

# The Catoctin Banner

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## Camp David Presidential Mountain Retreat

by Deb Spalding

You can't say Summit in Thurmont without thinking about Thurmont's Official Historian, George W. Wireman, who passed away in January of this year. He was a life-long supporter of Thurmont and recorded a vast portfolio of history as editor of *The Catoctin Enterprise* newspaper, columnist and contributor to *The Thurmont Times* and *The Catoctin Banner* newspapers, and host of a radio show called "George Wireman's Thurmont World" on the local WTHU AM radio station.

Mr. Wireman reported previous Summits that were held in Thurmont. The following excerpt was written by Mr. Wireman for a publication called

"Valleys of History" in the mid-1970s. We'd like to extend special thanks to the Wireman family for sharing some of his writings.

*Located in the beautiful Catoctin Mountains just west of Thurmont, Maryland, is Catoctin Mountain Park. Within the boundaries of this park is the famous presidential mountain retreat known as Camp David.*

*Because of its location, the citizens of Thurmont have seen every President since Herbert Hoover, who often fished for trout in nearby Hunting Creak. Thurmont has, without question, seen more world leaders and celebrities than any other community its size in the country.*

*Catoctin Mountain Park, of which Camp David is a part, was first established in 1935 by the Federal Government. The purpose of this park, known then as the Catoctin Recreation Demonstration Area, was to show how sub-marginal farm lands and poorly managed forest lands could be converted into a valuable recreational resource. Organized camping facilities were built for low-cost use by accredited character-and-health-building groups. During the first few years, the area was used exclusively by these groups.*

*Then came December 7, 1941, and with it, the bombing of Pearl Harbor. America was at war. It was the feeling of Michael F. Reilly,*

*wartime supervising agent of the White House Secret Service detail, that with a war on and enemy agents about, no steps taken to protect the life of the President of the United States would be too many. Mr. Roosevelt wanted a private retreat within two hours of Washington, D.C. by way of automobile. Ross McIntire, the President's doctor, felt that he should have altitude... a minimum of 2,000 feet, and coolness.*

*A two-hour circle was drawn around Washington, and several*

**Camp David Presidential Mountain Retreat**

— Continued on page 20

## Emmitsburg Baseball & Softball League 2012 Opening Day



Photo by Deb Spalding

Players and coaches of the 2011 Emmitsburg Red Sox 12U Baseball team receive recognition during the Emmitsburg Baseball & Softball League's 2012 Opening Day festivities on Saturday, April 21, 2012.

## Thurmont Little League Holds 2012 Opening Day Ceremony



Photo by Carie Stafford

Thurmont Commissioner Bill Buehrer, John Kinnaird, Bill Blakeslee, and Eric Stanley of Stanley LLC get ready to throw the opening pitch to catcher, Mayor Burns, while teams the Rockies and the Nationals wait with anticipation.

**Emmitsburg Opening Day  
&  
Thurmont Opening Day**

— Continued on page 16 & 17

**G8 Summit Update**

See article on page 5.



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## Spring Fling Update

Don't forget to get your ticket now for the Vigilant Hose Company's Spring Fling event that will take place on Saturday, May 19, 2012. Gate opens at 10:30 a.m. and cash drawings begin at noon.

This year, the location will again be Echo Field on the west campus. There were plans to move the event, but it will not be moved.

For tickets, call Chris Stahley at 301-447-3081, John Glass at 301-748-7572, Gabe Baker at 301-447-2212, or Bill Boyd at 717-642-9717. Tickets will be available at the gate the day of the event. All are welcome to attend!

## Thurmont High School Alumni Association Dinner

The Thurmont High School Alumni Association dinner will be held Saturday, June 2, 2012, at the Lewistown Volunteer Fire Hall in Lewistown, Maryland. If you have not received an invitation by now and would like to attend, please call Victoria Mathias or send the information to Victoria Mathias, 7929 Black Road, Thurmont, MD 21788.

The social hour for the event will begin at 6:00 p.m., followed by a roast beef, turkey and fried oyster dinner at 7:00 p.m. The classes being recognized that evening are those ending in 2 or 7.

The winners of the T.H.S. Alumni Association Scholarship will be announced that evening. Students can obtain an application now from Catocin High School in the guidance department or by calling Vice President, Joan Freeze at 301-271-7387 or by e-mailing her at joaniefreeze@verizon.com. Applications must be returned by May 12, 2012.

The price for the dinner is \$20.00 per person. Paid reservations must be returned by Saturday, May 19, 2012. For more information, contact T.H.S. Alumni Association President, Wayne Martin at 240-215-7664; Vice President, Joan Freeze at 301-271-7387; Treasurer, Bill Eyler at 301-663-1134; or Secretary, Victoria Mathias at 301-271-7614.

## Mother Seton School Carnival

Don't Miss the annual Mother Seton School Carnival May 21-26. The carnival is sponsored by Mother Seton School and located at 100 Creamery Road, Emmitsburg. Rides, games, food, and entertainment are available each night. The carnival is an annual tradition in Emmitsburg. [www.mothersetonschool.org](http://www.mothersetonschool.org).

## 2012 Thurmont Flea & Farmers Market!

Thurmont Main Street will host the 8th annual Main Street Flea & Farmers Market at the Boundary Avenue entrance to the Carnival Grounds.

The Thurmont Main Street Flea and Farmers Market is open Saturday mornings, from 9:00 a.m. until noon, and runs from June 9, 2012, through September 22, 2012. There will be NO Farmers Market on July 14, due to the Guardian Hose Company's Carnival.

Each season brings our regular vendors, as well as new vendors selling a wide array of products that have included fresh dairy products, fruit, vegetables, muffins, cookies, fresh cut flowers, eggs, cheese, and homemade cinnamon buns!

Customers usually start lining up before the official 9:00 start time to get the best choices!

Vendors can call Karen Kinnaird at 301-271-4811 or John Kinnaird at 301-271-2273 or 301-606-9458 to register, or if you have any questions. Registration information and registration applications can be downloaded at [thurmontfirst.com](http://thurmontfirst.com). Applications may also be picked up at the Thurmont Town Office, 10 Frederick Road, Thurmont.

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**Tuesdays McDonald's in Thurmont**

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## Emmitsburg, April 2012

### Emmitsburg Welcome Center to Re-Open

The Emmitsburg Welcome Center on Route 15 has been chosen for re-opening around Memorial Day weekend. Referenced as the Mason-Dixon Discovery Center, the site will be open for four days per week, with the possibility of adding more days later. Many of the Welcome Centers were closed due to the economic downturn. Hannah Byron, assistant secretary of Tourism, Film and the Arts for the State of Maryland, stated that the Emmitsburg site was a priority to re-open due to the ongoing tourism from local Civil War activities, including the upcoming 2013 150th Anniversary of the Civil War. To accomplish this reopening, state and county representatives pursued grants and were also assisted by volunteers. The center might also be used for storage and other possible opportunities in the future.

### Area Traffic/Activities will be Heavy in May

For the local citizens who want to get from here to there—just beware—May is going to be an unusually busy time in our area. Starting with the G8 Summit at Camp David this year, additional security and press will be surrounding the President and the world leaders for this International meeting, taking place right in our backyard. Thousands of additional people are expected in Thurmont and the surrounding area around May 14 through May 20.

That same weekend is the Mount St. Mary's University graduation ceremonies, as well as the Spring Fling Fundraiser for the Emmitsburg Vigilant Hose Fire Company (also on the Mount campus).

by Michele Cuseo

# town hall reports

### Bulk Trash Pick-up May 14

Don't miss the opportunity to get rid of unwanted items for the bulk trash pick-up day. You must have items in front of your house by 6:00 a.m. the morning of May 14.

There is a long list of items that will and won't be accepted. Some examples of items OK to set out are: washers, dryers, TV's, couches, chairs, pianos, computers, exercise equipment, lawn furniture, furnaces, bath tubs, sinks, toilets, cabinets, and stoves.

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

## The Northwestern Frederick County Civic Association

The Northwestern Frederick County Civic Association, Inc. (NWFCCA) meets on the first Wednesday of each month at 6:00 p.m. at Sabillasville Elementary School. The group supports community interests in the Northwestern Frederick County area. The NWFCCA will meet on May 2 with special guests from St. Joseph's Nursing Center (formerly St. Catherine's Nursing Center) in Emmitsburg who will provide an update on person-centered care, rehab services and the newly initiated ACP Program and Medicare short term unit.

For more information, call George Kuhn at 301-241-3997.

## Thurmont, April 2012

### Important Information About the Nixle Notification System

The Thurmont Police Department has reactivated its service with Nixle's Notification System. The Department previously terminated use of this service due to the unanticipated costs associated with Nixle. Nixle is once again free to the Public Safety Sector. Nixle is a community information service that alerts you to public safety threats and community events via web, email, and cell phone.

Please log in and reactivate your account or create a new account at [nixle.com](http://nixle.com) Effective January 1, 2012, all Thurmont Police Department's Community Alert System messages will be posted to Nixle. The Department will; however, maintain its current CAS email distribution list should any unforeseen changes arise in the future. We appreciate your understanding regarding these changes.

## An Important Notice from the Thurmont Police Department

On December 20, 2010 the Mayor and Board of Commissioners for the Town of Thurmont approved a Tip Reward Program to be administered by the Thurmont Police Department. This program offers up to \$1,000 to citizens who report valuable information leading to the arrest and conviction of person(s) committing criminal acts in Thurmont. The Thurmont Police Department is pleased to announce the implementation of this program on this date. This program enhances the Community Policing objectives initiated by Chief Eyler and continuously performed by the officers of the Thurmont Police Department. Anyone who would like to report helpful information concerning criminal activity is encouraged to call the Thurmont Police Department at 301-271-0905.

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

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## G8 Summit Update

by Carie Stafford

As with all big events, changes happen up until the day of the event. This is the case with the G8 Summit to be held at Camp David May 18-19, 2012.

Speaking with Mel Poole, Catocin Mountain Park Superintendent, he states that those persons needing to use Rt. 77 to continue to their home will be put on a gate list. This means that Rt. 77 will be gated off at all incoming roads and a list will be at the gate of those individuals living past the gated area. For example, Tower Road residents will be listed at the gate (please ensure you have your ID with you at all times).

Mr. Poole also states that the press hub for the G8 Economic Summit will be at Round Meadow in Catocin Mountain Park. Thurmont may also see press at the Thurmont Town Park, as well as staying at local hotels.

At this time there has been no confirmation of protestors; however, that does not mean they will not appear. Police Chief, Gregory L. Eyler, states "Citizens of Thurmont: As a result of the G8 Summit being relocated to Camp David, May 18-19, 2012, as your Police Chief, I thought it was important to inform the citizens of Thurmont that your police department is taking a

proactive approach in providing a safe and secure atmosphere to prevent and eliminate any unsafe or hazardous conditions during the event.

The Thurmont Police Department, in collaboration with allied agencies, including: Federal, State, and Local authorities, are continuously communicating with each other and working diligently to develop operation plans that will assist us all in providing the appropriate and most effective police response.

We are committed and responsible to the needs of the Thurmont Community, as well as to the preservation of peace and order. During this event and all similar events of this nature that may impact our community, we will strive to provide the best police service.

Any incident occurring from these events that may require immediate notification to our citizens will be disseminated via Press Releases, Radio Announcements, Nixle Alert System, and our Community Alert System. As always, should any citizen observe suspicious activity they should notify the Thurmont Police Department immediately by calling 911 or the non-emergency number 301-600-2071."

A press release from Annapolis on April 2, 2012, is as follows: "Cunningham Falls State Park to Close During G8 Summit at Camp David. Cunningham Falls State

Park, located near Thurmont, will be closed to all public access from Thursday, May 17 through Saturday, May 19. The State Park is being closed at the request of the United States Secret Service in order to provide security for the G8 Summit, a meeting of leaders from nations representing eight of the world's largest economies. The park will re-open at 8:00 a.m. on Sunday, May 20, 2012.

The closure affects all of Cunningham Falls State Park, including both the Houck and Manor day-use areas and all trails. All other Maryland State Parks will be open during that time, including nearby Greenbrier and Gambrill State Parks. The Maryland Park Service has notified Campers with reservations for the Houck Area campground of the closure and offered a discount for a future camping vacation at any Maryland State Park.

Cunningham Falls State Park adjoins Catocin Mountain Park, which will also be closed to all public access. Visitors with questions regarding closures to the Catocin Mountain Park may call the Visitor Center at 301-663-9388. Media is asked to call the Department of Natural Resources Office of Communications at 410-260-8002."

For further updates on the G8 Economic Summit, check out the town website at [www.ThurmontFirst.com](http://www.ThurmontFirst.com).



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 <p><b>Great Condition! - \$205,000</b> Enjoy the mountain scenery from this 3 BR, all brick rancher that boast gleaming hardwood floors throughout, central air, fireplace, breezeway, full basement, walk-up attc, 1 car garage &amp; patio outside town limits.</p>	 <p><b>55+ Condo Living - \$175,000</b> This unit feature 2 large BR's, 2 BA's. Eat-in kitchen w/ breakfast nook w/ access to the patio, living room w/ french door to patio, dining area, master suite w/ spacious walk-in closet and bath w/ whirlpool, sep shower, double sinks, laundry storage area, 1 CG.</p>	 <p><b>Brick Colonial - \$138,000</b> This all-brick colonial is just a short walk from the town square and park, update this charming home to make a showplace for your antiques! Multi-Use zoning!! Off street parking!</p>

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24 Vista Ave.  
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4 bedrooms, 2 full baths, finished basement with walkout to fenced back yard. Hardwoods in living, dining and kitchen, main level bedroom or use as office/library, 3 bedrooms on upper level. Fireplace in living room, slider to large deck and plenty of parking. Roof new in April 2012! Large family room in lower level! A must see!



3 E. Main St.  
Thurmont- \$149,900  
Excellent opportunity to own a retail storefront with 2 one bedroom apartments upstairs (both currently rented), laundry on second floor for tenants, many possibilities! Recently updated. Storefront currently offered for rent. Call Bonita Smith!



14750 Sabillasville Rd.  
Thurmont- \$362,900

Spacious 2750 sq. ft rancher with in ground pool on over .75 of an acre! Gorgeous cherry kitchen, hardwood floors, stone fireplace and incredible library/office off of master suite with built-ins and separate entrance!



14144 Buchanan Trail  
Waynesboro-\$109,900.  
This lovely 2 bedroom, 1 bath rancher has so much to offer! Large family room w/vaulted ceiling, spacious eat in kitchen, main level laundry, updated bath, updated windows, new water heater, newer furnace, 2 decks and partially fenced yard! Left wing of home is currently housing a Tanning Salon that has a private entrance or could be a large 3rd bedroom.



**NEW PRICE!**

125 Cody Dr.  
#12-Thurmont-\$169,900-  
This is a great condo! Offering 2 bedrooms and 2 baths with lots of personal touches. Windows were replaced 2 1/2 years ago, toilets and exhaust fans replaced in both bathrooms, beautiful wood floors and separate storage room. This is a must see! Subject to third party approval.

**PRICE  
REDUCED**



Tower Road,  
Thurmont Area  
3 bedroom, 1 1/2 bath rancher, attached garage plus large storage shed/garage, on 1.09 acre wooded lot. Needs a little TLC. Call Bonita Smith



134 Hammaker St.  
Thurmont- \$149,000  
3 bedroom, 2 full and 2 half bath townhome, partially finished basement with half w/bath. Fenced back yard. The carpets have just been cleaned. Needs just a little tender loving care.



25331 Military Rd.  
Cascade/Fort  
Ritchie-\$199,900  
Commercial property offers so many options! Solidly constructed brick 2 story bldg. ready for occupancy. Approx 2900 sq. ft with a 3 bedroom, 2 bath apartment on second floor (currently rented) could also be used as a 2 bedroom, 1 bath apartment with separate office w/bath. Call Bonita Smith!



9 W. Main St.  
Thurmont - \$289,000  
This home has been completely remodeled inside with a new kitchen, bathrooms, carpeting, etc. Can also have business in home. Property to right, 7 West Main St. is also included, but needs TLC. Could be apartment or store front. Call Bonita Smith!



Wigville Rd- Thurmont  
3 gorgeous building lots just minutes from Cunningham Falls SP. (\$199,900- 13.35 Acres, 6 BR, perc, well)(\$149,900- 5 Acres, 5 BR, perc, well) (\$159,900- 5.57 Acres, 6 BR, perc, 2 wells)

13712 Hillside Ave.-Thurmont-\$214,900

Lovely Brick Rancher on almost a 1/2 acre in Poplar Knob. 2 bedrooms, 2 full baths, spacious sun room, newer tilt windows, 2 fireplaces plus a pellet stove and central A/C. Sunny open kitchen, separate dining room and large living room on main level. Lower level has fantastic family/game room and full bath with a walk out to the yard. One car garage and beautiful yard! A must see!



17774 Harbaugh Valley Rd. Sabillasville - \$349,900

A must see! Charming rancher on 11 acres. Privacy and tremendous views. Over the garage are two finished rooms that are ideal bedrooms with electric. Beautiful stone fireplace, new water heater, 24'x36' Pole Building, Great Sun Room to watch the deer. One of a kind property. Call Bonita Smith



22 Altamont Ave., Thurmont - \$289,900

This Spacious 1920 Bungalow offers high ceilings, 3 bedrooms, 2 full baths, fireplace, hardwoods, window seats, transoms, sunny kitchen, inviting sun room and a master suite on upper level. Tons of original character with wonderful new renovations including windows, roof, geo thermal heat, central A/C, etc. 30 x 40 Garage/ Workshop plus 14 x 20 studio with heat and air! So Unique! A must see!





# AROUND town

## Sarah's Garden Social at Harriet Chapel

Harriet Chapel, located at 12625 Catocin Furnace Road in Thurmont, is thrilled to announce the return of Sarah's Garden Social on Saturday, May 12, 2012, from 8:00 a.m. to 3:00 p.m. This yearly event, named in honor of Sarah Chandler, is planned with your mom in mind. Have lunch or breakfast with your mom, chose some bedding plants—flowers and herbs—shop the displays of local crafters, enjoy the Rebecca Pearl art exhibit, and take home dessert. This year's crafts include handmade and Cookie Lee Jewelry, Thirty One purses, handmade scarves, birdhouses, and a variety of wood crafts. Another must see is the Chapel's newly installed Memorial Garden.



A quilt and textile raffle—all handmade by Harriet Chapel members—and a gift basket silent auction will be available on-site.

Please join them for this special event, and don't forget to bring your mom!

## Fort Ritchie Community Center to Host 1st Annual Bass Fishing Tournament

Fort Ritchie Community Center will host the "Fort Ritchie 1st Annual Bass Fishing Tournament" on June 23, 2012, from 7:00 a.m. to 3:00 p.m. at Lake Royer on the Fort Ritchie campus in Cascade, Maryland.

The beautiful 22-acre Lake Royer, nestled along South Mountain, has not been fished in for over ten years. Tournament Director, Roger Sternberg, who was on-site for a recent Department of Natural Resources sampling of the lake said, "The DNR folks conducting the survey stated that on a very good lake, the average catch would be about 100 fish in an hour. During the survey conducted on Lake Royer, they caught 398 fish in just twenty minutes."

A \$1,000 prize will be awarded for catching the lucky tagged fish. Cash prizes of \$250 will be awarded to the Heaviest Bass, Longest Bass, and two other lucky tagged fish. Other gifts will also be awarded for tagged fish.

Anglers will be allowed to keep up to ten bass under DNR-suggested size with a receipt. No bottles, live bait, or parking in grass will be allowed. No Maryland fishing permit is required to participate. There are no age restrictions, but children under the age of 16 must be accompanied by an adult. A complete listing of rules can be found at [www.TheFRCC.org](http://www.TheFRCC.org). Registration is open and will close after 100 registrations have been received.

All proceeds will benefit the Fort Ritchie Community Center. Sponsorships are available for this much-anticipated event. Call Kirsten Hubbard at 301-241-5085 or visit [www.TheFRCC.org](http://www.TheFRCC.org).

## MSM University Invites You to Campus for Movies and Music

Free Wednesday evening live music will be held at Mount Saint Mary's University, from 8:00 to 10:00 p.m., beginning with jazz by Chris Vadala with the Rick Whitehead Trio on the McGowan Patio, outside of the Mount Cafe on Wednesday, May 30, 2012. Free outdoor movies begin in June. The public is invited. Visit [www.msm.edu/summer](http://www.msm.edu/summer) or call 301-447-8329 for more detailed information.

## Local Rabies Clinic

The Frederick County Health Department will be conducting rabies vaccination clinics for dogs, cats, and ferrets (3 months of age or older) at the Thurmont Community Park, Community Park Road, Thurmont (across from the Town Hall), on Thursday, June 14, 2012, from 5:00-8:00 p.m. The clinic will take place rain or shine. The cost is \$8.00 per animal. Pre-registration is not required. Please have animals properly contained, leashed, or in carriers. If you have any questions, please call 301-600-1717.

## Save the Date for Thurmont's Saturday Strolls

Yes, it is that time of year again—the Saturday Strolls are back, bigger than ever and jam-packed with fun entertainment, activities, live entertainment, and food.

Saturday Strolls will be held on June 16 and August 18, 2012, from 1:00 p.m. – 4:00 p.m., at Thurmont Main Street Area.

For the June 16 event, the theme is "Thurmont Mountain Heritage" and will feature: Thurmont's First Annual Children's Art Festival; Civil War encampments and musicians; face painting and many fun children's activities; FFA display with animals; food and ice cream vendors; Smokey the Bear and other park-related visitors; live entertainment; and shopping (with many local vendors).

We are inviting all students from pre-school through middle school to participate in the art festival by providing a piece of art work related to the "Thurmont Mountain Heritage" theme. The artwork will be displayed at businesses around town for everyone to see. Each participant will receive a certificate of recognition. The artwork must be created by the student and must be turned in to PNC Bank by Friday, June 8. To obtain an application to participate in the Art Festival, or to be a Saturday Stroll Vendor or Sponsor, please visit the Thurmont First website at [thurmontfirst.com](http://thurmontfirst.com); their Facebook page; or contact Virginia LaRoche, Saturday Stroll Chairperson at 240-288-8226 or Stacie Zelenka at 240-446-2846. The application will also be available at Timeless Trends Boutique for pickup.

The August 18th event will be their annual "Stuff a Back Pack" Saturday Stroll. Save the date and look for more information on this fun event.

## Catch the Grace! at Elias Lutheran Church

Elias Lutheran Church, located at 100 W. North Avenue in Emmitsburg holds worship services on Sundays at 10:30 a.m. and Wednesdays at 9:30 a.m. Sunday School for children ages 5-12 is held on Sundays at 9:15 a.m.

Elias hosts The Basement Coffee House on the second Friday of each month from 7:00-9:00 p.m. Each Coffee House features a live local band, refreshments and fun. In June, a contemporary worship service called "Catch the Grace at a Different Pace" will be held on Sunday evenings. Stay tuned for starting date. Learn more at [www.eliaslutheranchurch.org](http://www.eliaslutheranchurch.org), call 301-447-6239 and check out their advertisement on page 4.

## His Place Car Show

Don't miss the 3rd Annual His Place Car Show on May 12, 2012, on the grounds of Mother Seton School. The car show is a benefit for Mother Seton School and the Emmitsburg Osteopathic Primary Care Center.

The entry fee is \$15.00 at the door; \$12 pre-registration. Cars, trucks, and hot rods are welcome to take part in a fun day of awards, door prizes, music and food. Dash plaques will be given to the first 200 cars to arrive. Registration is 8:00 a.m.-12:00 p.m.; judging from 12:00-2:00 p.m.; awards at 3:00 p.m.

For information, call Bill Kuhn at 800-529-5835 or stop by His Place, Inc. at 20 Creamery Way, Emmitsburg. Rain date is September 8, 2012. See their advertisement on page 14.

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## Crab Cake Dinner at Tom's Creek

On May 11, 2012, Tom's Creek United Methodist Church, located on Tom's Creek Church Road, off Route 140, between Taneytown and Emmitsburg, will be holding a Crab Cake Dinner, from 4:30-7:30 p.m. The menu includes: 2 Crab Cakes, Baked Potato, Cole Slaw, Roll, Butter, and Dessert. Tickets are \$14.00 in advance; \$16.00 at the door; and \$7.00 for children 10 and under. Carryouts are \$15.00. For more information, call 301-447-2403 or 301-447-2633.

See their advertisement on page 11.

## Frederick in Danger of Losing Its Oldest Community Theatre Group

The Fredericktowne Players, Inc., Frederick's oldest all-volunteer, non-profit community theatre group is in danger of closing its doors. After providing theatrical experiences for more than 43 years, the group does not have sufficient funds to produce its summer musical, *Carousel*, or even to sustain its operations through this fiscal year. They are reaching out to the community and to fellow theatre partners in the Frederick area for support. A detailed letter asking for donations had been sent to all FtP members, donors and subscribers.

The fixed costs to produce a season of theatre are continuing to rise. Earlier this year, Rick Weldon joined the FtP Board of Directors as the Development Director. With his leadership, FtP hopes to employ specific and proven strategies to carry the group into the future. If you would like to see The Fredericktowne Players remain an integral part of the Frederick Community, please consider a tax deductible donation. This donation can be made either through [www.fredericktowneplayers.org](http://www.fredericktowneplayers.org) or by mailing The Fredericktowne Players, Inc., P.O. Box 1479, Frederick, MD 21702.

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# BUSINESS news

## Here's Clyde's Family Hair Care Finds New Location

by Aaron Heiner

Hair today, gone tomorrow! Here's Clyde's Family Hair Care, a staple of Thurmont for over 35 years, has left its longtime Main Street location for fancier new digs at 5 South Center Street in downtown Thurmont.

New owner, Christina Royer, purchased the company from Harriet Valentine earlier this year, and has relocated the business to a new location in order to update the hair salon's equipment.

Here's Clyde remained opened on Main Street while the new store was being prepared. According to Royer, this done so that there would be no inconvenience for the customers.

"We got some new equipment, so it was easier to relocate," Royer said. "We didn't want any downtime to affect our customers."

The new owner stated she has no plans to make any changes to the current operation format of the salon.

"Same faces, same prices, same everything—nothing has changed but our location" Royer said. "The



Photo by Aaron J. Heiner

New owner, Christina Royer, stands outside of the new location at 5 South Center Street.

only difference is that we will now be accepting credit cards."

Royer had been a hair stylist and had worked for Valentine for 10 years. She chose to purchase the business recently when Valentine decided to step down from ownership.

Valentine still cuts hair with the company, along with Royer and four other employees.

Here's Clyde's Family Hair Care is located at 5 South Center Street in Thurmont. While walk-ins are accepted if there is a cancellation, appointments are preferred. For an appointment, call 301-271-4479.

## Fundraiser Hosted by The League for People with Disabilities and The Rotary Club Of Baltimore

On May 19, 2012, The League for People with Disabilities, one of the region's leading non-profits, will partner with the Rotary Club of Baltimore, to celebrate major milestones in the organizations' histories, as well as honor local residents for their dedication to the community. The "Milestones" awards and advocacy dinner will benefit The League's Camp Greentop, a pioneering recreation program for children and adults with disabilities, based in the heart of Maryland's Catocin Mountains.

"Milestones" will feature gourmet food from Innovative Catering and live entertainment by Three of a Kind, as well as a silent auction. It is being held at American Visionary Art Museum, located at 800 Key Highway, Baltimore, Maryland. Tickets are \$100 and must be purchased in advance. For ticket information, call 410-323-0500, ext. 311, or buy tickets online at <http://www.leagueforpeople.org>.

This year's event honors Richard "Dick" Frye and his late wife, Ellene "Brit," Christiansen, The League's first board member with a disability and creator of an art program for adults with disabilities, as well as lawyer Renee Gordon and her husband, Barry Gordon, an internationally known Johns Hopkins neurologist, who have both worked tirelessly for the local and regional autism community. Additional honorees include the rangers of Catocin National Park, as well as "Rotarians of the Century."

"Milestones" marks the 75th anniversary of The League's Camp Greentop, the first camp in the United States for adults with disabilities and one of the first for children with disabilities.

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## Morning Star: A Perfect Gift Christian Bookstore Relocated to Thurmont Plaza



Courtesy Photo

Members of the Thurmont Economic & Development Committee are shown along with store owner, Mary Margaret Bittle (shown center with Thurmont's Mayor Burns) during the ribbon-cutting ceremony for the relocation of Morning Star: A Perfect Gift Christian Bookstore.

Morning Star: A Perfect Gift is a non-profit, full-service Christian bookstore resource celebrating twenty-six years of ministry by relocating to Thurmont Plaza on North Church Street. Their Grand Re-Opening Ribbon Cutting and Open House was held on March 31, 2012, with family, friends, and local town officials in attendance. There is a Grand Opening Sale running with big discounts on products, and also drawings and giveaways during the months of April and May. MorningStar: A Perfect Gift is a specialty store and the only one of its kind in Frederick County. Their product lines include books, bibles, music CDs/DVDs, family films, gifts, jewelry, T-shirts, Sunday School curriculum and Home School resources.

Twenty-six years ago, Morning Star: A Perfect Gift started in a shopping plaza in Beltsville, Maryland. In 1989, they moved to The Square of Thurmont, where they stayed fifteen years until moving to Greencastle, Pennsylvania. Ten months after a devastating fire in 2006, they started over in an office on The Center Square of Greencastle. Last year, they relocated back to Thurmont and are happy to be back home.

The Directors, Carl and Mary Margaret Bittle, are members of the Thurmont First Economic Development Committee (EDC) and participate in the various activities that EDC sponsors. In addition, Carl is a Gospel musician and Mary Margaret is studying to be a Certified Tourism Ambassador with the Journey Through Hallowed Ground. They help their customers by serving as their personal shopper, researching to find what will minister to their individual need.

Contact the bookstore by calling 301-271-FREE(3733) or 717-597-4777 or email [morningstargift@gmail.com](mailto:morningstargift@gmail.com). Shop their website and save on a wide variety of items - [www.morningstar.clearcheckout.com](http://www.morningstar.clearcheckout.com) Call or stop by the shop and pick up their Spring Sale Catalog and Kids Flier. The Bittles are very excited and they thank God for this move to the Plaza. They want to celebrate with you by giving you a gift for coming into the store just to say "Hi"!

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# BUSINESS news

## Where Everybody Knows Your Name

by Carie Stafford

Just like the theme song from the show Cheers, written by Gary Portnoy and Judy Hart Angelo, Kountry Kitchen Restaurant in Thurmont is a place where you walk in and people call you by name because they recognize your face. After 28 years in business, Pat and Roger Ridenour not only know most everyone by name, but they are now happily enjoying fourth and fifth generations of repeat customers to their restaurant - like Betty, Morris, Ella, Joey, Wendy, and Rebecca.

A comfy, relaxing atmosphere, where most evenings you will see someone you know and the whole dining room ends up in the conversation. That is what living in a small town is like—enjoying a friendly conversation and a fantastic meal at a great price.

Pat, having started out in the shoe factory many years ago, worked at Mountain Gate Restaurant and then Gentleman Jim's (Carriage House), before she decided to open her own place. She and Roger started out by renting the same building they are presently in now. In the beginning, snow came in the windows, rain came through the roof, the only heat was by a wood stove and the grill was behind a long counter in the same room.

Pat and Roger have enjoyed some wonderful memories for the past 28 years. They are looking forward to so many more. Many memories and long-standing friendships started then with regulars, such as Bob Sharer, Gene Krietz, and George Wireman. Bob used to come in every morning and start the wood stove; some days he would get it so warm in the store that the ketchup bottles would explode when they were opened. Fun times when the many regulars, since gone, would sit around the wood stove flipping nickels and listening to George Wireman's many stories of the past.

Pat and Roger often cooked turkey all night, and when the town police made their nightly rounds, they would take the turkey out when it was done. One day Dick Grimes came in a rush and said, "I need a burger right now!" Roger, being the prankster he is, slapped a frozen patty on a bun, wrapped it up, and sent Dick on his way. That story has survived many years of laughs from Dick (since passed) and Roger.



Courtesy Photo  
Roger Ridenour is shown in the early years of the Kountry Kitchen cooking on the grill behind the counter.

When the time came to move or buy, Gene Krietz put up the money for Pat and Roger to buy the place. Five years later, Pat and Roger were able to pay Gene back and finally call it their own. Theresa Ogle worked for eight years, six of those for only tips, while the restaurant got up and running. Kountry Kitchen used to be open all night long with a juke box, and the early morning hours were always busy after the local bars closed down. Barb (Stackhouse) Haynes has worked the morning shift for 20 years and is still serving breakfast with a smile. Every daughter and almost all their grandchildren, and now a great grandchild, have worked or helped out there. Their daughter, Sherry, has added much to their success. Currently out on medical disability, many customers ask about her and she is missed.

"A lot of good people come here," Pat stated. Regulars, like Bob Springer, Dotty Ramsburg, and Bob and Shirley Long, and so many more. Richard Renner has to constantly tell people that he is not Willy Nelson; he even wrote a song entitled, "I am not Willy."

Remodeling in 1999 added an extra room in the back for parties and expanded their menu. Kountry Kitchen offers catering with delivery and those daily baked goodies are still available. Sherry's red velvet cake is available by request only. They still carry their award-winning broasted chicken dinners. "The best coffee in Frederick County," per Pat, and fresh made lemonade daily.

Stop by, talk with Pat and Roger, and look at the picture board that hosts old and new customers, and hear some funny stories that have made Kountry Kitchen "home" to so many. The story is still being written, and they would gladly have you be a part of it.

Kountry Kitchen is open Monday through Saturday 6:00 a.m.-9:00 p.m. and Sunday 7:00 a.m. to 9:00 p.m. It is located at 17 Water Street, Thurmont. Phone 301-271-4071.

## New Real Estate Brokerage and Property Management Firm Opens in Thurmont

Broker & owner, Rich Shank, is excited to announce the opening of his newly formed real estate and property management firm, Shank & Associates Realty, located in the Thurmont Professional Center at 60 Water Street in downtown Thurmont.

Rich has been providing his real estate clients with high quality results and representation since 2000. After receiving a degree in Business & Finance, with

a minor in Marketing from Mount Saint Mary's University, Rich has held various positions that have provided him with valuable industry knowledge. Former positions include serving in a management capacity for a foreclosure practice at a major Montgomery County law firm, along with sales manager/sub-contractor coordinator for a custom home builder. As a consistent multi-million dollar sales producer, Rich has the valuable experience, along with industry connections, needed to accommodate any client's needs.

Rich believes in the importance of community and volunteers much of his spare time to youth sports in the Thurmont area. He has a great appreciation for the positive influence athletics bring to a child's development and self-esteem. As a result of this association, he will pledge 5% of his sales commission on behalf of new clients to the athletic association, PTA, or qualifying non-profit organization of the client's choice after their transaction goes to settlement.

The vision of Shank & Associates Realty is to provide their clients with the utmost in quality and professionalism, and to make their home buying or selling experience top notch and stress-free. Every level of client is treated with respect. Shank & Associates Realty will always remember who they are working for!

Shank & Associates Realty is seeking and will be introducing high quality agents from the areas that they serve in the near future. They are also looking forward to becoming a staple in the Thurmont and Frederick County business communities.

Shank & Associates Realty is licensed in both Maryland and Pennsylvania. For more information or to contact Shank & Associates Realty, please call 301-271-1122 or visit their website at shankhomes.com.



Courtesy Photo  
Pictured is Rich Shank, Broker and Owner of Shank & Associates Realty in Thurmont.

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On April 23, 2012, Chris Yingling (pictured on right) hooked a fish at Frank Bentz Lake in Thurmont. His friend, Collin Hand (pictured on left), helped reel it in. Chris and Collin are both 10<sup>th</sup> graders at Catocin High School. The fish measured approximately 22 inches.

Courtesy Photo



## Send in Your Fishy Pics!

**Pics will be featured in August issue.**

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

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## Hidden Object Game, "Where Am I?" Photo Game & "Who Am I?" Game Winners

From the April issue of *The Catocin Banner*, Tim Rice was the winner of the Hidden Object Egg Hunt (\$25 gift certificate to the advertiser of his choice from the April issue). There were over 40 Easter eggs in the April issue. Anyone who guessed a number in the 40s was entered into the contest. Last month's "Where Am I?" photo was taken by Jose Pedreanez and showed the pond and bridge on the grounds of Summit Lake Camp on Hampton Valley Road above Emmitsburg. This month's Hidden Object is a stack of nickels.

Allyson Rohrbaugh was the winner of the "Where Am I?" Game (\$10 gift certificate to the advertiser of her choice from the April issue). For the "Where Am I?" Photo contest, take a look at the photo and tell us where it was taken. It is somewhere in or around our Northern Frederick County Area which is defined as Rocky Ridge to Cascade and Lewistown to Emmitsburg, Foxville to Creagerstown and everywhere around and in between. Call 240-288-0108 to leave a message or e-mail news@thecatocinbanner.com. Don't forget to leave your name and phone number.



Photo by Irene Matthews

## Test Your Word Power

(Answers on Page 34)

- |                                                                                                                               |                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <p><b>1. Enigma (n.)</b></p> <p>a) Revelation<br/>b) Brain-teaser<br/>c) Solution</p>                                         | <p><b>3. Perspicacity (n.)</b></p> <p>a) Shrewdness<br/>b) Indifference<br/>c) Ignorance</p> |
| <p><b>2. Petulant (adj.)</b></p> <p>a) Menacing; threatening<br/>b) Naturally even-tempered<br/>c) Unreasonably irritable</p> | <p><b>4. Capricious (adj.)</b></p> <p>a) Dependable<br/>b) Fickle<br/>c) Domineering</p>     |

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# PEOPLE making news

## TPS Principal Recipient of Distinguished Educational Leadership Award

Thurmont Primary School (TPS) principal Debra Myers is the Frederick County Public Schools recipient of a 2012 Distinguished Educational Leadership Award. The Washington Post Educational Leadership Foundation presents these awards annually to honor metropolitan-area principals who go beyond the day-to-day demands of the position to create an exceptional educational environment in their school.

An educator since 1980, Mrs. Myers began her career with Frederick County Public Schools twenty-nine years ago as a teacher at Green Valley Elementary. From 1986-1987, she served as a teacher specialist, mentoring non-tenured teachers. In 1987, she became the assistant principal at East Frederick Elementary, continuing in that role in 1991, when that school was replaced by Spring Ridge Elementary. Promoted in 1994, she served as principal at Sabillasville Elementary, Monocacy Elementary, and Thurmont Primary School, which she opened in 2001.

Mrs. Myers was nominated by Laura Krauss, the parent of a Thurmont Primary kindergarten student. "My first interaction with Mrs. Myers occurred at a parent orientation session. My husband and I, who were experiencing Frederick County Public Schools for the first time, immediately commented to each other on the charismatic and dynamic way she always presented the school in a favorable light."

The nomination was supported by current and former administrators, colleagues, and teachers. Retired FCPS associate superintendent, Steve Martin, wrote that in his many years of supervising principals, "I would clearly rate Mrs. Myers as one of the strongest instructional leaders I have ever had the pleasure to work with."

Former administrative intern and principal at Mercersburg Elementary School in Pennsylvania, Lura Hanks, concurred. "Mrs. Myers has been a gift to education and most especially to the children under her direction. I attribute my own successes as a principal to the strong foundation I received under her guidance."

Thurmont Primary teacher, Kelly Boutin, was honored to support Mrs. Myers' nomination. "Her extraordinary poise and style create an environment that draws the best from our staff, students, and parents."

"Mrs. Myers is still a teacher at heart and continues to play an active role in our classrooms. She is visible throughout the school, even helping at lunch and recess duty," added Thurmont Primary teacher Trisha Kessler.

Mrs. Myers earned her Bachelor's degree in Early Childhood Education and Elementary Education at Millersville University and her Master's degree in School Administration and Supervision at Bucknell University.

The Washington Post will recognize her at a reception on May 8, 2012.



Courtesy Photo

Pictured left to right are Dr. Theresa Alban, Superintendent; TPS Principal and award recipient, Debra Myers; and Mark Pritts, Director of Elementary Schools.

## Lions Club Teacher of the Year Finalists

Finalists for the 2012 Thurmont Lions Club Teacher of the Year were announced recently at a reception held at Thurmont Primary School. Teachers from each of the Catocin feeder schools were nominated by parents, students, fellow teachers, or principals. The Teacher of the Year will be announced at the Thurmont Lions Club Education Night on May 9, 2012. Congratulations to the finalists: Elizabeth Vines, Mother Seton School; Curtis Howser, Catocin High School; Melanie Ware, Thurmont Middle School; Christina McKeever, Lewistown Elementary; John Ridenour, Thurmont Elementary; Heather Hommey, Thurmont Primary; Charlene Rippeon, Emmitsburg Elementary; and Pamela Ellenberg, Sabillasville Elementary. The recipient of the 2012 Thurmont Lions Club Teacher of the Year award will be featured in the June issue of *The Catocin Banner*.

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## Graceham Volunteer Fire Company Holds Annual Banquet



Courtesy Photo

Top Responders, from left to right, are Beth Wachter, Nick Wachter, Stephanie Wachter, Doug Yingling, Tony Weddle, Doc Simmers, Jim Kilby, and Bill Morgan. Not pictured are James Coyle and D.J. Ott.

The members of the Graceham Volunteer Fire Company held their annual banquet on April 14, 2012 at the fire station. Company President, Jim Kilby served as master of ceremony. He extended a big thanks to the Biglerville Hose Company for their back-up during the banquet. He also extended a special thanks to Bill Wachter of Bill's Auto Body for his on-going support of the Graceham Volunteer Fire Company.

Graceham Moravian Church Pastor, Sue Koenig, gave the invocation and urged members to remember those who have been part of the company over the years, to give thanks for their service and to remember the late Charles Holt.

Sonny Saddlepool, one of the Company's original members who signed the incorporation documents of the company with his father and his cousin in 1960, was present to accept a plaque on behalf of the Graceham Volunteer Fire Company. The plaque was presented by Bob Jacobs, past president of the Maryland State Fireman's Association, to commemorate the Company's 50 years of service. Mr. Jacobs explained that the award was two years late in delivery.

Chief, Wayne Wachter, Jr., gave the Chief's Report which reflected a breakdown of calls showing April as the busiest month. Jim Kilby gave Life Membership Awards to James Coyle, Skeeter Wachter, Bob Morgan and Bill Morgan.

Top Responders were: Beth Wachter (184 calls), Nick Wachter (145 calls), Stephanie Wachter (123 calls), Doug Yingling (113 calls), Tony Weddle (103 calls), James Coyle (80 calls), Doc Simmers (48 calls), Jim Kilby (38 calls), Bill Morgan (32 calls) and D.J. Ott (23 calls). The following individuals were acknowledged for their help representing the department in the community: Katie Miller, Candace Butler, Alexis Morgan, Hailey Humerick, Emily Coyle, and Brianna Wachter.

Officers were sworn in (below) by Bob Jacobs. They include Administrative Officers: Jim Kilby, President; Bill Morgan, Vice President; Beth Wachter, Secretary; Amy Morgan, Asst. Secretary; Sterling Seiss, Treasurer; Brian Boller, Asst. Treasurer. Board of Directors: Kenny "Doc" Simmers, Sr., Wayne Wachter, Jr., Tony Weddle, Brian Boller, Sterling Seiss, Bob Morgan.



[news@thecatocinbanner.com](mailto:news@thecatocinbanner.com)

## The Brotherhood of the Jungle Cock



Photo Courtesy of the George W. Wireman Collection

Pictured left to right are Donal Lewis, Frank Smoot, Ken Crawford and Frank Bentz, Jr. They were guests on George Wireman's special radio program saluting the 52nd anniversary of The Brotherhood of the Jungle Cock in 1992.

The first two questions that come to mind when hearing The Brotherhood of the Jungle Cock are: What is it? and How did the group get its name? Technically, the Jungle Cock is an Asian bird much like our local chickens. The difference is that the feathers of the Jungle Cock contain white spotted feathers in the neck that make great trout flies. The organization that bears the name, The Brotherhood of the Jungle Cock (BOJC), was the result of a fishing outing attended by about 25 men during a snow storm in April of 1940. Frank Bentz, Sr. was instrumental in organizing the group to attend the outing. It is said that during the outing, the group took on a cause, "To take a boy fishing to help save the world for conservation." During the outing, a fisherman named Clark Venable was given the task of writing down the group's purpose. Frank Bentz gave him a brown paper bag on which to write, and Venable tackled his assignment with a flourish of words that became the group's creed, and the premise upon which the Brotherhood of the Jungle Cock was founded in a cabin along Hunting Creek in the Catocin Mountains near Thurmont, Maryland.

Seventy some years later, the parent group of The Brotherhood holds its program near Camp Airy in Thurmont, Maryland. The boys who attend enjoy fishing in the same area where the founders met to fish on Big Hunting Creek in the Catocin Mountains.

From the original mother club in Thurmont, many BOJC chapters have sprung up around the country. While Maryland's Chapter is still only for boys, several chapters are co-ed. Programs are now held in New York, Ohio, Pennsylvania, Michigan and Virginia.

Most of the men of the Brotherhood are skilled trout fishermen. Through the weekend, instruction is given in the skills of fly casting, spinning, fly tying, knot tying, lures, rod repair and building, first aid, hooks, and fish management. This year's outing will be attended by approximately 450 anglers.

*"Opportunity dances with those who are already on the dance floor."*

*~Jackson Brown*

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## catocin voices

### Your Place for Poetry & Verse

by L. Claire Cantwell

Two new writers sent poems this month about our region. One is a young student and the other is a published poet. Please send your submissions next month by May 20 to news@thecatocinbanner.com. As inspiration for the next issue, keep in mind themes of graduation, summer time, and flag day as possible subjects. As always, I hope these poets resonate with you as they describe nature and faith in their unique Catocin Voices.

### Spring Wheat

by Dory L. Hudspeth

Still with tight husks  
grows so level, plays with light  
like water does  
-in ripples and dazzles.

Grace may not be its intent,  
for I cannot say  
a wheat field has intentions.

It shines like a pilfered coin,  
and to see this play calms,  
revitalizes-  
surely a gift.

*(Dory L. Hudspeth is a freelance writer and herbalist originally from Kentucky. She has published two volumes of poetry, Enduring Wonders and I'll Fly Away.)*



### Planting Bulbs

by Dory L. Hudspeth

Bulbs, Dutch or otherwise,  
are potential and mystery,  
and we all have planted something unknown  
and unknowingly. Twice their size  
is the depth to plant. If there is a pointy end,  
it goes up. Or you might see  
a place you think could root.  
That part goes down. If neither one  
is apparent try planting it sideways.  
Trust it to know which way to grow,  
what color to be, that it can right  
itself in good dirt. You plant and forget,  
then can be astonished by spring flowers.



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

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

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

Here's how it works: Simply send an advertiser to us and we'll review the details with them. If they sign a six or twelve month contract and name you as the person who referred them, we will pay you \$40.00, 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, so send your advertisers in and earn a little cash.

### Where God Is Found

by Mary Davis

With every new season,  
Comes with another goal,  
And some foolish reason,  
To attempt to feel whole.

Let's stop wasting our time,  
Depending on ourselves,  
With efforts to define,  
Novels written on shelves.

Life will soon slip away;  
Every moment fades fast,  
So spend every single day,  
As if it were your last.

Look up to the blue skies;  
Lift your head from the ground,  
And open your bright eyes,  
For that's where God is found.

*(Mary Davis attends school in Fairfield, PA. In addition to writing, Mary sings, enjoys photography and plays the flute and guitar. She says helping others is important to her as is her faith in God.)*

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## Bartending Event a Big Success at Red's Tavern



Photo by Rosensteel Studio

Pictured left to right are Mayor Don Briggs; a Director at FEMA, Ron Face; and Frederick County Commissioner, Kirby Delauter.

Red's Tavern hosted a wonderful Emmitsburg Business and Professionals Association (EBPA) fundraiser to benefit the Emmitsburg Food Bank's Change for Food program. The celebrity bartenders did a great job of earning \$626.29 from the generous people of Emmitsburg. Father Charlie Krieg, Don Briggs, Kirby Delauter, Tim O'Donnell, Cliff Sweeney, Ron Face, and Bryan Devilbiss all made it possible, with Tina Kuhn, the Manager of Red's Tavern, making sure everyone had a great time. The total Change for Food contribution in 37 months is a grand \$29,350. Thanks one and all.

## E.W. Clabaugh Reunion

The annual Clabaugh Reunion will be held June 3, 2012, at the Thurmont Senior Center on East Main Street in Thurmont. Bring your set-ups, drinks and dish to share. Meat is furnished. Call 301-271-7975 with any questions.

## Don't Keep Your Heap!

The economy is showing signs of recovery even with the rising cost of gas. Many people who held on to their car during the recession are now looking to replace it with a more fuel efficient one.

If you are one of those people, you have to figure out what to do with your car. If your vehicle does not get good gas mileage, has a lot of miles, is more than 5 years old or is not in good condition, the dealership won't offer you much for it as a trade in. They won't want it because there is no demand for it. It will be difficult to sell it privately for the same reason.

One alternative is to sell it for a couple of hundred dollars to a junk yard. A better alternative is to donate your car to charity. Cars4Charities will gladly take your old car, no matter what shape it is in. In return for your generosity, you will get a tax deduction of \$500 or more. They have hundreds of charities that can be helped by your car donation. For details, please go to <http://www.cars4charities.org/> or call 866.448.3487.

See Community Calendar  
Page 35

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# SPORTS news

## Emmitsburg Baseball & Softball League 2012 Opening Day

The Emmitsburg Baseball & Softball League held 2012 Opening Day activities on Saturday, April 21, 2012. A parade was held from DePaul Street through the square to Potomac Avenue, ending on the ball fields. Tom Kelly served as Master of Ceremonies. He introduced the teams, coaches, officers and team managers. Emmitsburg's Mayor, Don Briggs, gave the welcome. Last season's champions, the Giants and Red Sox, were acknowledged with championship banners that were hung on the major league field fence. League officers include: Bryan Devilbiss, President; Jeff Topper, Vice President; Tom Kelly, Secretary; Sandy Topper, Treasurer; Theresa Topper, Player Agent. This year's sponsors include Holy Grounds Cafe, Briggs & Associates, Inc., E Plus Copy Center & Promotions, Med One Pharmacy, Royer Computer Networks, Emmitsburg Glass, Ott House Pub, Emmitsburg Lions Club, Harrington & Sons, VFW Post 5568, Coleman Cadillac, American Legion Post 121, Tahiti Sun, The Palm's Restaurant, Melissa Wetzel CPA, Eagle Oil, Emmitsburg Osteopathic Practice, Jubilee, Stateline Gun Exchange, Zurgables Hardware, Gary the Barber and Tim's Garage.



Above: The 2011 Emmitsburg Giants 10U Baseball coaches and players are shown with their championship banner during the 2012 EBSL Opening Day.

Below: Members of the Emmitsburg Angels Softball Team are shown during the parade to open the Emmitsburg Baseball & Softball League season.



## Guy McGlaughlin Volunteer Award Recipient 2012



EBSL officers Tom Kelly and Bryan Devilbill look on while Ryan's daughter, Jennifer Ryan, and her sons, Evan and Brendan Ott, present the 2012 Guy McGlaughlin Volunteer Award to their grandfather, Tom Ryan (pictured right).

The 2012 recipient of the Emmitsburg Baseball & Softball League's Guy McGlaughlin Volunteer Award was Tom Ryan. Tom Ryan had an active association with the Emmitsburg Little League for over 20 years from the mid-1970s through 1990s. During that time, he served as president of the organization for 13 years, worked as an umpire, and assisted the league in a variety of other endeavors. As League President, Tom emphasized baseball fundamentals, fair play, respect for others, respect for the game of baseball and having fun. He initiated the idea of an annual Grand Opening.

During his tenure, the Little League won its first District Championship, the girls' softball program was started and hundreds of young Emmitsburg children experienced some of the happiest times of their youth. In the early 1990s, Tom helped coach the 13-year-old Emmitsburg baseball team. He also coached and administered the CYA Basketball program.

Tom had two sons who played little league baseball: Matt played five years for the Dodgers and Dan played five years for the Yankees. His daughter, Jennifer, played softball for the Emmitsburg Cup Cakes. On opening day 2012, two of his grandsons, Evan and Brendan Ott, played in their first Little League game.

Tom recently retired from Mount St. Mary's University after serving 47 years as a professor of mathematics and statistics. He also coached baseball at the Mount for 10 years and served as an assistant in the basketball program under Jim Phelan for 12 years. He lives in Emmitsburg with his wife, Becky, and plays an active role in the lives of his grandchildren.

## Catoctin Youth Association Football & Cheerleading Registration

Registration for the Catoctin Youth Association (CYA) Football and Cheerleading programs will be held on the following dates: May 20, 1:00-4:00 p.m.; June 9, 9:00 a.m.-1:00 p.m.; and July 14, 10:00 a.m.-3:00 p.m. Registration will be held at the Thurmont Ambulance Building (upstairs). All football players—new and returning—need a copy of their birth certificate the day of registration. Any registration received after July 14, 2012, will be charged an additional \$20.00.

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## What's New with Thurmont Baseball?

Spring always brings new life and this spring is no different. Thurmont Little League (TLL) and the Babe Ruth League have been working on bringing new life to Thurmont ballfields to make them a better place to play for the kids. All of the fields have been upgraded this year with grading, leveling and laying new sod. Working with the Town of Thurmont and Catocin Rec Softball, they also re-sodded the adjoining softball field. All materials were provided by Chuck Wade and time, equipment, and manpower was donated by local business owner Eric Stanley of Stanley, LLC.

All games are open and free to the public and serve as a great way to enjoy an inexpensive night out cheering of the kids and the crowds. Complete game schedules can be found on the TLL website: <http://www.eteamz.com/thurmont>.

When players start out in t-ball they can't wait to progress to the instructional field. When they get there, the anticipation of playing on the Little League field is what drives the kids to continue. After Little League age, Babe Ruth is the next step, but the field is not as appealing as the Little League field. That is changing as you read this article.

For the past 10 years the senior field has looked the same. This year, new changes are bringing new life to the senior field, including the back stop. The concession stand is guaranteed to be open during Babe Ruth home games and future plans include new benches and lights for the field.

TLL has the strongest baseball presence in the county and the lowest registration fees. TLL is completely self-sufficient, and the only local sports organization that owns its own land. The TLL has always tried to keep the financial burden off the parents by hosting fundraisers to help offset the price of registration and the cost to maintain the fields. With costs rising, it is getting harder to keep prices within reason, but TLL is doing all they can to keep it affordable.

This year TLL is hosting a wide variety of fundraisers. First was a Catocin Popcorn Company sale in April. Next, the 1st Annual Thurmont Little League and Babe Ruth 5K Run/Walk will be held on Saturday, June 16 at 8:30 a.m. at Mount Saint Mary's University. The Cost is \$20.00 with all proceeds benefiting Little League and Babe Ruth Baseball in Thurmont. Go to <http://www.active.com/running/emmitsburgmd/thurmont-little-league-5k-race-and-walk-2012> for more information and to register.

This year's final TLL fundraiser is the 2nd Annual Thurmont Baseball Golf Outing on Thursday, July 26 at the Links in Gettysburg. Go to [www.eteamz.com/thurmont](http://www.eteamz.com/thurmont) or [www.eteamz.com/thurmontbaberuthleague](http://www.eteamz.com/thurmontbaberuthleague) for more information and to register.

New this year, is the custom "player development plan." When a child starts playing as a young t-baller, a player development plan is started. It is a custom plan that follows the player throughout his or her league career. It identifies strengths, weaknesses, and training techniques that work with that particular player to show progress over the years. This program is designed to help players improve techniques to strengthen the Thurmont Little League for post-season play against other teams in the District.

New this season, a TLL newsletter has been created and distributed to prior and current players. This newsletter, titled "The Batter's Box," gives updates on what is new in the world of baseball and what is new with Thurmont Little League. Go to <http://www.eteamz.com/thurmont/files/TheBatterApr.pdf> or <http://www.eteamz.com/thurmontbaberuthleague/files/TheBatterApr.pdf> to see the latest baseball news. Don't forget to check out the Batter's Box for more detailed information regarding the new player development plan.

The TLL is seeking volunteers. Did you play ball in high school or college?

## Thurmont Little League Holds 2012 Opening Day Ceremony

Special guests: Thurmont Commissioner Bill Buehrer and John Kinnaird, along with Town Administrator, Bill Blakeslee look on while Eric Stanley of Stanley, LLC throws the season-opening pitch. Catching the opening pitch is Mayor Burns.

Photos by Carie Stafford



Your experience is something TLL needs. Volunteers are always welcome as board members or coaches. The league is only as good as the people who staff it. If you would like to have an impact on lives of some up and coming 'Babe Ruth' ball players, consider joining the board or donating your time as a coach. Contact [Michael.Randall@bea.gov](mailto:Michael.Randall@bea.gov) for more information.

Thurmont Little League & Babe Ruth would like to thank their continued local sponsors; Rocky's Pizza, Stanley, LLC., Bogley Chevrolet, Med One Pharmacy, Beckley's Camping Center, Hobbs Hardware, Cozy Restaurant, AMVETS, American Legion, Shamrock Restaurant, ACE Hardware, Men's Oasis, Richard Love DDS, Acaica Masonic Lodge, Steven Boyer Insurance, Roy Rogers, and PJ's Roofing. While some of the larger companies within the area do not support the League, the smaller ones have been a tremendous asset to the children of the Catocin area.

TLL is a member of Maryland's District 2 Little League which is made up of TLL, Four County (Mt. Airy), Frederick National, Frederick American, Brunswick, East Frederick, and Westminster. TLL and Brunswick are the only two leagues not directly subsidized by either a municipality or a religious organization. Recently, Brunswick was awarded the hosting honors for last year's State 10-11 Championships and this year's prestigious 11-12 State Championships. This was due in large part to the substantial upgrades to their complex made possible by a generous gift willed to them by a local resident. TLL recognizes that there are many in our community that may want to have their legacy live on through helping our youth. TLL encourages past players, parents, and residents to consider us in your estate planning.

Send us your Sports news:

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## Catoctin High School JV Lady Cougars



Courtesy Photo

2011-2012 JV Lady Cougars finished the season with 15 wins, 5 losses. Pictured, Back Row: Coach Sara Wastler, Ally Delauter, Aislinn Latham, Tyra Watkins, Sophie Eureka, Maddie Adams, and Coach Rick Wastler; Middle Row: Courtney Topper, Hannah Hardman, Kylie Roubaugh, and Taylor Joy; Front Row: Whitney Wenmoth and Kristy Erfurdt.

## Keep Recycling for TMS

Terracycle collection brigades have collected over \$100 this year at Thurmont Middle School (TMS). Who would have thought trash could be profitable? Please keep them in mind and save the following items by sending them in to Mrs. Garst or to the main office at TMS. Mrs. Garst has had to make some changes in what they collect, so please note the following: They will no longer be collecting any food wrappers or containers. Also, the following items are no longer collected: Personal Care & Beauty Brigade, Oral Care Brigade, Yogurt Brigade, Antibiotic Ointment Brigade, Cheese Wrapper Brigade, and Solo Cup Brigade.

They are still collecting: Paired Shoe Brigade—any PAIRS of women's, men's or children's shoes. This does not include ski boots, roller skates, roller blades, completely broken or ruined footwear, single shoes, flip flops or slippers; Household Paper Products Brigade—Any brand and size of outer plastic wrapping from paper products (no cardboard, paper wrapping, or tissue rolls from toilet/paper products); Diaper & Wipes Wrapper Brigade—The outer plastic on any brand of diapers, pull-ups, or wipes packaging (excluding boxes & bins from baby wipes); Invisible Tape Brigade—any size and any brand plastic tape dispensers and cores (example: a 3M plastic disposable tape dispenser); Writing Instruments Brigade—empty pens, mechanical pencils, markers, and highlighters (examples include: a sharpie marker, expo dry erase marker, a number 2 pencil, etc.); Elmer's Glue Crew Brigade (ELMER'S brand ONLY)—any size Elmer's brand glue sticks & plastic glue bottles; Ink Jets & Toner—any brand, any size ink jet cartridge; GPS—any brand GPS; Graphing Calculators—any brand graphing calculator; Computer Keyboards, mice or webcams—any brand computer keyboard, mouse, or webcam; Laptop Computers—any brand laptop computer; Digital Camera Brigade—working or non-working, no power cords are accepted; MP3 Player Brigade—working or non-working, no power cords are accepted; Cell Phone Brigade—working or non-working, no power cords are accepted.

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**ANNOUNCEMENT**

**Stauffer Family Services in Frederick, Maryland has acquired Robert E. Dailey and Son Funeral Homes, P.A.**


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Frederick area families will continue to be served at the 1201 N. Market Street, Frederick location.

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## Camp David Presidential Mountain Retreat — Continued from page 1

locations within the boundary were investigated. The area chosen was the Catocin Recreation Demonstration Area, which had recently been developed by the National Park Service.

With the start of World War II, one of the camp sites was turned over to the Marine Corps for use as a rest station. Another camp site was used by the Office of Strategic Services for training purposes. The third camp became the presidential retreat, known in the beginning as “Shangri-La.” The term was President Roosevelt’s favorite designation for anything secret.

Shangri-La remained a deep secret until after the death of Roosevelt in April of 1945. The citizens of Thurmont, however, knew of the goings-on, but could say nothing for security reasons. A number of local citizens helped with the work in making it into a very attractive site, which today is known the world over.

To give you an idea of the important part that this presidential mountain retreat played during World War II, it was nothing for the citizens of Thurmont to see General George Marshall, Admiral Ernest King and General “Hap” Arnold come tearing up that twisting mountain road at 12 or 1 o’clock at night with their aides and secretaries. Then there would be a conference with the President lasting for about an hour or more and then off they would go again. The historic decisions in the conduct of World War II made at Shangri-La were—as one official stated—“momentous.” During World War II, British Prime Minister Winston Churchill visited the site on numerous occasions and greeted the citizens of Thurmont with his famous Victory sign as he drove through the streets.

The citizens had a way of knowing when the President was coming to his mountain retreat, and it wasn’t a tip from Washington. Hours before the President was to arrive, a detachment of armed Marines came down from the camp. Two of these took up positions at a bridge located just west of the community. This bridge, not far from the home of an elderly widow with a telephone, could be clearly seen from her living room window. Within minutes the town would be alerted, and by the time the official cortege arrived, the sidewalks would be full of waving and cheering residents.

When Mr. Eisenhower became President, the citizens of Thurmont began to wonder if he would show an interest in the site, since he had purchased a farm near Gettysburg. In May of 1953, President Eisenhower paid his first visit to Shangri-La and

immediately expressed his desire to use it. He liked the location and its coolness during the hot summer months. However, he was not impressed with the name Shangri-La and changed it to “Camp David,” naming it after his grandson.

President Eisenhower made good use of the retreat during his administration, dividing his weekends between his farm in nearby Gettysburg and Camp David in the beautiful Catocin Mountains.

In March of 1959, President Eisenhower invited the British Prime Minister, Harold Macmillan, to Camp David to confer on ways to thaw out the Cold War between the East and West. During their weekend at the mountain retreat, they motored to Thurmont on Sunday morning to attend the Palm Sunday services at Trinity United Church of Christ. Their visit was an event that will long be remembered by the citizens of Thurmont, and especially Carole Wireman, who was responsible for the historic visit.

The three-day talks at the presidential mountain retreat were considered to be one of the most important and longest world conferences in President Eisenhower’s administration. It was also learned that by attending church services in Thurmont, it was the first time that two world leaders worshipped together under the same roof.

The idea of Soviet dictator, Nikita S. Khrushchev, paying a visit to the United States in 1959, resulted from talks between Khrushchev and Vice President, Richard M. Nixon, in Moscow on July 26, 1959. On August 5, Khrushchev held a news conference at the Kremlin, before some 300 Russian and foreign newsmen. He spoke of “peace” on several occasions. “We are going to the United States with open hearts to try to extinguish the ‘cold war.’” Just how open-hearted the Russian leader would be remained to be seen. Upon his arrival in the United States on September 15, the Soviet dictator captured the newspaper headlines and remained front-page news until his departure.

The conference at Camp David ended at noon on Sunday, and with the appearance of an unusual number of State Police cars at the intersection of Route 77 and 15, just west of the community, it was soon established that the President and Khrushchev were returning to Washington by automobile. News of this spread quickly throughout the community, and it wasn’t long before a large crowd had gathered, hoping to get a glimpse of the two leaders as they passed by.

President Kennedy was a

frequent visitor to Camp David, but he preferred the seashore to the mountains. Mr. Kennedy made Camp David available to the members of his Cabinet and their families, as well as to White House aides. He encouraged them to visit the retreat and enjoy a weekend of relaxation.

President Johnson and his family spent many weekends at Camp David and enjoyed the privacy it offered him. On January 12, 1964, President Johnson motored to Catocin Furnace to attend church services at historic Harriet Chapel.

When Richard N. Nixon became President, Camp David soon became Nixon’s favorite weekend retreat.

Perhaps, one wonders what affect Camp David has had on the community of Thurmont. This little and yet thriving community has often been referred to as the town where celebrities are taken in stride. No matter whether it be the President of the United States or a passing tourist, the residents note their arrival as casually as they would note a minor change in the weather. The residents of Thurmont are not disinterested. They are just casual about it, even when there are incidents.

Take the time when President Roosevelt’s car was stopped by a traffic light. “Fala”, his little black dog, jumped from the open car and headed for the nearest fire hydrant. A Secret Service agent quickly leaped from the following car and brought the dog back to the President’s car. One of Thurmont’s older citizens, standing on the corner at the time, was heard to call out, “If you got to go, you got to go.” President Roosevelt, upon hearing the remark, threw back his head, laughed, and agreed wholeheartedly with the bystander.

On another occasion, it was a man late for church. Unknown to him, President Johnson and his party were inside the church and already seated. As the tardy man pulled his car into his usual parking place, he was stopped by a Secret Service agent who remarked, “You can’t park in there!”

“I’ve got to park here,” the man replied, “I always park here. I’m late for church. I happen to be the minister.”

Mrs. Jacqueline Kennedy, when she came into the community, often took her children for mints and ice cream.

These dignitaries have historically been treated with respect. It is the general feeling of the community that this is the way the distinguished guests would want it and this is the way they try to make it.

The men who guard the President, as well as those who are stationed at Camp David, often come into the community on off-duty hours, and sometimes the local girls like to date

them. Several such romances have led to marriage.

Just as Thurmont today is known as the “Gateway to the Mountains”... it may someday be referred to as the “Gateway to History.” Many world leaders have gathered at this little mountain retreat, nestled in the beautiful Catocin Mountains, for discussions and talks on national and international affairs. Just what historic decisions have been made here, perhaps one will never know, but it is an established fact that they have been momentous and have been important factors in shaping the history of this nation and of the world.

In 1973, Richard Nixon and Soviet Union General Secretary Leonid Brezhnev met to sign the Agreement on the Prevention of Nuclear War.

Since Nixon, Presidents Ford, Carter, Reagan, George H. W. Bush, Clinton, George W. Bush and Obama have all made use of Camp David. Some frequented the site more than others.

President Ford hosted President and Mrs. Suharto of Indonesia; President Carter hosted Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin; President Reagan spent more time at Camp David than any other president and hosted British Prime Minister Margaret Thatcher; President George H. W. Bush welcomed Prince Charles to the retreat; in 1992, Bush’s daughter, Dorothy, married Bobby Koch at Camp David, the first wedding ever performed there; President Clinton hosted the Israeli Prime Minister Ehud Barak and Palestinian Authority Chairman Yasser Arafat for the Middle East Peace Summit. President George W. Bush was a frequent visitor to Camp David, and entertained numerous foreign leaders there, as well as friends and family.

President Obama and his special guests will be welcomed by our community this month.

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# IN THEIR OWN WORDS

## Hello, Glad to Meet You!

My name is Tyler Wolf, and I've been a member of the Thurmont Heritage Days Club for the past two years. Working history is a passion of mine, and I want to help my hometown celebrate



Event Coordinator, Tyler Wolf, is shown with his tractors.

Courtesy Photo

it. I have taken on the role of Event Coordinator for the 2012 Thurmont Heritage Days Show that will be held on August 18 and 19 of this year on Eyler Road in Thurmont.

I am a senior at Catocin High School, where I serve as Chairman of the "Drive Your Tractor to School Day" and as a Junior Officer of the Catocin FFA Chapter Committee. After being an FFA member for the last four years, I have decided to go to college and study mechanics. I have interest in buying old farm machinery and have six tractors of my own that I fix up and take to shows.

My plan is to bring new members into the club and get the public out to see and learn about the ways and uses of equipment in the field or on the farm, as it was originally used.

We have a 119-year-old thrashing machine that uses bee's wax as

lubricant—instead of oil—to keep from catching on fire. We also have a disc plow made in Louisville, Kentucky, by the Avery Company that has a fourteen inch tree grown fast to it. This plow went to the mid-west prior to the great dust storms that drove the farmers west.

To do my job as Coordinator, I invite other clubs with similar interests in history to come join and help our club to prosper. Come out in August for good food, crafters, and free rides to all. There will be no charge to come to the event, but donations are appreciated to help with the costs. If you or your employer would like to sponsor a ride with free advertisement, please call 301-514-2493 or 301-271-2023.

Don't forget that you're invited to become a member of the Thurmont Heritage Days Club, too!

## A Hike to Mount Lent in Memory of Bessie Darling



Pictured: My husband Tim and I; our daughter and son-in-law Justina and Mike Bennett; our friends, John and Deb Stottlemeyer; and their son and daughter-in-law Jason and Rachel Stottlemeyer.

My husband, Tim, and I have always been interested in the Bessie Darling story. We read the articles that George Wireman wrote years ago. We were excited to see the play "Bessie Darling" performed by the Thurmont Thespians and were not disappointed! Of course, now when we talk about it, we see the characters in the play in our mind as the real people.

Anyway, we decided it was time to take another hike up to Mount Lent (the name of the property where Bessie Darling ran her summer hotel). So, on Easter Sunday after lunch, we took off.

It was a great day for a hike and our conversation focused around how a lot of people walk up to Mount Lent to enjoy such a beautiful place, and how no wonder the piano tuner (from the play) was out of breath by the time he got there!

— Thanks for sharing, Lois Olsen

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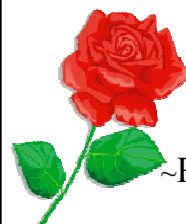
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## Ask the Anytime Fitness Gal

Expert answers to your health and wellness questions  
by Inga Olsen

**Question:** I have a very simple question for you...how often should I weigh myself?

**Answer:** Assuming you're trying to lose weight, it really depends on where you are in the weight loss process and how sensitive you are to the results. If you're in the early stages of active weight loss, I'd only recommend weighing in once every one to two weeks. Keeping it to a minimum will help you focus more on your behaviors. After all, consistency is key when it comes to both diet and exercise, and obsessing about the numbers on the scale won't change anything. And let's not forget that it can take some time for the scale to start trending down, especially if you've just started an exercise program. However, if you've reached your weight loss goals, and you're now in maintenance mode, I'd recommend weighing yourself more frequently. That's right—I said more often, and there's actually research to support this. The logic behind it is simple. If you're weighing more frequently, you'll be able to quickly identify weight gain trends and respond accordingly. A couple days each week is probably enough

to keep you at or near your target. There's one last point that's important here, and it sort of goes without saying. The number on the scale is just one aspect of the weight loss process. In other words, tracking other metrics of success, like how you're feeling, your circumference measurements, and your body composition are just as important!

**Question:** People keep telling me that MOST supplements simply don't work. If that's the case, can you tell me which ones do work well?

**Answer:** I would agree that there are many supplements out there with very strong marketing, but little research to support either their efficacy or safety. That said, there are some tried and true supplements that may help improve health and/or performance, but the decision to use them or not depends on what your specific goals are. Without knowing much more about your particular situation, here's a short list of what I like to call foundational



supplements that may be beneficial in one way or another: Multivitamin/mineral; Fish oil; Sports nutrition bars; Sports drinks; Protein powder; Pre- and post-workout formulas; Creatine; and Caffeine.

These are generally considered to be safe supplements that either promote health or provide some ergogenic benefit. However, this is by no means an exhaustive list, so my advice would be to talk to a registered dietitian so they can help you determine whether a specific supplement is appropriate for you.

**Question:** A friend of mine keeps telling me I should be doing more compound movements. What does this mean and what are the benefits?

**Answer:** Your friend is right! Isolated movements are really more appropriate for targeting weak areas or for rehabilitating after an injury. Today's fitness trends typically involve more functional movements that mimic real-life activities. That's why compound exercises are becoming so popular. They're essentially just multi-joint exercises that work several muscles at a time. Examples include pull-ups, push-ups, squats, lunges, deadlifts, kettlebell swings, dips, and even jumping rope. And this is only scratching the surface when it comes to compound exercises. There are

numerous reasons to incorporate more compound movements into your training. Here are just a few of the benefits: (1) Provides a full body workout in a shorter period of time; (2) Improves coordination, reaction time, and balance; (3) Provides cardiovascular benefits by keeping your heart rate elevated; (4) Decreases risk of injury during sports; (5) Burns more calories; and (6) Allows for heavier lifts that will build strength faster.

I highly recommend adding compound movements to your workout regimen, and if you give them a try, have fun with them and get creative. Think of new ways to use stability balls, medicine balls, Bosu balls, bands, kettlebells, ropes, and, of course, your own body weight to work multiple muscle groups at a time!

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

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# senior moments

by Helen Deluca

Hello, again, to all the Seniors in Thurmont and surrounding areas!

It was a grand, grand, re-opening on April 4, 2012, at the Thurmont Senior Center! Mayor Burns was on-hand to welcome the representatives from the offices of Senator Cardin, Senator Mikulski, and Congressman Van Hollen. Also present were Mr. Castle from DHCD, who served a major role in getting the grant that made our renovation possible; County Commissioners Blaine Young and Mr. Smith; Thurmont Commissioners Wayne Hooper, Bill Buehrer, and John Kinnaird; and Town Administrative Officer Bill Blakeslee. Their sincere and kind remarks were appreciated.

Usually, a ribbon-cutting takes place at the main entrance of a building, but as you can see in the picture (right), we had to be "different."

The room was so full of people who came in to see the new Center and to save a seat for their lunch, we couldn't ask them to go outside just to see the ribbon cutting, so everyone went along with the inside ribbon-cutting. Many people stayed all day, because they didn't want to miss anything. Our thanks go to all of the local merchants and individuals who donated so much to the "silent auction." We did well, and we urge you to support our local merchants. We appreciate all of your support.

The kitchen volunteers Ruthye Wilhide, Harlene Fogle, George Anzelone, Mildred Whipp, and Corinne Ligsay served 89 meals that day, catered by Cozy. Additional volunteers kept the trays full of refreshments for the rest of the day. I don't know how we could possibly operate the Center without all of the volunteers who are so generous with their time. Since July 1, 2011, we have accepted 2,708 volunteer hours and served 2,504 meals.

We are proud of that kind of support, and I know there may be



Photos by Irene Matthews

Pictured left to right, Shannon Linton, Thurmont Senior Center coordinator; Bill Buehrer, Town commissioner; Mayor Burns; Patt Troxell, President of Senior Center Board of Directors; James Castle, Md. Dept. of Housing and Community Development; and Helen Deluca, B.O.D. member.

times when we do not make everyone happy, but please know that we are trying our best. The Board of Directors and all of the volunteers are always open to suggestions or to hear of any complaint you may have.

Our Bingo fundraiser, hosted by the Thurmont Ambulance Co., will be in the past when you read this. Much planning and hard work on the part of many people cannot go unmentioned. Great effort on the part of so many people is what keeps

the Thurmont Senior Center one of the best in the County.

Come and join us on May 18, 2012, for the annual Happy Birthday party at 6:00 p.m. at the Cozy Restaurant. The cost is \$12, and you can make your reservations by calling the Center at 301-271-7911 from 9:00 to 3:00

or leave a message. There is a table decorated for each month of the year, please indicate if you chose to sit at your birthday table.

The next big party will be at Pen Mar Park on August 1, 2012. More information on this event will be featured in the next issue.

If you are interested in renting the Center, it is available on weekends. The cost is \$150, plus a \$50 deposit. The deposit is refundable, based on conditions in the rental agreement. Call the Center for more information.

Shannon has started the computer classes. Call her at the Center for an appointment. Yes, that's right, an appointment. She feels that is the best way to give her full attention to each person she is working with.

The plaques for the chairs you sponsored are in the printing (etc.)



Pictured are The Senior Center Canaries at Grand Reopening of the Thurmont Senior Center, who were part of the entertainment for the day.

process, and should be available in the near future.

Some more good news: Mayor Burns in his comments at the Grand Re-opening told us that the Town office is in the process of receiving bids to repave the parking lot and driveway. The plans are to add a few more handicap parking spaces near the front door—what an improvement that will be.

A breakfast for the volunteers on April 18, 2012, catered by Cozy, was just what we all needed after these past few weeks and months of getting the Center on a roll again. There were thirty volunteers present. It's fun to be a volunteer at the Center. Care to join us? You are always welcome, and don't forget to stop in for the calendar of the month's activities and the menus.

'Til next time, have fun and enjoy this beautiful time of the year.

## Happy Mother's Day!

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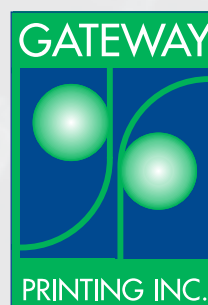
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# tickling our taste buds

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

Hello, everyone. As the weather has become kind of erratic lately (70+ degree days down to 40+ degree nights), I wasn't sure if I should go with a hot, tummy warming recipe this month or a simple, quick recipe so you could spend more time out in these unseasonably warm, wonderful days.

With the Memorial Day Holiday comes picnic season and lots of fresh fruits. I chose a quick strawberry recipe this month that is the perfect ending to your busy day.

I hope you and your family have a great holiday.



## Shortcut Strawberry Shortcakes

### Shortcakes

- 1 package (17.3 ounces) refrigerated buttermilk biscuits
- 2 tablespoons sugar
- ¼ teaspoon ground cinnamon

### Fruit Topping

- 2 pints strawberries, hulled and sliced
- 3 kiwis, peeled and sliced
- 1 lemon
- 2 tablespoons sugar
- 1½ cups frozen whipped topping, thawed

Preheat oven to 375 degrees. For shortcakes, place biscuits on a baking sheet. Combine sugar and cinnamon and sprinkle evenly over tops and bottoms of biscuits. Bake 11-15 minutes or until golden brown. For fruit topping; hull and slice strawberries, peel and slice kiwis (cut kiwi slices in half), zest lemon to measure 1 teaspoon of zest, juice lemon to measure 1 teaspoon of juice.

Place in a medium bowl. Add sugar and mix well. Cut Shortcakes in half. Spoon ¼ cup of fruit mixture over bottom half of shortcake and then cover with top half. With a decorator, garnish each shortcake with whipped topping. Top each serving with a strawberry.

Recipe from *The Pampered Chef Season's Best Cookbook*

## CHS "Standing Room Only" Show Choir Shines at Williamsburg Competition



Courtesy Photo

Pictured, First Row (left to right): Eric Stone, Alex Myers, Bridey Puvel, Ashlee Leib, Maddie Weigelt, Randy Stull, and Andrew Thompson; Second Row: Kayla Knott, Maggie Kaetzel, Julia Steinly, Emily Little, Taylor Zentz, Allyson Smith, Catherine Harris, and Director Stephanie Weigelt; In Gazebo: Megan Kelly, Sierra Caselle, Katelyn Claxton, Dan Miller, Ethan Larsen, Derrick Kaas, and Jack Despeaux.

Catoctin High School's (CHS) "Standing Room Only" Show Choir recently traveled to Colonial Williamsburg, Virginia, where they competed in the World Strides Heritage Performance Spring 2012 Festival. After another tough year of juggling rehearsals with academics, athletics, jobs, fundraisers, and numerous other commitments, the "Standing Room Only" Show Choir received an adjudicated "GOLD" rating.

The 24-member group is under the new direction of Stephanie Weigelt, with vocal assistance by Berna LaForce and Shayna Beard. They performed a show of five songs, with vocal solos performed by Megan Kelly, Dan Miller, Bridey Puvel, Maddie Weigelt, and Taylor Zentz. Seniors, Julia Steinly and Eric Stone performed several featured dances throughout the show.

The group will travel to Hershey, Pennsylvania, in May to participate in the "Music in the Parks" competition. For additional information on future performances, contact the CHS Show Choir Boosters President, Laura Knott at knott8895@gmail.com.

*"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."*

~ Helen Keller



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# SCHOOL news

## Mother Seton School Science Fair Brings Community Expertise to Students

On March 8, 2012, after as much as a year's preparation, students of Mother Seton School (MSS) presented—with enthusiasm and excitement—their 2012 Science Fair Projects for adjudication by ten highly qualified judges. Participation in the Fair was mandatory for Grades 5, 6, and 7 and optional for Grades 3, 4, and 8.

The event was considered a great success by judges Brandon White, a recent graduate from Mount St. Mary's Biology department; Lance Dockery and Martin Senese, biology students at Mt. St. Mary's University; Audrey Hillman, a Master Gardener who frequently visits MSS and assists with Green School projects; Edgar Hatter, father of MSS student Edison Hatter and a NASA scientist; Christine Nigida, the Science Fair Coordinator and a microbiologist; Bob Kenyon, a retired nuclear physicist; Bernice Culver, public health nurse and educator; Ron Schmidt, a retired public health administrator and a teacher; and Sharon Schmidt, a microbiologist, certified medical technologist, and health educator. Both new and returning judges reported having a positive experience judging the Fair, and were delighted in the efforts presented by students.

MSS was pleased to have Mount St. Mary's University students join the judging process in 2012, and is happy to have such a close working relationship with the Mount and its students and seminarians. It is a mutually beneficial relationship, as has been MSS's relationship with the scientific community represented by this year's Science Fair judges. All who were involved in the process—students, teachers, and judges alike—contributed to an atmosphere of learning in highly valued and necessary fields for tomorrow's competitive world.

Mother Seton School provides affordable faith and family-centered education for students in Pre-K through Grade 8. Scholarships and daily bus transportation to the modern Emmitsburg campus are available and applications are currently being accepted for fall 2012. For more information or to donate to financial aid for children in need, please visit [www.mothersetonschool.org](http://www.mothersetonschool.org).

Winners of the Mother Seton School Science Fair presented projects showing the scientific method and spoke about their experiment to judges.



Courtesy Photos

Winners from Grade 3: 2nd place—Matthias Buchheister; 1st place—Natalie Bosche; and 3rd place—Mashall Mott.



Winners from Grades 4-7: (first row, left to right) 1st place—Aiden Cliber (gr. 5); 3rd place—Emily Longenecker (gr. 5); 2nd place—Lea Roberts (gr. 4); 2nd place—Grace Blanchard (gr. 4); 1st place—Ana Hand (gr.4); (back row, left to right) 2nd place—Paige Orner (gr. 7); Honorable Mention—Eric Weber (gr. 7); 3rd place—Zach Milbourne (gr. 7); 1st place—Cecelia Bosche (gr. 7); 3rd place—Noah Wivell (gr. 7); 2nd place—Leah Roberts (gr. 4); Honorable Mention—Stephen Hochschild (gr. 7); 2nd place—Edison Hatter (gr. 7); and 1st place—Maya Hand (gr. 7).

## Catoctin High School Track & Field Standout Signs with WVU

Catoctin High School senior, Hannah Stone (high jump, pentathlon), signed her national letter of intent to attend West Virginia University (WVU) on an athletic scholarship to compete in the Big 12 track and field next year.



Courtesy Photo

Coaches, left to right, are Andy Reid, Terri Gibbons, Karl Pryor, Val Grim, Bill King, Kathy Messner Stevens, Ryan Oman; seated is Hannah Stone, a senior at Catoctin High School.

## CHS Students Receive High Recognition at the Frederick County Science and Engineering Fair

On March 24, 2012, seven Catoctin High School (CHS) students participated in the Frederick County Science and Engineering Fair. No high school received more awards than Catoctin. Congratulations to these young scholars!

Students/awards received: **Meghan Stouter**—Correlation Study of Vitamin D Via Sunlight Exposure and Suicide Rates in Alaska, Observational/Theoretical Grand Champion, 2nd place Behavioral and Social Science, Achievement Award US Public Health Service; **Eric Stone**—Correlation Study Between West Antarctic Ice Sheet Deglaciation and Phytoplankton Biomass within the Chesapeake Bay Watershed Region, 2nd place Environmental Science, United States Army Award, US Public Health Service Award, US Metric Association Meritorious Award; **Hannah Stone**—Environmental Factors Effect on Running Performance: Five Year Study of Allyson Felix, 3rd Place Medicine and Health Services, United States Army Award; **Julio Valcarcel**—Comparative Study of Interplanetary Magnetic Field, KP Index, and Solar Cycle, Exceptional HS Non Mentored Project Award, United States Air Force, 2nd Place Medallion United States Public Health; **Brian Sweeney**—Correlation Study Between Earthquake Depth and Tsunami Height, 2nd Place Earth and Planetary Science, United States Air Force Award; **Cory Stoner**—Correlation Study Between ENSO Index and Tornado Formation in the United States from 1982-2010, US Air Force Achievement Award; **Stephen Swanson**—Correlation Study Between Near Earth Objects and Earthquakes from 2000-2010, 3rd place Physics and Astronomy.

## When Everyone Reads—Everyone Wins

The Thurmont Middle School (TMS) Reading Challenge! program is now at 2,810 books. Remember, anyone in the TMS Community can “play.” Just read and record your books by emailing the number of books read or listened to, to our Media Specialist at [nancy.crawford@fcps.org](mailto:nancy.crawford@fcps.org).

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## the health jeanne

by Jeanne Angleberger, Shaklee Associate for a Healthier Life

Have you heard about the benefits of juicing? Imagine consuming your daily servings of vegetables and fruits in a beverage! You can do this by juicing them!

Power juicing is pureeing fresh fruits and vegetables and drinking them as a juice or a smoothie. Just think of the nutrition you are giving your body by this process.

Drinking even one glass of fresh juice daily adds vitamins and minerals to your diet without even realizing it. Think about your child going off to school with fresh juice, fortified with nourishment that he/she cannot get from a pop-tart.

Select your favorite fruits and vegetables. You can have some fun experimenting with different ingredients. Then simply create your

own flavor combinations according to your personal taste.

I recommend researching juicers to decide which fits your lifestyle. My daughter chose one that separates the juice from the puree. Yours truly selected a more powerful one, which totally purees the food. Besides juicing and making smoothies, juicers have the capacity to make soups, sauces, salad dressings, and even desserts.

My favorite smoothie is Banana Peanut. The ingredients are almond milk, bananas, peanut butter and ice. Delicious!

Having a juicer is an important step towards achieving optimum health and wellness for your family. Remember, everyone deserves the opportunity to live well!

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## SCHOOL news

### CHS Agriculture Mechanics Team Places at the Ag. Mechanic's Competition

Pictured, Back row: Brian Hendrickson (FFA Advisor) Wyatt Farmer, Cody Stitely, and Rich Doney; Front Row: Jason Green (Team Coach), Hunter Krantz, and Phil Kolb.



Courtesy Photo

On March 28, 2012, Catocin High School's (CHS) Agriculture Mechanics team placed second at the Frederick County Agriculture Mechanic's Competition for Region 2. This competition was a Career Development event sponsored by the FFA. Team members worked on various activities as a team, and as individuals. The team event included working together to solve problems with a Materials Handling Storage System. Students also showed their proficiency at various skills, which included welding, electrical circuits, engine trouble-shooting, and equipment calibrations. Students also completed a 50-question test to show their knowledge on related activities.

### FCPS Announce School Closing on May 18

Frederick County Public Schools (FCPS) will be closed for students on Friday, May 18, 2012, when the United States will host the Group of Eight (G8) world leaders at Camp David in Thurmont. Sheriff Chuck Jenkins has advised FCPS that he anticipates traffic congestion and the potential for security concerns as participating world leaders, the news media, and their staffs travel through the county. The Sheriff recommended that schools be cancelled for students that day.

### Lewistown Elementary Students say "Thank You" to Thurmont Lions Club Members

Students at Lewistown Elementary School prepared and served a special lunch to thank the Thurmont Lions for contributions to their school. Teachers made this event a learning experience for their students. Each class prepared a part of the lunch, which included BBQ pork sandwiches, salad, and several desserts. For example, 3rd grade was responsible for the salad - the class brainstormed what ingredients were needed to make a salad, they wrote a grocery list and figured out how to keep the cost within their budget. The teachers purchased the ingredients and the students prepared the salad for the luncheon. Some of the students served as hosts and hostesses taking Lions on a tour of the school. Other students helped with serving lunch. The tables were set with colorful placemats created by art classes. Centerpieces made of paper flowers were made by a 2nd grade class. The food was delicious; the students and staff were gracious and welcoming. However, the highlight of the day was the video of the students singing the Lewistown school song along with a delightful "thank you" song. It was a wonderful treat.

### Small Engines Wanted for Catocin High School's Ag Shop

The Catocin High School Ag Shop is looking for donations of any old 2- or 4-cycle engines, as well as scrap metal of various gauges and hand or power tools you are no longer using. If you have any of the above items, please feel free to drop them off at the shop or you can call 240-236-8117.

**Send your school news to share!**  
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# Who Am I?



## Who Am I? Next Issue

Your clues are: *Grew up on family farm; travels with her age group; fan of Lady Cougar sports; was a nun and then a queen; 5 grand and 2 great-grands; proud graduate of EHS.*

You can submit your answer in either of two ways: call 240-288-0108 and leave a message or send an e-mail to who@thecatocinbanner.com. Correct answers will be entered into a contest for prizes at the end of the year. Each month's winners will be revealed in the following month's issue. Each month a new "Who Am I?" will be featured, plus we will reveal the answer to the previous month's local mystery figure.

Article and photo by Deb Spalding

Your clues were: *"A machinist; born and raised dairy; went to Alabama with a banjo on his mind; plays mandolin; blue grass lover who is married to a pastor; member of Tom's Creek."*

Last month, we missed listing Helen Troxell and Lynn Ott in the list of those who guessed correctly. Those who guessed the Who Am I? correctly this month were Mary Jane Moser, Helen Reaver, Jimmy Hill, Shirley Boller, Fred Baudrau, Brenda Myers, Lisa Jones, Charlotte Baudrau, Linda Myers and Donna Burch.

## I am Robert Hurst

Robert Hurst was born and raised in Howard County, Maryland in the 1940s. He was the middle child between two sisters to William L. Hurst and Lucy P. (Thomas) Hurst. He graduated from Gaithersburg High School and met his future wife, Elza M. Hoffman, while attending church at Uniontown Methodist Church. They married in March of 1968 and immediately started dairy farming on an eight acre dairy farm located between Motter's Station and Rocky Ridge. They sold out with 70 milking-aged cows in 1971 and moved to Taneytown where they operated and farmed a 200 acre property.

Soon, they had three children: Marsha, Nancy and Jay, and had made a move to Alabama to farm soy beans and cotton. The rent on land there was three times the price it was here and land was hard to find. So, Bob operated a gas station and tire business in Alabama until 1974. After giving birth to their fourth child, Brandon, the Hursts moved back to Maryland and Bob went to work at Worthington Pump in Taneytown (it's now called FloServe).

Next, he worked at a machine shop in Westminster called R.E. and F. While there, he started buying machine shop machines and soon had enough to start his own business, Hurst Engraving and Machining, in 1980. Bob still completes contract machining for various manufacturing companies like Bausch & Lomb and General Electric.

In the late 1980s, Elza started her schooling for ministry. Today, she pastors over the Lewistown United Methodist Church. While Bob attends Elza's church, he is also a

member of Tom's Creek Church and has played mandolin in the praise band there.

He has a hankerin' for Blue Grass Gospel music. He attends festivals and jams where he plays mandolin and lap dulcimer for fun. He says, "I also play the radio," and adds, "I used to play on the radio but mother made me get off 'cause I was

scratching the top of it."

Those who know Bob, recognize his uncommon combination of deep faith, quick humor and unwavering generosity. He always shares a joke. He is sometimes called "The Candy Man" since he frequently shares Life Saver candy with others. Life Savers are appropriate. Bob likes to help people who are down and out and often contributes to the food bank or helps people who are being evicted. He said he never tells them why he's helping them, but when they ask, he says, "Because of what Jesus did for me."

Bob claims to be semi-retired. Those who know Bob, know that the idea of his taking retirement is humorous. He is very busy doing many things.

He tells a story about taking the family on vacation. They wanted to go to the ocean so he drove them to Ocean City, Maryland. They left in the middle of the night and arrived there around 5:00 a.m. Nothing was open and he was tired so they pulled on a random street to 'sleep'. It was still dark but the kids heard the ocean and as soon as the sun was



up, Bob said, "They got to go to the ocean." They left around 3:00 p.m. the same day and drove back home. He added, "Money was tight back then."

Bob has two older daughters from a previous marriage, Debbie and Diana. He has a total of sixteen grandchildren and one great-grandchild.

*"The most important thing about goals is having one."*

~Geoffry F. Abert



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## The Ott House Pub

The Ott House Pub's logo shows a Scottish Terrier smoking a pipe. It is said that the Scotty dog was owned by the Ott House's founder, who brought a dog home from Germany. As an avid smoker, the owner would often be seen with a pipe in his mouth. One day, his Scotty dog picked up the pipe and appeared to be smoking it. From that day on, the image of the Scotty dog smoking a pipe became the mascot for the Ott House. It is a well-known image that does just what a logo should: help customers recall the essence of the business. For the Ott House, customers remember inexpensive dining amidst plenty of cheer and live music.

The Ott House Pub is located on the town square in downtown "Fire Town, USA" - also known



Photo by Aaron J. Heiner

as Emmitsburg, Maryland. It is a family-operated pub that opened in 1970. This pub offers a combination of fine family dining and pub food, with something on the menu that will appeal to all. It also features live entertainment (band or disc jockey) on the weekends, as well as daily food and drink specials.

It was on an unseasonably warm day in April that I stopped at The

Ott House Pub with my father for a quick bite. Upon entering The Ott House, one instantly notices the big open space reserved for live music and a dance floor. Behind, and in, the bar, fire company patches are displayed. Many fire companies who have visited The Ott House from the nearby National Fire Academy have contributed patches to this collection.

I decided on a steak and cheese sub (\$4.95), a side of fries (\$2.00), and a sprite (\$2.00); while my father had a cheeseburger (\$4.00) and a Yingling beer (\$1.75).

While I can't, nor will I speak for my father's burger and beer, I will stipulate that the steak and cheese was a beast. The portion of fries nearly hid the monster sandwich. Although the sub at almost \$5.00 is not gigantic in nature, it is hard to dismiss the fact that it was quite filling. It would also be a disservice to fail to mention that the meat used is not the standard fare of thinly sliced beef one would find in a Steak-um, but rather thick cuts of meat.

The fries were hot and plentiful. Aside from the regular French Fries, waffle cut fries, cheese fries, gravy fries, and probably other varieties, too, are offered.

Above and beyond the steak and cheese that I ordered, the menu also included many other sandwiches,

as well as soups, salads, seafood, wings, steak—a little something for everyone. With patrons from all over the country including fire fighters from the nearby National Fire Academy, students and families from nearby Mount St. Mary's University, the local townsfolk, as well as general tourist traffic, The Ott House Pub is definitely one of the most well-known and frequented places in Emmitsburg.

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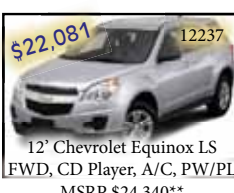
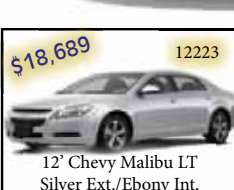
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## An Apple a Day

by Valerie Nusbaum

As I'm sitting here at my computer this morning—about to begin the prep for the colonoscopy I'm having tomorrow—I'm thinking of the good old days. Some of you might remember what I'm talking about.

Back when I was a kid (when dinosaurs roamed the land), if we got sick, we went to the doctor—the same doctor for everything. The word “specialist” was only invoked in extreme emergencies. Yet, my brother, who is considerably younger than me, saw a pediatrician. On the other hand, my brother is my parents' favorite child. Me? I was taken to see the cranky old doctor who stuck me with a needle for a hangnail. That was the treatment in those days. For some things, you got a shot in the arm or somewhere else. For other things, you got a packet of pills or a bottle of dark, vile tasting liquid.

Nowadays, we have a different doctor for every body part and every ailment. For every ache and pain there's a specialist. What's more, Doctor A has no idea what Doctor B is doing to us. One doctor tells us to do something, and another one of

our doctors tell us to do something else. There's a test for everything, too. I swear, I didn't take this many tests when I was in school.

Having so many doctors is bad enough, but we also have to contend with all the guidelines set up by the FDA, the AMA, the CDC, and the HUH. There are so many studies being done all the time. When the results of one study are published, there's already another one in the works that will surely contradict the first one.

When my mother-in-law was recently told to restrict her salt intake, I found a study indicating that 2300 mg. of sodium is the acceptable daily amount. What does that mean, really? I find myself reading labels and packaging more and more these days, but I wonder just how accurate those things are. The cardiologist tells us to avoid adding salt to anything. We shouldn't eat ham or chips, or anything salty.

The internist says we should watch our sugar intake and have no more than 24g per day. That's the equivalent of six teaspoons of sugar. Switching to diet soda would make sense, but the neurologist says that

artificial sweeteners do bad things to our brains.

For those of us with digestive issues, the gastroenterologist recommends avoiding acidic foods, such as citrus, tomatoes, and cabbage. We should also cut out caffeine, onions, and anything spicy. Alcohol is bad for us, too. Although, the cardiologist suggests that one glass of red wine a day might help our hearts.

Antioxidants are a big thing. We should eat lots of blueberries, but not so many that it raises our blood sugar levels. We should also be consuming large quantities of fiber and protein, avoiding bad fats (both trans and saturated), eating good fats like olive oil and nuts, and enjoying the occasional piece of dark chocolate.

And don't get me started on what we should be drinking. There's the recommendation of six to eight glasses of water daily, with a glass being considered eight ounces. That's at least 48 ounces. Add in 24 ounces of milk, because the gynecologist thinks we women need the calcium for our bones. A couple of cups of tea (16 ounces) should also be consumed, because the above-mentioned antioxidants are great for us. The urologist recommends a glass of cranberry juice to keep things flowing (8 more ounces); and there's the debate over the whole red

wine thing, again. Some studies say that coffee is good for our brains, so we should add a cup of that, as well. That's about 112 ounces of liquid each day. I'd be curious to hear what the proper specialist would say concerning what processing all of that would do to our kidneys.

Dr. Oz, host of The Dr. Oz Show, recently said that exercising twenty minutes a day, three times a week is sufficient for cardiac health. That's right. We don't have enough doctors of our own telling us what to do. We also have TV doctors out there giving us advice when they don't even know us.

My husband, Randy, thinks I worry too much about these things. He only sees a doctor when he no longer can stand up or his eyes are swollen shut. If it's absolutely necessary, he will go see a specialist, if only to make me stop nagging him. I try to be proactive about my health, but sometimes it makes me a little crazier. I guess I'll keep on trying to do the best I can.

I don't need to concern myself with what to eat today. I have some lovely green Jello and some yummy chicken broth waiting for me downstairs, along with a whole bottle of Gatorade, mixed with some magic powder. Yes, I'm dreading what's supposed to happen to my body tonight, and I'm hoping for good results tomorrow. Who knows? Maybe, I'll get a good story out of it.

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## our neighborhood veterans

### Francis X. Elder American Legion Post 121

by Jim Houck, Jr.

I want to apologize to volunteers, that in previous articles I have written, I failed to mention the remodeling of Francis X. Elder American Legion Post 121 in Emmitsburg, Maryland. The first person I owe an apology to is Alan Cool. Alan is, by profession, a painter. In my opinion, he's one of the best. He was in charge of painting our newly remodeled lounge and bar area. If you have been in to the Post, or plan to come in, you have or will see the great painting job that Alan and his crew have done. Alan had two members helping him: Ernie Gelwicks and Neil "Mugs" Rothhaupt. The team did a wonderful job, and every member should be proud to have them as fellow Legionnaires.

I have neglected to give credit to a few other members that contribute a lot of time volunteering their talent to the maintenance of our Post. The volunteers are Mike Hartdagen, Dave Hartdagen, Bradley Hartdagen, Gary Stouter, Mark Zurgable, Tim Hane, Ben Sergeant, Ron Cool, Dale Valentine, Doug Adams, Chris Etzler, Ron Cool, Sr., and Andy Mitchell. I hope I didn't miss anyone, and if I did, I apologize and will try to correct it at a later date.

We, the family at the Francis X. Elder American Legion Post 121, would like to give special thanks to Mary Jo and Andy Trout for all the great meals they prepare for us and



Courtesy Photo

all the volunteer work they do for us. A special thanks is owed to them for their generous donation of the M.I.A. display we have set up on our stage in the lounge area.

I think we have one of the best organizations in the country, and we are working very hard to improve each and every day. I would like to see new members, especially our young sons and daughters, feel how much pride it will give them to be a part of an organization that cares about and helps our veterans and community in their time of need. We visit the veterans and patients at St. Catherine's Nursing Center and go along on outings to assist in any way we can. We go to Martinsburg Veterans Hospital in Martinsburg, West Virginia, to visit the patients and take money along for them to receive shaves and hair cuts. We donate to our local food bank and outreach program. When we have feeds or other events, we donate whatever we net from our events to help our veterans and community.

Be a joiner, come see us and we will welcome you into our family.

## Frederick County Knucklers Announce 2012 Marble Shooting Competition Schedule

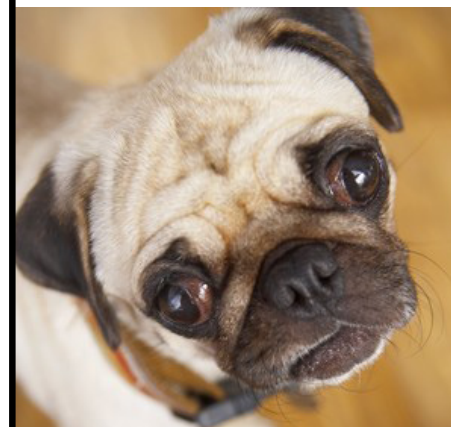
The Frederick County Knucklers have three major tournaments planned during the upcoming months for boys and girls at all skill levels, who are under the age of 14. The program is open to all boys and girls in Frederick County. A practice schedule for those wanting to learn to shoot marbles or improve their skills can be found at the Middletown Rec Council's website at [www.middletownrec.com](http://www.middletownrec.com), under the "Programs" tab. Practice sessions are free and have been/scheduled for most Saturdays during the months of April and May between 2:00 and 4:00 p.m.

Tournaments will be held on May 5, May 19, and June 2, 2012. All tournament participants will go home with a trophy or prize. Trophies will be awarded based on placement, participation, and sportsmanship. The suggested entry fee for each of the tournaments is the donation of an item for the local food banks. The top marble shooters will earn the privilege of representing Middletown Valley and Frederick at the National Marble Tournament in Wildwood, New Jersey.

Over the last twenty-plus years, Frederick County has produced several national marble champions, both boys and girls, and the area is known in marble circles for its top-notch program and shooters. Stop by Middletown Park to watch or encourage your children to play outside and learn the game. Visit the Facebook page of the Frederick County Knucklers for more details or contact Art Staus, Program Director, at [stausart@comcast.net](mailto:stausart@comcast.net).

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Phone 301-271-1050 • Fax 301-447-2946 • news@thecatocinbanner.com •

## American Legion News

by Edwin G. Creeger Post 168 Thurmont

By the time you read this, our new patio will be complete. Many thanks go to Denny Delp for his work on the enclosure, contracting the concrete work, and procuring the tables.

Our Wii is up and running. Some of our younger guests have been using it to ensure that it is working properly. Thanks to Sierra and Nathan, for without their help, it might still be in the box!

Wow, spring has sprung full force. The grass is growing almost too fast to keep up with the mowing. Thanks goes out to Bob for keeping the Post looking well-groomed. The spring weather should help the roofers get to work installing the new roof.

Our pavilion is open for rental. Contact the Post for further information at 301-271-4411. Our upstairs ballroom—one of the nicest halls in Frederick County—is

also available for almost any kind of event. We also have a room downstairs for smaller events. Refreshments can be arranged for either facility.

Our regularly scheduled karaoke events will be on hold for the upcoming summer. Don't forget, on June 1, the Rock n' Roll Relics—Frederick County's elite rock and roll band—will be here for a dance, with music you will remember! We will be having several wedding receptions in May and June. Also on May 26, the dance club is upstairs. Come on out and have a real treat.

In order to update our records, we are asking that all members, including SAL and Auxiliary members, please furnish an email address. Please send your email address to the following: Bobpost168Adjutant@comcast.net.

## American Legion Auxiliary Celebrity Bartender Day

American Legion Auxiliary Unit 121 is holding a Celebrity Bartender fundraising event on Saturday, May 5, 2012, from 12:00 p.m. to 7:00 p.m., at 105 N. Seton Avenue in Emmitsburg. Doors will open at 11:00 a.m.

The theme this year is Cinco de Mayo and proceeds will benefit American Legion Post 121 building fund, Martinsburg VA Medical Center, and Emmitsburg Community Fireworks.

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## The Sons of The American Legion Holding Annual Fishing Derby for Kids

The Sons of The American Legion, Post 121 Emmitsburg, is holding their Annual Fishing Derby for Kids, on Sunday, June 3, 2012, from 8:00 a.m. to 12:00 p.m. Registration will be from 8:00 a.m. until 9:00 a.m.; Fishing from 9:00 a.m. to 11:00 a.m. Weigh In and Prizes Awarded from 11:00 a.m. until 12:00 p.m. Hot Dogs, Snacks, Soda, and Water Provided Free For All Kids Registered and their Family.

## Spicebush Ribbon Cutting



Courtesy Photo

Boy Scout Troop 270, along with Catocin Forest Alliance, Coca-cola Foundation, National Park Foundation, Job Corps, Rentals Unlimited and D.L. George and Sons, were recognized on Sunday, April 22, 2012, for their dedication and hard work in rebuilding the Spicebush Nature Trail last fall in Catocin Mountain Park.

Catocin Mountain Park has welcomed visitors for 76 years and 40 years of use on the trails has degraded them. Thanks to a grant from Coca-cola Foundation through the National Park Foundation funding was provided to remove the asphalt and replace it with wood carpeting. The hard work and many man-hours of hard labor of the Job Corps and the Boy Scouts has brought the trail full circle to be used once again by handicapped adventurers to enjoy the woods.

*"And I'm proud to be an American,  
where at least I know I'm free.  
And I won't forget the men who died,  
who gave that right to me."*

~ Lee Greenwood



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# body wisdom

by Teresa Dukich, L.M.T.

Now that it's May, how's that New Year's resolution coming? Did you achieve it?

Or, were you like me and didn't set one, because you knew you'd break it anyway?

New Year's resolutions are elusive. Lifestyle changes are permanent. Nothing magical happens because we put up a new calendar.

We are still the same people. We still have the same body, the same family history, the same childhood influences, same routines, the same desires as we did in 2011. Starting a new year does give us time to pause and reflect on those things that we might improve upon.

Wouldn't it be nice if we could fuel our bodies as simply as we fuel our vehicles? When we get gas at the pump, we have three or four choices, not a smorgasbord selection like at our local buffets. We humans have the opportunity to make a conscious selection as to what our fuel is going to be. We all know the best choices: lean meats, fish, eggs, vegetables, fruits, nuts, and legumes. Nowhere is it written that our machine (the body) runs efficiently on cakes, cookies, sodas, and pork rinds.

The body runs on proteins and carbohydrates. Where we get into trouble is ingesting too many carbs. When physical action doesn't burn all of that particular "fuel," it is stored as adipose tissue, better known as fat. Meal after meal after meal it accumulates. One way to burn the stored fuel is by eating more protein and less carbohydrates, so the energetic demand is taken from the storage compartments. Individuals who are pregnant, nursing, diabetic, heart and/or high blood pressure patients, liver or kidney patients, or high performance athletes should always seek a medical professional's guidance regarding nutritional choices.

Increased movement partnered with wise food selection will speed up weight loss. Our area is experiencing some beautiful weather this spring, so we can't use bad weather as an excuse. A familiar client response when I suggest increased movement is, "I walk all day at work, I don't need to exercise."

Trust me, it's different. Move your body in a way that it's NOT familiar with. Break the pattern and you'll not only lose weight, but you'll gain strength, flexibility, and clarity of mind. Who couldn't use a little more of that?

Here are some Simple Tips:

1. Don't drink your calories, unless you're drinking a vegetable, fruit or protein drink. The calories of a "drink" are empty.
2. If your frame (skeletal structure) is built like a Corvette, don't carry around the weight of a Hummer.
3. If you commit a "food-fault" at lunch, correct it at dinner.
4. Be kind to your body, not your taste buds.
5. Recognize emotional eating. Is there a psychological need driving the craving for that Twinkie?
6. If you fail to plan, you can plan to fail. Be prepared for hunger with nutritious choices at your fingertips!
7. Recognize the difference between hunger and thirst.
8. Drink lots of water during the day NOT with the meal. It dilutes digestive enzymes when consumed with the meal.
9. Journal everything you consume. It helps to recognize patterns and victories.
10. Exchange the words "food choice" for "diet". Exchange the word "movement" for "exercise". Purely psychological.
11. Don't have three large meals a day, have 6 - 8 small meals a day to maintain energy levels.
12. Be honest and kind to yourself.

## What is an Eagle Project?

by Carie Stafford

When a scout reaches the rank of Life Scout, has held that position for at least six months, earns a minimum of 21 merit badges, demonstrates Scout Spirit, and demonstrates leadership in the troop, he is ready to become an Eagle Scout. However, there is one last requirement to become an Eagle Scout: he must plan, develop, and lead a community service project—this is the Eagle Project.

The Eagle Project demonstrates both leadership and a commitment to duty. It is the opportunity for a Scout to demonstrate leadership of others, while performing a project for the benefit of any religious institution, school, or community. The project cannot benefit BSA or its councils, districts, units, camps, and so forth. It also cannot be of a commercial nature or be solely a fundraising project. Working with an advisor, the scout must lay out a plan for the project, find out and obtain the supplies that will be needed, and ensure all safety measures are taken during the project. This rigorous process is designed to highlight a scout's abilities and learning, as he completes this major step on the way to Eagle rank.

Boy Scout Troop 270 hopes to have the privilege of honoring a number of scouts to the Rank of Eagle by the end of this year. Troop 270 would like to highlight each of these Scouts and their projects that have benefited the community in some way, as the projects are completed.



Photo by Carie Stafford

Troop 270, friends & family with Michael Overzat at TPS for his Eagle project.

Michael Overzat, a senior at Catocin High School, chose a project that benefits the children of our community. Over a period of 308 hours of planning and painting, Michael showed his dedication and leadership to the project by getting on his knees with other members of Troop 270, and his family, and painted designs and games on the pavement in the back playground of Thurmont Primary School (TPS). Donations from local shops and citizens helped to pay for the 30 gallons of paint and lots of supplies needed to get the job done.

Designs included a volleyball court, a hopscotch path, and a giant clock. They were colored with eight different custom colored blacktop paints to enhance the learning and play time of the children at TPS.

When the children came out to recess the following Monday morning and saw the designs and game areas, they were in awe. "Wow, this is cool"; "Look at what someone did"; "I want to play first" were just some of the comments heard from the children as they ran to play. Teachers were thankful and amazed at the extent of the project. Kellie Beavin, a teacher at TPS said, "We feel blessed to be given this wonderful gift for the children."

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## Not All Work



Photo by Carie Stafford

Boy Scouts of Troop 270 and their catapult they built out of things found in the woods.

Boy Scout Troop 270 enjoyed a fun-filled weekend camping at the Walkersville watershed. The weather was perfect for the "surprise" one of the leaders had in store for the boys. Bringing plans, ropes and pulleys needed, the boys then searched the woods for downed trees and used their lashing and knot tying skills to build two catapults, then proceeded to have a water war.

While dodging water balloons from the catapult, adult leaders worked with scouts on merit badges and built a new table for the "kitchen" area. Saturday evening, the troop went to Green Top in Catocin Mountain Park for the OA Tap Out Ceremony, where six members of Troop 270: Peter Wright, Sean Vietri, Michael Overzat, Jacob Dombrowski, Ben McCardell, and adult leader Shawn McCardell, were selected as candidates for the Order of the Arrow. Congratulations to those selected by their fellow Scouts to join this Brotherhood of Scouts for cheerful service to others. Boy Scout Troop 270 is sponsored by the Lions Club of Thurmont and meets on Thursdays at the Scout House on Elm Street in Thurmont at 7:00-8:30 p.m.

## No Horsing Around



Pictured (left to right) are Max Prennington, Josh Bostian, and Alex Wright. Teaching about the saddle is Kelsey Stafford. Handling the horse are Zack and Nikki Milbourne of Milbourne Farm in Rocky Ridge.

Photo by Carie Stafford

## Thurmont Lions Club Easter Egg Hunt

The Thurmont Lions Club Easter Egg Hunt held on Easter Sunday at the Thurmont Community Park was a great success. It was a beautiful day and everyone had a great time!



Courtesy Photos

(Above) Here comes the Bunny: Lion Bill Long drives Easter Bunny Melody Mundy to the Easter Egg Hunt.



(Left) Leo Egg Hunt Patrol: Lauren Ames, Brianna Tingler, Morgan Tracey, Alex Bollinger, and Erica Baker.

## Weller Church Donates Easter Baskets



Courtesy Photo

Pictured, Front Row: Christine Miller, Josh Miller, Jonny Wastler, and Darlene Wastler; Second Row: Emmalee Miller, Jake Wastler, Kathy Wivell, Vickie Howes, and Lori Eyler; Back Row: Abby Hamrick, Reagan Hamrick, John Howes, Bob Miller, Donetta Herbert, and Barb Barbe. Not Pictured: Mark Eyler, Buddy Herbert, Noelle Hallman, Donnie Wastler, and Deborah Kurz.

Volunteers from Weller United Methodist Church in Thurmont collected enough goodies to fill 200 Easter baskets. The filled baskets were donated to the Thurmont Food Bank to distribute to the children in the community.

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# books, nooks, programs and more at the library

by Erin Dingle, Administrator, Thurmont Regional Library

Allow us to enrich your life this summer and beyond. Your library can actually make life better for you and your family in a number of ways, and all you need is to become a member.

Becoming a member is simple and only requires current proof of name and address to get your own Frederick County Public Library card. Children are welcome to get their own card; and if they are under the age of 14, they just need a parent/guardian to accompany them to provide proof of address. It's that easy.

How is your library card going to improve your life and at no cost to you? Imagine a summer weekend. Yard work is waiting, but will go faster when you're listening to good tunes. You can download up to three free songs a week at [www.fcpl.org](http://www.fcpl.org) from our newest service, Freegal Music, giving you access to hundreds of thousands of songs in the Sony Music catalog. After downloading your music, go to our catalog and search through the comprehensive collection of gardening books to put on hold. You are going to have the prettiest garden ever this year!

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Summer Reading Club starts at all libraries on May 1.

Check out our website or ask us all about it when you visit the branch. Library staff will visit local schools to tell the kids what they need to do to participate. This year's theme for kids is Dream Big and for Teen's: Own the Night. Look for a full schedule of fun programs and events for all ages at both the Thurmont and Emmitsburg branches. Summer Reading helps your child retain literacy skills and gives them plenty of activities to keep them busy.

The following are other special programs coming up at the library:

May 3—Teen Program "Make a Sewing Kit." Make and take craft. Put together a cute sewing kit and pin cushion for yourself or a gift for Mother's Day. Time: 6:00 p.m.

May 11—Storyland: A special storytime in partnership with Frederick County Infants and Toddlers Program. Meet new friends and share books, music, activities, and more. Ages birth-3 years with an adult. Time: 10:15 a.m.

May 12—Opening Reception of the Frank DuVal Exhibit. Debut of recent drawings in the new satellite gallery of The Delaplaine Visual Arts Education Center, located at the Thurmont Regional Library. The exhibit is open every Sunday and Monday, from 1:00-4:30 p.m. through July. Time: 1:30 p.m.

May 4 and 21—Tiny Tots & Tunes. Experience an energetic program especially designed for the younger tots, as they enjoy the magic and fun of rhythm, movement, and music. Times: May 4 and 21 at 10:15 a.m. for babies, and May 4 at 11:00 a.m. for pre-schoolers.

May 19—Lunch & the movie *Puss in Boots*. Bring lunch & a blanket or pillow and enjoy *Puss in Boots* on the big screen! Rated PG. 90 min. Time: 12 noon.

And finally, the deck is open! Come down to Moser Road and enjoy the quiet and beauty. Stay tuned for more information about two special summer series coming up including Nighttime Nature on the Deck for kids and our annual Music on the Deck program. And it's all free!

## Test Your Word Power — Answers —

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| 1. b | 3. a |
| 2. c | 4. b |

# classifieds

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WANTED: Any unwanted lawn mowers, tillers, snowblowers or yard items. Will pick up. Call 301-271-4266.

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WANTED Antiques & Collectibles like crocks, jugs, postcards, photographs, advertising items, old signs, toys, trains (pre-1965), vintage jewelry (sterling & gold), antique furniture, guns, pottery, old holiday decorations, political items, hunting/fishing items, artwork, old dolls, etc. Will buy one item, collection or entire estate. 301-514-2631.

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FREE PICK-UP: Appliances working or non-working. Also, old mowers, tillers, etc. Anything metal. 240-674-7788.

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## Yard Sale

LARGE YARD SALE: May 11th & 12th, 8:00 a.m. until, 15611 Kelbaugh Road, Thurmont. 301-271-4468.

YARD SALE: 15 Families, Rt. 15 & Lohr Road, Thurmont. May 11 & 12. Rain or shine. Friday opens at 7:00 a.m.; Saturday 8:00 a.m. to 2:00 p.m.

YARD and BAKE SALE: May 24, 25, 26. Saint Anthony Shrine. Space available \$15/one day, \$25/two days, \$30/three days. Bring own table/s. Call Helen Reaver at 301-447-6431.

YARD SALE/FLEA MARKET: 1st & 3rd Sunday of the month, May through October. Corner of US #15 and St. Anthony Road, Emmitsburg. \$10/spot. 240-529-2737.

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See page 27 to play the "Who Am I?" Game

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## may

- 4,5...Relay for Life Yard Sale, 7908 Apples Church Road, Thurmont. 8:00 a.m.-3:00 p.m. Benefits American Cancer Society. Best Prices in town because you name the price! Food and drinks; Lots of great treasures.
- 5.....3rd Annual Gregory A. Brashears Memorial Bus Trip, depart Thurmont Plaza 7:00 am sharp. \$45/person non-refundable. Must be 21 years of age to participate. Lori Long 301-748-6007.
- 5.....Emmitsburg Lions Club's Chicken Dinner Barbecue and Yard Sale, across from the Getty Mart on South Seton Ave, Emmitsburg. Yard sale 8:00 a.m.; chicken dinner barbecue 11:00 a.m. (until sold out). Reserve table for yard sale, 301-447-2020.
- 5.....Bake Sale, at Emmitsburg Lions Club Annual Chicken BBQ, across from Getty Gas Station. 8:00 a.m.-until. All proceeds will go to the team The Walk for Many, Relay for Life for the American Cancer Society.
- 5.....Traditional Spring in the Village, Collier's Log House, ca. 1810, 12607 Catocin Furnace Rd., Thurmont. Wonderful Mother's Day Gifts and Decorations for Sale. 9:00 a.m.-5:00 p.m. Sponsored by the Catocin Furnace Historical Society, Inc.
- 5.....Annual Celebrity Bartender Day Fund Raising Event, Auxiliary Unit 121 Francis X. Elder American Legion, Emmitsburg. Noon-7:00 p.m. Doors open 11:00 a.m. Food, Door Prizes, Lots of fun! Benefits Martinburg V.A. Medical Center, Emmitsburg Community Day & Fireworks, American Legion Post 121 Building Fund.
- 5.....Bingo, Emmitsburg Ambulance Co., 17701 Creamery Road, Emmitsburg. Doors open 4:00 p.m., games begin 7:00 p.m. \$35/ticket. 240-285-3184 or 717-642-9335.
- 6.....Cash Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. Sponsored by the Ladies Auxiliary. Doors open 11:30 a.m.; Games begin 1:00 p.m. \$20 in advance; \$25 at door. Includes 24 games: 20 reg. games-\$50 ea.; 2 special games-\$200 ea.; Jr. Jackpot-\$500; Jackpot-\$1,000. Tickets 301-271-3370 or 301-271-9170.
- 6.....An Evening of Musical Harmony – With an Array of Talented Musicians, Weller United Methodist Church, 101 N. Altamont Avenue, Thurmont. 6:00-7:00 p.m. Free event. 201-271-2802.
- 7.....Fine Arts Program, Mother Seton School, 100 Creamery Road, Emmitsburg. 9:30 a.m. & 7:00 p.m. 301-447-3161 or www.mothersetonschool.org.
- 10-13 Annual Plant Sale Fundraiser, Brook Hill United Methodist Church, 8946 Indian Springs Road. May 10&11—9:00 a.m.-12:00 p.m. May 12—8:00 a.m.-1:00 p.m. May 13—9:00 a.m.-12:30 p.m. Herbs, veggies, perennials, hanging baskets, annuals. Proceeds benefit preschool! 301-758-0356.
- 11....Crab Cake Dinner, Tom's Creek United Methodist Church, Tom's Creek Church Rd., off 140 between Taneytown and Emmitsburg. 4:30-7:30 p.m. Menu: 2 Crab Cakes, Baked Potato, Cole Slaw, Roll, Butter, Dessert. Tickets \$14 in advance; \$16 at door; \$7/Children 10 and under. Carryouts \$15. 301-447-2403 or 301-447-2633.
- 11,12 Garden Plants & Flower Sale, sponsored by Guardian Hose Co., 21 Church St., Thurmont. May 11—4:00-7:00 p.m.; May 12—8:00 a.m.-2:00 p.m.
- 12....3rd Annual His Place Car Show, Mother Seton School, 100 Creamery Road, Emmitsburg. Registration is 8:00 a.m.-12:00 p.m.; judging from 12:00-2:00 p.m.; awards 3:00 p.m. Benefit Mother Seton School and Emmitsburg Osteopathic Primary Care

Center. \$15/Entry fee, \$12/advance. Cars, trucks, hot rods, motorcycles, and tuner cars are welcome. (3 awards for all five categories.) Bill Kuhn 800-529-5835, bkuhn3@yahoo.com or stop by His Place, Inc. at 20 Creamery Way, Emmitsburg, MD. Rain date: September 8.

- 12....May I Mosaic? Children Program, the National Shrine of St. Elizabeth Ann Seton, 339 S. Seton Ave, Emmitsburg. 2:00-4:00 p.m. Ages 8 and up (children ages 8-13 must be accompanied by adult). Registration required. \$10/ person. 301-447-6606.
- 12....Sarah's Garden Social at Harriet Chapel, 12625 Catocin Furnace Road, Thurmont. 8:00 a.m.-3:00 p.m. Bedding plants, jewelry, bird houses, crafts, bake sale, food, art exhibit by Rebecca Pearl. Come enjoy some time with Mom!
- 12....Life Horse Family Fun Day, Breezy Hill Stables, 15117 Mudd College Road, Thurmont. 10:00 a.m.-2:00 p.m. 301-447-2663, breezyhillstables.com. Free.
- 12....Timeline of American History: Native Americans, The Children's Museum of Rose Hill Manor Park, 1611 N. Market St., Frederick, MD. 11:00 a.m.-4:00 p.m. Demonstrations, displays, hands-on activities focusing on Native American history. Free. 301-600-1650 or www.rosehillmuseum.com.
- 12....Money Bingo, Thurmont Ambulance Company, N. Church Street, Thurmont. Doors open 5:30 p.m.; Games 7:00 p.m. 301-748-5359 or 301-271-3820. www.thurmontambulance.com.
- 12....Sportsman Drawing, Rocky Ridge Vol. Fire Co., 13516 Motters Station Road, Rocky Ridge. Doors open 5:30 p.m. \$25/ticket. Tickets: Luke Humerick 301 271-4682.
- 12....Creagerstown Community Dinner, 8619 Blacks Mill Road, Creagerstown Parish Hall. 12:00-6:00 p.m. Fried Chicken and Ham, Chicken and Ham Potpie, Vegetables, and Dessert. \$15/Adults; \$7/Children; Free/Children under 6. Carryouts \$16. Baked Items and Pot Pie for sale. Proceeds for street lights and upkeep of the Cemetery. 301-898-7905.
- 16....Birthday Party, Thurmont Senior Center at Cozy Restaurant, Thurmont. 6:00 p.m.
- 16....May meeting of the Catocin Furnace Historical Society, Inc., in the log house in Catocin Furnace (12607 Catocin Furnace Road). 7:00 p.m. All are welcome.
- 18....Fashion Show Fundraiser, benefit St. Jude Children's Research Hospital at Walkersville High School. 7:00 p.m. \$2/ admission.
- 19....Vigilant Hose Company's 2012 Spring Fling, Mount St. Mary's Echo Field. \$60 Includes admission for two, food, drinks, entertainment & 5 random numbers—drawings held all day. admin@vhc6.com.
- 19....Yard Sale, Thurmont Guardian Hose Co., Thurmont. 8:00 a.m.-1:00 p.m. Set-up 7:00 a.m. Spaces for Sale: 10'x10' (\$20); 10'x20' (\$30). Lori 240-575-5469.
- 20....Chicken Barb-B-Q, Lewistown Ruritan Club, U.S. 15 North & Fish Hatchery Road, Lewistown.
- 20....Cash Bingo, AMVETS Ladies Auxiliary Post 7, Thurmont. Doors open 12:30 p.m.; Games begin 2:00 p.m. Tickets \$35/ advance, \$45/door. Benefit Martinsburg VA Hospital. 717-968-8026 or 301-748-7097.
- 20....CYA Football/Cheerleading Registration, Thurmont Ambulance Building (upstairs), North Church Street,

## community event calendar

- Thurmont. 1:00-4:00 p.m. 301-447-3430.
- 21-26 ....Mother Seton School Carnival. Sponsored by Mother Seton School and located at 100 Creamery Road, Emmitsburg, MD. Rides, games, food, and entertainment available each night. An annual tradition in Emmitsburg. Come and Join the fun! www.mothersetonschool.org.
- 21,22 Auditions for Valley Theatre's production of the full-length musical ANNIE, Middletown High School. Show dates: 8/3/12 - 8/5/12. All parts are open! Adults, High School & College students and Students Grades K-8 welcome! See www.ValleyTheatre.org for more information.
- 24, 25, 26.... Yard and Bake Sale, Saint Anthony Shrine, St. Anthony Road at Rt #15. Space available \$15/one day, \$25/two days, \$30/three days. Bring own table/s. Call Helen Reaver at 301-447-6431.
- 24,25.....Seton Center \$5 Bag Sale, Seton Center Thrift Shop, 16840 South Seton Avenue, Emmitsburg. May 25—10:00 a.m.-4:00 p.m.; May 26—10:00 a.m.-3:00 p.m.
- 25....Tom's Creek United Methodist Church 2nd Annual Golf Tournament, scramble format, at The Links at Gettysburg Golf Course. Starting 8:00 a.m. \$300 per 4 golfer team; individuals and 2-some's welcome at \$75 each. Contact Frank Negro 717-359-8737 or visit www.tomscreekumc.org.
- 26....Summer Sandwich Sale, hosted by Thurmont Lions Club, at Bell Hill Farm (1 1/2 miles north of Thurmont along

MD 15). 10:00 a.m.-3:00 p.m. (or until sold out). Call 301-271-0558, visit www.thurmontlionsclub.com or follow "thurmontlionsclub" on Facebook.

- 27....Open House, Dear Bought Farm Rescue. Welcome to Janette Reeve as the rescue manager. 1:00-3:00 p.m. 443-848-3101.
- 30....Free Music, Mount Saint Mary's University, McGowan patio by the fountain outside of the Mount Cafe, Main Campus. 8:00-10:00 p.m. Free and open to the public! Bring a blanket or chair. The Mount is an alcohol-free campus: no alcoholic beverages allowed.

## june

- 1.....Rock n Roll Relics, at Thurmont American Legion Post 168, 8 Park Lane, Thurmont. Benefits Veteran's Programs. Tickets on sale at the Bar. \$10/advance; \$12/door. 301-271-4411 or 301-524-1733.
- 2.....Crab Leg & Shrimp Feed, Thurmont Ambulance Company, N. Church Street, Thurmont. Doors open 5:00 p.m., meal served 6:30-8:30 p.m. 301-748-5359 or 301-271-3820. www.thurmontambulance.com
- 2.....Breakfast, Tom's Creek United Methodist Church. 6:30 a.m.-11:00 a.m.
- 3.....Annual Fishing Derby for Kids, The Sons of The American Legion, Post 121 Emmitsburg. 8:00 a.m. to 12:00 p.m. Registration 8:00-9:00 a.m.; Fishing 9:00-11:00 a.m. Weigh In and Prizes 11:00 a.m.-12:00 p.m. Hot Dogs, Snacks, Soda, and Water Provided Free For All Kids Registered and their Family.

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### Facts About Memorial Day

Memorial Day is a United States federal holiday observed annually on the last Monday of May. It was formerly known as Decoration Day, originating after the American Civil War to commemorate the fallen Union soldiers of the Civil War. By the 20th century, Memorial Day had been extended to honor all Americans who have died in all wars. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces.

From the practice of decorating graves with flowers, wreaths and flags, the holiday was long known as Decoration Day. The name Memorial Day goes back to 1882, but the older name didn't disappear until after World War II. Federal law declared "Memorial Day" the official name in 1967.



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**MONDAY:**

1 Lg. Cheese Pizza &  
1 - 2 Ltr. Soda - **\$6.99**  
**\$2.00 OFF** Any Pasta Dinner  
(Includes Salad & Bread)

**TUESDAY:**

**\$5.00** Foot-Long  
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**WEDNESDAY:**

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Small Meatball & Cheese or Sausage & Cheese Sub **\$3.99**

**THURSDAY:**

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|                                                                                                                                                                                   |                                                                                                                                                                                   |                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$6.99</b><br>Lg. Cheese Pizza<br>& a 2 Ltr. Soda<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                                 | <b>\$6.99</b><br>Lg. Cheese Pizza<br>& a 2 Ltr. Soda<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                                 | <b>\$6.99</b><br>Lg. Cheese Pizza<br>& a 2 Ltr. Soda<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                                 |
| <b>\$13.99</b><br>1 Lg - 1 Topping Pizza<br>a 2 Ltr. Soda & Buffalo Wings<br>Add more wings - \$4.99<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small> | <b>\$13.99</b><br>1 Lg - 1 Topping Pizza<br>a 2 Ltr. Soda & Buffalo Wings<br>Add more wings - \$4.99<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small> | <b>\$13.99</b><br>1 Lg - 1 Topping Pizza<br>a 2 Ltr. Soda & Buffalo Wings<br>Add more wings - \$4.99<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small> |
| <b>\$16.99</b><br>2 Lg - 1 Topping<br>Pizzas & a 2 Ltr. Soda<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                         | <b>\$16.99</b><br>2 Lg - 1 Topping<br>Pizzas & a 2 Ltr. Soda<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                         | <b>\$16.99</b><br>2 Lg - 1 Topping<br>Pizzas & a 2 Ltr. Soda<br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                         |
| <b>ANY DAY!</b><br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                                                                      | <b>ANY DAY!</b><br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                                                                      | <b>ANY DAY!</b><br><small>Not valid with any other offers.<br/>Offer expires 6/30/12</small>                                                                                      |
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