all proceeds to benefit EOPCC to help pay down its construction debt.

Friends of EOPCC are organizing the celebration to coincide with the spring equinox and the various Irish feasts associated with March. Tickets are required by the Ides of March (the 15th), at \$35 per person or \$60 per couple. Invitations should be requested from EOPCC or from Bill O’Toole and Cathy Bodin, event chairs at 301-447-2690 or cbodin@mcdaniel.edu. (Blizzard date: Sunday, March 27, 6:00 pm.)

Ahoy Matey!
GET YE TO THE THURMONT BUSINESS EXPO!
FRIDAY MARCH 25
6-9PM
CHS GYM
Are you a local business in the 21788 area code? Then sign on!
Info and application at ThurmontFirst.com. Deadline March 11

Emmitsburg, February 2011

Annual Audit for 2010 Budget
Emmitsburg will be audited by Draper and McGinley, Certified Public Accountants of Frederick. This is required by the state of Maryland each year. Mayor Hoover says that the auditors will find that Emmitsburg is in good financial shape. The town did suffer a deficit of \$27,000 in 2010, due in large part to the loss of revenue from the highway user funds and tax equity funds. Since Emmitsburg has a significant amount saved in their fund balance account (referenced as "Rainy Day" funds), the town was able to absorb this deficit.

Emmitsburg 2011 Mid-Year Budget Review

"Currently, Emmitsburg is ahead of the game," stated Mayor Hoover. The town had projected a smaller amount for funds received from state and county offices for the 2011 tax year and made plans based on this expectation. The town was fortunate to receive Tax Equity funds from the county in the full amount that they would have gotten in 2010.

Splash Park Bid Review

The Splash Park project is up for bid again with all bids expected to have been turned into the town by the end of February. A significant amount of applications have been

by Michele Cuseo

town hall reports

Farmer's Markets Seek Vendors

Emmitsburg
301-600-6300

Thurmont
301-271-7313

requested.

Once the bid is awarded, construction is expected to begin this spring.

Emmitsburg Farmers Market Looking for Vendors

The town of Emmitsburg is looking for additional vendors for their 2011 Farmers Market Season. The season begins late in June and runs through September. All interested vendors should contact the town office for more information at 301-600-6300.

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

Thurmont, February 2011

Preliminary Budget Discussion

The Mayor and Commissioners discussed details for the upcoming budget for 2012. Specifically, they tried to come up with prioritizing costs/expenditures that they expect in 2012. The town will need to replace one of their large dump trucks that is at its end of practical use. Commissioner Lookingbill suggested that perhaps a used truck could be purchased to replace it.

Other creative cost-saving measures were also discussed, including building a pole structure (in place of an actual warehouse/garage) to store town vehicles and equipment in order to protect them from the elements.

Mayor Burns has requested that with the next budget meeting they review the details of the health and retirement benefits for town employees. He wants to evaluate what is fair to ask the employees to pay toward their benefits. For instance, should the town pay for dental and vision benefits or can they pass some, if not all, of this cost on to the employee. In addition, Mayor Burns wants further discussion and consideration for the possible elimination of the school crossing guards that cost the town \$22,000 annually. He says he realizes that people consider this a safety issue for the kids but thinks this should be a school paid expense. Some comments were made about volunteers and what was done in the past before the crossing guards were used. The Mayor and

Commissioners are encouraging all citizens to communicate their concerns and ideas about the Thurmont budget with them.

Thurmont Against Closing Sabillasville Elementary School

Mayor Burns sent a letter to the school board speaking out against the closing of Sabillasville Elementary School that has been proposed by the School Board. Burns states that this would not only negatively affect the kids from Sabillasville who would have to travel quite a distance to a new school, but would also impact Thurmont schools for the task of handling larger class sizes and costs involved in taking on an additional population of kids.

Parking Ticket Ordinance

Commissioner Lookingbill is requesting that the town take a look at the parking ticket ordinance and review how much we are charging for parking tickets. A citizen complained that the cost of a ticket fine was twice as high as Frederick City. Mayor Burns commented that our meters only charge 25 cents per hour where Frederick charges \$1.00 per hour. Lookingbill commented that there is also the problem of parking in Thurmont. The town parking lot is full most of the time. The Mayor agreed that they could still review the ordinance.

Food Bank

A reminder from the Commissioners that the Food Bank is still in need of donations. More information can be obtained on the town of Thurmont site or by calling the town office.

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

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2006 Buick LaCrosse CXL St. #R10-140P 39,718 Miles	\$12,150.00
2009 Chevrolet Cobalt LT St. #R10-316P 34,878 Miles	\$12,995.00
2006 Chevrolet Colorado Crew St. #R11-135P 49,052 Miles	\$20,500.00
2007 Chevrolet Tahoe LS 4W St. #R11-051A	\$28,450.00

Stop in and see us during our 47th Anniversary

1 Chevy Dr. • Taneytown, MD • (410) 751-1200



Courtesy Photo

Emmitsburg Lions Sponsor Rock & Roll Dance

On Saturday, March 19, the Emmitsburg Lions Club will host a Rock & Roll dance. The dance will feature the sounds of "The Rock & Roll Relics," a legendary band in the Washington/Baltimore area. This event will be held at the Emmitsburg Ambulance Company building on Creamery Road in Emmitsburg, from 8:00 p.m. - midnight. Cost is \$15.00 per person. No tickets will be sold at the door. For tickets, please call Zurgable Hardware at 301-447-2020 or Mrs. Sharon Hane at 301-447-2401.

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

Check the Calendar

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

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briefs

The 2011 Thurmont Business Expo

The 2011 Business Expo will be held on March 25, 2011, at Catocin High School, Thurmont, Maryland, from 6:00-9:00 p.m. Applications are now available! Save money, secure location, and have your information printed in the 2011 Business Expo map and literature by submitting application prior to March 11, 2011. Applications received after March 11, 2011 will pay additional fees and will not be included in the event map and literature. The spaces are available on a first come first serve basis so be sure to register early. For an application or more information, visit www.thurmontfirst.com or contact Diana Stull, Chairperson at dianasbeautyparlor@yahoo.com; John Kinnaird at 301-271-2273/301-606-9458 or john@kinnairdmemorials.com; and Cindy McKane-Wagester at cindy@thurmontstaff.com. (See ad on page 3.)

Warm the Heart Tea

Make the first day of spring 2011, a day to remember... and join Mother Seton School (MSS) for an Afternoon Tea and Entertainment that will positively "warm your heart."

A new event for MSS, the "Warm the Heart Tea" will be held on March 20, from 1:30 to 3:30 p.m. at Mother Seton School located at 100 Creamery Road, Emmitsburg.

The afternoon tea experience will include linen covered tables, specialty teas provided by Soulstice Tea from Westminster, and a complete tea menu catered by Hors d'oeuvres, Etc. from Frederick, MD. Irish classics and entertainment will be provided by Jenni Joy. A Fashion Show of Mother Seton School students will complete the festivities.

Don't miss this new and exciting fun-filled event. It's a perfect way for all ages to celebrate the beginning of spring!

Advance tickets for adults are \$12.00 each; children ages four to ten years are \$8.00 each. All tickets at the door are \$15.00. Tickets are available from Mother Seton School by calling 301-447-3161 or by emailing development@mothersetonschool.org.

For more information about the "Warm the Heart Tea", please contact Sandra Day at 240-422-1409 or sandraday08@comcast.net.

Standing Room Only Show Choir Fundraiser at Roy Rogers

Catocin High School's "Standing Room Only" Show Choir will be having a fundraiser at Roy Rogers on Friday, March 18, from 5:00 to 8:00 p.m. Roy Rogers will donate 25 percent of the sales back to the show choir during these hours only. Please mention "CHS Standing Room Only" when placing your order inside or in the drive-thru. Money raised from this event is used for music, props and competition fees. Thanks for your support!

Fire & Rescue Museum Grand Opening

Frederick County Fire & Rescue Museum Grand Opening will be held April 2, 10:00 a.m. at 300 South Seton Avenue in Emmitsburg. Baltimore City Fire Chief, Jim Clack will be the featured speaker.

This day celebrates the opening of the museum portion of the project. The Heritage Center will officially open later this year.

Main Street Groomers
Judy Cochran & Cindy Grimes, Owners

Open Monday Through Friday
8:30 a.m.-noon
Saturdays - appointment only

All Breeds
Welcome!

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

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

No Ordinary Tree

It was just the trunk of an old tree. That's what most of the thousands of people thought who drove by it as they left the state of Maryland west of Emmitsburg on Rt. 140 (Old Waynesboro Pike). To many, they passed it by unnoticed. But, to Chain-Effect's artist, Jason Stoner of Fairfield, Pennsylvania, that old tree still had life and potential. He used a chain saw to shape and carve the images of owls, an old man's face and an Indian face in the old tree. He gave it a new life in just 16 hours.

Jason's wife, Amber, noticed the potential of the tree while driving home. After mentioning it to Jason, he paid a visit to the owner of the land where the tree resides. Mr. Earl Harrington owns the land at the Mason-Dixon line along the road and was happy to give the okay. He said he was glad to give folks something memorable to see as they leave the state of Maryland. He said, "That big owl catches your eye. People have been stopping and slowing to look at it." He added that there hasn't been a Mason-Dixon line marker for years since people kept stealing them. He thinks this totem will serve as something for people to remember as they leave Maryland, but he hopes the Mason-Dixon marker will be reinstalled.

Jason owns his sign and wood carving business, Chain-Effect, where he designs and creates everything from vehicle graphics to building signs, business cards and letterheads. It's not surprising that he most enjoys his wood carving. Visit his website www.chain-effect.com or call 240-832-5590 for more information.



Photo by Deb Spalding
Pictured are Jason Stoner of Chain-Effect and Earl Harrington of Emmitsburg.

Eiker Recognized for 60 Years of Service

The Indian Lookout Conservation Club recently recognized Gil Eiker, Sr. for over sixty years of dedicated volunteer service to the club. Gil has held several offices and helped with many activities over the years.

Thank you, Gil, from the officers and members of the Indian Lookout Conservation Club of Emmitsburg.

Presenting the award are left to right, Treasurer - Donnie Kaas, Sr., Gil Eiker, Sr., and President - Thomas Wantz.



Courtesy Photo

Anytime Fitness hires Thurmont's Own Inga Olsen!

The Anytime Fitness Thurmont team, part of the world's largest 24-hour, co-ed fitness franchise, is pleased to announce the hire of Thurmont's own Inga Olsen. A 1999 graduate of Catocin High School, Inga went on to receive a Bachelor of Science Degree in Exercise and Sports Science, with a minor in Coaching from Frostburg State University. She returns to the area as a National Strength Professionals Association (NSPA) Certified Conditioning Specialist and an NSPA Certified Nutrition and Weight Management Specialist, with six years of personal training experience in the fitness industry. Her expertise and experience affords current and potential Anytime Fitness members a chance to reach their fitness goals.

Inga's excitement at her new position is evident in her attitude on the floor and in the office. "Fitness is my life," she says! "Staying physically active is critical to lowering the risk of developing life-threatening diseases and other everyday stress and/or anxiety induced maladies. My goal at Anytime Fitness is to assist all members in achieving their fitness goals and to make each person feel good about him or herself, inside and out." With a variety of personal training packages available, Inga can work around specific health issues and work to design a perfect program that is specific to your needs.

In addition to helping you achieve your fitness and/or weight loss goals, she can provide support, feedback and motivation, as well as tips on how to work out smarter, not harder. According to an Anytime Fitness member, who has worked out one-

on-one with Inga for over a month, "I have so much more energy! Anytime Fitness is a wonderful place; you can get a complete workout on your own or with Inga. She will definitely give you the push you need."

The team and members at Anytime Fitness Thurmont know she is an incredible asset and can help you reach your health and fitness goals, but we want you to decide for yourself. We're willing to let you try out the club FREE for a week, and receive a FREE mini-orientation and consultation with Inga. For more about this offer, or for information about Anytime Fitness Thurmont, please call 301-271-0077 or email to thurmontmd@anytimefitness.com.



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Stars of HOPE Relay for Life Team Basket & Cash Bingo

The Stars of HOPE Relay for Life team will hold its 4th annual Longaberger Basket and Cash Bingo on Friday, April 8, at the Thurmont Activities Building. Doors open at 5:00 p.m. with bingo games beginning at 7:00 p.m. Tickets are \$20.00 in advance and \$25.00 at the door. For advance sale tickets, call Jennifer at 301-271-3129. All proceeds from this event will benefit the American Cancer Society in the fight against cancer!



Courtesy Photo
Members of the Stars of HOPE Relay for Life Team are pictured.

Seton Center Thrift Shop Plans Bag Sale

The Thrift Shop of Seton Center, Inc. is a nonprofit sponsored work of the Daughters of Charity of St. Vincent de Paul, at 16840 Seton Ave., Emmitsburg, is holding a Bag Sale on Friday, March 11, from 10:00 a.m. to 4:00 p.m. and Saturday, March 12, from 8:00 a.m. to 3:00 p.m. Shoppers are allowed to get a grocery-sized paper bag and fill it full of merchandise for just \$5.

"The Thrift Shop Bag Sale is a great opportunity for our customers to purchase so many new and nearly new items for only \$5 a bag," said Denise Sauvageau, Manager. "It's like shopping at a boutique, but at very reasonable prices. Our customers love it," continued Sauvageau.

The Thrift Shop is open during the

week from Tuesday through Friday from 10:00 a.m. to 4:00 p.m. and on Saturdays from 8:00 a.m. to 2:00 p.m.

All revenue from the Thrift Shop is used for Seton Center's Outreach programs, which provide services for people in need, primarily in northern Frederick County. Services include emergency and temporary financial assistance with rent, heat, utilities, and prescriptions; referral and information services; supportive counseling; advocating for the needs of the poor, and other services. Seton Center's Outreach touches the lives of approximately 5,000 people a year.

For more information or to make donations, please call 301-447-6102, email setoncenterinc@doc.org, or visit www.setoncenterinc.org.

briefs

Emmitsburg Lions Club Health Screening

The 28th annual Emmitsburg Lions Club health screening will be held on Saturday, March 12, from 7:30-10:00 a.m. at Mother Seton School, 100 Creamery Road, Emmitsburg. The health screening will feature several blood screening services made available by the Gettysburg Hospital. Please note that registration is required for all blood tests by calling WellSpan HealthSource at 1-800-840-5905, M-F, 8:00 a.m.-5:00 p.m.

Most important of these services and recommended by most health care providers on an annual basis is a multiphasic blood screening (MBS). The MBS focuses on early detection of potential health problems (\$32.00) to those health screening participants who have pre-registered and who have completed the mandatory 10-12 hour fast.

In addition to the MBS, the prostate specific antigen (PSA) blood test is recommended for men over the age of 50 as a preventative measure against prostate cancer (\$15.00), and the sensitive thyroid stimulating hormone (TSH) blood test, a test used in the early detection of thyroid disease (\$10.00). Other optional tests include the Vitamin B12 deficiency test (\$20.00) and the (HbA1c) Glycohemoglobin test made available for diabetics only (\$15.00). All tests may be ordered in whole or in part of any combination.

The Emmitsburg Lions will be conducting free vision acuity tests for those interested. No registration is required for vision screening.

For more information call Lion Joe at 301-447-2939.

Fort Ritchie Community Center Events—Looking for Vendors

The Fort Ritchie Community Center is holding two upcoming spring events and is looking for vendors. The Think Spring Indoor Yard Sale will be held on March 5, from 9:00 a.m. - 2:00 p.m. The cost is \$15 a space. The Spring Craft Bazaar will be held on April 9, from 9:00 a.m. - 3:00 p.m., the cost is \$25 a space. If you are interested in being a vendor for either or both of these events, please call Beverly Coyle, Public Relations, Fort Ritchie Community Center at 301-241-5085.




6 course Beer Dinner

with the Flying Dog Brewery From Frederick

Saturday March 26th at 6:30 In JoAnn's Ballroom

Featuring Culinary Creations of Chefs Paul Karsteter and Chuck Stephey

Displayed Appetizer- Warm olives, herb goat cheese and crisp fresh fruit
Garde Dog, Biere de Garde

Amuse Buche- Mango stuffed coconut shrimp,
Raging B, Belgian Style India Pale Ale

Appetizer- Grilled clams casino with a wild mushroom cocktail garnish
Tire Bite, Golden Ale

Salad- Mixed field greens with shaved Asian pears, carrots and red onion
with a lemon thyme vinaigrette accompanied with grilled Focaccia
Snake Dog, India Pale Ale

Entrée- Braised Sea Bass with chorizo, sour cherries and hazelnut slaw
Served with both, Snake Dog, India Pale Ale and In-heat wheat, Hefeweizen

Dessert- Macadamia chocolate cheesecake ice cream,
Coffee Stout



\$55.00 per person, tax and gratuity additional

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Bobbi Jo Delphey Barber Inducted into Sports Hall of Fame

The 35th Annual Frederick County YMCA Sports Hall of Fame Banquet was held on February 5 at Martin's in Walkersville. The late Bobbi Jo Delphey Barber was one of six individuals to be inducted this year to commemorate her contributions to the Catoctin Community in Basketball, Track and Field, Cross Country, and coaching. This year, six individuals received the honor, including Gary Rubeling of Walkersville High School (football), Tim Fawley of Middletown High School (basketball), Nicole Teasley of St. John's at Prospect Hall (basketball), Keith Lee of Frederick High School (football), and Beau Wiebel of Middletown High School (swimming).

Bobbi Jo was nominated by her former coach and friend, Jack Davis, of Thurmont. He serves on the Hall of Fame Committee, along with other representatives from around Frederick County and Frederick

City. He said, "This year's slate of inductees was probably the most well-rounded in terms of their sport of expertise." Sport concentrations included soccer, basketball, swimming and football.

The Master of Ceremonies, Ron Linton, commented that this year's class of inductees was perhaps the youngest and most outstanding class of athletes to be inducted.

Bobbi Jo's family was in attendance in numbers. Her twin daughters, Ashley and Amanda Barber, accepted the award for their mother. They gave a touching speech in honor of their mother during which they talked about her passion for athletics and her impact on young kids. They reminisced about how she had taught them to participate in sports, regardless of ability, and to learn sportsmanship. They received a standing ovation at the conclusion of their speech.

Bobbi Jo's sporting accomplishments

Bob and Lou Ann Delphey are shown with their granddaughters, Ashley and Amanda Barber.



Photo by Jenna Davis



Photo by Jenna Davis
Amanda and Ashley Barber, pictured third and fourth from right, are shown during the 2011 Sports Hall of Fame Banquet.

CYA Wrestling

Congratulations to the following wrestlers who have qualified for the Maryland State Wrestling Association (MSWA) State Tournament: Jacob Baker, Joshua Small, Zachary Bryant, Alex Taylor, Garrett Buckley, Joey Puvel, Charlie Perella, Kevin Simmel, Justin Phillips, Dalton Hawkins, and Gage Randall.

MSWA Novice State Tournament: Dylan Mulligan, Logan Mulligan, and Colby Keilholtz qualified for the MSWA (Maryland State Wrestling Association).

2011 Maryland State Youth Wrestling: Charlie Perella won first place, making him the first CYA two-time Maryland State Champion in Folkstyle wrestling. Joshua Small 2nd; Gage Randall 2nd; Zachary Bryant and Dalton Hawkins 3rd; Jacob Baker 5th.

Future Champions Tournament: Dylan Mulligan 3rd. Somerset Tournament: Nolan Brightshue 4th.

and contributions are impressive. As a Freshman at Catoctin High School, was moved up to play Varsity Basketball and she was State Champion in the High Jump in track and field; as a Sophomore, she was a starting forward on the basketball team and secured the MVAL, County, Regional and State Championship titles for high jump as team Captain in Track and Field. As a Junior, she scored 384 points in 22 basketball games; she was undefeated in High Jump and was named the Frederick News Post's Female Athlete of the Year. As a Senior, she served as team Captain for the Track and Field, Basketball and Cross Country Teams. She led the Cross Country girls to their first ever state qualifying as a team; she led the basketball team to become State Semi-Finalists. She set a scoring record at Catoctin High School and was USA Today's Female Athlete of the Week for Maryland. She was the Frederick News Post Athlete of the Week twice, Frederick News Post Co-Player of the Year, MVAL, County, Regional and State Champion in the High Jump, undefeated in High Jump for the season, and she set school records in high jump, high hurdles and triple jump, and more.

After all of that, Bobbi Jo participated in Junior Olympics earning 4th place in the Annual Reebok Invitational Track Meet in High Jump, then competed in National Jr. Olympic competitions in Syracuse, New York, where she came in fourth in 1987, and Lawrence, Kansas where she came in second in 1988.

As a coach, she contributed greatly to the lives of area youth: Head Coach for the Catoctin Youth

Track Program from 1999-2005; Meet Director and host to the Maryland State Track and Field Championships in 2005; named Maryland Track and Field's AAU Outstanding Coach for Track and Field; assisted and volunteered with the CYA Track program from 2005-2009 and served as Head Coach for the CYA's Girl's Traveling Basketball from 2003-2005. Through her restaurant business in Cashtown, PA, she started a Fun Run and Parade to benefit the local fire company. That event is now in honor of Bobbi Jo and was held this past year at Anytime Fitness in Thurmont.



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"How far is it to the next village?" asked the American tourist.

"It's about seven miles,"
guessed the leprechaun.
"But it's only five if you run!"

Catoctin Boys' Cross Country

On Monday, January 17, at the Thurmont Town Meeting, Mayor Martin Burns recognized the Catoctin High School Boys' Cross Country Team for winning the State Championship in November. Members of the team presented Mayor Burns with a team photo signed by the athletes and coaches. The team also won the MVAL Championships and the I-A West Regional Championships prior to the State title. On February 17, they held a State Championship banner-raising ceremony in the CHS gym during halftime of the Varsity basketball game.



Courtesy Photo

Members from left to right: Jacob DeLeon, Nick Trapane, David Dorsey, Jeff Stone, Kevin Dorsey, Brandon Humerick, Coach Terri Gibbons, Coach Inga Olsen. Team member Graham Lindahl was absent.

Thurmont Little League

Regardless of where you are playing Little League baseball this year, everyone needs to be aware of ever-changing baseball bat rules being issued by Little League International. Just a month ago many of the bats a child may have been using in the past were 'banned' for use this season. However, they have recently granted waivers to many of these bats. Please check out the up-to-date listing at the link on the Thurmont Little League webpage. <http://www.eteamz.com/thurmont/news/>. This list is sure to change over the coming weeks.

If you have registered online for Thurmont Little League, don't forget to submit a copy of the Medical Release Form. If volunteering to assist with this 2011 season, a Volunteer Form as well as a copy of your drivers license is needed. They can be brought to tryouts, which are on Sunday, February 27 and March 6, from 1:00 – 3:00 p.m. at the Catoctin High School. You may also go online at www.eteamz.com/thurmont/handouts to get the forms, open them, fill them out, save them, and then email them back to the league at thurmontll2011@verizon.net.

Want to Play the Fastest Game on Two Feet?

CYA Lacrosse is registering players for the 2011 spring season. All boys and girls from ages 5 thru 14 are eligible to participate, no experience is needed. Fees are \$85.00 per player. However, no child will be turned away due to inability to pay.

Check out our website www.leaguelineup.com/catlax for forms and information. Questions, call-Laurie Wilhelm at 301-748-7597 or email-catocinlax@yahoo.com.

sports

Catoctin Boys' Indoor Track

The Catoctin Boys' Indoor Track Team won the I-A West Regional Championships on Saturday, February 5, at Hagerstown Community College. The boys' team also won the MVAL Antietam Championships several weeks ago. The following athletes placed and scored in their respective events at the regional championships: • 55 Meter Dash: Harlan Lawson—1st place, Tyler Davis—6th place; • 300 Meter Dash: Deven Patterson—1st place, Zac Paguirigan—4th place; • 500 Meter Dash: Deven Patterson—1st place, Brandon Humerick—5th place; • 800 Meter Run: Jeff Stone—2nd place; • 1600 Meter Run: David Dorsey— 4th place, Kevin Dorsey—6th place; • 3200 Meter Run: David Dorsey—2nd place, Nick Trapane—4th place; • 55 Meter Hurdles: Garrett Baseley—6th place; • 4x200 Relay: Harlan Lawson, Craig Novacek, Zac Paguirigan, Deven Patterson—1st place; • 4x400 Relay: Zac Paguirigan, Brandon Humerick, Jeff Stone, Deven Patterson—1st place; • 4x800 Relay: Graham Lindahl, Nick Trapane, Brandon Humerick, Jeff Stone—1st place; • Pole Vault: Graham Lindahl—5th place; • Shot Put: Tyler Silverman—2nd place.

Message from Coach Gibbons: The boys team scored 79 points to place 2nd at the State Championship Meet!!! This is the best finish for CHS EVER at the MD State Championship Indoor Track & Field Meet! The most points we have ever scored at the state indoor meet before is 21 points at last year's meet! Look how far we have come!!!

The Girls team did a great job.... scoring 18 points and earned a 13th place finish.... GREAT JOB LADIES!!


Team Results

Catoctin Boys: 300 meter dash – Deven Patterson – 1st place, Zac Paguirigan – 5th place; 500 meter dash – Deven Patterson – 1st place and set a new state record; 3200 meter run – David Dorsey – 2nd place, Nick Trapane – 5th place; 800 meter relay – Harlan Lawson, Craig Nowaczyk, Zac Paguirigan, Deven Patterson – 2nd place; 3200 meter relay – Graham Lindahl, Nick Trapane, Brandon Humerick, Jeff Stone – 3rd place; 1600 meter relay – Zac Paguirigan, Brandon Humerick, Jeff Stone, Deven Patterson – 3rd place; Pole Vault – Graham Lindahl – 3rd place, Craig Nowaczyk – 8th place; 800 meter run – Jeff Stone – 4th place; 1600 meter run – David Dorsey – 5th place, Kevin Dorsey – 8th place; 55 meter dash – Harlan Lawson – 5th place; Shot Put – Tyler Silverman – 6th place.

Catoctin Girls: High Jump – Hannah Stone – 2nd place, Elise Manning – 6th place; 3200 relay – Kelsey Valentine, Bre Athey, Alice Laamanen, Kristen Myers – 5th place.

Antique Appraisal Day to be Held March 13

Don't miss the Antique Appraisal Day at the Thurmont Library on Sunday, March 13 from 1:00 to 3:00 p.m. Appraisals are \$5.00 for each item with a limit of four items per person. All proceeds support The Friends of the Thurmont Regional Library. Call 301-600-7200.



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What is the Safe & Sane?

by Michele Frech, CHS Safe & Sane Committee

If you're a member of the Thurmont/Emmitsburg Community, you're probably starting to notice a lot of fundraisers for the Catocin High School Safe & Sane Class of 2011.

You may have noticed our organization mentioned on the local cable stations, websites, radio stations, and printed media—not to mention all those flyers up on community bulletin boards!

What exactly is the Safe & Sane? We are a non-profit organization established to address the issue of drinking and drug abuse during one of the most high-risk social events of a high school student's life—graduation. We sponsor a "lock-in" graduation party at Mount St. Mary's Knott Arena the night of graduation. The party begins about 10:00 p.m. after the graduation ceremony and continues throughout the night. This keeps our new graduates off the streets and in a safe, controlled environment to celebrate the biggest night of their lives. Plenty of entertainment, food, games and prizes will keep our kids busy on what is statistically the deadliest night of the year for young adults across the country.

The Safe & Sane Graduation Party has been a tradition at CHS since 1988. We are proud to report that there have been no alcohol or drug related accidents on graduation night since we began. We are the only high school in Frederick County that does not charge graduates to attend—all are welcome to join us at no cost. We are also proud to say that, traditionally, 97 percent of the graduating class will attend the festivities!

The Safe & Sane Committee is comprised of many parents and family members of this year's 2011 seniors. As you may have noticed, we've been very busy with several fundraisers—we have a huge task in front of us! Some of our fundraisers have fallen a bit short, but we have many more in the works for the spring and hope to see our community come out and support us. We can't do it without your help.

We are currently selling raffle tickets where you could win a bushel of crabs from Rube's Crab Shack. We'll draw 10 winners in April. Our events for March include a Dance/Silent Auction at the Thurmont American Legion on March 12, and a "foam party" for all high school aged teens on March 19 at an event facility in Frederick. We have several events planned for April and May to



Courtesy Photo

This photo was taken during a recent fundraising event that was held at Hoss' Restaurant in Gettysburg for the Safe & Sane. Pictured left to right are seniors, Shane Myers, Brandon Humerick, Nikki Hollinger, Milton Frech, and Ben Tylicki.

include Bingo, a Cash Bash, Shrimp & Chicken Dinner, a "lock-in" at FSK Mall and several others. Be sure to check the Community Events calendar in *The Catocin Banner* for further information.

As you can see, we have quite a bit to accomplish by June 2, so come on out and support this great cause. If you can't make an event, perhaps you could help out simply by spreading the word about us. We'll happily accept any type of donation—be it your time helping at an event, merchandise to be used for the silent auction or door prizes, food and baked goods and, last but not least, monetary donations are always welcome, of course!

If you are the parent of a

graduating senior, it's not too late to get involved. If you are the parent of a junior, you may want to get involved now to see what lies ahead for next year. Our meeting schedule is as follows: March 9, March 22, April 13, April 28, May 11 and May 26. All meetings are held at 7:00 p.m. in the media center at Catocin High School.

Our organization thrives because of our community! Please help us keep this tradition going for all of our future graduates! For more information, please visit our website at <https://sites.google.com/a/catocinsafeandsane.com/www/home>. Thank you for your support!

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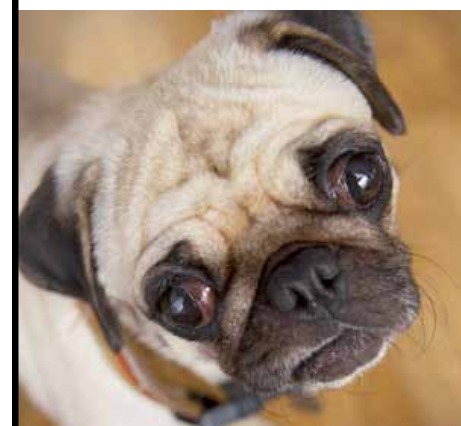


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An Exciting Spring Activity

Spring is knocking on our doors. As we wake in the morning, we can once again hear the brave, little chirps of some hardy birds.

Now at last we can get outside and experience the beauty of Thurmont and Emmitsburg towns and countryside. And nothing beats a good Spring walk through nature's glory. To help you enjoy nature's glory, let me share with you a sport called volksmarching. Volks in German means people; Marching in German means walking. In other words, a volksmarch is a People's Walk.

According to legend, following WWII, the German people were depressed, poor, and feeling very defeated. The leaders in the towns had an idea. Let's get the people out of their houses and walking. Their spirits will improve and so will their fitness level. So walks were set up between towns of 5 kilometers (3.1 miles) or 10 kilometers (6.2 miles). If the citizens could complete the walk, they received a little trinket, something related to the town. The folks came out by the hundreds. Off they went walking from town to town, or within their communities. The G.I.'s stationed in Germany joined the walkers and loved it. When the G.I.'s returned to America, they brought the idea of volksmarching with them.

Today, there are volksmarches all over America. Some are major events, where everyone joins in, and at the end of the walk there is fun, food and drinks to celebrate the walk. Other walks are known as YRE or "Year Round Events." In this type of walk, a walker would go to a designated spot, and pick up the Walking Guide from the Walk Box. A volksmarch is a non-competitive walk. It is not a pledge walk, it is not a race. It is a fun activity you do with a club, with your family, with your pet, or all by yourself.

Thurmont has two YRE'S. If you are interested, you would go to McDonald's by the Weis Market, and ask for the Walk Box. You sign your name, and pick up your walking guide. One walk takes you through the town the other walk takes you through the Catocin Mountains. On the walk, you will find a clue to answer as proof you took the walk. You return your card to the Walk Box when you complete the walk. You can walk for free. You can walk for credit. Or you can walk to earn a token of the walk, usually for four or five dollars.

I challenge you to take a volksmarch. Before you know it, you will be addicted, and find yourself walking all over Maryland and the United States. Happy Walking!

Soup Plus Pancakes with Sausage at Harriet Chapel

Harriet Chapel is taking orders for their famous, hearty chicken-corn soup, which is being sold for \$7.00 per quart. The soup will be made fresh and then frozen for easy transport. To place your order, please call 301-271-4554 before February 26. Your soup can be picked up on Shrove Tuesday, which is March 8, from 9:00 a.m.-12 noon or from 4:00 p.m.-7:30 p.m. Then, be sure to stay from 5:00 - 7:30 p.m. for all-you-can-eat delicious pancakes with fresh sausage from Rocko's Meats. The cost of the pancake dinner is: \$5.00 for adults, \$3.00 for children ages 6-12, and free for children 5 and under. Harriet Chapel is located at 12625 Catocin Furnace Road (Rte. 550 S) just south of Thurmont near the historic furnace.

briefs

Green Homes Challenge



Courtesy Photo

On Wednesday, February 23, the Emmitsburg Business and Professional Association (EBPA) hosted a Green Homes Challenge presented by Lisa Orr, the Sustainability Program Coordinator for the Frederick County Office of Environmental Sustainability. Lisa and her team introduced the Green Homes Challenge to approximately 18 people at the Carriage House Inn. Orr's presentation showed various energy-saving tips home and business owners can put into practice to save energy which in turn saves money. Orr described some of the practical energy-saving things she is doing to her home that is resulting in actual savings of \$1,200.00 over three years. The Green Homes Challenge encourages residents to be proactive and intentional about saving energy and provides tools to help citizens adopt a more environmentally friendly lifestyle.

In addition to learning more about energy saving techniques, two local residents received vouchers for a comprehensive home energy audit. The EBPA and the Frederick County Office of Environmental Sustainability donated these audit vouchers. The meeting was attended by members of the EBPA, local residents, as well as Mayor Hoover and other members of the Emmitsburg Town Commissioners.

For more information about the Green Homes Challenge visit <http://www.SustainableFrederickCounty.org> and for information about the EBPA, visit www.ebpa.biz.

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4H Riding Program Seeks Volunteers

The Frederick County 4H Therapeutic Riding Program is in need of volunteers to work in the barn, side walk, and lead horses during riding classes for students who have disabilities. Our new volunteer training will be held on Saturday, April 2, 2011. We are located at Silverado Stables, 11515 Angleberger Rd., Thurmont, Maryland. Please call 301-898-3587 or email fc4htrp@aol.com to register or for more information. Please join us for great fun and good exercise for all.

Lewistown Volunteer Fire Company 2011 Banquet Held

by Linda Norris

The Lewistown Volunteer Fire Company 22 honored responders and named its new officers at a banquet on Saturday, February 4.

Top responders earned recognition for their dedication in running a total of 531 calls during 2010. Top fire responder for another year was Delbert Stull with 143 calls, surpassing his total from last year; top EMS responder was Wayne Stull who made it to 75 calls.

A group of dedicated volunteers was awarded special recognition for their reliable presence at incident scenes with necessities such as water and other vital refreshments. This group, which included Delbert and Shirley Stull, MikeToms, Donald Stull Sr., Karen Stull, Robyn Lenhart, Jean and Warren Main, Tara Hodge,

and Chris Kanode, were presented with special "Canteen" shirts to make their presence even more recognizable at emergency events.

Members of the Company worked together to prepare and present a special honor to past chief Donald Stull, Jr., who has been unable to assist with Lewistown VFD activities since he fell ill with cancer in 2010. Company members had his helmet, which was retired after he ended 15 years of service in 2006, mounted on a wooden plaque in the form of a Maltese cross. The plaque was presented to him at Frederick Memorial Hospital, and company members also recognized his service and his fight against cancer at the banquet.

Company members display a special honorary award that was created for former Chief, Donald Stull, Jr., to recognize his service and fight against cancer. The plaque was presented to Chief Stull at Frederick Memorial Hospital.



Courtesy Photos



Pictured back row left to right are Top Fire Responders, Vicki Martin, Steve Stull, Mike Toms, Delbert Stull and Don Stull Sr.; front row, Mike Stull, Donald Martin, Wayne Stull and Fran Wachter.



Pictured above, the Top EMS Responders, left to right back row: Mike Stull, Steve Stull, Rob Ree; front row: Chris Kanode, Jen Toms, Wayne Stull (top responder) and Fran Wachter. Missing from Photo are Jill Johnson, Kenny Miller.



Line Officers are Joe Birch, Sergeant, Mike Stull, Chief, missing from photo, Scott Stonesifer.



2011-12 Board of Directors are pictured back row left to right, Warren Main, Delbert Stull, Mike Toms, Mike Stull. Front row, Don Stull Sr., Karen Stull, Steve Stull, Jean main, Robyn Lenhart.

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Emmitsburg Ambulance Company Holds Annual Banquet

On Saturday, January 8, the Emmitsburg Volunteer Ambulance Company held its annual banquet and awards ceremony. Operational member, Thomas Ward, served as master of ceremonies. The guest speaker was Dr. Thomas H. Powell, President of Mount St. Mary's University.

The following awards were presented: The Jamie Eyster Volunteer of the Year Award was presented to Mr. Ed Little by Ms. Donna Miller; the Donald B. Byard Humanitarian of the Year Award was presented to Ms. Pam Bolin by President MaryLou Little; the President's Award was presented to Mr. Eric Stackhouse by President MaryLou Little; the David Copenhaver Award was presented to Mr. David Stonesifer by Kathy Copenhaver and Dave's two grandsons, Coleman and Isaiih Wivell.

The Thomas L. Topper EMS Provider of the Year Award was presented to Mr. Thomas Ward by Lindsay Topper Tokar and Allison Topper; the Chief's Award was presented to Mr. John Ruppel by Past



Chief Eric Stackhouse.

Officers for 2011-12 are as follows: President - MaryLou Little; Vice President - Diane M. Kelly; Secretary - Pam Seabaugh; Assistant Secretary - Kaitlyn Smith; Treasurer - Pam Bolin; Assistant Treasurer - Beth Ruppel; Chief - David Stonesifer; Assistant Chief - John Ruppel; Lieutenant - Chad McNair; Honorary Lieutenant - Edward Little.

The Board of Directors are Edward Little, Chad McNair, Kimberly Bolin and Robert Dinterman. The Officers were sworn in by Clarence "Chip" Jewell, Director of Fredrick County Emergency Communications.

EVAC enjoyed a wonderful meal catered by the Thurmont Community Ambulance Company.



Pictured above - Board of Directors, left to right are Kim Bolin, Chad McNair, Ed Little and Robert Dinterman.

Pictured left - Officers are Chad McNair, John Ruppel and Dave Stonesifer and Ed Little (front).

Pictured right - Administrative Officers are Kaitlyn Smith, MaryLou Little, Diane Kelly, Pam Bolin and Beth Ruppel.

briefs

The One Mountain Foundation to Host Dinner Theater, "An Unexpected Guest"

The One Mountain Foundation will host the Blue Ridge Theater Guild in their production of Agatha Christie's "An Unexpected Guest." The play will be presented in a dinner theater format to be held at the Blue Ridge Fire and Rescue Squad Hall on Monterey Lane in Blue Ridge Summit, PA on Friday and Saturday evenings, April 1 and 2, and Sunday afternoon, April 3. Doors for the evening performances will open at 6:30 p.m., dinner will be held at 7:00 p.m., with the show starting at 8:00 p.m. For the Sunday matinee, doors will open at 12:30 p.m., light fare begins at 1:00 p.m., the show starts at 2:00 p.m.

Tickets for the evening performances are \$40.00 per person and include a buffet dinner provided by the Mountain Gate Family Restaurant. Tickets for the matinee performance are \$30.00 per person and include a light fare. Tickets are available from any One Mountain Foundation Board member or by calling Alice Humphrey at 717-794-5121 or Nina Rouzer at 717-794-0061. Group advance seating is available by also calling either Alice or Nina.

This is the fourth season of the One Mountain Foundation hosting the Blue Ridge Theater Guild on the Cascade/Blue Ridge Summit mountaintop. The Guild is a talented and award-winning local non-profit theater production company, with this production directed by Tom Rogers of Blue Ridge Summit, PA. The dinner theaters are important events for the One Mountain Foundation and for the mountaintop community. Alice and her committee, with the help of the Blue Ridge Garden Club, turn the fire hall into a beautiful theater for the weekend. A portion of the proceeds will be going to the Blue Ridge Theater Guild. More information about the One Mountain Foundation may be found on the OMF website: www.onemountainfoundation.org.



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Snow Pics...

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Janet Jewell caught a good shot on Brice Road in Thurmont.

Reese Jewell and his pappy built this snowman—what a big one!

Evan Jacobs, Nicole Cantwell and Kyle Cantwell went sledding at Eyler Park.

Nicole Cantwell and Taylor Ricketts enjoy a snow day.







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Bill's Auto Body Donates to Graceham Fire Department

Tony Weddle (pictured right), a volunteer of the Graceham Volunteer Fire Company, was pleased to share plans for the renovation of a trailer that was donated by Bill Wachter (pictured left) of Bill's Auto Body, Inc. Tony said, "Bill does a lot for fire companies, and not just ours." Bill's donation will be used as a fire safety training trailer for school groups and community tours. Common household fire hazards will be hidden within the normal living quarters inside the trailer where children will be challenged to locate all of the hazards. Anyone wishing to donate to the project should mail to The Graceham Volunteer Fire Company, P.O. Box 181, Thurmont, MD 21788 or call 301-524-3648.



Ask the Anytime Fitness Gal

Expert answers to your health and wellness questions

by Inga Olsen

Question: February was American Heart Month. I'm curious what dietary changes I should make in order to stave off heart disease? Just trying to be proactive rather than reactive!

Answer: First of all, kudos for focusing on prevention! As far as diet is concerned, there are definitely some modifications you can make, but to be honest, they aren't all that new. For starters, you could try following the DASH diet, which stands for Dietary Approaches to Stop Hypertension. This diet focuses on specific amounts of fruits, vegetables, whole grains, low-fat dairy products, and lean proteins. Sounds pretty healthy, right? In fact, the diet has been shown to reduce hypertension, and can also decrease the risk of heart disease and stroke over time. But even if you don't follow a comprehensive diet, you should still try to limit your sodium intake, reduce your intake of saturated and trans fats, moderate your alcohol consumption (no more than 2 drinks per day for men and 1 drink per day for women), and increase your intake of omega-3 fatty acids. All of these changes will go a long way in helping to protect your heart, and the rest of your cardiovascular system. If you want additional information, check out the American Heart Association website, www.americanheart.org, or consult with a registered dietitian.

To submit a question for future articles, please contact the author at thurmontmd@anytimefitness.com.

Question: I lift 5 days per week consistently, but my strength gains have flat-lined. How do I continue to get stronger? I don't think I can lift any more than I am right now. Help!

Answer: First of all, there's the distinct possibility that you're working out too much. Maybe your volume (the combination of sets and reps) is too high—a common problem for those looking to gain strength as quickly as possible. And how long has it been since you've taken some time off to allow your body to fully recuperate from the stress of exercise? Some much-needed rest may do the trick, and amazingly, people often come back even stronger. I also wonder if you're changing up your workouts enough. Many people get into the habit of using machines or free weights, but then never gravitate toward other forms of exercise. Cables, tubing, bands, kettlebells, medicine balls, and even bodyweight exercises can all increase strength, so you should try to vary up your routine regularly. Lastly, you have to remember that strength doesn't just increase exponentially on a continual basis. There is a threshold that you'll reach at some point, and you could be there already. If you feel like you need help with your current program, talk to a certified personal trainer.

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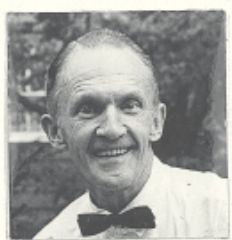
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This and That

by

George W. Wireman



Remembering February 20, 1954

In the year 1898, while the Monocacy Valley Railroad was operating very successfully between Catocin Furnace and Thurmont, the citizens of Frederick were giving serious thought to another railroad. Their plans were to construct a line from Washington, D.C. to Gettysburg, Pennsylvania, passing over the Monocacy Valley Railroad and the Emmitsburg Railroad on their way to Gettysburg. Using the tracks of these two railroads, construction costs would be cut considerably.

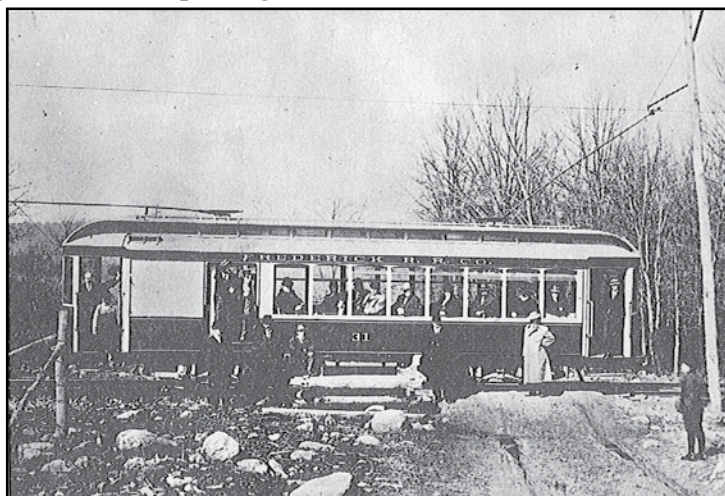
With this objective in mind, a corporation known as the Frederick, Thurmont and Northern Railroad was formed and was incorporated by the Maryland State Legislature. After conducting several surveys and clearing some legal work, interest in the corporation subsided and the actual construction work was delayed for several years.

In 1902, interest in the proposed railroad was revived, at which time the name of the corporation was changed to the Washington, Frederick and Gettysburg. Several more surveys were conducted, and in 1905, construction work was begun on the first section between Frederick and Lewistown. This section, a distance of ten miles in the direction of Catocin Furnace was completed in 1907, having a maximum grade of 2 1/2 percent and was laid with new 70-pound rail.

The line from Frederick to Lewistown became very popular and featured steam locomotives hauling passengers and freight between the two communities. The next step was

to purchase the Monocacy Valley Railroad. This was accomplished without any trouble. Two years later in 1909, the link of three miles from Lewistown to Catocin was completed by J. L. McDonogh and Company. This provided continuous track from Frederick to Thurmont, where it made connections with the Western Maryland Railroad.

Around the year 1910, electrification of the Thurmont-Frederick line was accomplished, making this section the very first electric railroad in the United States to handle freight cars with electric locomotives. The very first electric passenger car made its maiden run

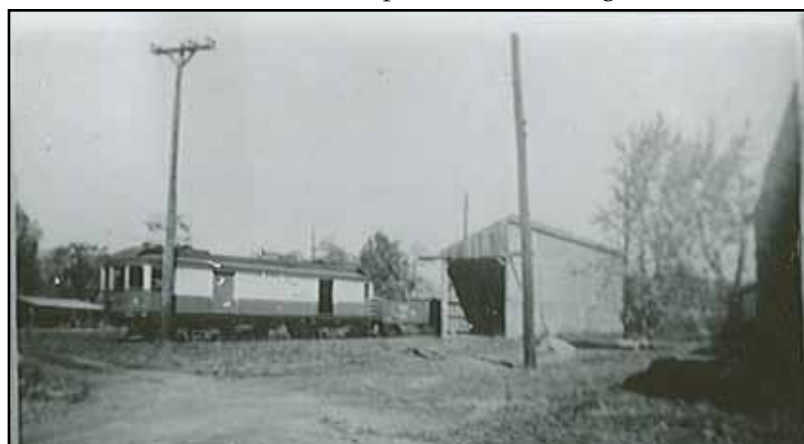


Trolley No. 31 on its first run to Thurmont at Moser Road Crossing. 1910 photo.

from Frederick to Thurmont that same year with many dignitaries and company officials aboard.

The unique feature of the Thurmont-Frederick line was the standard gauge track, which made it possible to route freight cars over the tracks. This in turn, provided many services to communities located along the 17-mile route. Yes, the interurban trolley out-paced the horse and buggy.

It might be well to mention here



Pictured left, the Thurmont trolley car barn that was located on a siding behind the station. The trolley was stored here over night following the final run of the day. 1942 photo.

Photo on cover page shows the interior of the waiting room of the Thurmont Trolley Station as it looked in 1918. The station was located on East Main Street where Freight Locomotive No. 5 now stands.

Pictured right, left to right, Thurmont Mayor, C. Ray Weddle; R. Paul Smith, President Potomac Edison Company and Donald B. Rice, Mayor were speakers at the special ceremonies in Thurmont honoring the final run of the trolley on February 20th, 1954.



Photos Courtesy of The George Wireman Collection

that the trolley lines of the Potomac Edison Electric Company began as early as the mid 1800's, many of them originating as small city operated lines. They grew, and through a series of mergers, finally became incorporated into a network of tracks connecting most of the communities in the areas served by the Potomac Edison Company.

Gradually the automobile and the bus came into its own. Patronage of the trolley line between Thurmont and Frederick dwindled. Despite the competition, there were many who remained faithful commuters to the very end.

In January 1954, the Potomac Edison Company announced that the passenger service between Thurmont and Frederick had declined to such an extent that it was going to be discontinued. As a result of this announcement, the line was deluged with

riders. Not only the citizens of Frederick and Thurmont developed a nostalgic interest in the trolley, but tourists and rail fans from as far away as California, Florida and Oklahoma, made special efforts to visit Frederick County and to ride the rails of the last surviving line of its kind. Hobbyists, hundreds of them, united in clubs, were honored by special runs on Sunday afternoons, all at the regular fare. Then came the fateful day. On Saturday, February 20, 1954, the Thurmont trolley was scheduled to make its final run. It was a day of sad nostalgia, and for some, it brought mist to the eyes and a sentimental ache in the heart.

Although it was cloudy and raining, a large crowd was on hand at Thurmont to witness the final run.

Two cars, bearing a hundred or more invited dignitaries and special guests arrived shortly before noon. A brief but special ceremony was held at the Carroll Street crossing area with remarks by R. Paul Smith, President of the Potomac Edison Company; Donald B. Rice, Mayor of Frederick; and C. Ray Weddle, Mayor of Thurmont.

Speaking on behalf of the citizens of Thurmont, Mayor Weddle's remarks were brief and to the point, "Although the trolley service between Thurmont and Frederick is being discontinued and officially ends today, it will be preserved in memory and take its place as a part of the rich history of Thurmont's past."

Following the ceremonies at Thurmont, the trolleys left at 12:15 p.m. and returned to Frederick for the last time. Arriving in Frederick at approximately 1:00 p.m., the guests and dignitaries were entertained at a



Car No. 172 leaving Thurmont at the Carroll Street crossing at 12:15 p.m. on February 20, 1954, as it began its final run to Fredrick, MD.

special luncheon held at the Francis Scott Key Hotel.

Although passenger service between Thurmont and Frederick ended that Saturday, February 20, 1954, it did not, however, spell the end of the line itself. Freight service continued for a number of years.

Finally, freight service was abandoned in September 1958. The tracks were removed and the 17-mile stretch of ties and rails between Thurmont and Frederick became another chapter of recorded history.

Who Am I?



Who Am I? Next Issue

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

Betty." You can submit your answer in either of two ways: call 301-693-9503 and leave a message or send an e-mail to who@thecatocinbanner.com. Correct answers will be entered into a contest for prizes at the end of the year. Each month's winners will be revealed in the following month's issue. Each month a new "Who Am I?" will be featured, plus we will reveal the answer to the previous month's local mystery figure.

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

Those who guessed correctly were: Betty Mae Wilhide. Last month, Pat Muir was left out.

I am Walter "Chub" Biser

by Laura O'Donnell

After growing up in the mountains near Sabillasville, Maryland, Chub Biser's family moved, and he spent his high school years living in Thurmont. Upon graduation, he joined the Air Force for four years. In 1956, he got out of the service and moved back to Thurmont. After moving back to Thurmont, Chub worked for an electric company. Soon, he decided to start his own electric company, which he sold to his son, Gus, in 2000. Today his electric company is known as G & S Electric and is located off of Main Street in Thurmont, across from the middle school.

teaching Air National Guard. He enjoys Las Vegas and said he has been there at least a dozen times. His favorite things about Las Vegas are the crap table and sightseeing. One of his favorite places to travel is the Caribbean Islands on cruises.

Every year, Chub makes 40



Photo by Laura O'Donnell

Chub played baseball for the Thurmont Town Team from ages 22 to 32. He was a pitcher and played in the Maryland State League Championship. He also enjoys playing golf with a large group of friends during the Spring. Every year, 16 of them drive to Santee, South Carolina, for the golf and warm weather. Chub developed a love for travel after moving 24 times within 48 months while in the Air Force

gallons of grape, blueberry, and blackberry wine to give away to friends and family. Of all the places he has traveled, he said Thurmont is still his favorite place to live. The things he likes about Thurmont are the variety of things to do, along with the "small town feel." He also likes the people of Thurmont. He said, "the people make Thurmont what it is."

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Emmitsburg Lions Club Annual Charter Night

On January 28, the Emmitsburg Lions Club held its annual Charter Night at the Carriage House Inn. At the evening's festivities, District Governor Richard Liebno, rededicated the Emmitsburg Lions Club charter. Another highlight of the evening was the presentation of the Emmitsburg Clubs "Lion of the Year" award. District Governor Liebno and Emmitsburg Club president, Robert Gauss, presented the award to this year's recipient, Mark Zurgable.



Courtesy Photo
Mark Zurgable (pictured on the left) was presented the Emmitsburg Lion of the Year award by Richard Liebno, District 22-W District Governor and Robert Gauss, Emmitsburg Lions Club President.

Thurmont Lions Club New Members

The Thurmont Lions Club recently inducted three new members. Visit <http://www.thurmontlionsclub.com/> to see the many ways we proudly serve our community.



Pictured left to right are Bernadine Handley with sponsor Rosemary McDermott, Sharyn Beckley with sponsor John Hart, and Ron Miller with sponsor Doug Favorite.

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tickling our taste buds

by Denise Valentine,

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

Hello everyone. The craziest thing happened this week. I have been making a snack bar recipe for years. I got it from my friend, Brenda, as she had been bringing it to gatherings for a number of years and it was always a hit. It has two of our most favorite flavors combined - chocolate and peanut butter. But, this recipe also adds a kick with the flavor of butterscotch.

Now, for the crazy thing. My mom brought home a box of Rice Krispies cereal from the grocery store this week and there, on the side of the box, was Brenda's recipe. They called them Chocolate Scotcheroots, but it is the same exact recipe. I called Brenda to see if she could remember where she may have gotten it. It turns out that she got it from a friend of hers. Who knows? Maybe it originally appeared on a cereal box.

There's a lot of college basketball coming up this month as we head into "March Madness." Try this recipe for a snack as you settle in to watch your favorite team. Your family will be cheering for you.

Peanut Butter Rice Krispies Treat

1 cup light corn syrup
1 cup sugar
1 cup peanut butter

6 cups Rice Krispies Cereal
6 oz. semi-sweet chocolate morsels
6 oz. butterscotch morsels

Bring corn syrup and sugar to a boil. Remove from heat, stir in peanut butter, stirring until smooth. Add Rice Krispies and stir until they are all coated. Spread into 9 x 13 inch greased pan and press firmly. Melt chocolate and butterscotch morsels; spread over Rice Krispies. Put in refrigerator for 15 minutes, remove, let come to room temperature. When ready to serve, cut into bars.

Storyland: A Special Sensory Storytime for Little Ones at the Thurmont Regional Library

by Marie Slaby

Feather flowers scented with essential oils, knobby rubber balls, colorful musical shakers, and oversized books—these are a few of the sensory treats featured at the Thurmont Regional Library's Storyland storytimes for children with developmental delays.

As parents in our area have discovered, story times at the library are a great way to meet other parents and teach babies and preschoolers important literacy and numeracy skills.

But some families may stay away because their children are "different". They might be loud or very active. They might have a hard time focusing or participating in group settings. Or they might look different from other children because of a handicap. Storyland is a great bridge for these families.

Storyland was developed especially for children from birth to age three who are identified by the Frederick County Infants and Toddlers Program (FCITP) as having developmental delays. These could be sensory and motor skill issues, speech delays, or autism spectrum disorders among other things.

In addition to reading books to the children, the librarians also sing songs with movements, use felt boards, rhythm instruments, and tactile tools like textured blocks and balls. They work not only to stimulate and teach the children, but also to give the parents confidence and skills to become literacy coaches for their own kids.

If your baby has a medical diagnosis that puts them at risk for a delay, or if they have not been meeting their developmental milestones, you can talk to your pediatrician for a referral to FCITP or call them directly at 301-600-1612.

FCITP service providers will talk with the child's family to hear about their concerns for their child and to learn about the child's early health and development. After a developmental assessment is completed, service providers work with the family to offer free early intervention services.

Because many of FCITP's therapies are provided in the family's home, Storyland is a lifeline to social support. The programs are a great way for these families to connect with others who are facing the same challenges.

A generous grant from the Women's Giving Circle has allowed Storyland to be available at three Frederick County Public Library Branches with plans for expansion at the new Brunswick Community Library this summer. Thurmont hosts Storyland on the 2nd Friday of each month at 10:15 a.m., and does not limit it only to families involved with FCITP. To register or find out more information, you can call 301-600-7200 or visit fcpl.org.

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Heritage Days to Salute Our Past



Courtesy Photo

The Thurmont Heritage Days Group will hold their 3rd Annual festival on April 16th-17th, 2011 on Eylers Road in Thurmont. There will be lots of good fun for everyone. There is no admission and parking is free.

Food will be provided by the St. John's Lutheran Church, Creagerstown and promises to be very tasty with soup, sandwiches, dessert, and drinks. South Mountain Creamery will provide 50 flavors of ice cream and other dairy products. Rides, rides... inflatable and swinging rides, including everyone's favorite, the mechanical bull ride for the cowgirls and cowboys.

D & D Pony Rides will be providing a petting zoo and pony rides. The famous barrel train, featured in many parades in the tri-state area, will be on hand to give kids rides. The covered wagon will take passengers on the annual tractor ride through the country on Saturday morning at 9:30 a.m. Passengers will be on a first come first serve basis for \$1.

There will be a special tractor competition with awards. Most tractors on display by one owner. Most tractors on display by one club. Best restored tractor running on display and Best restored implement

in working order. There will be two categories for small engines, best restored and most on display by one owner. Entries are still being taken.

The old tractors, engines and saws, as well as demonstrations by blacksmiths, woodcarvers and shingle makers will show how our lives have come from hard work to mostly push button. There will be a limited number of crafters. Any crafters interested in displaying their crafts or works of art, should call now.

A new Heritage Days King and Queen will be chosen on Saturday night. Contestants must be 21 years old and dressed in period costumes. King and Queen candidates must also be from the Catocin area district. The winners will be entertained by "Elvis Presley" also known as Kevin Booth, tribute artist. Elvis performs for a "free will" donation of either food or money for the Thurmont Food Bank.

On Sunday, A well-known band will be playing gospel and country music. A tractor parade will be held Saturday and Sunday afternoon.

For information about Thurmont Heritage Days, call any member at 301-271-2023; 301-271-2917; 301-271-7729 or 301-241-3610.

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briefs

A Night to Honor Israel

The Church of God of Prophecy, Life Changing Ministries, in Sabillasville, will be hosting "A Night to Honor Israel" on June 12 at 7:00 p.m. To prepare for this event, a representative from Christians United for Israel (CUFI) will be attending a brunch sponsored by the church on April 14 at 11:00 a.m. to discuss the event in June. The brunch will be held at the church. Pastors and leaders are invited to attend this briefing. Current events or news taking place in Israel will also be shared with those in attendance at the brunch. RSVP on 301-241-3707.

Catocin High School Safe & Sane

Glory Days Partnership

Eat at Glory Days in Frederick from now thru April 31, 2011. Give your receipts to any Safe & Sane Committee member, and we will receive 10% back from your purchase.

CHS Safe & Sane Crab Raffle

Now selling raffle tickets to win a bushel of crabs from Rube's Crab Shack. Tickets are \$5; 10 winners will be drawn on April 13th. Contact Michele at shelleburg@yahoo.com.

Timeless Trends Giveback Program

Shop at Timeless Trends Boutique on Main Street in Thurmont every Thursday night thru May. Mention that you support the Safe & Sane and the Boutique will donate 10% of your purchase to the Safe & Sane.

Look for other Safe & Sane events throughout March and April in the Community Calendar.



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happily ever after

The Right Stuff

by Valerie Nusbaum

The other day Randy was singing. He was mangling a song by New Kids on the Block and he had the words and the tune all wrong. Sometimes Randy does this on purpose because he's convinced that his version is better. Sometimes, he just gets it wrong. Randy was singing and dancing to music from New Kids on the Block because he is both fascinated with and horrified by Donnie Wahlberg. It amazes him that the guy who plays the tough cop (and Tom Selleck's son) on television is also in a boy band.

I asked Randy to please stop singing and he said that a lesser man's feelings might be hurt by that. I explained to him that his singing was fine, but it was distracting me from the work I was doing preparing the information for our tax returns. He mumbled something about how women are supposed to be able to multi-task and left the room singing "The Good Stuff" which is really "The Right Stuff" but, honestly, who cares?

It's true what he said about multi-tasking, though. As a woman, I wish that I could be more like a man when it comes to doing tasks. By that, I mean that I'd like to be more single-minded. Look again – I wrote "single" not "simple."

For example, if Randy wants a glass of water, he goes into the kitchen and gets a glass out of the cupboard. He gets some ice from the freezer and fills the glass with water from the tap filter. Then he leaves the kitchen.

I, on the other hand, walk into the kitchen to get a glass of water and I see the clean dishes from last night that need to be put away. I do that, and then I rinse the dirty dishes in the sink and put them in the dishwasher. I notice my house plants on the windowsill and grab the watering can, then I notice that there's some recycling which needs to be put in the bin. I raise the window blinds, reset the answering machine, and put away anything left out on the counters. I finish all my chores and after a last look around, I head back to where I started, completely forgetting about my glass of water until I realize that I'm still thirsty.

I wish I could be more like a man—or at least more like MY man. Randy sets out to do a job, and he gets that job done. He might not do anything else but he accomplishes what he sets out to do. I feel as though I spin my wheels all day long some days. I'll start a job and find ten other things to do. My attention gets divided as I'm going from one thing

to the next, and I never actually finish anything. I swear my name should be "Bass," because I'm easily distracted by bright, shiny objects.

Randy and I are both list makers. The difference is that I seem to do nothing but add to my lists. Nothing ever gets crossed off. Randy, on the other hand, works steadily on his list, rarely adding anything and watching the list get smaller and smaller. That's what I want to do. I just can't figure out how to do it. There's so much to do and so little time. I look around the house and see all the things that need to be done and I worry about it. Randy looks around, sees things, and goes about his business. He's not a worrier. Someday, I'll figure out how to be more like him when it comes to working around the house. There are some traits of his, though, that I don't think I want to emulate.

The good news is that Randy's fascination with Donnie Wahlberg will pass. He was hooked on The Jonas Brothers a while back, but he thankfully got over that. He did name a room in our house the "Jonas" room but that's another story and there is no Jonas memorabilia hanging on the walls. It's not that kind of room. My friend, who's a therapist, told me that these fixations are part of some unrealized dream of Randy's to become a teen idol. That's a very nice theory, but it doesn't explain his love for Beyonce, whom he refers to as "Bouncy." I think this is all part of some carefully crafted plan of his to divert my attention away from my to-do lists.

Speaking of lists, I think I've figured out how to reduce mine. I'll just add a few things to Randy's "honey-do" list. If I can manage to get a song stuck in his head, he'll never notice the difference. Maybe something by Michael Buble.....

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Annual Brady's Bingo

This was listed incorrectly in the print version of this paper.

The annual Brady's Bingo will be held on Sunday, March 27 to benefit the Brady West Scholarship Fund at Catocin High School and the Brady West Memorial Fund.

Call 301-447-3644 for more information.

Fast Friends Greyhound Rescue, Inc. Holds Adoption Day

Fast Friends Greyhound Rescue of Boonsboro, MD, will hold an adoption day at Two Paws Up! on Sunday, March 20, from 12:00 - 2:00 p.m. Fast Friends Greyhound Rescue Inc. is a non-profit racing neutral all volunteer organization that works to place retired racing greyhounds into loving, life-long homes. Come and visit with available greyhounds and see what great pets they make. Two Paws Up! is located in historic Frederick at 15 South Carroll Street. For directions, please go to www.twopawsup.biz or call (301) 668-7704. Two Paws Up! offers a wide selection of unique toys, gifts, treats and food for cats and dogs. The store also offers grooming services.

Lenten Icon Writing Retreat

St. Joseph's Parish in Emmitsburg, Maryland, is sponsoring the Lenten Icon Writing Retreat. Many people from a wide variety of spiritual traditions have found themselves drawn to the mysterious and prayerful images found in the icons of Eastern Christianity. We invite you to join us in a 7-week retreat facilitated by local artist, Raymond Buchheister, so that you can write (paint) an icon of your own. NO ARTISTIC TALENT OR PREVIOUS PAINTING SKILL IS REQUIRED. This retreat, which is focused on Christ's virtue of humility in the icon "Extreme Humility," is open to all levels, especially beginners. All materials are included in the fee. The retreat will be held at Buchheister Fine Art Studio, 74 Wenschhoff Road, Fairfield, Pennsylvania, on Thursday nights, from 6:00 - 9:00 p.m., from March 10 through April 14, including Wednesday, April 20. The fee is \$140. A non-refundable deposit of \$50 is required. Space is limited and the retreat has a limit of 12 to 16 participants. For more information or to register, please call Raymond Buchheister at 301-401-2385 or rbuchheister@gmail.com.

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Thurmont Lions Meet Thurmont Leos

by Rosemary McDermott

On a recent wintry night in February of 2011, chill was creeping into the bones of the citizens of Thurmont. Despite the cold and damp evening, inside the Cozy Restaurant the atmosphere was warm and inviting, filled with the happy voices of both young and old. Twenty community-focused young people were meeting their mentors--the members of the Thurmont Lions Club. These outstanding members of both the Catocin High School Leo Club and the Thurmont Middle School Leo Club excitedly chatted about the wonderful activities and fundraiser proceeds they have been contributing to Thurmont.

TMS Leo President, Bubba Williams (pictured below), stood before the large group of Lions and Leos and parents. Surrounding him were his officers and members: Treasurer Garrett Buckley, Director Brett Wood, Austin Frushour, Taylor Kaufman, Labelle Kreiner, and Veronica Patrick. Bubba reported on the year's activities, including donating 48 hours of service to the Community Show, 83 hours to the Colorfest, marching in the Fireman's Parade, selling 35 mums for Make a Difference Day, earning \$905.00 by selling BonTon coupons, and donating 22 blankets to Hope Alive. These energetic young Leos also attended a Leadership Weekend at Camp Merrick, where they met Leos from across the state and learned the skills needed to be an effective



leader. Before Christmas, the Leos purchased and wrapped Christmas presents for a nine-year-old they had adopted. Their upcoming events include Leader Dog presentations, where the Leos will learn about seeing-eye dogs for the blind. The TMS Leos are giving up part of their lunch hour from February 14 through March 5, to collect money for "Catocin Cares," a fundraiser

conducted by WFRE-WFMD radio to support St. Jude's Research Hospital. They also care deeply about our military personnel. They are busy writing letters and have donated \$50.00 to put in

the military boxes that will be sent out by the Town of Thurmont. What a great group of young people.

After Bubba's presentation, the TMS Leos put on a delightful little skit, with the theme, "We work



together to get things done." They sure do. It will be such fun to watch these young Leos grow into Thurmont's future leaders.

Representing the 20 members of the CHS Leo Club, Regan Hamrick and Becca Bihl attended the Thurmont Lions Club meeting. The Catocin High School Leo Club President, Becca Bihl (pictured above), enthusiastically described the many community activities these high school scholars undertook. As busy as high school teens are, they found the time and energy to complete a large slate of community fundraisers. Go, Leos!

dude, it's catocin

by Julia Shipley

Valentine's Day is such an interesting holiday. The romance and the drama make things really interesting in the halls of Catocin. There is never a dull moment.

The big story at Catocin for the month of February focuses on Mr. Sean Reaver. Sean is a senior at Catocin this year, and he has recently been accepted to the Naval Academy, where he will be playing defensive end for the Navy's football team. He and 250 other freshmen at the Naval Academy will be spending their first year of study in Rhode Island. He is among 40 of that freshman class who will play football as they get the feel for the Navy way. After the first year, his class will head back to the Annapolis campus for their following years. Sean will study engineering.

Sean is starting his workout program, for all you devout Sean Reaver fans, and will begin training in late July. He says, "In the big picture, it's best for my future." Let's go Sean!

Safe and Sane is heating up as well. With graduation just around the corner (not close enough for some seniors), the Safe and Sane is pushing to raise those funds for a safe prom. They will be holding another Foam Party on March 19th in Frederick for all high school aged teens. It's a bomb time; I went to the last one, and it was super fun! Safe and Sane will also hold a Bingo and a Shrimp and Chicken Dinner in April. They are selling raffle tickets to win a bushel of crabs from Rube's Crab Shack. The drawing will be held on April 13. All donations and extra help are greatly appreciated, and if you have any questions, you can facebook Milton's mom, Michele Frech.

The Polar Bear Plunge took place

this past month. I don't know if you all know what the Polar Bear Plunge is, but it's intense. Many "plungers" go to the Sandy Point State Park --12,000 to be exact -- and hustle into the chilly waters of the Chesapeake Bay to raise money for Special Olympics in Maryland. Catocin students raised over \$600.00 for the event, which was the highest amount raised by a school in Frederick County. They helped contribute to the \$3 million raised in all. Way to show how you're changing the world, Catocin!

Winter sports are coming to an end, but the spring sports are starting up. Just because the regular season's over, doesn't mean that play-offs are. Many wrestlers are qualified to go all the way to the State Championships.

The college acceptance letters keep pouring in for Catocin seniors. Everyone's crossing their fingers for an awesome prom and a good spring season. And, like I said before, graduation can't come any sooner for seniors! I hope you're making these last few months count, Catocin!

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

March is full of fun and exciting events at the Thurmont Regional Library, so come and visit us! We're celebrating BookFest, Dr. Seuss' birthday, a visit from author Greg Mortenson, and much more.

March 2 was Dr. Seuss' birthday, and we're celebrating in style all day, Thursday, March 3. Meet the Cat in the Hat himself at 10:15 a.m. and 6:15 p.m., and watch a special Penny Theatre production of *The Cat in the Hat* at 10:30, a.m. 10:45 a.m. and 6:30 p.m. Bring your camera and get up close and personal with a book character!

Saturday, March 12, and Sunday, March 13, brings BookFest 2011. It's an "outta this world" event with a visit from Buzz Lightyear, the Frederick All Inclusive League Gamers, crafts, a costume parade, and movies on the library's big screen. Most of our events will be on Saturday, so visit fcpl.org or contact the library at 301-600-7200 for a full schedule. The Emmitsburg Library will also have Cosmic Adventures' Traveling Planetarium at 11:00 a.m. on Saturday, March 12. Be sure to register for your opportunity to step inside a planetarium show!

Have you read Greg Mortenson & David Oliver Relin's, "Three Cups of Tea," or Mortenson's other books for children and adults? Mortenson and Relin will be visiting Frederick for Frederick Reads this spring, and the libraries will be presenting special programs to celebrate! Make your own Peace Flag on March 26 and 30

and April 2, or come to our special storytime celebrating Pennies for Peace and the work Mortenson has done building schools in Asia. Bring your own penny to put in the Pennies for Peace Jar and contribute to the efforts to bring schools to children in remote areas of the world.

The library will also host two Afghan exchange students at 6:00 p.m. on March 30. Sabera and Yusof will share their personal stories from Kabul with exhibits of clothing, maps, music and a power point presentation. We welcome donations of children's books for a library in Kabul. There are many other Frederick Reads programs occurring throughout March and April around Frederick County. Visit fcpl.org for the latest schedule.

There are so many things happening in March that one article can't contain them! Make things ooze and fizz at Science Saturday (March 5), see a real police car on Transportation Day (March 25), Spell your way to the championship in our Spelling Bee Jeopardy program (March 22), and much more.

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

Mother Seton School Teacher of Excellence Award

On January 30, Bonnie Hahn from Mother Seton School (MSS) was awarded the Teacher of Excellence Award from Friends of Catholic Education (FOCE) at its 13th Annual Teacher Appreciation Dinner.

Mrs. Hahn is no stranger to many Mother Seton School alums, having taught at MSS for 27 years. She first began as a physical education teacher in 1983 and for the past nine years, she has been the Middle School mathematics teacher and eighth grade homeroom teacher. "Bonnie brings to her students an enthusiasm for mathematics that is contagious," said Principal, Sister JoAnne Goecke, D.C., during the presentation of awards. "Her students catch the math bug whether they feel they are destined to be mathematicians or not. The longer they are with her, the more confident and skilled her students become," continued Goecke.

The FOCE awardee is chosen by their peers in their respective school. Sister Ann Claire Rhoads, D.C., works directly with Mrs. Hahn as the other eighth grade teacher at MSS and voted for Hahn to receive this year's award. "Bonnie takes the spiritual mission of Mother Seton School very seriously and lives the mission in her personal life," said Sister Ann Claire. "She makes herself very present to her students. She lives the virtue of availability in an unrivalled fashion."

"I am honored to have received the FOCE Teacher's Award," said Mrs. Hahn. "I love teaching at MSS, and I love teaching Math and preparing my students for high school." At the awards dinner, Sister JoAnne Goecke, D.C., said she had parents enroll their children at Mother Seton because of the reputation that Hahn has teaching Math and how high school teachers

have recommended her as a Math teacher. "It is not uncommon for alumni to return to thank Bonnie for the great math foundation she gave them," said Goecke.

Tabitha Gregory, a current eighth grader in Hahn's class, was happy that she received the FOCE award. She said, "Mrs. Hahn is a wonderful teacher. She is very experienced and is caring in every kind of way."

Mother Seton School provides affordable faith and family-centered education for Pre-K through Grade 8 as part of a vibrant, Christ-centered community. Scholarships and transportation to the modern Emmitsburg campus are available, and Mother Seton School is currently accepting applications for fall. Please visit www.mothersetonschool.org for information or to donate to support children in need. To schedule a school visit, please call 301-447-3161 or email development@mothersetonschool.org. Mother Seton School —cherishing the past, building the future...one life at a time.



Courtesy Photo

Pictured: (left) Sister JoAnne Goecke, D.C., Principal of Mother Seton School, Emmitsburg, and (right) Mrs. Caroline Pugh, Executive Director Friends of Catholic Education, present the Teacher of Excellence Award to Mrs. Bonnie Hahn, eighth grade teacher at Mother Seton School.

BookFest is "Out of This World"

Explore strange new worlds at your local public library during BookFest on Saturday, March 12, 10:00 a.m. – 5:00 p.m. and at select branches, Sunday, March 13, 1:00 – 5:00 p.m. "Out of this world" activities are planned at five Frederick County Public Library branches, including C. Burr Artz Public Library, Thurmont Regional Library, Urbana Regional Library, Emmitsburg Branch Library, and Walkersville Branch Library.

Liz Bowen, Library Associate at the C. Burr Artz Public Library, says, "BookFest has always been an incredible event, providing both free entertainment and educational programs. Last year, we had a 'superhero' theme, from promoting everyday heroes to comic book heroes. This year, BookFest is leaping terrestrial bounds with an 'out of this world' theme with anything from outer space and fantasy to exploring the unknown."

BookFest happens only once a year, so mark your calendars and get set to have an out of this world weekend, full of free family activities all around Frederick County! To find out what's happening at your local library branch, please call 301-600-1630 or visit us at www.fcpl.org.



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Thurmont Middle School's 3rd Panther Pride Incentive

by Candace Desonier, Thurmont Middle School, Enrichment Teacher

Thurmont Middle School's 3rd Panther Pride Incentive was held on December 23, the day before our winter break. Qualifying students were excused from regular classes to play or watch an exciting "Staff vs. Students" volleyball game for two periods of the school day. Invitation to this incentive meant students had to meet three out of four of the following criteria: (1) fewer than three days of absence for the year; (2) honor roll status on their interim (all A's and B's or one C with an A to balance it); (3) no discipline referrals for the second term; and/or (4) fewer than three late arrivals for the second term—152 sixth graders, 147 seventh graders, and 134 eighth graders



Courtesy Photo

Pictured are Morgan Springer (hitting the ball) and Yusef McElmurry.

earned the privilege to attend this fun and exciting activity. The activity was organized by Mr. Tucker and the P.E. Department at Thurmont Middle. Also, many teachers participated by playing in the game, as well as our principal, Mrs. Faith. As each incentive gets harder to reach, TMS students are doing a wonderful job in challenging themselves to meet high expectations.

Score keepers Stephanie Kennedy, Lexi Ridenour and Marlee Dinterman.

Courtesy Photo



Internet Safety 101

Keeping children safe online can seem like an overwhelming task. The PTA Council of Frederick County invites parents, educators and all caring adults county-wide to the widely renowned presentation of the nation's leading internet-safety organization, Enough Is Enough: Internet Safety 101 on Monday, March 21, from 7:00 – 9:00 p.m. at the Frederick High School auditorium. Admission is free.

To help protect children, Enough Is Enough partnered with the U.S. Department of Justice to create an informational program designed to arm parents with tools and information to provide the first line of defense against Internet dangers.

Chris Clapp Logan, Director of Communications and Congressional Relations for Enough Is Enough, will present the program and field questions from the audience.

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school news

Emmitsburg Elementary School Pre-K & Kindergarten Registration

Do you have a child who will be age four or five on or before September 1, 2011, and you live in the Emmitsburg area? If so, it is time to register your child for Pre-K and Kindergarten at Emmitsburg Elementary School. Registration will begin on Thursday, March 3, and continue daily from 9:00 a.m. to 3:00 p.m. each day that schools are open. If you are registering for Pre-K, you will need to bring the child's birth certificate, proof of residency, proof of immunizations, and income documentation to be copied and included in the child's registration file. If you are registering for Kindergarten, please bring the child's birth certificate, proof of residency, and proof of immunizations. The following documents may be used to provide proof of residency: lease agreement, utility bill (electric, water, gas) or a tax bill. Income documentation that is requested for Pre-Kindergarten registration can be any one of the following: three consecutive pay stubs from the past six months, a W2 form showing the prior year's earnings, a letter from an employer or social services agency (on letterhead) stating the applicant's family income, or foster care documentation. If you have any questions or need more information, please call 240-236-1750.

Savings for our Schools

Keep saving those box tops! Also, you can visit www.btfe.com/marketplace to earn even more money for the school while you shop online.

TES, TPS and TMS are participating in the Tyson A+ Project. This project is helping schools by reimbursing the Project A+ labels from participating Tysons products for 24¢ each. It is easy to do: clip and save participating Tyson Project A+™ labels from Tyson products; turn them into the school through your student to the PTA; the PTA will send them in and Tyson will reimburse each A+ label received with 24¢; your student benefits from the refund check that is sent back to the PTA. All funds are used to benefit the welfare of the students.

Calling All High School Students

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

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

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the health jeanne

by Jeanne Angleberger
Shaklee Associate for a Healthier Life

Pearly White

Are you taking care of your pearly whites? Now is the best time to evaluate your dental care. Healthy teeth reveal much about your overall healthiness.

As a former dental assistant, I want to emphasize the importance of taking care of your teeth on a daily basis. You can prevent costly dental bills by the care you give your teeth.

A smile is the first sign of your introduction. We know how important it is to make a good first impression! Your smile is personable. It may be the difference in whether you get the job or someone else does! A smile adds value to your face!

Another important reason to brush up on your dental care is having the ability to chew your food well. The first step of digestion is the act of chewing. Good oral hygiene and regular dental check-ups is a must!

Encourage good tooth care to your children. Schedule regular dental visits at an early age. Developing good habits now helps them get a good start on a lifetime of dental health. Remember our teeth were created to last a lifetime with proper care.

Ask your dental hygienist or dental assistant for brushing and flossing instructions. Remember to floss daily. It removes plaque from between the teeth. If not removed regularly, it hardens into tartar. This is called periodontal, or gum, disease. Research has linked it to serious chronic inflammatory conditions such as diabetes and heart disease.

Your dentist will recommend how often you need an exam and cleaning. Understand dental x-rays are taken to show between teeth and below the gum line. For the dentist to see the entire tooth, x-rays will be taken as needed.

Baby teeth (child's first ones) requires care and exams. They provide space for the eruption of the permanent teeth. This is another reason to start your child seeing the dentist at an early age.

Limit sweets and sugary beverages in the diet. Parents have the control of what their children eat and drink. It will pay off with their future dental appointments. Let the grandparents know what you do not want your children to have. Encourage them to make healthy food choices for their grandchildren.

Remember to brush and floss daily. Rinse with water when brushing is not convenient. Get regular dental check-ups. Have your child's baby teeth examined by age three.

Keeping your teeth for a lifetime is possible. Developing healthy habits is easier than you think. Brush! Floss! Rinse! Chew! It starts with you!

Local Singer Songwriter Wins Awards

On January 23, Harold Staley received an award in the children's division from the Mid-Atlantic Song Contest for his song entitled "Tadpole."

Participants for this contest were from the United States, as well as various foreign countries. Recently, Harold also won the opportunity to represent Frederick County as a finalist in the 2011 Senior Idol Competition, to be held at the Chesapeake Arts Center in Brooklyn Park, MD on March 30, and to perform for our wounded soldiers at Walter Reed Hospital in July. Harold enjoys playing at local nursing homes, churches and senior centers.

Rick Hill strives for excellence—Local Folksinger Puts Book's Ideas to Music

Rick Hill, a folksinger from Thurmont, will be performing songs from his "Excellent 11" series on Friday, March 11, at The Basement Coffeehouse, a ministry of Elias Lutheran Church, 100 W. North Ave., Emmitsburg, Maryland. Hill is one of several performers that night. The show starts at 7:00 p.m. Donations are welcome. The public is invited.

Rick Hill moved to Maryland from upstate New York early in 2010. He immediately began writing songs based on Ron Clark's book "The Excellent 11." "This is a book about 11 characteristics Mr. Clark feels teachers should be utilizing in the classroom and instilling in their students. After reading the book, I figured everybody should be nurturing these characteristics in themselves and in each other." The characteristics are: enthusiasm, adventure, creativity, balance, compassion, reflection, confidence, humor, common sense, appreciation, and resilience. "These are traits that will help you do better in life—in business, in school, in family, in community. They are traits that will help a person overcome obstacles and get to the goals they have set."

Hill plays the songs on a variety

of instruments including 6 and 12 string guitars, banjo, and hammered dulcimer. He plays in a variety of styles, including traditional folk, bluegrass, folk rock, and country.

The power of the live performance is important to Hill. "A live performance needs to be more than just playing some songs. Audiences

want to be moved. They want to be changed. They want to have an experience. I always try to give them that. I want the audience to leave feeling energized, ready to take on life."

Hill is president of a new non-profit, F.A.M.E., Frederick Acoustic Music Enterprise (www.

frederickacoustic.org) whose goals are to nurture, promote and preserve the many genres of acoustic music in Frederick County. The group sponsors workshops, concerts and other live music events to help acoustic musicians hone their craft and to encourage venues to have live music. For more information, contact Rick Hill at 301-898-7044 or Rev. Jon Greenstone at 301-447-6239.



Rick Hill at St. Paul's Lutheran Church in Utica

St. Paul's Lutheran Church in Utica is pleased to announce the addition of Rick Hill as our Worship Leader at our 8:00 a.m. Contemporary Service and also as our Youth Ministry Leader. Rick loves playing folk music, ranging from bluegrass to Celtic and contemporary. He plays the guitar, banjo and hammered dulcimer.

Please join us on Sunday mornings at 8:00 a.m. for a very uplifting and toe-tapping worship experience. St. Paul's is located at 10629 Old Frederick Road, Thurmont (Utica), Maryland. For more information call 301-898-9454.

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Thurmont Area Churches Offer Lent Worship Services

Five Thurmont area churches will host worship services Monday evenings from March 14 - April 11 at 7:00 p.m. The services will help Christians prepare for Holy Week. Lent, the 40 days prior to Easter, is a traditional time of reflection. The services will help participants look at their own faith journeys. Fellowship and light refreshments will follow each service. The public is invited to each of the services. The schedule of services is: March 14 - Church of the Brethren, Thurmont; March 21 - Our Lady of Mt. Carmel, Thurmont; March 28 - St. Paul's Lutheran, Utica; April 4 - St. John's, Creagerstown; April 11 - United Methodist, Lewistown.

The theme for the services will be "Journey of the Stones." Each of the preachers will choose a Biblical passage that speaks about stones or rocks. Rev. Becky Henry will preach March 14 on the temptation of Jesus and Satan's suggestion that Jesus turn stones into bread. Barbara Anderson will preach March 21 on Jesus' response to Peter's faith statement, "upon this rock I will build my church." Pastor Linda Lambert will preach March 28 on the attempt to stone the woman caught in adultery and Jesus' command to "go and sin no more." Rev. Rick Hill will preach April 11 on "the stone the builder's rejected has become the cornerstone."

The Thurmont Ministerium is an ecumenical gathering of Thurmont area ministers and church staff. They oversee the Food Bank, and assist people in the community to find resources to meet their needs.

Contact Barbara Anderson at 301-447-2367 for additional information.

Who will be the 2011 Teacher of the Year?

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

Catholics Returning Home



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body wisdom

by Teresa Dukich, L.M.T.

If you've ever watched the Disney movie, "Madagascar," you'll remember the song, "You've Got to Move It."

Those animal characters couldn't be more right when it comes to the body. With all the complex intricacies of our body, it could be a full time job keeping this machine running to its optimum. Thankfully, we have a brain that does most of the hard stuff, like keeping our heart beating, our lungs breathing, eyes that focus and blink when they need more moisture, a digestive system that directs the nutrients to the proper organ after it's broken down our food, and the list goes on and on. It's a pretty amazing machine.

Considering how much the body does without our conscious thinking, it seems a small price to pay to do our part to use a conscious effort to keep it healthy. Those of us fortunate enough to own a car, make the conscious effort to make sure it gets what it needs: gas, oil, clean filters, air in the tires, new parts when the old ones rust, etc. We even clean it from time to time. Your body maintenance is similar and you're the beneficiary!

In today's society, many folks spend hours sitting. Whether you're in the car or at the office desk, you're sedentary. Stillness equates to stagnation, which leads to disease. It's extremely helpful to your mind and your body to get up

and move! Not while you're driving, please, but when you do stop, get out of the car and stretch. Check out your pets for proof in the matter. The first thing a resting animal does upon rising is stretch. It gets the blood flowing and lengthens the muscle fibers for greater ease in movement. When we rise in the morning, some of us feel stiffness in the muscles. That's because during an inactive, restful period the muscles contract or shrink.

It may take a few minutes of movement to bring the supply of blood up to the demand of movement, and then we'll usually "warm-up" and feel less discomfort.

Periodic stretching during the day can relieve back pain, get rid of a headache, or the pain in your neck and shoulders. Let yourself explore movement. Think like a child. Infants and toddlers learn about the world through sensorimotor exploration with lots of moving around. As we grow, we're more cognizant of socially adaptive restrictions regarding movement. Joining a yoga, dance, exercise, or tai chi class involves body stretching with a group of our peers. Sign up for spring softball, volleyball or golf. Simply taking a walk increases blood flow and peace of mind, while decreasing stress and body aches. You've got to move it!

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“Run for the Sun” 5K Run/Walk

The “Run for the Sun” 5K Run/Walk will feature a one-mile Fun Run for youths ages 8-12 years. The event will be held on April 16 at Mount St. Mary’s ARCC in Emmitsburg starting at 8:00 a.m. Pre-register by March 25 by calling 301-447-6239 or emailing jsgreenstone@verizon.net. This event benefits the Emmitsburg Council of Churches’ Mission to Kenya.

Monterey Pass - The Civil War on the Mountain

The One Mountain Foundation and the Fort Ritchie Community Center will co-host the premier of a new Historical Entertainment production titled The Battle of Monterey Pass, on Saturday, March 12, at the Fort Ritchie Community Center, Cascade, Maryland. The program will include music by the Susquehanna Travelers; historical background on the battle by Ted Alexander, Chief Historian, Antietam National Battlefield, and by John Miller, Chairman, Monterey Pass Battlefield Committee. Period readings of civilian and soldier letters describing personal experiences both before and during the battle will be given by Alicia Miller of the Monterey Pass Battlefield Committee and Bob Spence, Executive Director, Fort Ritchie Community Center. Tim Riford, President and CEO of the Hagerstown-Washington County Convention and Visitors Bureau and Janet Pollard, Director of Tourism, Franklin County Visitors Bureau will additionally participate. Memorabilia and historic artifacts will be displayed. Food and refreshments will be available for purchase.

Doors open at 4:30 p.m. with the formal program beginning at 5:15 p.m. Admission is \$5.00. A door prize will be drawn at the end of the video presentation. Civil War themed books, magazines, and DVDs will be available for sale. The point of contact for more information and for displaying memorabilia and historic period artifacts is Russ Richards at 301-241-3350 or the Fort Ritchie Community Center at 301-241-5085.

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A Poem By Becky McCulloch

Becky McCulloch is 15 years old and lives in Sabillasville. She won third place in a literary arts competition sponsored by Frederick Arts Council, Frederick County Public Libraries, and Frederick News-post at the age of seven. Writing has been one of her hobbies ever since she learned to hold a pencil.

All For the King

Feet braced against her back,
she yanked the braces tighter,
and the teenage girl's little breaths,
got a little lighter.

It was all for the king.
A dress of finest silk,
was slipped over her head.
Boots were shoved on her feet,
as she sat sadly on her bed.
It too was for the king.

Her hair was stacked and curled,
then powdered 'til she felt
pain in her little neck and was,
so hot that she could melt.
This was too much for the king.

The mother felt that it was time
to send her girl to court,
to maybe catch the young king's eye;
matchmaking was her sport.
Her daughter would marry the king.

But all that the daughter wanted
was to choose how she lived her life,
not to become some grand, bold
duchess,
or a pompous king's rich wife.
She didn't want to be with the king.

But she was shoved into a carriage,
and shipped off to try her best,
of catching the young king's roving
eye,
and rise above the rest.
And marry that young king.

She arrived at the tall palace,
clutching purse in hand,
and could smell the pig a-roasting,
and the musical strums of the band.
But she needed to find the king.

Many men who saw her, stared,
but she did not take any notice.
Her goal was inside, dancing,
the king was her main focus.
She went to find the king.

She stood in line, just like the rest
and bowed just as low.
But when the king was walking past,
she “dropped” her pretty red bow.
She had a plan for getting this king.

She politely said “Oh me, Oh my,
Please do forgive me, Sire.
For if I said that wasn't mine,
that would make me a liar.”
She had made the king smile.

He replied and said “I'm fond of
rhyming.
Please come and sit with me.”
She smiled a radiant, but sad smile,
And the rest is history.
It was all for the king.

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Potato not an Irish
Potato?**

When it's a French fry!

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- 5.....Benefit Breakfast for Donnie Stull, Jr., Trinity United Church of Christ, 101 E. Main Street, Thurmont. 6:00 - 11:00 a.m. \$7/adults, \$3.50/3-10 yrs, free/under 5. 301-271-2305.
- 5.....Annual Spring Supper and Bazaar, Elias Lutheran Church, Emmitsburg, MD. 12:00 - 5:00 p.m. \$11/Adults, \$4/Children 6-12, Carryouts/\$12. Beef, Turkey & Ham Supper with apple fritters. Supper also includes filling, gravy, mashed potatoes, green beans, cole slaw, stewed tomatoes, applesauce and cake. The Bazaar includes Crafts and Home baked Goods.
- 5.....Shrimp & Fried Chicken Feed, Sons of the American Legion Post 121, Emmitsburg, N. Seton Avenue. Feed 6:00 -9:00 p.m. DJ and karaoke 8:00 p.m. - Midnight. \$20/person.
- 6.....Kids Helping Kids Bingo, Mother Seton School, Emmitsburg. Doors open 1:00 p.m., Bingo starts 2:00 p.m. Prizes include: Legoes, Bakugans, Silly Slap Watches, Zhu Zhu Pets, and Sillybandz. Grand prize drawing is a Nintendo DSi. \$10/20 games. Benefit Mother Seton School Scholarship Fund. Lena 310-717-8860 or 301-447-3161.
- 7.....Thurmont Regional Library Gallery Stroll, photographer Mark Drew. 1:00 - 4:00 p.m.
- 8.....Shrove Tuesday Pancake Supper, Harriet Chapel, 12625 Catocin Furnace Road, Thurmont. 5:00 - 7:30 p.m. \$5/adult, \$3/child 6-12, children 5 and under/free.
- 9.....Ash Wednesday Mass, Mother Seton School, Emmitsburg. 10:15 a.m. Mother Seton School invites you to celebrate Ash Wednesday at our school Mass. All invited. 301-447-3161.
- 10....Lenten Icon Writing Retreat, Buchheister Fine Art Studio, 74 Wenschhoff Rd., Fairfield, PA, sponsored by St. Joseph's Parish, Emmitsburg. 6:00-9:00 p.m. on March 10, 17, 24, 31, April 7, 14, and April 20. \$140 (\$20 per evening). Non-refundable deposit of \$50 is required. Raymond Buchheister 301-401-2385, rbuchheister@gmail.com. Space is limited.
- 10....T-Shirt Scarf, Emmitsburg Library, 5:00 p.m. Go green, transform old T-shirts into something new and trendy - a scarf! Registration required 301-600-6331.
- 11....Rick Hill's "Excellent 11" Series at The Basement Coffeehouse, a ministry of Elias Lutheran Church, 100 W. North Ave., Emmitsburg. 7:00 p.m. Donations welcome. Hill is one of several performers that night. The public is invited. Rick Hill 301-898-7044 or Rev. Jon Greenstone 301-447-6239.
- 12....Dance/Silent Auction, Sponsored by the CHS Safe & Sane, American Legion, Thurmont. Doors open 7:00 p.m. Featuring the band, "Redline." Tickets/\$10, must be 21 to attend. Angie 301-271-2971 or Sharon 301-271-2677.
- 12....2001: A Space Odyssey, Thurmont Regional Library. 10:05 a.m. A special showing of Stanley Kubrick's classic 2001: A Space Odyssey on the library's big screen. Rated G, is approximately 148 minutes long.
- 12...."Out of this World" video contest showing, Thurmont Regional Library, 12:45 p.m. Winners of the "Out of this World" Video Contest will be shown on the library's big screen! Grades 3-5, 6-8, and 9-12 winner will be shown. All winner and runner up videos will also be shown at the C. Burr Artz Library.
- 13....Antique Appraisal Day, Thurmont Regional Library, East Moser Road, Thurmont. 1:00 to 3:00 p.m. Appraisals are \$5/item (limit four items per person.) Benefit The Friends of the Thurmont Regional Library. 301-600-7200.
- 14-18Penny Power Week at MSS! Make a difference to Mother Seton School's Technology Program. You can help by donating your loose change (and dollars) to your favorite student or directly to the school. Students collect change and dollars all week and compete against the other classes to win their own ice cream party. All of the proceeds directly impact the students by going towards the MSS Technology / Computer Program. 301-447-3161.
- 16....Pot Pie Dinner, Lewistown United Methodist Church, corner of Fish Hatchery Road and Hessong Bridge Road, Lewistown. Noon - 5:45 p.m. \$10/adults, children 6-12/\$5.50, carryouts/\$11.00. Off U.S. 15 north to Fish Hatchery Road. 301-898-7888.
- 19....Money Bingo, Rocky Ridge Activity Building. Doors open 5:00 p.m.; Games begin 7:00 p.m. No Advance Tickets.
- 19....Foam Party, Sponsored by the CHS Safe & Sane, 5714 Industry Lane, Frederick. This event is for ALL high school age students (14 - 18) to attend and not limited to CHS. All school students are welcome to attend! Tickets are \$10/advance, \$15/door. Contact Michele at shelleburg@yahoo.com.
- 19....Rock & Roll Dance, Emmitsburg Ambulane Co. building, Creamery Rd., Emmitsburg, hosted by the Emmitsburg Lions Club. 8:00 p.m. - midnight. Featured sounds of "The Rock & Roll Relics." \$15/person. No tickets sold at door. Call Zurgable Hardware 301-447-2020 or Sharon Hane 301-447-2401.
- 20....Bingo, Cascade American Legion. Doors open 11:30 a.m. \$40/advance, \$50/door. Payouts may be lowered if we do not sell 125 tickets, no more than 175 tickets will be sold. Benefit The Ladies Auxiliary and the Sons of the American Legion Scholarship Program. Jeff 301-241-3964, Donna 717-794-2387, Stacey

community event calendar

- 301-241-4026.
- 20....Fast Friends Greyhound Rescue, Inc. Adoption Day at Two Paws Up!, 15 South Carroll St., Frederick. Noon - 2:00 p.m. www.twopawsup.biz or 301-668-7704.
- 20....Warm the Heart Tea, Mother Seton School, 100 Creamery Road, Emmitsburg, MD. 1:30-3:30 p.m. Teas provided by "Soulstice Teas," petite sandwiches, and delicate pastries catered by "Hors d'oeuvres Etc." Irish Classics will be performed by Jenni Joy, and a spring fashion show will be presented by MSS Students. Advance tickets: \$12/ Ages 11-Adult, \$8/Children ages 4-10. At the door/\$15. 301-447-3161.
- 22-23 ... Open House, Mother Seton School, 100 Creamery Road, Emmitsburg. March 22—7:00-8:00 p.m.; March 23—10:00 a.m.-1:30 p.m. Pre-k through Grade 8. Financial aid, bus transportation, and before & after care is available. For more information or to schedule a school tour, call 301-447-3165 or visit www.mothersetonschool.org.
- 23....Science Fair Night, Mother Seton School, 100 Creamery Road, Emmitsburg, MD. 7:00-8:00 p.m. Mother Seton School invites you to come visit our Middle School Science Fair and view the projects created by our students. All are welcome. For more information, call 301-447-3161 or www.mothersetonschool.org.
- 25/26Turkey and Oyster Supper, Graceham Moravian Church, 8231-A Rocky Ridge Road, Thurmont, MD. March 25—3:00-7:00 p.m.; March 26—1:00-6:00 p.m. \$15/Adults, \$8/Children (5-10), Free/Children under 5. 301-271-2379.
- 26....Breakfast & Pork Sale, Emmitsburg Fire Hall, Sponsored by Tom's Creek United Methodist Church. 6:30 - 11:00 a.m. \$7/ Adults, \$3.50/Children ages 5-10, Free/Children under 5. Sausage, Scrapple, and Pork Chop Sale Ernie Staub 443-605-2995, Dottie Davis 301-447-2403, Rose Knox (Local for Taneytown) 443-605-2675. Orders should be submitted no later than March 20, 2011.
- 26....Cookie Fun 5K Run and 1 Mile Walk, Baker Park, Frederick. Open to all. Runners start 8:00 a.m., walkers 8:30 a.m. \$18 for runners/\$15 for walkers. Hosted by Frederick County Girls on the Go. Registration found at www.cookiefun5krun.org. Send registration and payment to GSCNC, PO Box 222, Thurmont, MD 21788.
- 26....Bingo, Mother Seton School, 100 Creamery Road, Emmitsburg. Benefit Our Lady of Mt. Carmel and St. Anthony parishes' high school youth to attend the workcamp and learn what it means to help those in need. Doors open 5:00 p.m., games start 7:00 p.m. \$1,000 Jackpot.
- 26....Celtic Springtime Dinner & Silent Auction, St. Joseph's Church Hall, North Seton Ave., Emmitsburg. 6:00 p.m. \$35/ person, \$60/couple. Cathy Bodin 301-447-2690, cbodin@mcdaniel.edu.
- 27....Brady's Walk, Thurmont Community Park small pavilion, Frederick Road, Thurmont. Registration begins 9:00 a.m., walk begins 10:00 a.m. 301-447-3644.

april

- 1.....First Friday Fun, The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick. 9:30 - 10:30 a.m. The Poky Little Puppy program for ages 3 and up, including: activities, craft, and a visit with a puppy from the animal shelter. \$4/child. 24-hour program line: 301-600-1650 or visit www.rosehillmuseum.com.
- 2.....Frederick County Fire/Rescue Museum Opening, 300 South Seton Avenue, Emmitsburg. 10:00 a.m. Baltimore City Fire Chief, Jim Clack will be the featured speaker.
- 2.....Oyster, Country Ham & Turkey Buffet Dinner, Faith United Church of Christ, 9333 Opossumtown Pike, Frederick. 1:00 - 6:00 p.m. \$15/Adult, \$7/Children 6-12. Carry-outs available/\$16. 301-271-7573.
- 3.....Safe & Sane Bingo, Emmitsburg Fire Hall. Michele shelleburg@yahoo.com.
- 8.....Overnight High School Lock-In, Shadowland Laser Adventures at FSK Mall. Midnight to 7:00 a.m. This event is for all high school teens aged 14-18 and is not limited to CHS. Benefits the CHS Safe & Sane. Jim 301-271-2987.
- 8.....Stars of Hope Relay for Life Fundraiser: Longaberger Basket & Cash Bingo, Thurmont Activities Building. 5:00 p.m. \$20/person in advance, \$25/person at the door. Jennifer Harbaugh 301-271-3129.
- 9.....Celebrity Bartender Day, American Legion Post 121, 105 North Seton Ave., Emmitsburg. Noon - 7:30 p.m. Benefit Emmitsburg Lions Club Food Drive, Emmitsburg Baseball and Softball League, ARC of Frederick County, American Legion Post 121 Building Fund.
- 9.....Shrimp & Chicken Dinner, Emmitsburg Fire Hall. Benefits the CHS Safe & Sane. Michele shelleburg@yahoo.com.

monthly calendar

- 1st Sunday of each month....Woodsboro Fire Co. Breakfast 7:30 a.m. - 12:00 noon.
- Mondays.....Bagged leaf & grass curbside pickup at 6:00 a.m. for Thurmont residents.
- 1st Monday.....Avid Readers Book Club, Thurmont Library. 6:30 p.m. 16 and older.
- 2nd Monday.....Dragons and Droids, Emmitsburg Branch Library. 4:00 p.m. Ages 8-12.
- 3rd Tuesday.....Explorer's Club, Thurmont Regional Library. 7:00 p.m. Grades 3-5.
- 3rd ThursdayBreakfast at Bollinger's Restaurant, Employees of Claire Frock Company. 9:00 a.m.
- 3rd ThursdayJoin ThorpeWood's youngest friends each month for a morning of stories, crafts and nature-related activities. Storytime is held from 10:00 - 11:30 a.m. Children 2-5 years of age. Registration e-mail: info@thorpewood.org or by calling 301-271-2823.
- Saturdays (Nov.-Apr.) BINGO at the Rocky Ridge Volunteer Fire Company's Activity Building. Doors open 4:30 p.m., games begin 7:00 p.m.

Vera Bradley Bingo Night

at Mother Seton School, 100 Creamery Rd., Emmitsburg, MD

Date: April 9, 2011

Doors open 5:30 p.m. • Games start 7 p.m.
Tickets for 20 Games \$15.00 in advance
or \$20.00 at the door

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