

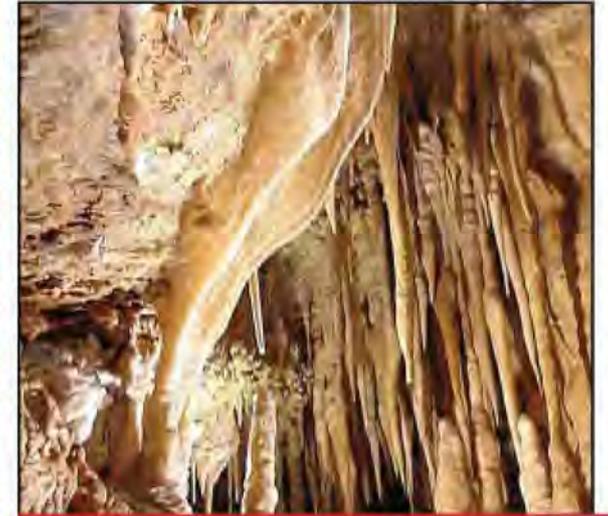
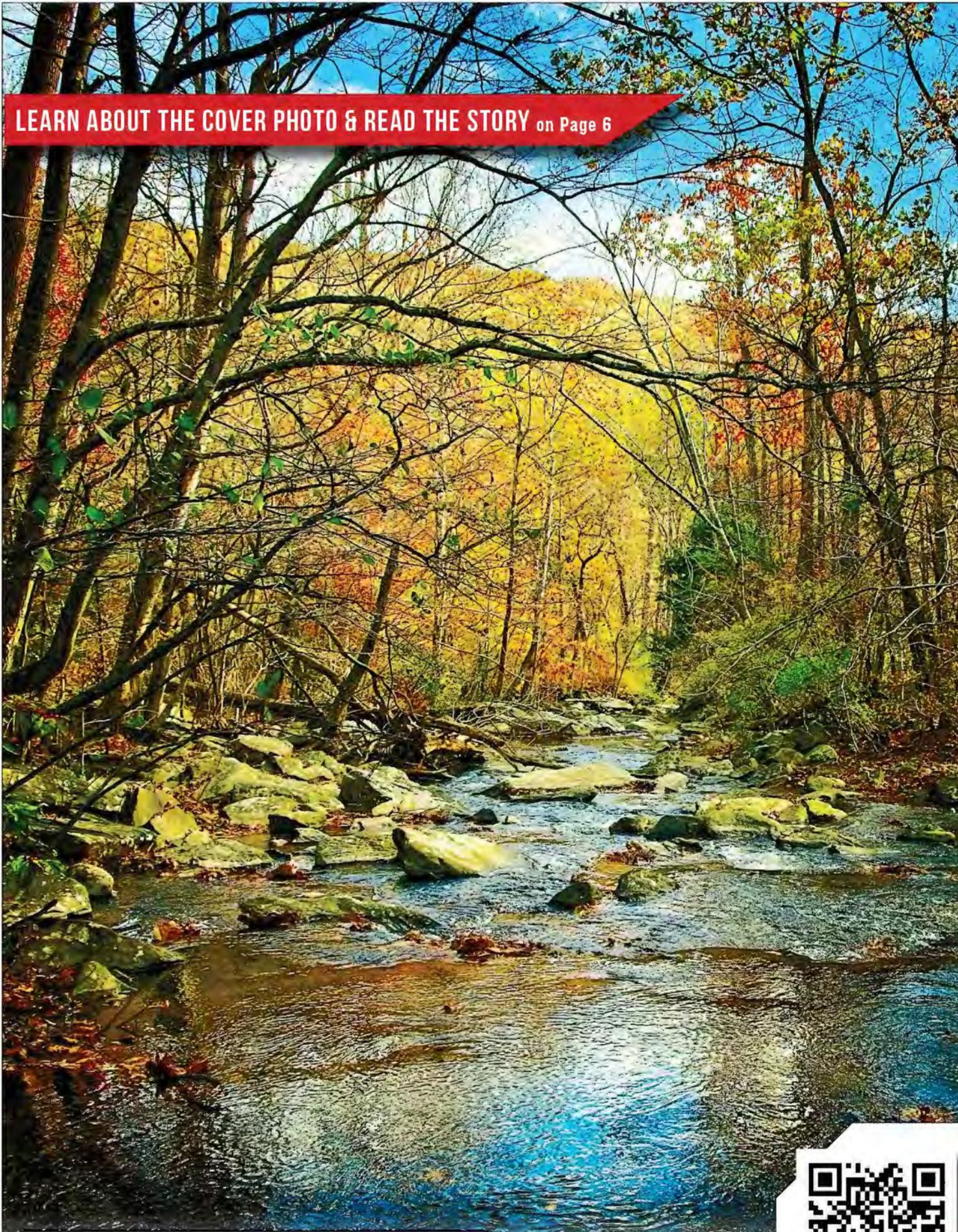
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MARCH 2026

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Maryland Caves &
Caverns

8



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LETTER FROM THE PUBLISHER

CATOCTIN BANNER FANS:

First, I would like to thank all of you for making our first Photography Contest a success! Sometimes you get ideas, but you don't know how they will actually play out. We took a leap by opening our first contest, and the support was overwhelming. From submissions to voting, you, our readers, participated and helped us spotlight not only the beautiful local landscapes but the unique talents of those living right here in our community. Congratulations to Bob Jester on taking first place!

In this issue, we also highlight our local food banks and encourage all of our readers to make donations, if they are able, to assist neighbors who may need an extra hand. Mayor Davis will even be spending the day out in the community to raise awareness and collect non-perishable items for the Emmitsburg Food Bank. Find out more on pages 26 and 28.

Of course, this month, many will be celebrating St. Patrick's Day. In keeping with the spirit, the Banner team has a few articles about luck. Check out Jim Rada's article about the Unlucky Train on page 50, and Michele Tester ponders whether there is such a thing as good luck in her column, My Two Cents, on page 51.

Do you believe in the luck of the Irish?

While snow still covers the ground, Easter and warm weather (hopefully) will be here before you know it. Be sure to check out the many events and Easter services happening within the community. Be sure to tell them you saw their ad in The Catoctin Banner!

— Alisha Yocum,
Publisher



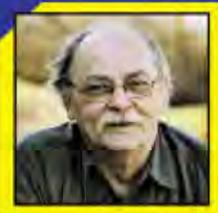
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AD/CONTENT DEADLINE:
On or before the 15th of month
prior to issue month.

Additional Banner Team Members:

Joan Fry, Dr. Thomas Lo, John Nickerson, Buck Reed, Michael Betteridge, Mitchell Tester, Tricia Bush, Jeff Yocum, Aditi Dhananjaya, Makayla Comer, and Jack Davis.

YEARLY SUBSCRIPTIONS: \$37.00

Factoid

MARYLAND

In early 1976, the State of Maryland announced the closing of all local draft board officers. It was the result of a severely reduced budget recommendation for the Selective Service System. In Maryland, 23 employees lost their jobs.

Factoid

MARYLAND

In 1951, Commissioner of Motor Vehicles Thomas B. R. Mudd announced that there would be a delay in the delivery of new license plates because the manufacturer had delays due to a steel shortage in the country.

Factoid

FREDERICK

In March 1951, Maryland Governor Theodore McKeldin announced that the Mayor of Frederick, Elmer Munshower, would become the head of the Maryland State Police. A veteran of two World Wars, Munshower had headed the State Police before. He had also served twice before as the mayor of Frederick.

POLICY: The publisher of *The Catoctin Banner* reserves the right to revise, reclassify, or reject any advertisement or any article for any reason, at any time, and to omit all copy when not submitted in time to conform with deadline. The views expressed in advertisements may not be those supported by the staff of *The Catoctin Banner*. The deadline for submission is no later than the middle of the month prior to the issue month. Information and advertising copy received after the deadline will be accepted at the discretion of the publisher. The publisher assumes no liability for misinformation, misprinting, or typographical errors. The publisher reserves the right to edit all submitted material.

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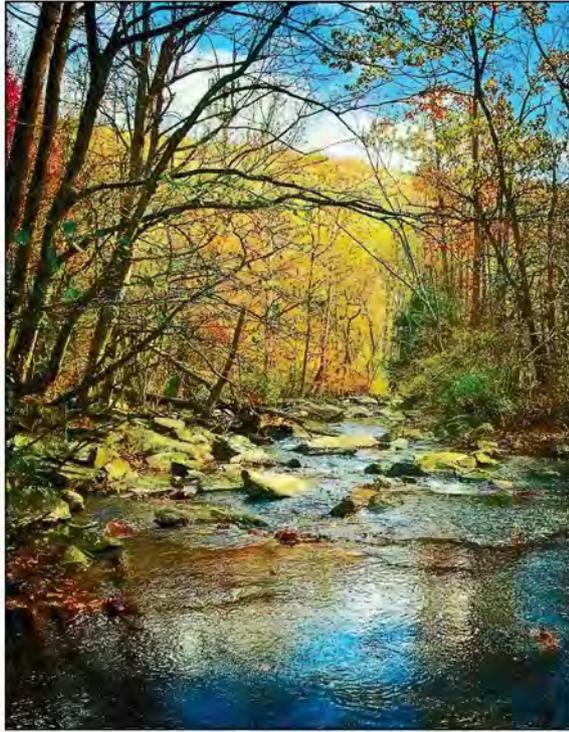
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Cover Photo | Congratulations to Bob Jester, winner of The Catoctin Banner's 1st Annual Photo Contest, with his photograph "Owens Creek Catoctin Mountain."



Finding Beauty in Every Season Bob Jester Captures First Place

ALISHA YOCUM

(left) Bob Jester's winning photograph, "Owens Creek Catoctin Mountain," voted on as the favorite by *Catoctin Banner* readers.

(right) Bob Jester photographs as a hobby, but had a unique opportunity to photograph his friends in Kix during their concerts.

Photo Courtesy of Bob Jester



When *The Catoctin Banner* announced its 1st Annual Photography Contest, celebrating local landscapes, the response from the community was overwhelming. We published the top ten finalists in the February issue and left it up to you—our readers—to determine the winner.

One image rose above the rest: a stunning photograph by Bob Jester that perfectly captured the beauty of Owens Creek in the Catoctin Mountains.

Jester, originally from Frederick County, has resided in Carroll Valley, Pennsylvania, for the past 32 years. He served in the United States Marine Corps from 1980 to 1986 before beginning a 30-

year career as an executive chef, including time at the Village Tavern in Walkersville. Many may also know him from his business, Jester Computers, which he operated for 25 years in Fairfield, Pennsylvania, and which his daughter now continues.

"I have been interested in photography since I was a teenager, but I didn't take it up as a hobby until I bought my first DSLR [camera] in 2010," Jester said. From there, he taught himself the skills needed through books, online photography classes, and YouTube videos.

While his favorite subjects remain landscapes, especially sunrises and sunsets, Jester has

dabbled in a variety of different types of photography. Perhaps most notably, he photographed concerts for his friends in the platinum-recording band Kix, known for hits such as "Don't Close Your Eyes."

Lately, his new interest has been on macro photography, which is extreme close-ups of small subjects, as well as phases of the moon, portraiture, and still life.

In recent years, Jester faced one of life's most difficult challenges: a diagnosis of incurable stage 4 cancer. Despite this reality, he remains optimistic. Ongoing treatments have been largely

effective, allowing him the time and energy to devote himself more fully to photography, a passion that has brought him peace and purpose.

Jester is married to Mary Ellen, his wife of 41 years, and they have two daughters, Mandra Jester-Burris and Ayse Marie Stenabaugh, three grandchildren, and one great-grandchild.

Congratulations on winning the inaugural photography contest! Through his lens, Jester reminds us to pause, look a little closer, and find the beauty in every season of life.

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Thank you to all our readers who submitted entries to our very first Catoctin Banner Photography Contest!

Photo Contest Winners

1st Place: "Owens Creek in the Catoctin Mountains" by Bob Jester
 2nd Place: "Where Pasture Meets Mountains" by Dylan Bankard
 3rd Place: "Eyler's Valley Chapel" by Debbie Wivell.

Start snapping photos for next year's Photography Contest! The theme will be animals (don't forget, images must be in vertical format).

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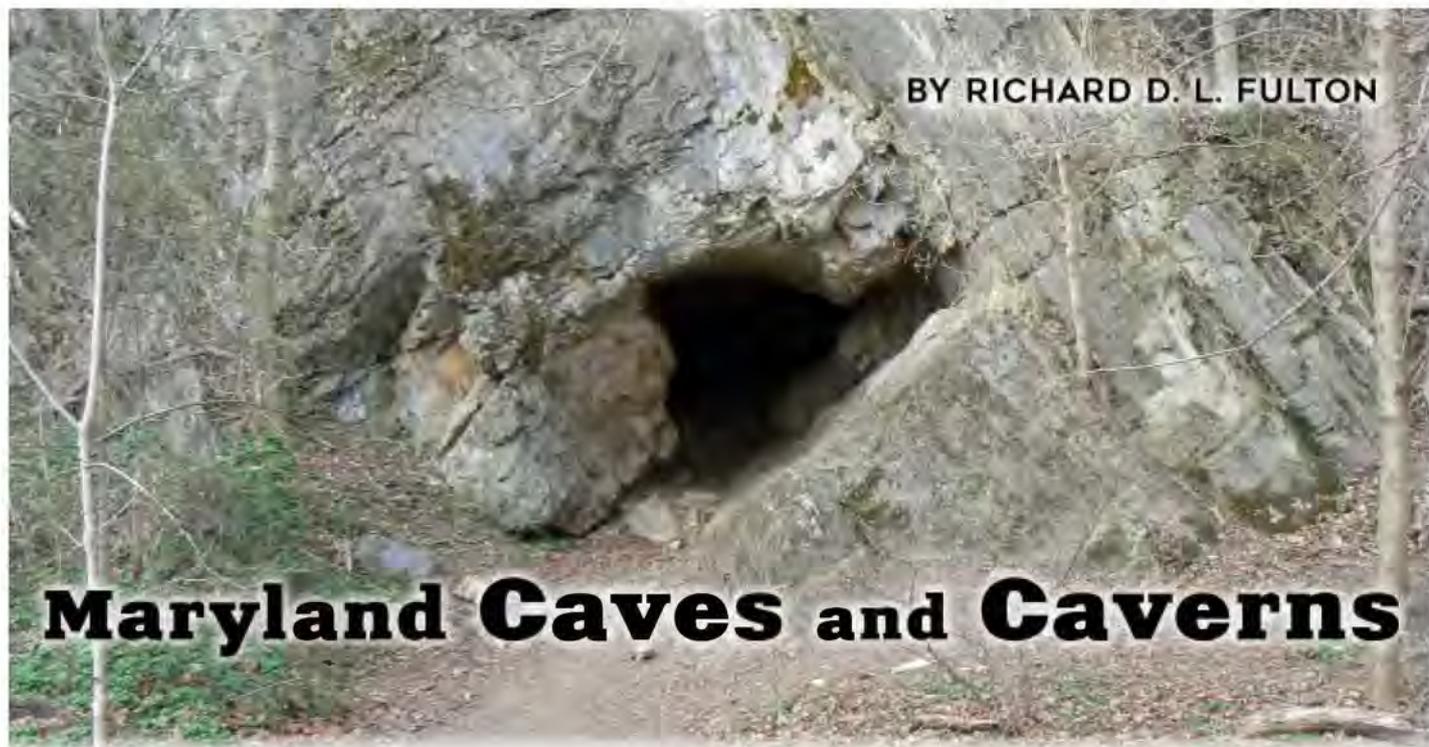
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BY RICHARD D. L. FULTON

Cave along CEO Canal, Washington County. Source: Wikipedia.com

Maryland Caves and Caverns

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~Jules Verne, *Journey to the Center of the Earth*

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For over a million years, and even in modern times, caves and caverns have often provided humans with places to live, to practice religious or ceremonial rites, or to seek shelter from weather or war.

A myriad of wildlife has employed caves and caverns, dating as far back as 200 million years ago, for shelter and dens, for safety from predators, for protection against the elements, for breeding and hibernation habitats, and for predators to hide their kills from other predators. The oldest known cave and cavern dwellers, whose bodies had actually become modified through time, specifically to live underground, were 100-million-year-old cockroaches, according to nature.com.

However, the fossilized skin impressions and bones of a reptile that lived approximately 290 million years ago, found in the

context of a prehistoric cave, suggested that the animal may have been a cave dweller.

There is indeed a definite difference between what is considered a cave and what is considered a cavern.

A cave can be any naturally occurring underground cavity that is deep enough that some portion of it never receives sunlight. A cavern is basically a large cave that was formed as the result of water passing through water-soluble rocks, such as limestone (and which commonly results in the development of formations such as stalactites, stalagmites, cave onyx, and many other such attractive, natural features).

There are more than 50 caves and caverns that have been discovered in Maryland. Those listed below are a few of the more interesting ones, although not all of them remain accessible.

The Lost Cavern of Cavetown

One of the classic caverns of Maryland no longer exists. The author visited this cavern in the 1960s, wherein he was able to collect numerous specimens of "cave onyx (banded, lapidary quality, chalcedony)" and other cavern formations. The cavern had once become so famous that a town was ultimately named after it.

This would have been Bishop's Cave or Bushey's Cave (depending on who owned the cavern for a period of time), which gave rise to the name of Cavetown in Washington County.

The cavern formations were readily collectible, as the cavern was in the process of being destroyed by quarrying operations, and one had but to hunt the piles of "spoils" for specimens. The cavern was even visited and described

—continue reading on page 9

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by Charles Mason and Jeremiah Dixon in 1767, the duo who had established the Mason-Dixon Line. The cavern was opened for tourism by James Camp in 1823 for a fee of six and a half cents, according to the *Herald Mail* (heraldmailmedia.com).

Quarrying operations began to destroy that cavern—as well as the underground lake it had once contained—in 1925 and continued into the 1960s.

Monocacy River Cave

The Monocacy River Cave is a small cave located northwest of Walkersville, off Route 15 in Frederick County, according to the Maryland Geological Survey.

The cave (not a cavern) is a wild cave (non-commercially developed), specifically located east of Hansonville (just above the powerline), approximately 20 feet above the east bank of the Monocacy River, according to the Maryland Geological Survey (MGS), and is located in the 485-500-million-year-old Frederick Limestone.

The MGS further stated on its website that the “entrance is 4-foot wide and 2-foot high, at the base of a small cliff. The cave extends for 25 feet to the southeast as a crawlway and continues as a 10-inch tube.”

The state does not note ownership, which should be determined by any intended visitors, and permissions, if necessary, be obtained.

Killiansburg Cave

One of Killiansburg Cave’s claim to fame is that it was in this cave that residents of Sharpsburg and army deserters had sought shelter outside of town during the 1862 Battle of Antietam.

The cave (also a “wild cave”) is located at mile marker 75.61 (or 75.7) of the C&O Canal, and roughly one mile downriver from Snyder’s Landing Road, near the Potomac River, about two miles west of Sharpsburg, according to crossroadsofwar.org.

Reportedly, Killiansburg Cave is still accessible to the public.

Several other small caves (referred to as the Snyder’s Landing caves) can be spotted from the canal near the Killiansburg Cave, according to theriverbendretreat.com.

Cumberland Bone Cave

Potentially one of the most significant of Maryland caves is the Cumberland Bone Cave due to the immense amount of remains of prehistoric animals that were recovered from it.

The Bone Cave was discovered in 1912 when the Western Maryland Railway was clearing a right-of-way for proposed trackage.

The discovery resulted in the recovery of the bones of some 40 species of prehistoric mammals, including those of saber-tooth cats, cave bears, woolly mammoths, mastodon elephants, pumas, badgers, wolverines, wild pigs, and bison, to name a few. Of the 40 species, 28 were extinct animals.

“Today, very little of this cave is still exposed. Remnants may be seen on the south wall of the railway cut at the level of the roadbed,” notes a historical marker located at the site, which had been erected by the Mountain Maryland Trails and Maryland State Highway Administration’s National Recreational Trails Program.

For more information on this cave and to find out what the remains of the prehistoric animals were that were recovered from within, refer to “Maryland’s Atlantis” in the December 2025 edition of *The Catoctin Banner*, which is accessible in the newspaper’s online archives.

Crystal Grottoes Caverns

Crystal Grottoes Caverns is a family-run, commercially-operated cavern complex located along Maryland Route 34, between the town of Boonsboro and the Antietam National Battlefield, at 19821 Shepherdstown Pike, in Boonsboro. It is also the only cavern system open to the public in Maryland.

The cavern complex was initially discovered by construction workers in 1920, who were engaged in quarrying limestone for road work. The cavern was opened to the public in 1922.

The underground complex was created by subsurface waters flowing through 500-million-year-old limestone, creating a myriad of impressive rock cavern formations. The sections open to the public comprise some 900 feet of passageways, according to the Crystal Grottoes Caverns website (crystalgrottoescaverns.com). The



Cave formation in Crystal Grottoes Caverns, near Boonsboro and Sharpsburg.

cavern staff offers guided tours. For additional information and rates, visit the website.

Conclusion

In addition to providing educational experiences, commercial cavern tours generated, worldwide, \$1.42 billion in 2024, and are projected to generate \$2.67 billion annually by 2033, according to dataintelo.com.

For a list of identified caves and caverns in Maryland, visit the Maryland Geological Survey website at mgs.md.gov and search for online copies (available via the Maryland.gov website) of *The Caves of Maryland* by William E. Davis.

“Wild caves” can be dangerous. When exploring “wild caves,” never explore alone, and make sure you have any applicable permissions needed. Also, be sure to refer to the U.S. Department of Agriculture Forest Service website on cave safety at fs.usda.gov/visit/know-before-you-go/cave-safety.

Case in point: CBS News reported on January 25, 2012, a story headlined “20-Year-Old Hopkins Student Rescued After Becoming Trapped in Washington Co. Cave,” in which the victim was pinned by their knee in a hollow in the cave, 250 feet from safety. The operation to free the individual took over two hours.

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TOWN HALL REPORT

BY JAMES RADA, JR.



THURMONT

For more information on the Town of Thurmont, visit www.thurmont.com or call 301-271-7313.



From the **MAYOR**

THURMONT
Mayor John Kinnaird

Charter Review Committee Established

The Thurmont Mayor and Commissioners passed a resolution to establish a charter review committee, which will review the current town charter and make recommendations to the mayor and commissioners of suggested changes by September 1, 2027.

The mayor and commissioners also approved the following residents to serve on the committee: Members—Kevin McGuire, Wes Hamrick, Ross Lillard, Michael Toms, Louis Powell Jr., Sally McIlrath, and Kenneth Oland; Alternates—Meredith Wivell, Bill Blakeslee, and Sarah Waldron.

Impact Fee Changes Discussed

The Thurmont Mayor and Commissioners recently discussed possibly increasing the impact fees the town charges developers for each new housing unit built in town. This has been an ongoing discussion, and the suggestion is to increase fees by around 2.81 percent. This would only keep the fees current with increases to the Consumer Price Index. They are also considering creating an emergency services impact fee to cover the increased need for police, fire, and ambulance service that new development creates. The proposed increases are:

- Water connection fee: \$4,145 to \$4,300
- Water impact fee: \$3,935 to \$4,100
- Wastewater connection fee: \$5,065 to \$5,200
- Wastewater impact fee: \$5,575 to \$5,800
- Roads impact fee: \$2,760 to \$2,900
- Parks impact fee: \$1,840 to \$1,900
- Emergency Services impact fee: \$0 to \$1,500

The total of all impact fees would increase from \$23,320 to \$25,700. The commissioners plan to vote on these changes at a future meeting.

Town Receives a Clean Audit

Mike Samson and Frank Posega with Zlenkofske Axelrod, LLC, presented the results of the annual independent audit of Thurmont's financial statements for Fiscal Year 2025. Zlenkofske Axelrod, LLC, gave the town an unmodified or clean opinion, which is the highest rating that can be given. The auditors had one concern, which Chief Administrative Officer Jim Humerick said had been addressed and would be reflected in the audit of Fiscal Year 2026. The issue involved language that was recommended to be added to contractor agreements and third-party contracts with contractors.

Thurmont May Institute Fee for Credit Card Payments

The Thurmont Mayor and Commissioners continue to discuss the idea of charging a fee for credit card payments of water, sewer, and electric bills. The fee could be a convenience fee (flat charge) or service fee (percentage of bill). The goal would be to offset the roughly \$175,000 the town pays annually to process credit card payments.

New Board Appointment

The Thurmont Mayor and Commissioners recently approved the reappointment of Kenneth Oland to serve on the Thurmont Board of Appeals.

Thurmont will be celebrating its 275th Anniversary this year, having first been settled in 1751 by families of Pennsylvania-German descent. The settlement grew into a successful community of small businesses dependent on Hunting Creek to power mills and machinery. The town was initially known as Mechanicstown due to the number of manufacturers. By the late 1800s, the town was renamed Thurmont, a name coined by Charles Cassell. Mr. Cassell said the name meant "Through the Mountains."

In the December 14, 1922, edition of the *Catoctin Clarion*, the following poem, "Thurmont," by Folger McKinsey, well-known as The Bentztown Bard, was published. McKinsey was a lifelong writer, poet, and storyteller. Early in his career, he was the Editor of the *The Daily News* and *Weekly News* of Frederick. It was during his time in Frederick that he adopted his pen name, "The Bentztown Bard." McKinsey went on to write for *The Baltimore Sun* for 42 years.

"Thurmont lies at the foot of the hills. And its street runs into the mountain. And very near and the singing rills, And the foam of a forest fountain; And the old homes stand in such friendly guise, As if to welcome you in, From the world of struggle and strife and lies, And hatred, evil and sin.

All day long the seasons flow, And the peaks and ridges beyond it, Are telling of dreams that come and go, The orchards that softly frond it, Are telling of dreams that come and go, And the lovely park in it's quiet peace, Brings back as fine a story, Of the lads that served for the great increase, Of freedom and glory.

Thurmont stands with its back to the blue, Of the hills, and looks away, To the vales that lie in the frost and dew, And the mists of the autumn gray; And wandering spirits of fancy dwell, In the nooks and the lovely hollows, And ever the kiss of the mountain spell, The way of the wanderer follows.

Thurmont, high on the hoary knob, And yet so nestled down, In the tender arms of the mystic hills, That dream of the mountain town; As I shall dream, as I go my way, Remembering, aye, so long, How the autumn sun shone yesterday, On its peace and beauty and song!"

Over the years, Thurmont has had several historians, each of whom has researched and written chapters of our community history. I hope to highlight some of our history here over the next year.

Karen and I hope everyone enjoys the wonderful month of March!

As always, I can be reached via email at jkinnaird@thurmont.com and by phone at 301-606-9458.

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TOWN HALL REPORT

BY JAMES RADA, JR.



EMMITSBURG

For more information on the Town of Emmitsburg, visit www.emmitsburgmd.gov or call 301-600-6300.

Solar Fields Helping Town Save at EV Stations

Emmitsburg Town Manager Cathy Willets provided the Emmitsburg Board of Commissioners with a comparison of town's EV station costs using solar and power through Potomac Edison. During January through June last year, the stations used 15,213 KWh, all provided from Potomac Edison. The average cost per KWh was 23 cents. For the second half of 2025, power to the EV stations came from both Potomac Edison and the solar fields. For this, the stations needed 18,405 KWh at an average cost of 16 cents per KWh. The result is that the use of solar power for the EV stations reduced the average cost per KWh by 30 percent. For last year, although more KWhs were used for the second half of the year, the cost was significantly less.

Town Receives a Clean Audit

Michelle Mills and Addie Blickenstaff, CPAs with Deleon and Stang, presented the results of the annual independent audit of Emmitsburg's financial statements for Fiscal Year 2025. They gave the town an unmodified or clean opinion, which is the highest rating that can be given. The auditors did have a concern over how the town is allocating salaries and benefits to employees working in multiple departments. This has mainly arisen over actions the Board of Commissioners directed to try and shrink the water fund expenses.

The town has assets of \$50.5 million, up 13.5 percent over 2024. The town's liabilities are \$10.3 million, up 38.8 percent over 2024. General fund revenues were \$2.6 million, up 2.7 percent over 2024 and general fund expenses were \$2.4 million, up 18.9 percent over 2024.

Budget Transfers Made

The Emmitsburg Board of Commissioners approved \$181,340 in budget transfers from the Fiscal Year 2025 budget:

- \$45,000 — to retail strategies Revitalize Downtown.
- \$11,088 — to cover the shortfall for a new rooftop heating unit.
- \$5,300 — to purchase a storage shed for ball field no. 3.
- \$25,000 — for paving.
- \$80,100 — to the Memorial Park Playground mulch project.
- \$14,852 — to the Green Street project.

Storm Inlet Project Bid Award

The Emmitsburg Board of Commissioners awarded Hobbs Excavating, LLC, the contract to replace the storm inlet on Federal Avenue to deal with the drainage problems on the street. "During heavy rain, water often ponds in the roadway since the existing storm drainpipes and inlets are old, partially clogged, and undersized," according to town documents. Hobbs Excavating will remove the deteriorated pipes, install new 18-inch reinforced concrete pipes, build two new storm drain inlets, and make grading adjustments to allow water flow into the system properly. The project will be funded from the sewer fund.

New Grant Awarded

The Town of Emmitsburg recently received a \$13,000 Sustainable MD grant with no match from the town required. The money will be used to expand the Emmitsburg Community Garden on Cedar Avenue by purchasing a small 8.5-foot x 8.5-foot greenhouse, more raised beds, rain barrels, a rules sign, a lawn mower, and a bench.

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From the **MAYOR**

EMMITSBURG
Mayor Frank Davis

I want to start by thanking our citizens for their cooperation and teamwork during the recent snow event. This was a tough storm, with the layer of ice we received on top of eight inches of snow. This was a good reminder for us to keep in mind that not every storm is the same. Snow removal was difficult, time-consuming, and created challenges. Our maintenance staff has developed an updated plan that can be implemented as needed and will bring in additional resources as conditions warrant. Together, we will continue to bring the least amount of disruption to your everyday life and, at the same time, keep roadways open for emergency services.

Beginning on March 24, in collaboration with the Emmitsburg Library, we will be hosting four sessions of "Straight Talk with Mayor Davis." The event will be held on the fourth Tuesday of March through June, starting at 7:00 p.m. at the Emmitsburg Library. Each month, we will spend 10-15 minutes talking about a specific topic. Then, the floor will be open for questions from you. I look forward to meeting with you to hear your concerns and answer your questions.

I don't want to disappoint you, so let's talk water. Every billing cycle, we have over 150 customers who are late paying their utility bill. I am asking for suggestions on how we can help people pay on time. Late payments not only put a burden on our customers, but staff spend hours recalculating and sending late notices. I know I'm opening myself up to criticism and wisecrack answers, but I just want to help. Please email your ideas and suggestions MayorDavis@EmmitsburgMD.Gov.

It is several months away, but please mark October 17 on your calendar. We will be holding our first "Fall Fest" in the E. Eugene Myers Community Park. More details will be coming soon, so save the date.

As always, if you have any questions or concerns, or just want to chat, please give me a call.

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From the **BURGESS**

WOODSBORO
Burgess Heath Barnes

I am sure many will agree with me when I say Happy Spring. I am so glad to see spring arriving this month, especially after the snowstorm at the end of January that was brutal for a lot of the area.

We had a short monthly meeting in February, but we do have a few things going on in town that I want to talk about. I want to thank the town staff that worked so diligently during the snowstorm. I appreciate everyone who came together to help a neighbor out, etc., during the snowstorm. There were several who came together to help the town out as well, and I appreciate it. The storm, with the way it turned into ice so quickly, really crippled some of the equipment we have as a town to get it removed quickly, so some outside resources were brought in to assist. This storm opened our eyes to some shortfalls we have as far as snow removal, which has us putting a plan in place should we have a storm like this again.

I want to personally acknowledge a young man in town for all the hours he spent shoveling snow and helping so many who could not complete the tasks themselves. The young man is Cayden Purdy, and I personally, on behalf of the town of Woodsboro, say thank you, and the town is lucky to have you as a part of it.

The annual Easter Egg Hunt in the town park will be on Saturday, March 28. This event is sponsored by the Woodsboro Volunteer Fire Department and the Town of Woodsboro. The event will begin at 2:00 p.m., sharp. Please see the advertisement in this month's edition of *The Catoctin Banner* on page 5. We are accepting candy donations through March 11 at the town office or the fire department. We will be having an egg-stuffing party at the fire hall on March 11 at 6:00 p.m. Last year, we stuffed 4,500 eggs, and we plan to do that amount or more this year, so any help in stuffing the eggs would be greatly appreciated.

I am happy to announce that all six slots for the food trucks in June through August, along with the food trucks for the Woodsboro Days (on October 17 this year), have been filled. The food truck nights will take place on the second and fourth Mondays in June, July, and August, between 4:30 p.m. and 7:30 p.m.

I am happy to announce that the town has filled the planning and zoning administrator and code enforcement roles that both became vacant at the end of last year. We have hired one person to fill both roles. We are excited about the experience he has in both roles.

As always, I encourage everyone to support Glade Valley Community Services (GVCS) if you have clothes or food donations, as they are always in need of items for members of the community. For more information, please contact GVCS by email at gvcs.inc@verizon.net or by calling 301-845-0213.

If you have any questions, concerns, complaints, or compliments, please feel free to reach out to me at hbarnes@woodsboro.org or by phone at 301-401-7164.

Woodsboro town meetings are held on the second Tuesday of each month at 7:00 p.m. In addition, planning and zoning meetings are at 6:00 p.m. on the first Monday of the month, as needed. If you have an item for the agenda, it needs to be submitted 14 days before the P&Z meeting. The current location for meetings is the St. John's United Church of Christ, located at 8 N. 2nd Street, Woodsboro, MD 21798. The public is always invited to attend.

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Friendship Airport Dedication

RICHARD D. L. FULTON

A special cover was issued, commemorating the dedication in recognition of the opening of the Friendship International Airport, which had been located nine miles south of Baltimore in Anne Arundel County, on June 24, 1950.

Celebratory covers, such as the Friendship International Airport cover, were not printed by the United States Postal Service (USPS), but rather, produced by organizations or other entities. However, the Friendship airport covers issued on the date of the opening of the airport were postmarked at the post office located at the Friendship International Airport.

A variety of stamps were used by the senders—depending on the sender's preference—on the covers, the one depicted had employed the standard, six-cent airmail stamp.

According to the Maryland Center for History and Culture's website, the airport was named after the Friendship United Methodist Church, located in the unincorporated community of Friendship.

But in 1949, as construction of the airport progressed, a debate continued as to what role the new airport would play in the grand scheme of things. Many legislators were concerned about the congestion of commercial air traffic, mixed with military air traffic, which had been experienced at the existing Washington National Airport.

Debate continued back and forth through 1949 as to whether the Friendship Airport (then also referred to as the Friendship Church Airport) would be of help with the congestion issues, or if it would complicate matters, or

have no impact at all, according to articles published in *The Baltimore Sun* on November 5, 9, and 11, 1949. Ultimately, as completion progressed, Friendship Airport prevailed as serving as "co-terminal," and then became referred to as the Friendship International Airport in the process.

Upon opening on June 24, 1950, the estimated cost of the construction was over \$15 million dollars, according to the June 24, 1950, edition of *The Baltimore Sun*. The facility had four runways, three of which were 150 to 200 feet wide. Two of those runways were 6,500 feet in length, and the third was 10,000 feet in length. The terminal and runways were sited on 3,300 acres of "obstruction-free land (according to a Friendship International Airport advertisement).

The airport was officially dedicated on June 24, with considerable fanfare, and was attended by around 10,000 individuals, including keynote speaker, President Harry S. Truman, according to the June 24 edition of *The Sun* newspaper, scheduled airline service did not actually begin until August.

At the end of his eight-minute speech, Truman concluded with, "Now I dedicate the Friendship National Airport to the growth and development of our country. I dedicate this great airport to the cause of peace in our world." The airport was then blessed by the then-Archbishop of Baltimore, Francis Patrick Keough, who then, following the blessing ceremony, became the first high-ranking Catholic cleric to surveil an

Source: Collection of Richard D. L. Fulton



1950 Friendship International Airport dedication cover.

archdiocese from the air, *The Sun* had reported.

During 1972, the State of Maryland, via the state Department of Transportation (MDOT), purchased Friendship International Airport from the City of Baltimore for \$36-million dollars, according to bwiairport.com, resulting in the State Aviation Administration then assuming control of the airport operations.

In 1973, Friendship International Airport was renamed, as then being Baltimore/Washington International Airport (BWI), and significant major upgrades then commenced, stretching into the 21st century.

In 2005, BWI was renamed Baltimore/Washington

International Thurgood Marshall Airport to honor Supreme Court Justice and Marylander Thurgood Marshall.

In January 2025 (the most recent statistics posted on the BWI website), BWI, sometimes referred to as BWI Thurgood Marshall Airport, reported that the airport's total passenger count in January was 1,616,414 individuals (a decrease of 9.8 percent from the preceding January), that they transported a total of 37 million pounds of cargo (a decrease of 10 percent from the preceding January), and that they experienced 17,070 flights (a decrease of 6.4 percent from the preceding January), according to the BWI website.



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Kit, 3 Bdrms/ 1 F Bath/
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COMING SOON



17773 HARBAUGH VALLEY RD, SABILLASVILLE, MD

\$499,900

1 Bdrm/ 1 Bath/ 57 Acres/ Rustic Log Cabin (1964)/ Cozy Retreat w/ Stone FrPl/ Open Concept Din-Kit w/ Vaulted Ceiling, Loft Area/ Slate Flrs/ Newer roof (2024)/ Several Sheds/ Private Retreat Atmosphere



Call **Cindy Crimes**
301-788-5354
MD, PA & WV

COMING SOON



811 ANTIETAM DR, HAGERSTOWN, MD

\$149,900

3 Bdrms/ 1.5 Baths Quarter Acre Lot/ 3 Lg Bdrms/ Hardwood Floors/ New Windows/ Newer Roof, W/ Heater & Furnace/ Many Outbuildings/ Detached Garage w/ Loft space/ Driveway Parking Call Kelly Weddle



Call **Kelly Weddle**
301-693-7232
MD & PA

COMING SOON



429 RAMBLEWOOD CT, EMMITSBURG, MD

\$525,000

4 Bdrms/ 2.5 Baths One Owner/ Cul-de-sac/ ML Traditional Layout/ FrPl/ Fenced Backyard/ Concrete Patio w/ Pergola/ ML Laundry/ Unfinished LL w/ Bath Rough/ Attached garage/ Newer roof



Call **Beth Ohler**
240-315-5376
MD & PA

UNDER CONTRACT



17 EAST ST, THURMONT, MD

\$339,000

4 Bdrm/ 2 Bath Hdwd Flrs/ Lg Kit/ Updated Bathrms / Lg Level Lot/ Fenced Yard/ Off-Street Parking/ Detached Garage



Call **Elle Smith**
301-401-8620
MD & PA

UNDER CONTRACT



9507 HIGHLANDER CIR, WALKERSVILLE, MD

\$549,900

Formal LR & DR/ Kit w/ SS Appl & Cherry Cabinets/ Partial Finished LL/ Kit Reno (2003)/ Ext Siding & Vinyl Windows (2006)/ HVAC (2006)/ Solar Panels (2013)/ Front Porch & Walkway (2016)/ Asphalt Roof (2020)/ LeafFilter Gutters w/ Lifetime Warranty (2024)/ Yr Home Warranty Included



Call **Nicole Lapera-Holler**
301-748-6393
MD

UNDER CONTRACT



14069 HOOVERS MILL RD, ROCKY RIDGE, MD

499,900

3 Bdrms/ 3 Baths/ Rancher on 3.27 Acres/ Mountain Views/ One Level Lvg/ 2 Detached 2-Car Garages/ Front Porch/ Dual-Zone HVAC/ Whole-House Generator



Call **Cindy Crimes**
301-788-5354
MD, PA & WV

UNDER CONTRACT



9320 ROCKY RIDGE RD, ROCKY RIDGE, MD

\$310,000

3 Bdrm/ 1 Bath/ Rancher/ .36 Acre Lot/ Updated Flrs/ Unfinished LL/ Shed



Call **Carroll Glass**
240-674-2538
MD & PA

Bingo — Every Friday Night

The Thurmont Community Ambulance hosts its Friday Night Bingo every Friday! Come out to the Thurmont Event Complex every Friday night to play Bingo! Doors open at 5:00 p.m. Bingo starts at 7:00 p.m. Bingo also features tip jars, food, and a jackpot of up to \$1,500! Proceeds benefit the Thurmont Community Ambulance Service. View the advertisement on page 50.

Coach Bag & Money Bingo

Get your tickets for the Coach Bag & Money Bingo on Sunday, March 15, at the Thurmont Event Complex. Doors open at 11:00 a.m. Bingo starts at 1:00 p.m. Bingo features 28 games total, with 12 games paying \$150, 14 games of Coach bags, a halftime game of \$500, and a final game of \$1,000. Cash bar and kitchen will be open. Proceeds benefit the Thurmont Community Ambulance Service. View the advertisement on page 51 for more details and information on how to get your tickets today!

AMVETS Catfish & Chicken Fry

Come ready to eat for the AMVETS Post 7 Catfish & Chicken Fry on Saturday, March 14. Doors open at 3:00 p.m.; feed is from 4:00 to 6:00 p.m. Tickets are \$20.00 each and include soda and "AMVETS Milk." Must be 21 or older to attend. View the advertisement on page 47.

Spring Eggstravaganza Craft & Vendor Event

Have cabin fever? Stop by the Spring Eggstravaganza Craft & Vendor Show at the Thurmont Event Complex on Saturday, March 21, from 9:00 a.m. to 3:00 p.m. Food is available for purchase. There will be an Easter Egg Hunt and a visit from the Easter Bunny at 11:00 a.m. All proceeds benefit the Thurmont Ambulance Company. View the advertisement on page 45 for more information.

Rocky Ridge Volunteer Fire Company Bingo

Mark your calendars for the next Bingo at the Rocky Ridge Volunteer Fire Company in Rocky Ridge on Saturday, March 14. Doors open at 5:00 p.m., with games starting at 7:00 p.m. Come hungry! Food is available for purchase. View the advertisement on page 39.

Lions Club Easter Sunday Egg Hunt

The Thurmont Lions Club Easter Egg Hunt is back! Bring the kids on Easter Sunday, April 5, at promptly 2:00 p.m. to the Thurmont Town Park. The event is open to ages birth to 12. The top eggs have \$20.00 (one for each age group). Eggs are filled with candy, money, and surprises. View the advertisement on page 39.

Real Estate Auction — Emmitsburg

Looking to purchase a farm? Hurley Auctions will be selling a 111+ acre farm at 16751 Scott Road in Emmitsburg on April 10, at 1:00 p.m. Tour the property on March 28, from 10:00 a.m. to 12:00 p.m., and on April 1, from 12:00 to 2:00 p.m. View advertisement on page 7.

Parks & Rec Spring & Summer Registration

Looking for a camp or program for the spring or summer? Registration is now open. Don't wait, spots fill fast! Frederick County Parks & Rec offers programming for all ages. Visit recreator.com or view the advertisement on page 37.

AMVETS Post 7 Ladies Auxiliary Monthly Bingo

Bingo is back at the Thurmont AMVETS Post 7! The Ladies Auxiliary will host Bingo on the third Wednesday of each month, starting at 5:00 p.m. Upcoming dates are March 18, April 15, and May 20. For more information, view the advertisement on page 28.

Carriage House Easter Buffet

Make your reservations for The Carriage House's Easter Buffet & Special Menu on April 5, from 11:00 a.m. to 5:00 p.m. The cost is \$40.00 for adults, \$17.00 for children, and free for children ages three and under. View the advertisement on page 26 for more information.

Tom's Creek Easter Services & Easter Egg Candy Fundraiser

He is Risen! Join Tom's Creek UMC for its Easter services, including: Palm/Passion on March 29 at 9:00 a.m.; Maundy Thursday on April 2 at 7:00 p.m.; Good Friday Tenebrae on April 3 at 7:00 p.m. at the Taneytown UMC; Easter Sunrise Service on April 5 at 6:30 a.m. at the Grotto Chapel; and Easter Worship on April 5 at 9:00 a.m. Support the church by purchasing Homemade Easter Egg Candy: milk chocolate with peanut butter and dark chocolate with coconut. The cost is \$15.00 per dozen and \$8.00 per half-dozen. View advertisement on page 27 for ordering information.

A Night at the Races

Place your "bet" for a chance to win cash at the Mother Seton Home School Association's A Night at the Races on Saturday, April 25, from 5:30 to 10:00 p.m. The evening will include games of chance, live and silent auctions, and a catered dinner by The Carriage House. View the advertisement on page 27 for more information.

Thurmont Top Shots

The spring season of trapshooting is beginning at the Thurmont Conservation Club. Join them on March 17 at 6:00 p.m. for the Trapshooting Interest/Registration Meeting & Practice. Open to ages 9-22. View the advertisement on page 26 for more information.

Vigilant Hose Company's Spring Fling

Get your tickets now for Vigilant Hose Company's Annual Spring Fling on Saturday, May 9. Gates open at 10:30 a.m., with the first drawing at noon. Tickets are \$100 and are good for two people (includes food and drinks). Purchase your ticket by April 1 for a chance to enter the Early Bird Drawing for two \$1,000 prizes. View the advertisement on page 25 for ticket information.

Real Estate Auction — Cascade

Looking to purchase a home? Hurley Auctions will be selling a colonial-style home and adjacent lot at 14516 Pen Mar High Rock Road in Cascade on March 16 at 3:00 p.m. Tour the property on March 7, from 12:00 to 1:00 p.m., and March 12, from 4:30 to 5:30 p.m. View advertisement on page 25 for more information.

Easter Cash Bingo

Need some extra cash for Easter? Join the Rocky Ridge Volunteer Fire Company on April 4 for the Easter Cash Bingo. Doors open at 11:00 a.m. Bingo begins at 12:30 p.m. Bingo includes a \$1,000 jackpot. Pre-order tickets for \$25.00. View the advertisement on page 25 for more information.

LOOK WHO TOOK US ALONG!

Take our newspaper along with you on your travels—day trip, adventure, hike, vacation—anywhere!
Have someone take a photo of you holding *The Catoclin Banner*, and your photo could be included in a future issue!
Send your photo, along with the details of where you traveled, name(s) of person(s) pictured, and any details you would like to add, and email it to us at:
NEWS@THECATOCLINBANNER.COM
(Subject Line: Take Us Along)

Spring Soup & Sandwich Sale

Think spring and order some delicious soups and sandwiches from Emmanuel Baust United Church of Christ In Taneytown. Soup is \$8.00 per quart (three kinds available), and sandwiches will be served cold (three kinds available). Pre-order by March 14. Orders can be picked up on March 21, from 12-3 p.m. Call 410-857-0416 or email sandys46@netscape.com. View the advertisement on page 25.

Bag & Cash Bingo

Want to win cash or a designer bag? Grab your tickets for the Vigilant Hose Company's Bag & Cash Bingo on Sunday, March 22, at the VHC Activities Building. Doors open at 11:00 a.m., and games start at 1:00 p.m. Tickets are \$25.00 each. To purchase tickets, call the VHC members listed in the advertisement on page 11.

Thurmont Ambulance Company Egg Hunt

Children (ages birth-12) should bring their baskets for the Thurmont Ambulance Company's Easter Egg Hunt on Saturday, April 4, at the Thurmont Event Complex. The hunt will start promptly at 1:00 p.m. Enjoy a visit from the Easter Bunny! This event is free. View the advertisement on page 22.

The Journey to the Cross & Easter Services

Deerfield UMC presents the moving performance of "The Journey to the Cross" on March 29 and April 3 at 7:30 p.m. in Sabillasville. Join them again on Easter Morning at 10:30 a.m. to experience the resurrection. Easter Services will also be held at Mt. Zion UMC, located at 13010 Mt. Zion Road in Sabillasville, at 7:00 a.m., with Easter breakfast following and a 9:00 a.m. service. View the advertisement on page 20.

Harriet Chapel Easter Services

You are welcome to join Harriet Chapel for the following services: Palm Sunday, March 29, at 9:00 a.m.; Maundy Thursday, April 2, at 7:00 p.m.; Good Friday, April 3, at 7:00 p.m.; Easter Sunday, April 5, at 9:30 a.m. with an Easter Egg Hunt to follow. View the advertisement on page 19 for more information.

Slippery Pot Pie & Country Ham Sandwiches Sale

Grab some delicious food to warm you up at the Lewistown Methodist Church Slippery Pot Pie & Country Ham Sandwich Sale. Chicken Pot Pie: \$9.00; Country Ham Sandwiches: \$5.00. Place advance orders by April 4 by emailing lumcpotpie@gmail.com. Pickup will be Saturday, April 11, from 11:00 a.m. to 4:00 p.m. View the advertisement on page 18.

Easter Sunrise Service at the Grotto

The Emmitsburg Council of Churches is hosting an Easter Sunrise Service on Sunday, April 5, at 6:30 a.m. at the National Shrine Grotto. Special Music by Emmitsburg Community Chorus. View the advertisement on page 13.

Elias Yard Sale & Bake Sale

Stop by and browse for treasures at the Elias Lutheran Church Yard & Bake Sale on March 12, 13, and 14, from 9:00 a.m. to 2:00 p.m. in Emmitsburg. View the advertisement on page 10.

Served with Grace & Oyster Dinners

Graceham Moravian Church will hold its monthly Served with Grace Free Dinner on Monday, March 2, from 5:30 to 7:00 p.m. All are welcome to join. Carry Out Oyster Platter Dinner will be held on Saturday, March 21, from 11:00 a.m. to 4:00 p.m. Dinner includes fried oysters, green beans, au gratin potatoes, cole slaw, and cake for \$18.00. No advance orders needed. View the advertisement on page 8.

ADVERTISE your EVENT & GET a WRITE-UP in AROUND TOWN!
alisha@thecatocinbanner.com

Old Fashioned Bingo

Join the Vigilant Hose Company for Old Fashioned Bingo on Tuesday, March 3, at the VHC Activities Building in Emmitsburg. Doors open at 5:00 p.m. Early bird games begin at 6:50 p.m., and regular games begin at 7:00 p.m. The cost is \$10.00 for the Basic Game Pack, and you get a chance to win a gift card in every basket game. View the advertisement on page 8.

Weller UMC Events

Join the Weller UMC in Thurmont for several upcoming events including: Puppet Ministry on March 15 at the 8:30 and 10:30 a.m. services; Talent Show and Cake & Pie Auction on March 21 at 6:00 p.m.; Palm Sunday Music Celebration on March 29 with a combined service at 9:30 a.m. and a pancake breakfast to follow; Holy Thursday Service, April 2 at 7:00 p.m., and Easter Sunday Services on April 5 at 8:30 & 10:30 a.m. View the advertisement on page 8.

Yard Sale, Crafts & Antiques

The Thurmont Guardian Hose Company is looking for vendors for its event on Saturday, June 6, from 8:00 a.m. to 2:00 p.m. The event will be held at the Thurmont Carnival Grounds. Spots are \$20.00 each. Contact Patty at 301-788-0432. View the advertisement on page 8.

Filled Basket & Cash Bingo

Join the Thurmont Lions Club for the Filled Basket & Cash Bingo on March 22. Doors open at 11:30 a.m. Bingo starts at 1:00 p.m. The cost is \$20.00 per ticket, which includes 20 regular games. Specials sold separately. The event features a \$1,000 jackpot, King tuts, tip jars, 50/50, and raffles. For information on purchasing tickets and more details, view the advertisement on page 7.

Woodsboro Easter Egg Hunt & Kids Easter Bingo

The Town of Woodsboro and Woodsboro Volunteer Fire Company will host an Easter Egg Hunt at the Woodsboro Regional Park on Saturday, March 28, at 2:00 p.m. Come get your pictures with the Easter Bunny! Then, on Sunday, March 22, join them for the Kids Easter Bingo at the Woodsboro Fire Hall. Doors open at 11:30 a.m., and games begin at 1:00 p.m. View the advertisement on page 5 for more information.

Mother Seton School Cash Bingo

Come ready to tow in some cash on Saturday, March 28, at the Vigilant Hose Company (VHC) Activities Building in Emmitsburg. Doors open at 4:00 p.m., and games start at 6:00 p.m. Tickets include dinner and are \$40.00 in advance and \$50.00 at the door. You could win the \$1,000 Jackpot. Purchase tickets at the VHC Bingos, The Palms Restaurant, or by using the QR code in the advertisement on page 5.

Muffins for a Cure Fundraiser

Sailor Art LLC will be selling muffins in support of Ethan Patrick, a child who has been diagnosed with cancer in Florida, at the Thurmont American Legion Pop-up Shop on March 28, from 9:00 a.m. to 3:00 p.m. All muffin sales go directly to the Patrick Family. View the advertisement on page 23.

Egg-Stravaganza

Bring the whole family to First Baptist Church's Annual Egg-Stravaganza on Saturday, March 28, from 2:00 to 4:00 p.m. The rain date is April 4. The event will offer games, crafts, an egg hunt, free snow cones, puppets, raffles, photos with Mr. Bunny, a moon bounce, and more! View the advertisement on page 3.

PET OF THE MONTH  **SEND IN YOUR BEST BUDDY!**

Email us a photo (high resolution) of your pet for inclusion in a future issue! Include your name(s), pet's age, breed, personality traits, likes and dislikes, and any other fun details you'd like to add!

→ send to: NEWS@THECATOCTINBANNER.COM

Slippery Pot Pie & Country Ham Sandwiches **Take-Out**

Advance Orders by Saturday, April 4

Chicken Slippery Pot Pie \$9/Quart
Country Ham Sandwiches \$5/ea.

Pick-Up Saturday, April 11
11:00 a.m. - 4:00 p.m.
Baked Goods will be available

Place orders by email at lumcpotpie@gmail.com
Please indicate: quantity • name • phone number • pick-up time

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BOOK CLUB

Book of the Month

Chele's Pick



BY MICHELE TESTER

The Let Them Theory | by Mel Robbins | published in 2024 | Self-help

My book pick for this month is *The Let Them Theory* by Mel Robbins. I have not featured a self-help book yet, so I thought it was time.

To be honest, I'm not usually a big fan of self-help books. Can they actually help? Sure. But I find that they are often repetitive, saying the same thing over and over in multiple different ways, and counsel with "easy to use," simplistic solutions to emotionally or psychologically complex problems. I have heard people say that they often find that a lot of self-help books contain subtle condescending tones that often blame readers for their own struggles. The advice they give is usually easy enough to understand, but not so easy to actually implement in real life.

Yet, there have been a couple of self-help books that I have read over my adult life that I found actually helpful. This book is one of them. I did still find it a bit repetitive at times, but the main message was one I can very much relate to, one probably most people can relate to: Stop wasting energy and time trying to control other people's actions, thoughts, opinions, and behaviors.

In summary, the book talks about taking your power back and not allowing others to steal your joy, your peace, and your sanity.

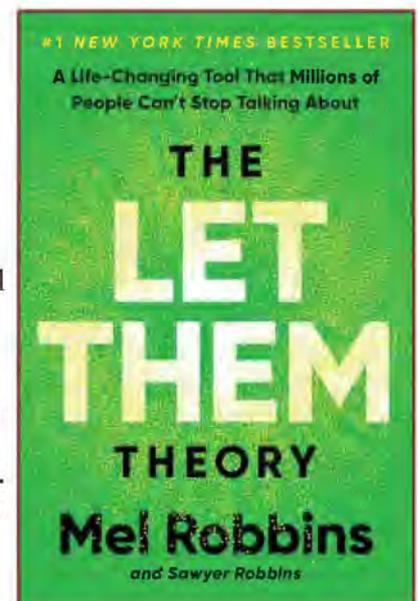
When people disappoint you, don't meet up to your expectations, frustrate you, or say something that you feel is backhanded, the mantra of the book "Let them" is a powerful tool to stop trying to force them to behave differently. In one of the above situations, you would say to yourself *Let them*—taking back your power and letting them think what they want about you. By not trying to force others to change to what you believe they should be, you reclaim energy to focus on your own personal growth and goals.

According to the author Mel Robbins, the "Let Them" theory can produce amazing results in our lives by reducing stress. It can ease anxiety caused by always attempting to control uncontrollable situations or people. It can increase personal power by not trying to force people to change; this, in turn, allows you to reclaim your energy to focus on yourself and what is important to you. It allows for better relationships by allowing others to be themselves and removing the need for micromanagement.

This mindset shift can be used in various scenarios, including dealing with challenging family members, setting better boundaries at work, lessening your feelings of obligation to people-please, and in dealing with social media.

"The Let Them Theory is a step-by-step guide on how to stop letting other people's opinions, drama, and judgment impact your life. Two simple words, *Let Them*, will set you free from the exhausting cycle of trying to manage everything and everyone around you. It's time to build a life where you come first—your dreams, your goals, your happiness." —author Mel Robbins.

The theory or message of the book is not unique. We all know that we shouldn't let the words or behaviors of others control our reactions, feelings, and mood. Not always so easy to do. This book gives us something to speak to that control. I think I'm going to start saying *Let Them*...it definitely can't hurt.



Seton Center: Strengthening the Community, One Neighbor at a Time

BY RONALD ARULDASS, Marketing & Volunteering Manager at Seton Center

In Northern Frederick County, Maryland, and Southern Adams County, Pennsylvania, many families face daily challenges that can feel overwhelming—from putting food on the table to managing unexpected financial emergencies. Seton Center, a nonprofit organization based in Emmitsburg, is dedicated to providing hope, support, and essential resources to neighbors in need.

Founded on the principles of compassion and community, Seton Center operates in the spirit of Saint Elizabeth Ann Seton, emphasizing respect, dignity, and collaboration. Its mission is not only to meet immediate needs but also to empower individuals and families to achieve long-term stability and self-sufficiency. “We work with neighbors, not just for them,” the organization emphasizes, reflecting its commitment to partnership and community engagement.

At the heart of Seton Center’s services is food assistance. The center hosts regular food distribution programs that provide groceries and fresh produce to

families facing food insecurity. For many households, this support eases financial strain and ensures access to nutritious meals.

Beyond food support, Seton Center offers emergency assistance for rent, utilities, and other urgent needs, helping families navigate financial crises and avoid homelessness or service disruptions. The center also operates seasonal programs such as Helping Hands, which provides holiday meals, school supplies, and other essentials, ensuring families can celebrate special occasions with dignity and care.

A cornerstone of Seton Center’s mission is its Thrift Store, which plays a vital role in both community access and funding outreach services. The store offers affordable clothing, household items, furniture, and more to the public. All proceeds from the sale of donated goods directly support Seton Center’s Outreach Office and are reinvested back into the community through food assistance, emergency aid, and support programs. The Thrift Store not only promotes sustainability and affordability but also serves as



Photo Courtesy of Seton Center

a powerful engine for community impact.

In addition, Seton Center provides educational and wellness programs, including job skills training, life management workshops, and access to adult dental care through the DePaul Dental Program—services that address long-term health and stability.

Volunteers and donors are essential to Seton Center’s success.

From working in the Thrift Store to supporting food distributions and events, their generosity helps make the center a welcoming and effective resource for all.

Seton Center is more than a service organization, it is the Social Services Hub of Northern Frederick County and beyond. Through compassion, collaboration, and practical support, it strengthens lives and builds hope—one neighbor at a time.

Harriet Chapel, Catoctin Episcopal Parish



PALM SUNDAY SERVICE
March 29th - 9 AM
Parade of Palms and Holy Eucharist

MAUNDY THURSDAY SERVICE
April 2nd - 7 PM
Service with Holy Eucharist

YOU ARE INVITED AND WARMLY WELCOMED TO JOIN US!

Sunday Service
9:00 AM

Visit us at www.Harrietchapel.org or find us on 

To watch services live, scan the  QR code



GOOD FRIDAY SERVICE
April 3rd - 7 PM
Good Friday Liturgy with Communion

EASTER SUNDAY
April 5th - 9:30 AM
Easter Egg Hunt after Easter Service

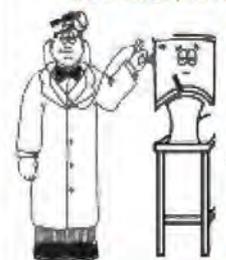
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& Good Friday, April 3rd
at 7:30 PM**

Then join us on
Easter Morning
to experience the
resurrection of our Savior
at 10:30 AM

Mt. Zion UMC
13010 Mt. Zion Road
Sabillasville, MD
**7:00 AM - Easter
Sunrise Worship with
Easter Breakfast**
9:00 AM - Worship

All Welcome!

Sara Kep's Kitchen Makes Debut on Maryland Farm & Harvest

ALISHA YOCUM



A Twin Bears Bakery employee, MPT videographer Tim Pugh, and Chef Sara Kephart during *Maryland Farm & Harvest* production at the Thurmont Main Street Farmers Market.



Chef Sara Kephart shows off her elevated steak sandwiches with basil potato salad, made in her kitchen in Thurmont.

Sara Kep, owner of Sara Kep's Kitchen in Thurmont, saw her dream come true after starring in the "Farm to Skillet" segment of *Maryland Farm & Harvest*. The show, which airs on PBS, has reached more than 19 million viewers since its debut in 2013 and showcases agriculture-related stories from across the state.

Robert Ferrier, series producer of *Maryland Farm & Harvest*, said he first met Kep at the Governor's Buy Local Cookout. Kep had entered a contest through the Maryland Department of Agriculture and was selected as one of 10 chefs from across the state to cook at the event. It was there that she agreed to film the segment and help highlight agriculture in Frederick County.

In the episode, which aired February 24, camera crews followed Kep through the Thurmont Farmers Market as she selected fresh ingredients from local farms. She then returned to her kitchen, transforming those locally sourced products into two signature dishes: an elevated steak sandwich with caramelized onions and roasted tomatoes, along with her grandmother's basil potato salad.

Kep sourced her ingredients from several local vendors, including Chestnut Hill Farms in Smithsburg for onions and lettuce; Twin Bears Bakery in Frederick for sourdough bread; Pete's Produce in Thurmont for potatoes and tomatoes; and Deer Run Farm in Emmitsburg for sirloin steak.

"The only things used in the recipes that did not come from a local business were the mayo, vinegar, salt, and pepper," Kep said.

After shopping at the market, Kep and the crew returned to her kitchen, where she demonstrated how to prepare and cook the dishes. Ferrier said Kep did a great job engaging with the camera. In addition to her culinary skills, he was especially impressed by how genuine her relationships were with vendors at the Thurmont Farmers Market.

Denny Willard of Chestnut Hill Farms said, "Segments like these put the period at the end of the

sentence...it allows people to see things full circle."

Kep, a regular at the market, said her culinary training always emphasized, "Take care of the people who take care of you."

A lifelong Frederick County resident, she was raised attending agricultural events and has long appreciated farmers and knowing where her food comes from.

"It was really an honor to highlight as many local farms and businesses as I could by purchasing products for the show," she said.

The episode also features a brief interaction between Kep and a local crepe vendor who is deaf, further highlighting her authenticity and connection to the community. Kep's grandparents are both deaf, and she is currently completing her American Sign Language (ASL) certificate through Frederick Community College. She hopes the clip will inspire the Girl Scout troop she leads at the Maryland School for the Deaf.

If you missed the original airing, the episode will rebroadcast on Friday, February 27, at 7:30 p.m. on MPT-2, and Sunday, March 1, at 6:00 a.m. on MPT. It is also available to stream on demand through the PBS app or at mpt.org/video.

To learn more about Sara Kep's Kitchen, visit www.sarakepskitchen.com.

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11 AM - 10 PM

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St. Patrick's Day FUN FACTS

Other names used to refer to St. Patrick's Day are Day of the Festival of Patrick and The Feast of Saint Patrick.

Believe it or not, St. Patrick's Day used to be a dry holiday up until around the 1970s.

NYC's St. Patrick's Day parade has been happening since 1972 and is one of the world's largest. It typically has about 250,000 marchers.

Each year in Chicago, since 1962, the Plumber Union dyes the Chicago River a vibrant shade of green.

The phrase "Kiss me, I'm Irish" comes from the Blarney Stone legend, which is supposed to bring luck to you if you kiss it.

Midnight Hour Tattoo Opens in Thurmont

ALISHA YOCUM

Midnight Hour Tattoo, owned by Shawn LaFramboise (pictured right), has opened its doors in downtown Thurmont at 113 East Main Street, offering custom tattoo work in a studio that feels more like an art gallery than a traditional shop.

LaFramboise relocated to Maryland from Maine in mid-2025, and he chose Thurmont as the perfect place to establish his new venture.

"I opened my shop in Thurmont because it reminds me of the small towns of Maine," LaFramboise said. "I love the small downtown feel and the strong sense of community here."

This summer marks 23 years of professional tattooing for LaFramboise, along with an additional two years spent apprenticing early in his career. His passion for art began at a young age and never wavered. At 18, in 1998, he began his first tattoo apprenticeship, training for about a year before eventually stepping away from the craft. In 2003, he returned with renewed focus, obtained his license, and has been tattooing professionally ever since.



Courtesy Photos

Midnight Hour Tattoo reflects LaFramboise's lifelong dedication to art. The studio walls are lined with his original artwork, giving clients a glimpse into the creative mind behind the ink.

LaFramboise is known for his strong, recognizable freehand and custom style, often leaning toward darker-themed art. However, his skillset extends far beyond one aesthetic. He also specializes in realism and portrait work and has developed a strong reputation for detailed cover-up tattoos, helping clients transform or refresh older pieces with carefully designed new artwork.

As the sole artist currently working at Midnight Hour Tattoo, LaFramboise offers a personalized experience, working closely with clients to bring their ideas to life through custom designs.

Midnight Hour Tattoo is open Wednesday through Sunday, typically from 10:00 a.m. to approximately 5:00 p.m., though hours may vary slightly.

To learn more about Midnight Hour Tattoo, follow them on Facebook or Instagram.



Photo shows sample artwork by Shawn LaFramboise, owner of Midnight Hour Tattoo in Thurmont.

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Businesses Past...

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BY RICHARD D. L. FULTON

Boyle's Store

Boyle's Store, also known as the B. H. Boyle Store and as the B.H. Boyle and Sons, opened in Emmitsburg in 1933 in an empty 25-foot by 16-foot storeroom, located at 304 East Main Street, that had been vacant for 20 years, according to a June 6, 1946, article in *The (Frederick) News*.

The article stated that Bernard H. Boyle, former clerk for C.A. Harner of Emmitsburg, proposed establishing the store, and that, after deciding to open it, Boyle and his wife "that night spent most of their time wondering whether it had been a good idea to start a store." The Boyles at that time only had \$39.00 in the bank.

Thirteen years after that humble beginning, the fact that the Boyles were able to "supersize" their store in 1946 was a testimony to their ultimate success.

On June 6, 1946, the Boyles held a grand opening of their expanded store, enlarging the old 25-foot by 16-foot storeroom to 2,500 feet of floor space, while also installing 65 feet of 8-foot windows in the storefront, and a "slaughter plant" located in the rear of the building, according to *The News*.

The News also noted other improvements implemented, which included new counters loaded with merchandise and new fluorescent lighting. The publication further noted that at this point, the store employed six members of the Boyle family and four additional clerks.

PET of the MONTH!
Send us your best photo of your best buddy (high-res photo). Give us all the fun details about him or her! **SEND TO:**
NEWS@THECATOCTINBANNER.COM



The former location of Boyle's Store at 304 East Main Street in Emmitsburg.

In addition to what one might expect to find in a grocery store, merchandise offered included refrigerators, appliances, radios, and paints (and ammo, the writer was informed).

Boyle's (which was then referred to as B.H. Boyle and Sons) suffered at least two significant incidents of theft. The first involved the theft of 45 country hams, which had occurred over a two-and-a-half-month period prior to April, according to an article published in the April 4, 1960, edition of *The (Frederick) News*. The article also noted that police had not been able to ascertain how the hams were stolen. Law enforcement reported the stolen hams were being sold by the suspects. Police further stated that they were questioning two Emmitsburg suspects "in custody." However, the outcome appears not to have been reported on in any subsequent newspapers.

The article stated that the theft had initially been investigated by Emmitsburg Town Manager John Law before being turned over to the Maryland State Police.

A second theft incident occurred at Boyle's on March 30, 1965, which involved six individuals from Westminster, according to an April 10, 1965, edition of *The News*. Items that had been taken included clothing and boxes of cigars, which police reported were found in the homes of the suspects. In addition, a cash register "containing \$134 in cash" was taken. The cash register was subsequently found alongside a road in Emmitsburg. Three underage teenagers were charged, as well as three adults, and all were being held "by Westminster authorities," where they had been accused of thefts that had previously occurred in Carroll County.

Boyle's Store closed in 1983 after half a century of business.

Below are several recollections of Boyle's Store that were shared with the writer.

Emmitsburg resident Mickie Bennett recalled, "...the penny candy. Dad would give us a dollar after church, and we would get a big bag of candy, and then the four of us would lie on the living room floor, taking turns picking and then trading. Great memories!"

Former Emmitsburg resident Lauri Glass Harley recalled, "I grew up living across the street from Boyle's Store. It was such a treat to go there and buy penny candy. I also remember the old soda machines outside the store, where we would buy bottles of cream soda!"

Mary Royce, from Emmitsburg, noted, "I went to MSS (Mother Seton School), and a bunch of us would sneak to Boyle's Store after school, while waiting for our bus, to get penny candy and hope that we wouldn't get caught going back to school."

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Emmitsburg New Business and Development Briefs

The following are the statuses of new businesses and development coming to Emmitsburg from the town planner's report:

- **Federal Stone** (Creamery Road, east side of U.S. 15) — A bond-release letter has been approved.
- **Christ Community Church** (Creamery Road) — Awaiting the submission of updated improvement plans.
- **Emmit Ridge** — Road closure and street cut plans have been received and reviewed.
- **Brookfield Phase 5** — The public works agreement is in progress. The deeds of easement have been prepared.

Thurmont New Business and Development Briefs

The following are the statuses of new businesses and development coming to Thurmont from the town planner's report:

Subdivisions:

- **Hammaker Hill, Phase 2** (Westview Drive) — 22 single family lots in R-2; Under construction. No remaining lots.
- **Mechanicstown, LLC** (Emmitsburg Road) — Final Plat conditionally approved for 31 single family lots in R-2/ ARP.
- **Mountain Brooke** (Emmitsburg Road) — Final Plat conditionally approved for 11 single family lots in R-2/ ARP.
- **Leal Homes** (Eyler Road) — Improvement Plan Conditionally approved — 6 single family lots in ARP.

Site Plans:

- **Michael & Holly Late** — Preliminary Plan, 2 Duplexes, 4 dwellings in Mixed Use Village-1, conditionally approved.
- **Mountain Gate Business Park** — Access road from Thurmont Blvd to access Thurmont Village Lot 1, zoned General Business, Preliminary Plan conditionally approved.

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| 5 - \$500 | 37 - \$500 |
| 6 - \$500 | 38 - \$500 |
| 7 - \$500 | 39 - \$500 |
| 8 - \$500 | 40 - \$1000 |
| 9 - \$500 | 41 - \$2000 |
| 10 - \$500 | 42 - \$500 |
| 11 - \$2000 | 43 - \$500 |
| 12 - \$500 | 44 - \$500 |
| 13 - \$500 | 45 - \$500 |
| 14 - \$500 | 46 - \$500 |
| 15 - \$500 | 47 - \$500 |
| 16 - \$500 | 48 - \$500 |
| 17 - \$500 | 49 - \$500 |
| 18 - \$500 | 50 - \$500 |
| 19 - \$500 | 51 - \$2000 |
| 20 - \$1000 | 52 - \$500 |
| 21 - \$2000 | 53 - \$500 |
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| 25 - \$500 | 57 - \$500 |
| 26 - \$500 | 58 - \$500 |
| 27 - \$500 | 59 - \$500 |
| 28 - \$500 | 60 - \$500 |
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COMMUNITY News

Help Emmitsburg's "Homeless" Mayor

JAMES RADA, JR.

Photo by Alisha Yocum



Mayor Frank Davis spends 24 hours on Main Street in Emmitsburg on March 3, 2025, in his first "A Day In Their Shoes" Fundraising Challenge. This year's challenge is on March 2.

On March 2, Emmitsburg Mayor Frank Davis will be homeless... for a day.

For the second year, Davis will be staying outside from 8:00 a.m. on Monday, March 2, to 8:00 a.m. on Tuesday, March 3. It is part of a special project he started last year called "Spend a Day in Their Shoes."

He said he came up with the idea after learning that the Emmitsburg Food Bank was getting low on goods, and the Seton Center was seeing an influx of new clients. "I could see there was a need in our community that wasn't being met," Davis said.

That thought stayed with him until he had what he calls "a 3 o'clock in the morning idea," meaning it came to him when he was tired.

So, last year, he sat out on the street in front of the Vigilant Hose Company on West Main Street, collecting food and money, which he then donated to the Seton Center and the Emmitsburg Food Bank. During that 24-hour period, he collected 1,500 food items and over \$9,000.

His goal is to beat that this year, which he believes can be done.

"Emmitsburg is second to none when it comes to helping others," Davis said.

Besides the food bank and Seton Center, a portion of this year's donations will also go to Emmitsburg Elementary School. He feels the teachers and counselors there are on the front lines and have relationships with the students that allow them to identify those in need.

So, if you're out and about on March 2 or just want to help out, stop by with a donation and chat with Mayor Davis. He recalled that nearly everyone who donated last year also stayed to talk with him for a little while, even if it was 3:00 a.m. Not only did it help him stay awake, but it also helped to pass the time.

"It can be a struggle to stay awake," he said. "Also, it was cold, and it doesn't look like it will be much better this year."

He said the first thing he did last year when he got home was take a hot shower. He tried to stay awake until the normal time he went to bed, but he wound up falling asleep at 4:00 p.m.

But it was the kind of exhaustion that comes from knowing he had accomplished something and helped others in need.

Donations can also be dropped off at the town office if you can't make it out to Mayor Davis when he's on the street.



Maryland DNR Offers Free Tree Seedlings to Protect Waterways

Source: Maryland Department of Natural Resources

The Maryland Department of Natural Resources (DNR) is offering free tree seedlings to landowners across the state through its Backyard Buffers program. The initiative is available to residents who have a creek, stream, drainage ditch, or other waterway on or near their property and aims to improve water quality while supporting local wildlife.

Each “buffer in a bag” includes between 20 and 30 native tree and shrub bare-root seedlings, measuring approximately one to two feet tall. The packets also include planting and maintenance information provided by Maryland Forest Service staff to help ensure successful growth.

Planting trees and shrubs along waterways—known as streamside buffers—offers a range of environmental benefits. Buffers provide habitat for wildlife, help lower peak summer water temperatures, and reduce the amount of sediment, fertilizer, and pollutants that enter nearby waterways. Deep-rooted vegetation also stabilizes streambanks, helping to prevent erosion.

Reservations for Backyard Buffer packets are typically accepted through March, with pickup scheduled at designated local sites in time for spring planting. Supplies are limited and available on a first-come, first-served basis. Order deadlines, pickup locations, and partner organizations vary by county, and residents can find county-specific contact information on the DNR website.

The Backyard Buffers program supports Maryland’s broader goal of planting five million trees by 2031. Residents can register their tree plantings online to contribute to the effort. Additional ways to participate include a DNR incentive program offering a \$25 coupon toward the purchase of a tree from participating nurseries, as well as donations through the Gift of Trees program.

For more information about planting trees on a specific property, individuals may contact Isaac Whitmore, DNR’s 5 Million Trees program coordinator, at isaac.whitmore@maryland.gov.

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March 29 - Palm/Passion
Sunday Cantata - 9 am
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April 2 - Maundy Thursday
7 pm at Tom's Creek UMC

April 3 - Good Friday Tenebrae
7 pm at Messiah UMC in Taneytown

April 5 - Easter Sunrise
Ecumenical Service - 6:30 am
at Grotto Chapel

April 5 - Easter Worship
9 am at Tom's Creek UMC

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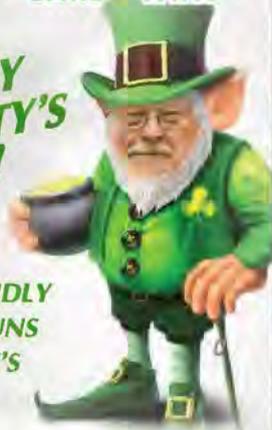
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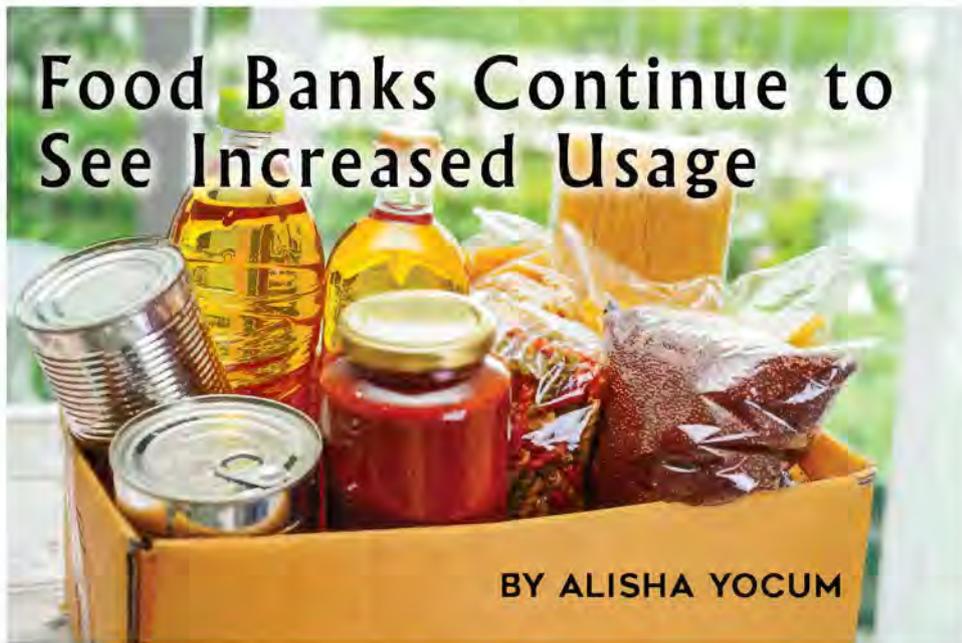
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Food Banks Continue to See Increased Usage



BY ALISHA YOCUM

Prices have continued to rise since the COVID-19 pandemic, making it difficult for many local families to keep up with everyday expenses. A 2025 United Way of Frederick County ALICE Report shows about 33 percent of households in Frederick County struggle to afford basic necessities, including food.

Many of the local food banks are reporting increased usage from families, putting a strain on resources, especially during cold winter months when families may be experiencing higher electric and heating bills.

“Providing nourishing food to over 1,200 individuals who make up the 300-400 households requires more than 7,000 hours of volunteer time and generous contributions from local businesses, community groups, churches, the Town of Thurmont, and our neighbors,” Sally Joyner-Griffin of the Thurmont Food Bank said.

Josepine Willard with the Help Hotline Food Bank in Blue Ridge Summit echoed the same sentiments. “In 2025, we served 600 families with food alone, not counting those we helped with electric and rent. That was all possible because of our community.”

Willard went on to explain that the Help Hotline Food Bank, which has been helping the community for nearly 44 years, does not receive any government assistance, with the exception of the Venison Donation Program through Catoctin Mountain Park. It completely relies on donations from the community.

As food banks face increased demand, organizers encourage thoughtful giving. While items such as canned vegetables, macaroni and cheese, and peanut butter are frequently donated, there are other essential products that are often in short supply. Household items such as diapers, feminine hygiene products, toothpaste, shampoo, and laundry detergent are especially needed, as they cannot typically be purchased with SNAP benefits.

As we prepare for what could be a few more weeks of winter weather, please consider helping those in our community who may need an extra hand.

Food Banks

Emmitsburg Food Bank

130 S. Seton Avenue (Rear Entrance)
Emmitsburg, MD 21727

Hours: Mondays, 7:00-8:00 p.m.; Wednesdays, 7:00-8:00 p.m.; Fridays and Saturdays, 10:00-11:00 a.m.

Most needed items: Toiletries, Canned Fruit, Brownies, Cake Mixes, Cookie Mixes, Icing, Chef-Boyardee Cans, and Rice and Potato Packets

Monetary Donations Mailed To:

P.O. Box 898
Emmitsburg, MD 21727
Contact: 717-642-6963 or kellyphy82547@gmail.com

Thurmont Food Bank

10 Frederick Road
Thurmont, MD 21788

Hours: Tuesdays, 5:00-7:00 p.m.; Fridays, 4:00-6:00 p.m.

Most needed items: Canned Meats, Cheese, Microwave Meals, Toilet Paper, and Depends (Adult Pull-Ups)

Monetary Donations Mailed To:

P.O. Box 74, Thurmont, MD 21788
Contact: thurmontfoodbank@gmail.com

Help Hotline Food Bank

13646 Summit Avenue
Blue Ridge Summit, PA

Most needed items: No Specific Items

Monetary Donations Mailed To:

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Contact: 717-762-9050

Glade Valley Food Bank

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Show Your Love Community Food Drive

Courtesy Photos



(above) Members of St. Mark's Lutheran Church help organize donations collected from a recent food drive

(right) Hundreds of items were collected for the Help Hotline Food Bank.

Members of St. Mark's Lutheran Church in Sabillasville recently held the first annual Show Your Love Community Food Drive. The idea behind the event was to offer an easy drop-off spot for individuals wanting to support the Help Hotline Food Bank, which serves the Sabillasville, Blue Ridge Summit, Cascade, Fairfield, and surrounding mountaintop communities.

The group collected hundreds of items, including the most needed essentials like toiletries, laundry detergent, saran wrap, and cake and brownie mixes, to help restock shelves, as the food banks have been especially hard hit during the colder weather.



Emmitsburg Resident Lee Ott Turns 80

Lee Ott of Emmitsburg turned 80 years young on February 11. He was "showered" with birthday cards from family, relatives, friends, and neighbors. He received over 60 birthday cards!

"Here's to another trip around the sun, Lee!" Cindy Ott exclaimed.

Courtesy Photo



Lee Ott of Emmitsburg turns 80 years young on February 11.

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ROCKY RIDGE YOUTH ASSOCIATION

Mattie Lambert, a member of Rocky Ridge Youth Association (RRYA), opened the banquet with a beautiful rendition of the National Anthem.

RRYA and its volunteers were recognized for their excellent service in helping serve the hungry attendees of the Thurmont Community Ambulance Annual Banquet and a donation was given to the organization.



DOOR PRIZE DONATIONS

The following companies donated door prizes to show appreciation for the volunteers:

Mountain Gate Family Restaurant, Napa, Bollinger's Restaurant, Gateway Candyland & Liquors, Ace Hardware, Jen's Cutting Edge, Kountry Kitchen, Springfield Manor Winery, Rocky's, Fratelli's, Weis, Food Lion, Hillside Barn, The Local Candle, Los Amigos, Catocin Mountain Orchards



Lewistown Mt. View 4-H Club Happenings

MASYN SANDERS, Club Reporter, Lewistown Mt. View 4-H Club

Courtesy Photos



(above)

Christmas gifts that Lewistown Mt. View 4-H Club purchased for a family needing Christmas assistance.

(right)

Cheryl Lenhart receives her retirement gifts from the club members.



The past two months have been very busy for the Lewistown Mt. View 4-H Club.

On December 5, 2025, some club members volunteered at the Rocky Ridge Fire Company Christmas event by assisting children with making crafts. Several members also participated in the Breakfast with Santa event on December 6 at the 4-H camp center. Throughout the month, the club held a meat raffle fundraiser to benefit our club's involvement in local community initiatives and projects. Our annual Christmas party was held during our December 15 meeting. We began the meeting by eating pizza, playing games, and assembling fruit/gift baskets for homebound friends and family members. Approximately 20 people were visited as we went Christmas caroling and delivered the gift baskets.

The club's Community Service project for the month of December was sponsoring a family needing Christmas assistance through the Thurmont Food Bank. Club members purchased and wrapped gifts from the family's wish list, and the gifts were then delivered

to the family. We also recognized and presented gifts to Cheryl Lenhart, as she retired from her 4-H Club leader position. Cheryl contributed countless hours of time, effort, and energy to the Lewistown Mt. View 4-H Club over the past 20-plus years. Cheryl was always supportive and encouraged each of her members "To Make the Best Better," which reflects the organization's commitment to continuous improvement and personal development.

Our January 20, 2026, meeting consisted of officer installation. Our 2026 elected club officers are: President—Tabrie Garner, Vice President—Ada Spencer, Secretary—Paige Riggs, Treasurer—Kourtney Bell, Corresponding Secretary—Brody Mathias, Historians—Kaiya Spencer and Sophia Vattimo, Reporter—Masyn Sanders, Recreational Leaders—Eli Weddle, Myla Spencer, Finley Cregger, Tyler

Appleby, and Knox Axline. The club will be led by our new leaders, Becky Riggs and Sarah Spencer. Newly installed officers attended officers' training on January 19 at the Frederick County 4-H office, where they learned how to be successful in their new leadership roles.

The club collected non-perishable food items to be donated to the Thurmont Food Bank for our January Community Service Project.

We are always welcoming new members. Our next meeting will be held on March 16, 2026, at the Graceham Moravian Church, located at 8231-A Rocky Ridge Road in Thurmont, beginning at 6:30 p.m.

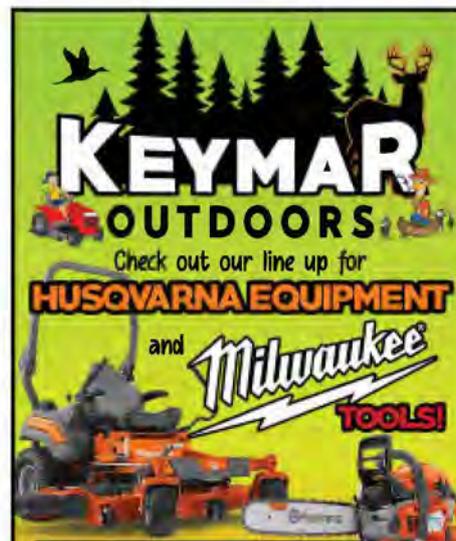
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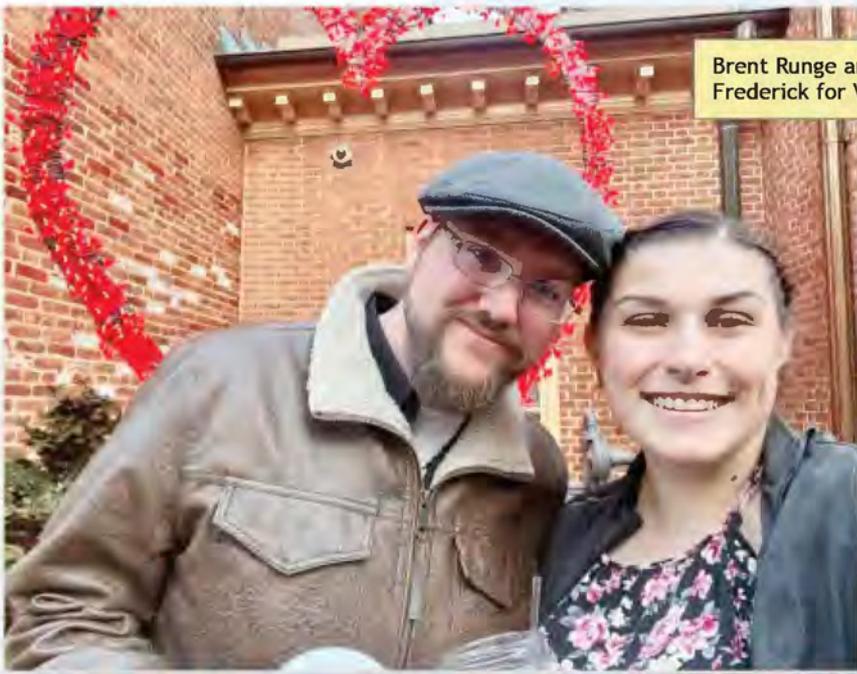
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Brent Runge and Angie Deyton visit Downtown Frederick for Valentine's Day!



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El Smith, Kaitlin Nash, Jackie Baer, Erin Code, and Nikki Butler celebrate at the FNP Best of the Best 2025 awards!

Out & About



Don Kaas frying up potato donuts for Fasnacht Day!



Lauri Glass Harley: "Weekend at Massanutten!"



Linda Haynes and Judy Raymond visit Australia!

Good Times, Good Vibes



Hazel and her dad out for a Valentine's Day dinner date!

Making Memories



Silly wrestling pals at bowling!



Jacob Shriver and Dolly riding the snowmobile!



Connie Masser found this yellow jacket's nest in her attic!

Making Memories!



Paisley Norwood experiencing Disney Magic for the first time at Disney on Ice!



Jayme Eaves and Brittany Sanders take John and Steven Sanders to their first PA Farm Show!

Out & About



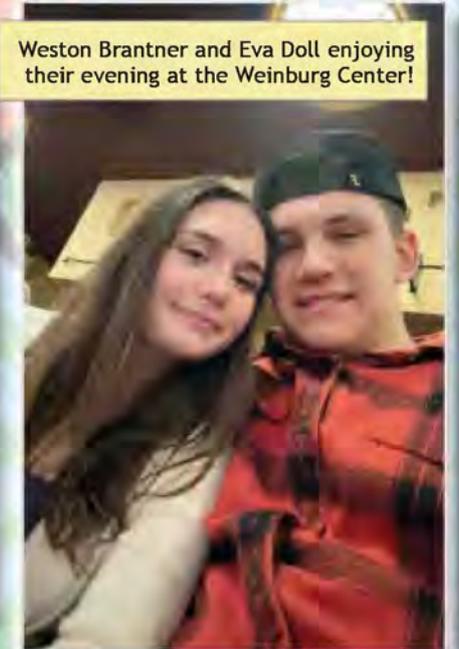
Louis and Sherri take a trip to New Zealand!



Wesley and his dad ice skating at Skate Frederick!



Weston and Tucker enjoying a candy apple at the Gettysburg Outlets!



Weston Brantner and Eva Doll enjoying their evening at the Weinburg Center!

We didn't realize we were making memories, we just knew we were having fun



Wrestling buddies at their match at Frederick High!

Making Memories



Finley took a trip to Williamsburg!

Good Times



FIBE DANCE teaching and dancing on Mondays at the Graceham Activities Building with people from the community joining in! So much fun!

New Discoveries



Cohen, Emmett, and Harper flying South!

Making Memories!



6th birthday celebration for Remi L., with cousin Abbi L., looking on at Fun Castle in Greencastle, PA!



Josie, Claire, Andrew, and Hudson's first ice skating experience over snow break!

Out & About



Hunter and Wyatt celebrating Scout Sunday!

Wyatt Workman and Emmett Albano wrestling for CYA Wrestling!

We didn't realize we were making memories, we just knew we were having fun



Submitted by Brandi Thomas



Carson and Baylor at a wrestling Match!



Jayne Eaves, Brittany Sanders, and Katie Stevens enjoy a Sunday afternoon wine day at Adams County Winery!

Togetherness

hello Spring

Tiffany Sweeney and Katie Lott take a selfie on the Staten Island Ferry, with the Statue of Liberty in the background!



Melody dreaming about resuming non-snowy walks on the Trolley Trail!

Good Times

Where Are You Going In March?

Send in your Out & About photos for inclusion in the April issue of *The Catocotin Banner*!

Email: news@thecatocotinbanner.com or submit on Facebook



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PLEASE make sure you include names and any other info about your photo.

FREE

IN YOUR OWN WORDS

Want to thank someone for a good deed or honor someone who did great things within our community?

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CATOCTIN SPORTS BOOSTERS MAKING A DIFFERENCE FOR COUGAR ATHLETES

ALISHA YOCUM

Many in the community may attend sporting events at Catoctin High School (CHS), but they may not know and understand the importance of the Catoctin Sports Boosters and the role they play for Cougar athletes.

Catoctin Sports Boosters, Inc. is a nonprofit that assists and supports athletics programs at CHS. Through sponsorships, donations, and concession sales, the Boosters raise funds to help cover the growing costs associated with high school sports. Those funds are used to purchase uniforms, equipment, software and film subscriptions, pay tournament fees, and any additional expenses that may arise.

Membership & Meetings

There is a \$10.00 yearly fee to become a member of the organization. Meetings are on the third Wednesday of the month at 6:00 p.m. in the CHS cafeteria. While anyone is welcome to attend, members receive a monthly email that includes meeting minutes and the agenda for the upcoming meeting.

Understanding the Costs

While families pay registration

fees to Frederick County Public Schools—currently \$185 per sport and gate fees of \$7.00 for adults to attend games—those funds do not go directly to CHS athletic programs.

High schools rely heavily on their Boosters organizations to supply the bulk of athletic funding. As an example, a dozen baseballs now cost approximately \$110. Football helmets must be reconditioned annually for safety, at a cost of about \$10,000 per year. Film subscriptions and recording software can exceed \$1,500 per season.

How Fundraising Works

Fundraising efforts operate on two levels: individual team fundraisers and Boosters-led fundraisers.

Each sports team is permitted two in-season fundraisers and one out-of-season fundraiser during the school year, with no limit during the summer months.

Teams can use the funds raised at their discretion, but it may include things like team apparel or pre-game dinners.



Catoctin Boosters Board Members (from left), Mike Valentine, Jenn Cregger, Carrie Blair-Shives, Jen McCallion, and Shannon Bair.

The Catoctin Sports Boosters-led fundraisers, which include concessions and sponsorships, are used across all athletics. Many times, these funds are used to assist programs with making larger purchases. The Boosters recently helped CHS Wrestling with the purchase of new mats, which cost \$12,000.

The Importance of Volunteers

While the Catoctin Sports Boosters Board manages much of the organization's operations, volunteers are critical, especially when it comes to running the concession stand. Each team is required to cover concession shifts, but securing volunteers has become increasingly difficult in recent years. When shifts go unfilled, the Boosters lose valuable revenue that directly benefits student athletes.

Balancing Athletics & Academics

Support for CHS athletics extends beyond the playing field. During the fall season, 105 student-athletes earned Minds in Motion certificates by maintaining a 3.25 GPA or higher—a testament to the dedication of Catoctin's athletes in both academics and sports.

Boosters leaders say those students deserve access to quality

equipment and facilities to match their hard work.

Looking Ahead: A New Weight Room

The Catoctin Sports Boosters have set its sights on a new project: upgrading the CHS weight room. The space, which serves all athletic programs, is in need of renovation and updated equipment. The project will come at a significant cost, and the organization has already begun planning additional fundraising efforts to help offset expenses.

For the 2026-2027 sports season, the Boosters will offer enhanced sponsorship perks, including social media advertising on Facebook and Instagram, recognition on Gametime radio, game tickets, spirit wear, potential signage at athletic fields, and more.

Community members and businesses interested in sponsoring the Boosters are encouraged to watch for sponsorship letters in the coming months and review the available levels of support, or you may email CatoctinBoosters@gmail.com.

To learn more and to help support The Catoctin Sports Boosters, please visit catoctinboosters.com or follow them on Facebook, Twitter, or Instagram.

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(Photo Must Be High Resolution)

Tell us all about your best buddy: name, breed, age, personality traits, likes, and dislikes! Don't forget to give us the pet owner's name(s)!

Your pet could be **Pet of the Month** in a future issue!

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CHS & TMS Students Raise Money for Special Olympics

Over 100 Catocin High School (CHS) and Thurmont Middle School (TMS) students raised over \$15,000 for the Maryland Special Olympics through the Polar Bear Plunge.

Courtesy Photo



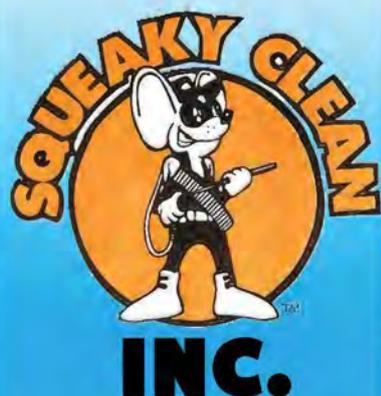
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Madness In March

I'm mad!

I'm mad because every time I get comfortable, something changes. Just about the time I get used to a routine...*wham!* Somebody changes something. Change has become routine. It doesn't matter whether it's politics, work, health, or sports. Change is everywhere. I'm sick and tired of change.

Back in 1970, Alvin Toffler wrote a book entitled *Future Shock*. It was required reading for all freshmen taking Sociology 101. I was a freshman in 1970, and sociology was a required class for my degree. In this important piece of literature, a genre described as futurism, Toffler defined future shock as "too much change in too short a time." He described it as social paralysis induced by rapid technological change. Remember, this was written 56 years ago.

That's it...that's me! The future is now. I'm paralyzed by change:

911, Anthrax, Beltway Snipers, Desert Storm, Afghanistan, Bin Laden, Ukraine, January 6. I'm exhausted, and I haven't even finished the list.

But now the coup de gras: Chesapeake Employers Insurance Arena. I'm devastated. Imagine the headline: The Lady Cougars win a 1A Maryland State high school basketball championship in Catonsville at the Chesapeake Employers Insurance Arena. That just sounds made up. Your grandchildren would laugh at you and ask, "Where?"

No more basketball championships at the University of Maryland? Let that sink in. This year, we move to the University of Maryland's Baltimore Campus basketball arena for the boys and girls high school basketball State championships. The UMBC Retrievers play in the American East Conference. No more

legendary ACC or powerhouse Big Ten names on the walls of the basketball court. We're in the big leagues now!

I loved M&T Bank's Ravens stadium high school football championships. How cool. An NFL stadium, where we all just stood in awe of the history and legends that walked the field. We had become a part of that history, too. And then, CHANGE. Next thing we know, we're in Annapolis. I'd heard of the Midshipmen. I remember Army-Navy games on TV. But compared to Ravens-Steelers, it was not front-page news.

And what Maryland basketball fan doesn't remember the days of Lefty Driesell and Gary Williams? Or Buck Williams, Len Elmore, Tom McMillen, or Len Bias, the greatest Maryland players of all time?

In eighth grade, I was playing on the Sherwood Junior High School basketball team, and two of my teammates and I met at the Sherwood gym one Saturday morning to shoot some baskets and work on our game. This big, tall, older kid walked in and challenged us to a game of 3 on 1. We were sure we could beat this guy. We didn't recognize him as a Sherwood player, so we asked him where he went to school. He told us Good Counsel. He lived near the gym but went to a private school about 17 miles away in Wheaton. He was a junior. He made us look silly. He dribbled over us, around us, dunked on us, shot over us, rebounded everything, and within five minutes, it was 10 to 0, game

over. He grinned, shook our hands, and left. While he was walking out, Coach Doane arrived, and we asked him, "Who is that guy?" Coach smiled and said, "That's Tom McMillen." Tom is No. 6 in the all-time list of the greatest basketball players ever to play for Maryland. Tom went on to become a Rhodes scholar and served in the Maryland House of Delegates until 1993, after playing for Maryland and then in the NBA. Now that's a legend!

Now, after a lifetime of high school basketball championships at the University of Maryland, from 1956 at Cole Field House and then to the newer Maryland arena on the same campus Xfinity (originally the Comcast Center) in 2002, we move to Baltimore.

Don't get me wrong. I love change when it's progressive. But when it's regressive, it makes me mad!

- Football 2016: Ravens — Naval Academy
- Basketball 2026: Terps — Retrievers
- Baseball 2020: Orioles — Blue Crabs
- Baseball 2025: Blue Crabs — Baysox
- Baysox 2026 — TBD

I predict the 2026 high school baseball playoffs will be held at Thurmont's Leisner Little League Field.

Do you see a pattern?

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LET THE MADNESS BEGIN

March Broadcast Schedule
Mar 3/4 Regional Semis basketball
Mar 4/5 Regional Finals basketball
Mar 6/7 State quarterfinals basketball
Mar 10/11 State semis basketball
Mar 12-14 State championships basketball
Fri. Mar 20 Catoctin at Urbana baseball
Sat. Mar 21 South Carroll at Catoctin softball

Building, Exploring, and Creating STEM Night Inspires Thurmont Students

ALISHA YOCUM



(right)
Principal Karl Williams braces for the big moment: testing a student's egg drop design.

(left)
Students interact with Enviro-scape as Mobilize Frederick presents how a watershed works.



Photos by Alisha Yocum

Families of Thurmont Primary School and Thurmont Elementary School gathered on February 12 for an evening of hands-on learning during the schools' third annual Family STEM Night, which was sponsored by the Parent Teacher Association. STEM stands for science, technology, engineering, and mathematics.

Nearly 150 students, parents, and siblings attended to explore an evening of science, technology, engineering, and math in creative and engaging ways.

Students rotated through stations, which included things

like testing their engineering and problem-solving skills to build marble runs, and learned science through making slime.

A popular 3-D printing demonstration showcased technology in action, while students learned about plant life by propagating spider plants, crafting lettuce terrariums, and forming seed balls to take home.

Community connections were also a highlight of the evening. Members of the 4-H Bug Club gave students a chance to interact with insects up close, while families enjoyed the calming experience

of reading alongside therapy dogs provided by Wags for Hope.

"STEM Night is important because it gives our students a chance to explore science, technology, engineering, and math in a hands-on, low-pressure, and fun environment. It's a space where curiosity leads the way, and students get to see how exciting discovery can be," said Julia Suthard, Special Education teacher and one of the organizers of the event.

Sutherland wanted to thank Mobilize Frederick, Catocin High

School FFA, the University of Maryland Master Gardeners, 4-H Bug Club, Frederick County Public Libraries, Frederick County Parks and Recreation, Thurmont Child Care, the Kint Family, and staff members from both schools for making the fun and educational evening possible.

With seed balls, spider plants, and slime in hand, it was clear that students left with a renewed excitement for learning and a curiosity that will continue to grow.

THE RETURN OF THE THURMONT LIONS CLUB EASTER EGG HUNT

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EHS Alumni Association Offers Scholarships

The Emmitsburg High School Alumni Association is accepting scholarship applications. Four \$1,000 scholarships will be awarded in May to deserving students.

Any Catoctin High School senior or graduate who is enrolled in an institution of higher learning is eligible if he/she resides in the Emmitsburg School District. This includes Emmitsburg 21727, Rocky Ridge 21778, and Taneytown 21787 (Taneytown boundary is determined by Bridgeport on Rt. 140). Applicants may apply each year as long as they are enrolled in an institution of higher learning.

Selection is based on having a 3.0 or higher GPA, being a full-time student, presenting two letters of recommendation, and pursuing higher education (four-year college, community college, or technical school). No GPA is required for full-time technical school.

Applications may be obtained by contacting the Guidance Department at Catoctin High School at 240-236-8082 or Phyllis Kelly at 717-642-6963). You may also pick up an application at Jubilee in Emmitsburg.

All applications must be received by May 5, 2026.

pet of the month



Email us your pet's best photo
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and tell us all about your best
buddy: name, breed, age,
personality traits, likes, and
dislikes! Don't forget to give
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Thurmont's Masonic Lodge Offering Three Scholarship Awards

Since 1995, Thurmont Masons have awarded scholarships worth over \$100,000 to area students! Scholarships are available to all graduating high school level seniors from a Maryland State accredited public, private, and/or homeschool program who reside within the Catoctin High School district boundaries, as per the Frederick County Public School district map (see FCPS District Map at www.fcps.org/dept/facilities/boundaries).

Scholarship application forms are available at the Catoctin High School Guidance Office and the Thurmont Regional Library.

Interested students must complete an application and return it to the location where it was obtained on or before April 30, 2026.

The three scholarships are:

- The Mary and Robert Remsberg Memorial Scholarship Award, worth up to \$6,000 (scholarship funds would be distributed at \$1,500 per year, for up to four years of continued education with passing grades from an accredited college or university.)
- The Bernhard "Bernie" Cohen Memorial Scholarship Award, a one-time award worth \$3,000.
- The Acacia Lodge #155 "Master Mason" Scholarship Award, a one-time award worth \$3,000.

Applications will be judged upon the following criteria in order of importance:

1. Participation and leadership roles in community and/or school activities.
2. Content of a personal resume.
3. Academic record and/or special achievements.
4. Need for financial assistance.
5. Evaluation by school official and/or mentor.
6. Organization, appearance, and completeness of the application.

Thurmont High School Association Alumni Scholarships

Are you looking for a scholarship? Check the Community Foundation of Frederick County for the scholarships offered by the Thurmont High School Association Fund, Donald L. Lewis Community Impact Fund for Thurmont High School Alumni & Donald P Dougherty Jr. Memorial Fund. Nine Scholarships are available for the 2026-2027 college year.

The Application process is open from March 1 to March 31 only. Applicant must be a graduating high school senior from any high school in the United States, but also must be related to someone who graduated from Thurmont High School or from Catoctin High School classes of 1969-1974. To apply online, go to frederickcountygives.org/apply/.

A reminder to those who graduated from Thurmont High School during the above years that the annual banquet will be held on June 6, 2026, at the Rocky Ridge Fire Company Activities building.

Any questions may be directed to Viola Noffsinger at 301-418-1760 or by email at vmnoff@gmail.com.



Happy St. Patrick's Day.

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Thurmont, Maryland

CHS Teacher and Coach Inducted into Hall of Fame

Courtesy Photos



(above) Catoctin High School Teacher and Coach, Mike Franklin (far right) was inducted into the YMCA of Frederick County's Alvin G. Quinn Sports Hall of Fame along with nine other recipients

Named after its former Executive Director, the YMCA of Frederick County's Alvin G. Quinn Sports Hall of Fame recognizes individuals who have made a significant impact on athletics in Frederick County.

On January 31, the YMCA inducted nine new recipients into the Sports Hall of Fame during a ceremony at New Spire Arts in Frederick. Among them was current Catoctin High School (CHS) teacher and former baseball coach Mike Franklin.

Franklin has long been known for inspiring students both on and off the field during his tenure at Catoctin. In addition to being named Teacher of the Year in 2016 and 2019, he served as Head Baseball Coach from 2000 to 2024. Under his leadership, the Cougars captured two state championships. He was also named NFHS Maryland Baseball Coach of the Year in 2021 and MSABC Coach of the Year in 2013 and 2021.

His work in the community extends far beyond the diamond. Franklin founded the Robbie Siedel III Baseball Tournament to honor his former player, who lost his life in Iraq. He has coached travel baseball and softball, and, most recently, girls flag football, and served as a mentor for the CHS Roar Club and Special Olympics events. He is also the author of the best-selling books *Changing the Game: How Teachers Enthusiastically Build Powerful Student Relationships and Amazing School Culture* and

Teacher Fuel, which have inspired educators and coaches nationwide.

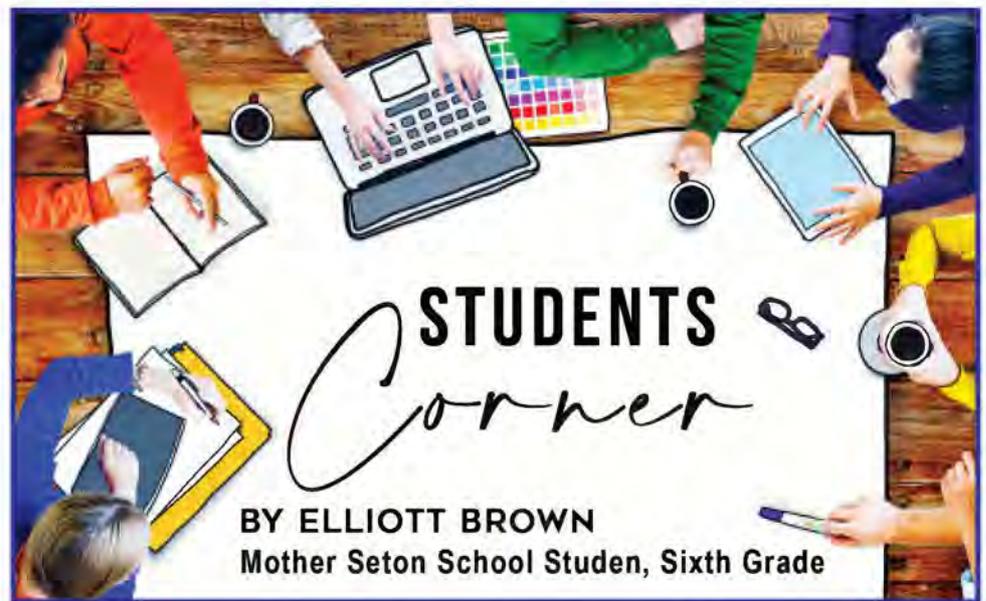
Upon learning of his induction, Franklin reflected on the honor and those who helped shape his journey.

"I'd like people to know that coaching awards are not really just for the individuals getting them," Franklin said. "If you have a family, coaching is an 'all-in' affair. You are going to miss so much time with your spouse and kids, and their support and understanding are essential. So, it's important to recognize and share the light. All praise and glory go to my Lord and Savior. God gave me the opportunity to spend my life in our community with amazing kids and amazing families. The support I've had at CHS is second to none. Having mentors like Doug Williams and the amazing athletic directors and administrators while I've been here has helped me with any success I might have had. I am so grateful for the Catoctin community. I've been here for 30 years—it's the best school on earth."

He added, "This was truly humbling and a terrific honor. I looked up to so many of the individuals in that Hall of Fame as a coach. They are the gold standard."

Inducted along with Franklin were Lucas McCollum, Barbara Taylor, Jim Dorsch, Charles B. Davis Sr., Vikas Gowda, Wayne Main, Cheryl Linscott, Colby Johnson, and Alex Rodriguez.

For more information, visit <https://frederick-hof.org>.



Each month, students from Mother Seton School's Newspaper Club will be submitting articles from their perspective as a student.

The Almost Nine-Day Weekend

Day 1: Tuesday, January 20. Today, on Tuesday, January 20, middle school social studies teacher Mr. Brown informed each of his classes of a massive snowstorm due to roll in on Sunday, January 25. This news caused students to FLIP OUT (believe me, it was chaotic in that room) since it would likely result in no school on Monday and/or Tuesday, or even for the whole week. Expect 14-18 inches (1-1½ feet) of snow on Sunday, with a high of 15 degrees and a low of 3 degrees.

Day 2: Wednesday, January 21. New information about the snowstorm has arisen: Snow numbers have soared to 24-30 inches (2-2½ feet), guaranteeing no school next Monday. Students and teachers alike are worried that Catholic Schools Week will get (partially) snowed out.

Day 3: Thursday, January 22. The blizzard on Sunday may be more catastrophic than we thought. Expect 22-27 inches of snow in Thurmont, and up to 30 inches in some areas. Power outages may occur. I would buy flashlights and some gummy worms if I were you. You never know when you might want a gummy worm. The threat of black ice exists, too. Black ice is ice that is the same color as the road, which (as you might expect) causes a LOT of car crashes. Officials advise to stay off the streets on Sunday. Tuesday will have a low of 0 degrees Fahrenheit (-17.7 degrees Celsius), so play in the snow on Monday (or not at all, if you wish.) Another 2-3 inches of snow is expected on Monday, so be alert for that, too.

Day 4: Friday, January 23. In the D.C. area, expect 6-10+ (emphasis on the "+") inches. In Frederick, expect 10-14+ (again, emphasis on the "+") inches. Kids are stocking up on snacks for the power outage, like chips, popcorn, and cookies. Bread, fruits, and drinks have been stocked up, too.

Day 5: Sunday, January 25. It's the day of the snowstorm, and the torrent of frozen rain isn't letting up. It started at 11:00 p.m. last night, and it won't stop until 4:00 a.m.! School tomorrow has already been canceled. Kids are excited for a fun day out.

Day 6: Monday, January 26. I woke up this morning to a white field of snow! The snow numbers rose to a staggering 12 inches (1 foot)! Some kids dug up snow gear (mine consisted of one pair of snow pants; two jackets; one pair of boots, socks, gloves; and a hat. The snow is powder snow, too, soft for snowballs (unfortunately), but great to sled on.

Day 7: Tuesday, January 27. The temperature is RIDICULOUS today. Windchills are -2 degrees Fahrenheit. There was no school today, and there won't be school on Wednesday either.

Day 8: Wednesday, January 28. It's warmer than it was yesterday, but that's about it. There is no school tomorrow.

Day 9: Thursday, January 29. Infuriatingly, tomorrow is a full day instead of a half day, in exchange for a two-hour delay. We almost got a full nine-day weekend... Dang!

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From Calf to Show Ring

An FFA Project Series

BY MAKAYLA COMER

Makayla Comer is a junior at Catoclin High School and a member of the Future Farmers of America (FFA). She is serving as the 2025-2026 Thurmont & Emmitsburg Community Show Ambassador and currently serves as Social Media Coordinator. In this monthly series, Comer will take readers behind the scenes of what it takes to raise both market and breeding cattle, sharing her journey as she prepares to show at the Carroll County Fair and the Thurmont & Emmitsburg Community Show in 2026. Comer and her family own and operate a cattle farm in Rocky Ridge, Maryland. Readers are invited to follow along as she shares the dedication, responsibility, and hard work involved in raising cattle.

For my 2026 Market and breeding projects, all animals were born and bred on my farm. The steer I plan to take to the Thurmont and Emmitsburg Community Show in September is a Maintainer named Fort Worth. Fort Worth was born on March 25, 2025, and was the last calf born on my farm in 2025. I also plan to bring two heifers to the community show. My Maintainer heifer, Montana, and my Shorthorn Plus heifer, Daytona.

January 17 was the Carroll County weigh-in. Fort Worth weighed 819 pounds. At weigh-ins, they simply weigh the animal; they will use this weight later during the fair to determine the rate of gain that the animal made per month. Then, they remove his old ear tag and put in the county ear tag.

As I mentioned in my last article, we were supposed to go to a show at the end of January. The show got moved to Valentine's Day weekend due to the snowstorm. We sadly could not make that show due to the Catoclin FFA butchering and other events already planned.

Calving season has started on our farm with my heifer last year being the first one to calve. Cinnamon had a smooth calving process. Sadly, we did not know that she had her baby. She had him on the coldest day, and her calf ended up freezing. It's sad when things like this happen, but we try to move on and continue calving. We have a few cows that are due in February, and the others are due late March/early April.

I often get asked specific questions about showing. It may seem odd to watch cattle walk in slow circles around one person in a show ring. I promise you, there is a reason. During a normal class, animals are walked into the ring. The showman's job is to make the animal look its best for the judge. Walking slowly and purposefully is done so that the judge can look at the composition of the animal. Cattle are lined up, side by side. This is so the judge can see the rear end of the animal. After the judge has viewed the rear end, he will ask the class to walk their animals in a circle and line them up head to tail. When doing this, the showman should leave room between their animal and the animal in front of them. This will allow the showman to move the animal and reposition it up as needed. Judges prefer to see the animal with the front feet side by side.

The back right foot should be lined up with the butt of the animal. The left rear foot (closest to the showman) should be pulled forward slightly, so you can see that foot.

The showman has a showstick that is used to get the animal into position this way. Practicing this at home before the shows will help the animal to be comfortable in this position. After viewing the animals lined up from head to tail, the judge will typically start placing the class and asking specific animals to move. Depending on the type of show, the judge may

go and touch the animal to feel the muscling and composition of it.

Practicing this at home before the shows will always help the animal show better. Each species has a different way of showing. It is the showman's job to know what is expected for their species show and to make sure their animal is represented the best way possible.

To wrap things up, between weigh-ins, calving season, and preparing for upcoming shows, there is always something happening on the farm.

Even when plans change or challenges arise, each experience teaches us something new and helps us grow as exhibitors and caretakers. As the show season

Photo by Makayla Comer



Fort Worth gets his new ear tag at the Carroll County weigh-in by Crystal Stowers on January 17.

continues, understanding proper showmanship and animal handling is just as important as the work done at home, and all of it plays a role in becoming successful in and out of the show ring.

In Loving Memory

Obituaries

In Loving Memory



Beatrice E. Umbel

July 22, 1933 ✠ February 21, 2025

Beatrice E. Umbel, 92, of Emmitsburg, passed from this life on Saturday, February 21, 2026.

Born on July 22, 1933, she was the daughter of the late Helen (Eyler) and Wilbur T. Umbel.

Bea enjoyed working at The Palms Restaurant and playing Keno at the Ott House. She also enjoyed countless hours of Yahtzee and card games with family and friends. Most of all, she loved her family and enjoyed spending time with them. She especially adored her great-grandsons.

Bea is survived by her daughter, Anne Benjamin and husband Dick; grand-daughters, Lindsay Fuss and husband Jeremy, Cyndi Miller and husband Larry; great-grandsons, Ethan Fuss and Maddox Miller; brothers, Austin Umbel and wife Linda, David Umbel, Jim Umbel and wife Jean, Clarence Umbel and wife Sharon, Bill Umbel and wife Joan; sister, Ruth Clarke; sister-in-law, Mary Alice Umbel; and a multitude of nieces and nephews.

Bea was preceded in death by sister, Carolyn Clarke and husband Paul; brother Jack Umbel; brother-in-law, Pat Clarke; and sister-in-law, Patsy Umbel.

Family will receive friends on Monday, March 2, 2026, from 10:00-11:00 a.m., at Myers-Durboraw Funeral Home, located at 210 W. Main Street, Emmitsburg, MD 21727. A funeral service will follow at 11:00 a.m.

In lieu of flowers, memorial donations may be made in her memory to Elias Lutheran Church, P.O. Box 465, 100 W. North Avenue, Emmitsburg, MD 21727 or Vigilant Hose Co., P.O. Box 171, 25 W. Main Street, Emmitsburg, MD 21727.

Online condolences can be made at www.myersdurborawfh.com.

The Broken Chain

We little knew that day, God was going to call your name. In life we loved you dearly. In death, we do the same.

It broke our hearts to lose you. You did not go alone. For part of us went with you, the day God called you home.

You left us beautiful memories. Your love is still our guide. And although we cannot see you, you are always at our side.

Our family chain is broken, and nothing seems the same. But as God calls us one by one, the chain will link again.

~ Ron Tranmer

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The King's Gambit

written by
JAMES RADA, JR.

3: Becoming a Spy

Lou Preston eased into his high-backed leather chair, the supple hide yielding under his weight as the morning sun slanted through the lace curtains of his Gettysburg study. Motes of dust drifted in golden beams, swirling above stacks of books and papers. He'd spent decades in this room—first immersed in research, then, in retirement, drifting in and out of naps on the well-worn couch. Now, he inhaled the warm scent of oiled wood, leather, and the faint must of aged paper as he pressed the power button on his computer.

He sipped his hot coffee as he waited for the computer to come alive. On his broad oak desk lay his great-grandfather's battered Civil War journal, its cover cracked, its pages edged in brown. The faded iron-gall ink beckoned with whispered promises of a peace that never reached the history books.

Lou's fingers hovered over the keyboard before typing, with deliberate care, "Colonel David Donaldson." Bright pixels flickered to life as search results cascaded down the screen: newspaper clippings, genealogical databases, obscure military forums. Two men shared the name—one a World War II officer, the other the spectral Civil War colonel Lou craved. Heart pounding, he clicked the link.

The webpage glowed with a short biography: a North Carolina

native who'd enlisted in the U.S. Army in 1840. He had marched under General Winfield Scott and entered the Plaza de la Constitución in a triumphal procession after Mexico City fell. He'd spent three grueling years patrolling the Texas frontier before rising to captain—and by 1861, colonel. But when Lou scrolled for battle rosters or muster rolls, the trail dissolved into emptiness. No death certificate. No gravestone. As if Colonel Donaldson had evaporated into the summer air of that war year. Also, he noted he could find nothing, not even a birth year, of Donaldson's life before joining the Army.

Frustration mounting, Lou dove into the National Park Service's Civil War veterans' database—keying in every permutation of "Donaldson," "D. Donaldson," and "Col. Donaldson." Again: nothing but blank screens and "no results found" messages. He pushed back from the desk, the leather squeaking beneath him. He stood and stretched his arms under a ceiling studded with oak beams. The hush of the library enveloped him: walls lined with floor-to-ceiling shelves, each packed with leather-bound volumes and wartime memoirs; a broad writing desk carved with initials—H.P.—his great-grandfather's; an overstuffed couch drooping under decades of afternoon dozing; a brown

armchair that cradled him now. Polished wood gleamed faintly in the dim light.

His gaze settled on a low table fitted with an inlaid chessboard. Harley Preston's hand-carved and painted pieces—Federal blue and Confederate gray—stood poised in an eternal opening gambit. Two opposing kings, sculpted to resemble President Abraham Lincoln and President Jefferson Davis, faced each other across the checkered field. Lou remembered learning the game here as a boy, the rich scent of oiled mahogany under his fingertips as he nudged each pawn forward.

Oddly enough, Harley had sculpted Gen. Robert E. Lee and Gen. George Meade as the queens in the game. It seemed odd at first glance, but then, just as the queen is the most powerful piece in the game, so the commanding generals are the most powerful soldiers on the battlefield.

He picked up Meade's piece. He had always found it odd that the Union queen was General Meade. Although Meade had commanded the Union troops for the final two years of the war, Gen. Ulysses S. Grant had been considered the hero of the Union. Why not have the Union queen be Grant?

He set the piece back on the board and returned to the shelves, pulling down several Civil War

tomes whose yellowing pages crackled like dried leaves. He rifled through worn indices for "Donaldson," but silence greeted him. No hint of clandestine peace talks between the Union and the Confederacy. He sank back into the velvet chair and rubbed the bridge of his nose. Harley hadn't lied—surely he had no reason to—but if the journal's claims were real, then history had masked a shadow war behind her folds.

Needing fuel for thought, Lou walked downstairs to the kitchen. He layered paper-thin ham and sharp cheddar between two slices of sourdough, their crusts crackling as they met the toaster's heat. At the small window table, he tore into the sandwich, the cheese stretching in molten ribbons, while outside the dogwood blossoms quivered in a gentle breeze. Harley's narrative of secret emissaries and hidden names swirled in Lou's mind. If the war had ended through back-channel diplomacy, what form would peace have taken? Two nations coexisting at arm's length? A gradual reunion under terms buried by official historians?

He returned to the journal, its spine creaking. Harley's handwriting—long, looping strokes—spilled across the page, chronicling daily routines. He

 Continue reading story on page 45

saw his ancestor's steady hand, maintained under flickering lamplight and campfire glow. Harley's role was plain: courier to President Lincoln, bearer of letters and awaiting replies. But a month in, Harley noted a revealing exchange of letters that exposed the colonel's true identity: "Paul Dupont." Lou's pulse quickened. Had "David Donaldson" been a carefully constructed alias? Or had Dupont slipped into a new life under false colors?

Harley paused his narration, which was almost poetic at times, at a crucial point. Had President Lincoln known Donaldson's true name? Harley's own doubt mirrored Lou's now. Then came the answer: Lincoln not only knew but had taken advantage of the colonel's secret identity for his peace negotiations.

July 9, 1862

I rode the sunbaked road to President Lincoln's cottage at the Soldiers' Home, three miles north of the White House. Midday light sifted through oak canopies, spotlighting patches of dusty earth. The cottage itself—white-washed clapboard, widow's walk above, wide porch shaded by maples—rested on a gentle rise where cool breezes drifted in from the north. Despite its gracious setting, I longed for Lake Erie's vast expanse, where waves lipped against the pier and gulls cried under endless skies.

Given how much I love the water, I'm surprised I didn't become a sailor instead of a soldier. You never knew where fate would take you. One only had to look at what I was doing now, getting ready to meet the president, to know the truth of that.

The normal procedure whenever I had a letter for the president was to bring it to him, allow him to read it, and then usually return the next day for a reply. Until last month, I had delivered letters to the White House, but this was my third time at Soldier's Home.

When I arrived at the cottage, a servant led me up a staircase into a room that served as both the president's bedroom and his office. Inside, the room was sparse: an iron-frame bed, an armoire, a wash basin stand, a single oil lamp, and a small walnut desk strewn with papers.

President Lincoln sat at the desk, his lanky frame folded in thought. "Please be seated, Major Preston," he said, voice low as the wind through trees. "You have something for me?"

I offered my letter, but hesitated. "Mr. President, before you read this, Colonel Donaldson is not who he claims to be. His name is Paul Dupont, and he may answer to Jefferson Davis." My words stumbled out, weighted by fear and duty.

Lincoln's dark eyes fixed on me, hands steepled. After a moment, he murmured, "I am aware." Relief and dread warred in my chest.

"Then everything is... fine?" I ventured.

He frowned. "Far from it. Dupont is a dangerous asset—a conduit to the Confederacy. Yet until I can verify his loyalty, I need him. We will use his duplicity to our advantage."

I swallowed. "Why not arrest him?"

"Because, Major Preston, he must remain unaware that we know. Through Dupont, I communicate

with Davis. This secret channel offers the only chance to end this conflict with terms neither side dares to publish."

It was a nice thought, but now that battles had been fought and blood spilled, I doubted that could happen. The president did, though, and I wanted him to be right.

"How can I do that, sir?" I asked him.

He tasked me with watching the colonel and reporting any sign of treachery. "Your loyalty to the Union has served me well. Continue to serve, and I shall know when the time comes."

"My loyalty is—and always will be—yours, sir," I replied.

Present Day

And with that, my great-grandfather became a secret spy for President Lincoln.

Lou closed the journal with a soft thud. The room swelled with echoes of hidden negotiations and untold sacrifices. His great-grandfather had borne a weight no history text would ever acknowledge. What other secrets lay inked in those pages, waiting to reshape everything Lou thought he knew?

Stay tuned for Part 4 in our April issue!

FCPS Celebrates Youth Art Month at The Delaplaine Arts Center

In celebration of Youth Art Month, Frederick County Public Schools (FCPS) will present the annual FCPS Youth Art Month Student Exhibition at The Delaplaine Arts Center on Saturday, March 7, through Sunday, March 29, 2026. Admission is free.

The exhibition features more than 400 two- and three-dimensional artworks created by students from every FCPS public school. Each FCPS visual art teacher selected three outstanding student pieces, highlighting the creativity and dedication of both students and educators across the county.

The Delaplaine Arts Center is located at 40 S. Carroll Street in Frederick. The hours are Monday through Saturday, 9:00 a.m. to 5:00 p.m., and Sunday, from 11:00 a.m. to 5:00 p.m.

In addition to the student exhibition, visitors are encouraged to view the Frederick County Public Schools Faculty Show, also on display at The Delaplaine Arts Center.



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GAMES

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Each month, you're invited to participate in our Where Am I? Photo Contest and Hidden Object Game. The winners of each game are announced in the next issue of *The Catocin Banner* newzine. Winners are given a gift certificate to the advertiser of their choice. To participate, call 301-241-9249 or email news@thecatocinbanner.com to record your guesses by the 15th of each month. Please don't forget to include your full name. Don't forget that you need to check the next month's issue to see if you won.

Please note: The contests are not based on who gets their guesses in first. Each month, we put all correct guesses in a "hat" and randomly draw a winner.

Where Am I? Contest

For the "Where Am I?" Photo Contest, take a look at the photo to the right 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, Lewistown to Emmitsburg, Foxville to Creagerstown, and everywhere around and in-between. Good luck!



February's "Where Am I?" photo was taken of the St. John's Lutheran Church in Creagerstown. **The winner of the Where Am I? Contest for February's issue is Mark Maggitti.** Mark, please select an advertising business from which you'd like your gift certificate. Then, contact *The Catocin Banner* at news@thecatocinbanner.com or call 301-241-9249, so we can mail you your prize!

Hidden Object Contest

The hidden object for February's issue was a hot air balloon. It was hidden on page 45 in the Keymar Outdoors ad. **The winner of the Hidden Object Contest for February's issue is Tony Topper.** Tony, please select an advertising business from which you'd like your gift certificate. Then, contact *The Catocin Banner* email news@thecatocinbanner.com or call 301-241-9249, so we can mail you your prize! Happy hunting for this month's hidden object!

This month's hidden object is a golden horseshoe  Good luck!

Note: Hidden Object is always hidden in one of our advertiser's display ads.

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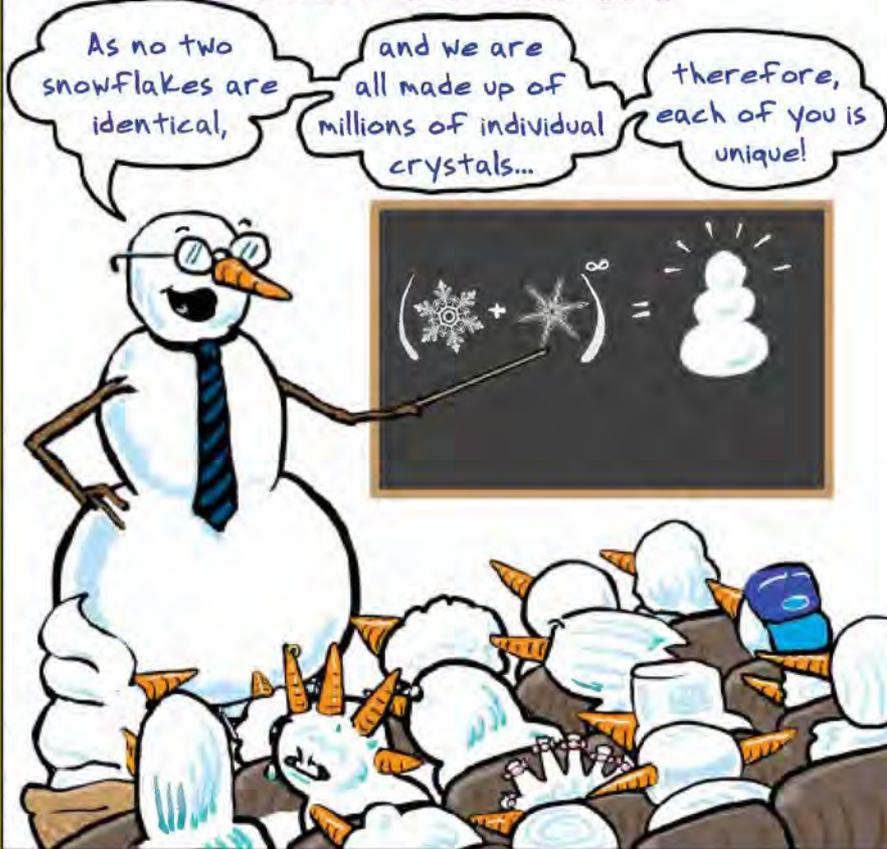
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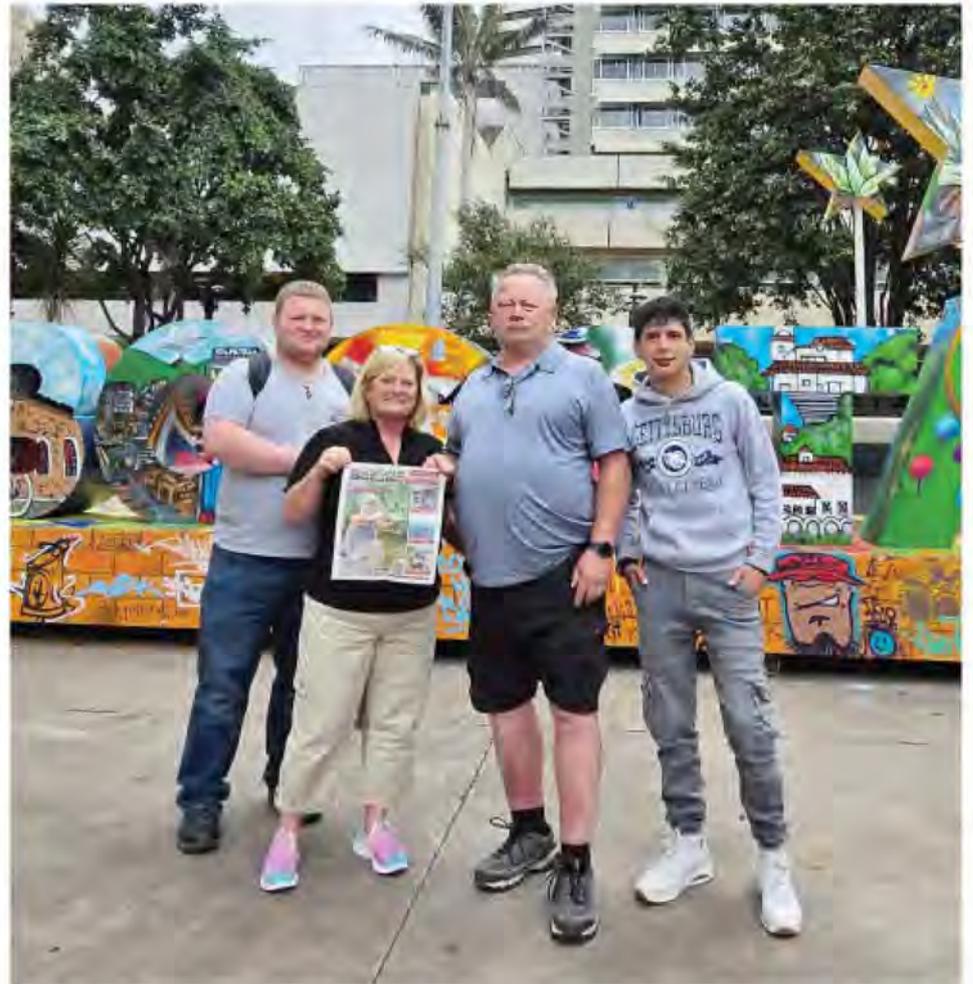


Kevin McGuire is shown at his parents' gravesite at Arlington National Cemetery the day after participating in Wreaths Across America.



~Thanks for taking us along, Kevin!

We appreciate you!



In September 2025, Harry, Roxann, and Matt Welch visited Jack Castro in Bogotá, Colombia, in South America.

"What a beautiful country, with great food and a lot of history."



~Thanks for taking us along, Harry, Roxann, and Matt!

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Moons are known to not have any significant atmospheres, largely due to their inability to hold one. Their lack of a magnetic field, low gravity, and overall size leaves them vulnerable to solar winds. Most moons are also geologically dead, meaning that they lack any active volcanoes or plate tectonics. This deadness leaves them to never replenish the gases that would make up an atmosphere when they either escape or are blown away by the Sun's radiation.

Up until 1944, we believed that this deadness and lack of atmosphere is true for all moons, including Saturn's moon, Titan. Although, astronomers theorized that Titan may have an atmosphere due to its haziness around the moon.

Dutch-American astronomer Gerard P. Kuiper found something fascinating the year of 1944. Through using spectroscopic techniques, he discovered that Titan has a substantial amount of gas on it.

Spectroscopy is a commonly used as a way for astronomers and astrophysicists to see the genetic makeup of all the objects in space. All physical objects react to electromagnetic radiation (light) differently. How something absorbs, emits, or scatters light will tell us its composition.

Since the confirmation of an atmosphere by Kuiper, astronomers

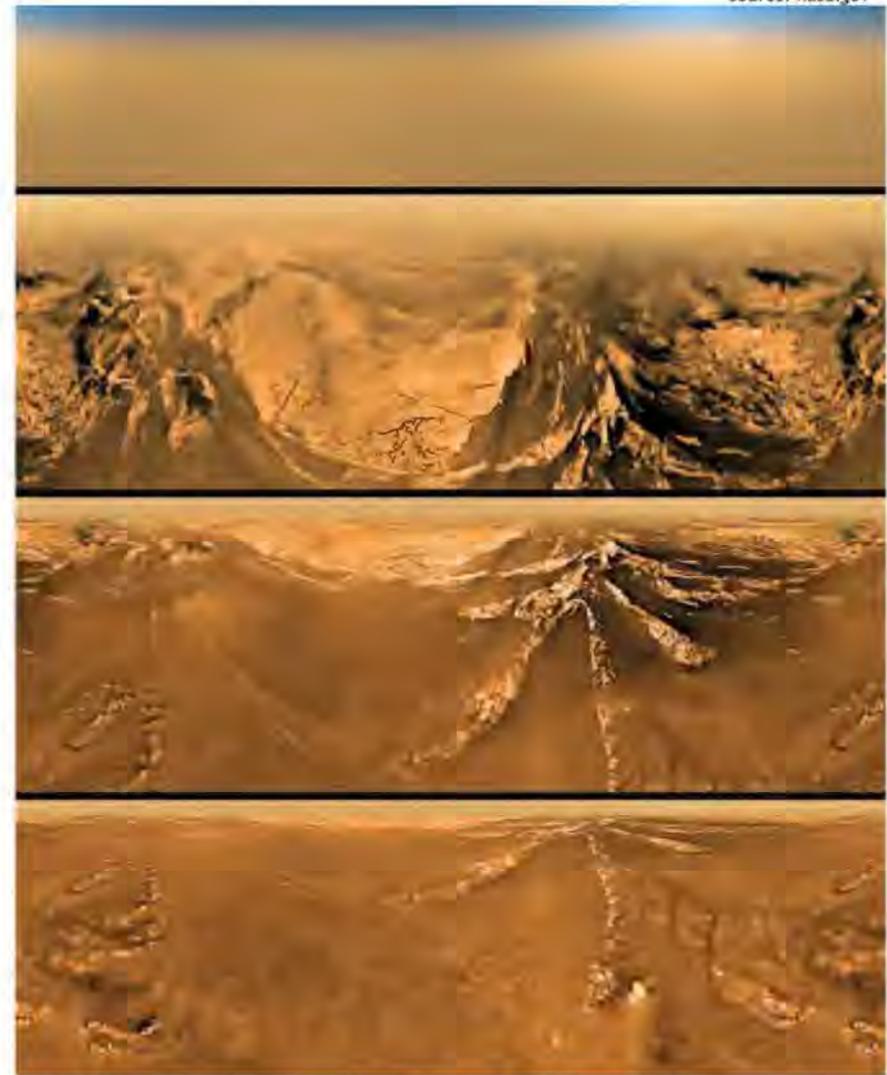
were in a hurry to discover more of this mysterious moon of Saturn.

In 2005, the European Space Agency (ESA) landed a craft named Huygens on Saturn's moon, Titan. The probe was carried all the way from its departure on Earth in 1997 alongside NASA's Cassini spacecraft. Huygens separated in December 2004 to study Titan's atmosphere and surface.

Huygens took nearly three hours to descend through the atmosphere of Titan, which would roughly be the amount of time it would take for a similar landing spacecraft to venture through Earth's atmosphere and land. This speaks to how thick Titan's atmosphere truly is, despite being 45 percent smaller than Earth.

During Huygens' descent, and after landing, the probe took many pictures of this new world. Through the thick atmosphere presented mountain ranges similar to our own rocky mountains, jagged and sharp, towering over any observers on the ground below them. This is where the comparisons stop, though, as Titan's mountains are made out of water ice, coated in materials such as solid butane and acetylene.

Titan's surface is also home to ridged channels flowing through it, which indicates some form of liquid is falling from the thick clouds above and flowing down the mountains.



In 2005, the Huygens probe takes these images of Saturn's moon, Titan, at four different altitudes as it descends to the surface.

Unlike the liquid water that flows through our channels here on Earth, liquid methane does the carving on Titan. The river system named "Vid Flumina" is a significant one on Titan, measuring 249 miles long. This river system flows into Titan's second largest sea, "Ligeia Mare." The name of the river system and the sea it flows into are derived from Norse mythology and Greek mythology, respectively.

Compared to our home, Titan does not have plate tectonics in the way that we do. This does not stop it from being geologically active, though. Tidal forces cause Titan's ice-based tectonics to have slip faults, which release ammonia instead of molten rock. Titan's geologically violent nature stems from a combination of active surface liquids, a dense atmosphere, internal heat, and intense environmental pressures.

Titan is incredibly cold, sitting at -290 degrees Fahrenheit on its surface. Titan, being one of Saturn's natural satellites, means that it is very far away from the Sun. The circumstance of distance from the Sun and its very thick atmosphere means that it (1) doesn't get much sunlight, and (2) reflects a lot of sunlight that does reach it. Unlike our Moon and all the others that reside in our solar

system, Titan's atmospheric gases do not escape into space due to just how cold it is there, which is just one of the reasons why Titan keeps its atmosphere.

Titan, like here on Earth, has diversity within its landscapes. Way down from the peaks of Titan's mountains exists its dunes (among many other geographical features). These dunes are large, dark, and rich with organic materials. Waves of electrostatically charged particles lay through on the surface to create Titan's dunes, most likely mimicking the feeling of wet sand you may find at the beach or in an oasis, rather than the dry sand we are used to in our deserts here on Earth.

There is still a lot of mystery surrounding Titan. It has long been debated if Titan has subsurface liquid water (H₂O) oceans, which very well could be home to microbial life. More recently, though, scientists have theorized that life on Titan could be quite difficult, especially in its possible subsurface ocean, as any nutrients to help sustain life would have a very hard time making it through Titan's thick, icy surface crust. Whatever the case may be, Titan stays as one of the most mysterious objects in our solar system.

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WORRIED YOU'RE MISSING TAX DEDUCTIONS?

You're Probably Not

I recently ran a poll, asking what people fear most about taxes. The choices were new tax law changes, owing more than expected, missing deductions or credits, or getting an IRS notice.

The clear winner? Missing deductions or credits.

That fear is understandable, especially if you scroll social media. There's no shortage of posts warning you about deductions "everyone is missing," usually delivered with just enough urgency to make you second-guess everything.

But here's the good news: most taxpayers aren't missing anything major, even if they're doing their own taxes with software.

Why Taxes Feel Simpler Than They Used To

A big reason for this goes back to the Tax Cuts and Jobs Act (TCJA), which has been in place since 2018. TCJA increased the standard deduction and eliminated or limited many itemized deductions. As a result, most taxpayers stopped itemizing, not because they were doing anything wrong, but because it no longer made sense.

More recently, changes under the One Big Beautiful Bill Act (OBBBA) added back a few targeted benefits. These don't overhaul the system, but they do matter depending on your age and situation.

Here's what to watch for when filing your 2025 tax return, broken down by life stage.

In Your 20s-40s: W-2 Employees and Young Families

If most of your income comes from a paycheck, your return is usually pretty straightforward.

Under TCJA, many deductions people still talk about online, like unreimbursed employee expenses or work-from-home write-offs, were eliminated for W-2 employees. That's still true today. OBBBA didn't change that.

What does matter in this stage:

- Retirement contributions (401(k), 403(b), traditional IRA).
- Health Savings Account (HSA) contributions.
- Student loan interest.
- Child Tax Credit and Dependent Care Credit.
- Education credits.

OBBBA 2025 updates you'll want to keep an eye out for when filing your 2025 tax return:

- No Tax on Overtime, up to \$12,500 for single filers, and \$25,000 for married filing joint.
- No Tax on Tips, up to \$25,000.
- No Tax on Car Loan Interest, up to \$10,000.

These new OBBBA changes are subject to income limitations. Be sure to check the instructions when filing.

Most people in this group will take the standard deduction, and that's usually the right answer.

Translation: If your return feels "too simple," that's not a red flag; it's how the system is designed to work.

In Your 30s-50s: Homeowners and Higher Earners

This is where the TCJA vs. OBBBA differences start to show up more.

Under TCJA, the SALT deduction (state and local taxes) was capped at \$10,000, which means that even if your state income taxes and real estate taxes were \$30,000, you could only take a deduction of \$10,000. This made itemizing less beneficial for many homeowners, especially in higher-tax states like Maryland. OBBBA increased that cap up to \$40,000, so some households may now be able to deduct more than they could in recent years.

You might want to take a closer look if you have:

- Significant mortgage interest.
- Higher state or local taxes (including real estate taxes).
- Meaningful charitable contributions.

OBBBA also expanded charitable contribution rules, allowing up to \$1,000 single or \$2,000 for married, even if you don't itemize starting in 2026, and increasing limits for those who do. So, if you've gotten out of the habit of tracking your charitable contributions, you better start again.

Translation: You're not missing secret deductions, but itemizing may be back on the table for some households, especially with planning.

Business Owners & Side Hustlers (Any Age)

If you're self-employed or have a side business, deductions still matter, but the rules didn't dramatically change between TCJA and OBBBA.

What to focus on:

- Ordinary and necessary business expenses.
- Retirement contributions (SEP IRA, Solo 401(k)).
- Health insurance deductions.
- Depreciation for equipment.
- Business use of your home (when appropriate).

Social media often exaggerates what's deductible here. The biggest missed opportunity usually isn't an expense; it's retirement and tax planning done too late.

Translation: Good structure beats aggressive write-offs every time.

In Your 50s-Early 60s: Pre-Retirement Years

This is a transition phase where tax planning starts to matter more than deductions alone.

TCJA simplified a lot of deductions in prior years, but OBBBA introduced new planning opportunities that become relevant here, especially around income timing, charitable giving, and preparing for required distributions.

What to watch:

- Retirement contribution limits.
- Charitable giving strategies.
- Managing taxable income before Social Security and RMDs begin.

Translation: This is the stage where being proactive can save far more than hunting for deductions at filing time.

Age 65+: Retirees

This is where OBBBA made one of its most meaningful changes.

OBBBA introduced a new senior deduction, available to taxpayers age 65 and older. The key feature? It can be claimed even if you take the standard deduction, something that wasn't possible under TCJA. The senior deduction can be up to \$6,000 for a single taxpayer and up to \$12,000 for married filing joint.

Other items to watch:

- Required Minimum Distributions (RMDs).
- Qualified Charitable Distributions (QCDs), if you're over 70½
- Medical expenses, which may become deductible at higher levels.

Translation: You don't need to itemize to get tax benefits in retirement, but strategy matters more than ever.

Disclosure: This article is for educational purposes only and is not intended to be investment, tax, or financial advice. Investment decisions should be based on your individual financial situation, goals, and risk tolerance. Consider consulting with a qualified financial professional before making investment decisions.

Have a FINANCIAL QUESTION?

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Your question could be answered in a future issue!

LOOKING BACK

An Unlucky Train

BY JAMES RADA, JR.



The Western Maryland Railway train yards in Hagerstown, Maryland.



The train station in Hagerstown, Maryland.

Three accidents. Two deaths. One injury. All involved one unlucky Western Maryland Railway train during a single weekend.

The string of unfortunate events began on Saturday, March 13, 1926, at the rail yards in Hagerstown, Maryland. The Western Maryland Railroad arrived in Hagerstown in 1872, and its presence there helped the city grow as the railroad's footprint there grew until it became the busiest point of the Western Maryland Railway system. Not only did nearly all of the Western Maryland Railway trains pass through the city or originate there, but other railroads also connected to the

Western Maryland Railway at that point. The Jamison Yard was the primary rail yard in the city. At the railroad's peak, the rail yard could handle 3,000 rail cars.

On March 13, Joseph Mullen, a flagman with the Philadelphia and Reading Railroad, was standing on the rear of the tender of a Philadelphia and Reading engine. The engine was preparing to take a draft of freight cars before continuing on to Harrisburg, Pennsylvania.

A Western Maryland Railway engine was also preparing to take freight cars to Baltimore at the same time. It was being run through a cross-over track, the track the

Philadelphia and Reading train was on.

"The tenders sideswiped and Mullen was caught between them and rolled the entire length of the tender," The (Hagerstown) Morning Herald reported.

Mullen was torn apart and crushed. "His head and shoulders were found a distance of twenty feet from his legs and other sections of his body were strewn about the track," according to The Herald Mail.

Police investigated the accident and determined that no inquest was needed. The cause of death was quite obvious. Mullen's remains were shipped to Harrisburg to his widow. He also left behind an orphaned one-year-old child.

That was the first mishap.

The track was cleared, and the Western Maryland Railway crew continued with their preparations to take their train to Baltimore. While doing so, T. W. Wilhide, the conductor in charge of the train, dropped a heavy iron bar on his foot. He was injured so badly, he had to leave work for the hospital.

That was the second mishap.

Dorsey A. Swink, a local conductor in Hagerstown, was brought in to relieve Wilhide as the

conductor, and the train continued east to Thurmont. On March 14, the train had to shift cars while in Thurmont.

"Swink was attempting to board the engine of the train where he is believed to have missed his footing and fell beneath the wheels of the train," The Herald Mail reported.

His co-workers found him a short time after the accident still alive. They carried Swink on a stretcher for a quarter mile to get to a doctor. Dr. Morris A. Birely rendered first aid, but he was in bad shape. One leg had been severed between the ankle and foot, and the other leg had deep cuts. He also suffered from internal injuries, but he was conscious.

Birely managed to stabilize him, and they sent him on to the Frederick hospital. Swink was still conscious when he reached the hospital, but he died soon after. He was survived by his wife, son, and daughter.

And that was the third mishap.

Three accidents all involving the same Western Maryland Railway train happening over the course of a single weekend. It is fortunate that the train didn't develop a reputation for being jinxed after that.

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BY MICHELE TESTER

My Two Cents

Good Luck, Bad Luck, Or No Luck At All?

March features St. Patrick's Day, a day honoring the patron saint of Ireland, Saint Patrick, and marking the anniversary of his death in the 5th century. Over time, the day has evolved into a global celebration of Irish culture, heritage, festivities, the color green, leprechauns...and good luck.

Leprechauns, according to Irish legend folklore, would hide their pot of gold treasure at the end of a rainbow. Catch one, and he'd have to tell you where his pot of gold was hidden, symbolizing luck and prosperity for you.

The pot of gold, the four-leaf clover, the color green, well, they all symbolize good luck. And good luck symbolization is not just reserved for St. Patrick's Day. As humans, we mark various objects, rituals, and animals as being "lucky" or "unlucky."

Take the penny, for instance. I know we have all seen a penny on the ground and had the thought: *Find a penny, pick it up, and all day long, you'll have good luck.* I'm not sure about you, but this one has never worked for me. I have a friend who found and picked up a "lucky" penny one day, and her car was hit that day. How about the horseshoe? You had better hang it with the open end facing up, so all your good luck doesn't run out. The four-leaf clover? I've been looking for one of those since I was a kid. Ladybugs are generally considered bringers of good luck and protection. If one lands on you, that means you will have good luck.

For all the symbols we attach to good luck, we have just as many symbolizing bad luck. Don't break a mirror, or you will suffer seven years of bad luck. How about the

"never walk under a ladder" or "never open an umbrella inside." Everyone is aware of the bad luck supposedly attached to a black cat walking in front of your path.

I know I've pondered over the "luck thing" many times. Is there really such a thing as good luck? Or bad luck? Or is it just random? Or is it created, one way or the other, by the choices we make or don't make?

Over my life thus far, I have witnessed people who seem to bask in the "good luck" category. Take, for instance, a simple game played for prizes, like Bingo. Winning is just by chance, right? There is no control a person has over winning; it's random. Yet, over the years that my husband and I have been playing at the same establishment, we have seen the same person win over and over. *Wow, we think, that person has some really good luck.*

On the opposite side of that coin, I have also witnessed people who seem to be dealt the crappy hand, with seemingly no good luck at all, one bad outcome after another.

But is what happens to us on any given day really due to luck, good or bad? Or is it just something that we label it as, depending on our perspective?

Some say that whether good or bad luck actually exists hinges more on belief, mindset, and perspective, rather than a proven, objective magical force.

Research conducted by psychologist Richard Wiseman found that "lucky" people often create their own luck through a positive, proactive mindset, being open to taking risks and seeking opportunities. In contrast, "unlucky" people tend to be more anxious and rigid, thereby missing potential opportunities.

So, is good luck self-fulfilling? Does what we focus our attention on determine our "luck"?

Studies show that our focus most definitely matters. Individuals who *expect* good fortune are more likely to notice opportunities in their environment and be open to new experiences, whereas those *expecting* bad luck tend to be more inflexible, more focused on potential failures, and therefore, miss windows of opportunity. These missed opportunities can cause a negative situation, whereby the individual then labels it as "bad luck."

We've all heard the phrase, "If I didn't have bad luck, I'd have no luck at all." No doubt, we've all felt that way at one time or another. Life seems to unfold in patterns, or what we perceive as patterns.

Research shows that our brains are evolutionarily designed to detect patterns (like spotting predators or food), which often results in seeing patterns where none actually exist. Our brains compel us to find the order in things, which, in turn,

drives people to find meaning or structure in random, unrelated events. When a person experiences a series of misfortunes or hard times, this inherent need to find patterns leads them to believe in "bad luck streaks," even though the events are statistically independent. Our brains link them together, and we feel like we are having continuous "bad luck."

So, what is the takeaway?

In a world where life can sometimes get messy, where we seem to be always rushing from one thing to the next, where our focus is sometimes misdirected, where chaos can sometimes become the norm, and where, let's be honest, it's sometimes darn hard to always stay positive, there is always hope and a path to turn that "bad luck" around.

And so, today, let's start by embracing the mindset to create our own "luck." Adopt a positive mindset. Rewire your brain to *expect* good things to happen, thereby opening your mind to notice opportunities. Believe in good luck. The belief in good luck can often act like a self-fulfilling prophecy, resulting in a person feeling more confident and ready to seize opportunities and new experiences.

Ultimately, not one of us can control random events in our lives, no matter how hard we try to. What we "label" as good luck or bad luck quite simply can be attributed to how we perceive and interpret what is happening to us. We could all use a bit of "good luck" to come our way. I'd like to win at Bingo once in a while, but I digress. The fact is that in our lifetimes, we will "experience" good luck as much as we will bad luck. The only difference, and what the impact on our lives will be, is what we do with it.

That's just my two cents.

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VETERAN SPOTLIGHT

BY RICHARD D. L. FULTON

Victor M. Wingate WWII "Correspondent" for The News

**THANK
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"The 'latrine rumors' have it that the Nazis are about ready to fold up. Well, here's hoping..."

~ August 2, 1944, Victor M. Wingate

Victor M. Wingate of Frederick County was born on February 24, 1911, in Wingate, Dorchester County, Maryland, to parents Charles Millard Meade and Cernelia Amelia Wingate, and had two brothers, Phillip Jerome and Francis Markham.

Wingate graduated from Crapo High School in Dorchester County. He subsequently received his bachelor's and law degrees from the University of Maryland (UMD), where he had also participated in freshman football, varsity lacrosse, and varsity boxing. He also served after graduating from UMD as a recreational director for the Frederick County Works Progress Administration (WPA).

Wingate registered for the draft on October 16, 1940, at 29 years of age. His place of employment at the time was stated as working as a postal clerk in the Wingate Post Office. His draft card stated that Wingate was 5'9" and weighed 165 pounds when he registered, having brown eyes and hair and a ruddy complexion and

possessing a scar at the corner of his left eye.

On April 19, 1941, Wingate married Marjorie V. MacDonald at the First Methodist Church in Brunswick by the Reverend Norman L. Trott.

Wingate, who was enlisted on July 27, 1943, and served with the Army Mobile Post Office (MPO), was initially deployed to England, and, as the summer of 1944 encroached, the MPO was moved close to the English Channel, which convinced Wingate that a crossing (into Normandy) was imminent. He also achieved the rank of corporal before his deployment to the European front.

Soon after D-Day, in addition to attending to his MPO duties, Wingate began to write a column for *The (Frederick) News* from June through August 1944, becoming somewhat of a war correspondent for the newspaper. *The Salisbury Times* began to run Wingate's articles in September and October 1944.

His articles ran the gamut from the humorous to the tragic, initially commenting on the English, such as writing, in reference to the "cockney" accent, "Whenever the English fail to understand our 'Improved American language,' we are inclined to believe that the English don't understand the English language." (July 15, 1944, *The News*).

As the MPO advanced behind the Army through Normandy, Wingate wrote, "The American received no 'wild welcome' from the French... but big parading, bell ringing, and flower throwing you may have read about was the product of some reporter's imagination." (July 25, 1944, *The News*).

Regarding a small coastal town in Normandy (which he did not name), Wingate wrote about the Army encountering a defiant German defense, stating, "... they [the Germans] fought with the fury of fanatics until many of them had been killed by the 'Pickett charging' Yanks..." (July 29, 1944, *The News*).

Humor occasionally crept back into his columns, such as the one posted in the August 24 edition of *The News*, in which he described a captured German foxhole, which he dubbed the Brown Bear's Boudoir, and described as being "decked out" with a dresser, pictures, and mirrors. "The Nazi's

Source: 1933 University of Maryland Yearbook



Victor M. Wingate

must have a lot of effort on it before we came along and served them with an eviction notice." His only complaint was that his "apartment" had no screen door, and "every night the mosquitoes queue up at the entrance as the British do for fish and chips."

Post-war, Wingate served as the chief of the Maritime Claims Division of the Judge Advocate General of the Army until the time of his death. He served as the first civilian chief of that division, beginning in 1963, when the office was located in Fort Holabird, according to his obituary published in the January 26, 1972, issue of *The (Baltimore) Evening Sun*.

Wingate passed away at Fort Meade at age 60 on January 25, 1972. Funeral services were held at the Toddville Methodist Church in Dorchester, and he was buried in the family cemetery in Wingate.

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VETERAN SPOTLIGHT

If you are a Veteran, or you know a Veteran, who would like to share their experiences in the military for publication in *The Catoclin Banner*, please contact us at news@thecatoclinbanner.com.

American Legion Post 168, Thurmont



Courtesy Photo

Pictured from left are Rob Jones, Harry Welch, and Jeannie Doane, winners of the American Legion Post 168's 2nd Annual Chili Cook-Off.

The 2nd Annual Chili Cook-Off was hot again this year! While we hope it was the cold weather that kept people from joining us, we look forward to having this exciting event again! Our winners were Harry Welch—first place; Jeannie Doane—second place; and Jenny Freeze/Rob Jones—third place.

The 2026 membership year will be coming to a close in June. Have you paid your 2026 dues? Do you have your 2026 membership card? Stop by the Legion, pay your dues, and pick up your card at the same time, or email your payment, and your card will be sent to you. The Membership Picnic will be here before you know it, and you will need your 2026 card!

K9 Veterans Day honors military and working dogs. Even before a training program was established to train dogs for work in battle, they were serving as soldiers' companions and protectors. During the Civil War, two dogs named Jack and Sallie served alongside their fellow soldiers and helped raise their regiment's morale. While many dogs served during World War I, it was not until March 13, 1942, that the Dogs for Defense program was established to train dogs to serve. With the U.S. entering World War II, Dogs for Defense called upon citizens to donate their beloved pets to be trained for battle. During the war, a mixed-breed dog named Chips earned both the Purple Heart and Silver Star for saving countless U.S. soldiers' lives on the battlefield.

High School seniors, are you planning on continuing your Education? Did you know that the Legion has Scholarships available? Information should be on the Naviance website and needs to be handed into the Guidance Office by April 1, 2026, for the Legion and SAL, and for the Auxiliary by April 15, 2026.

The Poppy Poster Contest is open to students in grades 2-12, including students with special needs. Requirements for the poster are a fitting slogan (only 10 words, including "American Legion Auxiliary") and include a red poppy, on 11x14 poster board paper. The rules for the contest can be found in the lobby at the Thurmont American Legion. Posters must be turned in to the Legion by March 16, 2026. For more information, please send an email to thurmontlegionaux168@gmail.com or visit www.legion-aux.org/national-poppy-poster-contest.

High School juniors, if you are interested in Boys/Girls State, visit your Guidance Office or call the Thurmont Legion at 301-271-4411, and a representative will reach out to you. Boys State is held at McDaniel College in Westminster, Maryland, on June 21-27, 2026. For more information, check out the website at <https://mdlegion.org/boysstate/>. Girls State is held at Salisbury University on June 21-26, 2026. Check out the website for more information: <https://mdboysgirlsstate.org/girls-state> on Facebook ALA Maryland Girls State - Official.

Thurmont AMVETS Post 7, Thurmont

Thurmont AMVETS Post 7, located at 26 Apples Church Road in Thurmont, is now open for lunch and dinner every Thursday, Friday, and Saturday, from 12:00 to 7:00 p.m., with weekly specials on Thursdays and Fridays. They also offer a bucket of domestic beer for only \$13.00! Check out the advertisement on page 53.

Mark your calendars for A Night At The Races, hosted by the AMVETS Post 7 Ladies Auxiliary, on Sunday, March 22. The event is to benefit Lions Club for the Gold Stars Memorial wall to be installed at the Memorial Park in Thurmont. Admission is free, and it's open to all ages!

The AMVETS Post 7 Ladies Auxiliary holds a Bingo every third Wednesday of the month at 5:00 p.m. Play Bingo this month on March 18. View the advertisement on page 28.

Sons of AMVETS Post 7 is hosting a Catfish & Chicken Fry on Saturday, March 14, at the Post on Apples Church Road in Thurmont. Doors open at 3:00 p.m. Dinner is held from 4:00 to 6:00 p.m. The cost is \$20.00 per ticket (available at the bar). Soda and "AMVETS milk" are included! The public is welcome. You must be 21 years old or older to attend. Check out the advertisement on page 47.



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The Bible is a nuanced book and requires you to actually think while reading it. Critics of the Bible may claim certain passages are in contradiction when in reality they are merely using the same word to mean different things. Take the teachings of the word "world". Some may look at the Bible's attitude towards the world and its seeming contradiction as proof that the whole book is false. For example 1 John 2:15-17: **Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world- the desires of the flesh and the desires of the eyes and pride of life- is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.**

Now, an un-nuanced person may read that and proclaim that it's in direct contradiction to the most famous verse in the Bible **John 3:16: For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.** This ignores that the term "world" is being used in two different ways. The first epistle of John uses the term to refer to the planet and its aspects which are in rebellion to God. The Gospel of John, on the other hand, is using the term to refer to humanity.

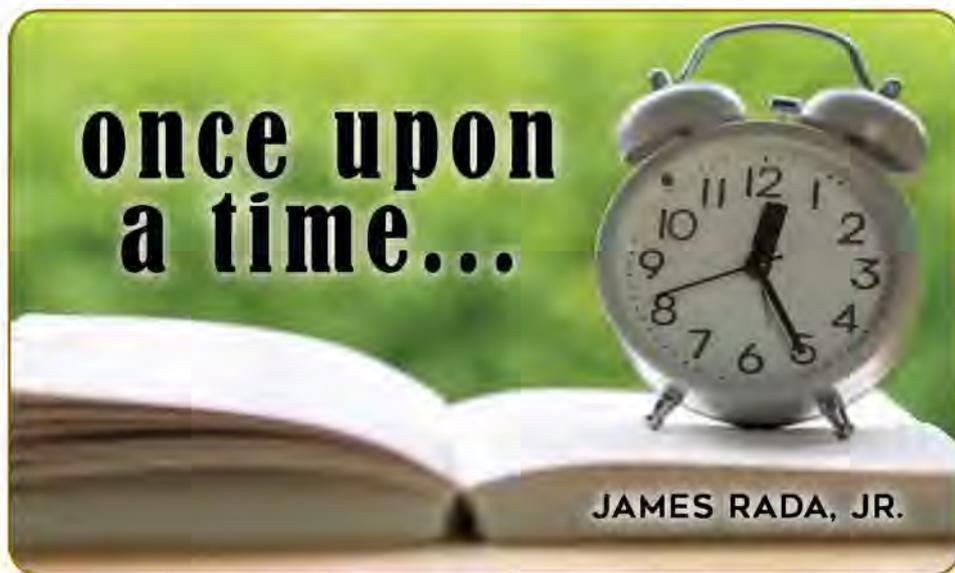
When both of these concepts are understood, that we should not love the world or the things in it but God so loved the world that he gave his only son for it, we begin to understand the wonderful, heavenly truth: God considers the world lost, but loves us so much he thought us worth saving despite the stains of the world on us.

An honest person will understand this. We live in a sad world, filled with pain and disappointment. God desires to save us from the sinful world and to enter eternal bliss. Don't miss your opportunity to let him.

We hope you come to worship Christ with us soon! We would love to meet you.

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Note: Newspaper excerpts are as they appeared in their respective issues.

March 1926, 100 Years Ago

Thurmont School Principal Named

David W. Zimmerman, of Walkersville, has been appointed principal of the Thurmont High School, to succeed the late Prof. Russell N. Young, it was announced today by County Superintendent of Education, G. Lloyd Palmer. Mr. Zimmerman will assume charge of his duties March 15.

The new principal is a graduate of Franklin and Marshall College, after which he held the position of principal of Walkersville High School, and for the past two years had been in charge at the Church street school, this city. Mr. Zimmerman has also studied two summers at the Teachers' College, Columbia University.

— *The (Frederick) News*, March 12, 1926

Lantz Post Office Is Robbed; \$700 Cash And Checks Loot

A lone man at noon today robbed the postoffice at Lantz, Frederick county, while Charles Brown, the postmaster, was out for his lunch.

Cash and checks reported stolen by the bandit will total approximately \$700, authorities were told by Brown when he reported the robbery.

Sheriff Albaugh, notified by Brown immediately after discovery of the loss, went at once to the scene and this afternoon was at work on the case.

Because Brown had been unwell for several days and unable to deposit the office receipts in the bank each day, the money on hand was of more than the usual amount carried in the office.

— *The Frederick Post*, March 18, 1926

March 1951, 75 Years Ago

Association Formed; Wants Rt. 15 Improved

An enthused representative gathering of Emmitsburg and Thurmont residents met Monday evening at the Fire Hall in Thurmont, hosted by Mayor Saylor D. Weybright of that town. The single goal of the meeting is improvement of Route 15.

Presiding over the session were Ernest Hammaker, Thurmont business man, and Edgar Emrich, Emmitsburg farmer and chairman of the local Grange roads committee.

— *Emmitsburg Chronicle*, March 16, 1951

20,000 Trout To Be Stocked In Streams

A total of 20,000 legal-size trout will be stocked in Frederick County streams during the 1951 season, according to the State Game and Inland Fish Commission. The total is about the same as last season with the fish running about the same size—from seven to 12 inches.

Fishing Creek, most of which traverses the Frederick City watershed will be stocked with 8,000 trout during the season, with 7,000 allocated to Big Hunting Creek; 3,000 to Middle Creek; 1,500 in Friends Creek and 500 in Little Hunting Creek.

— *Emmitsburg Chronicle*, March 23, 1951

March 1976, 50 Years Ago

Flu Epidemic Is Spreading

A late-developing influenza epidemic has spread throughout the United States, but health officials say the death toll is falling far short of the Hong Kong flu epidemic of seven years ago.

The Center for Disease Control reported Friday that through Feb. 28, pneumonia and flu led to 1,270 "excess deaths" this year, meaning deaths above the number expected by CDC scientists.

The Hong Kong flu strain in 1969 produced 12,700 "excess deaths," a CDC spokesman said.

— *Emmitsburg Chronicle*, March 11, 1976

Bells To Toll

A simultaneous, nationwide ringing of bells on July 4th will herald the country's entrance into its third century.

Communities, churches, schools, fire departments, universities and individuals will toll bells and carillons in conjunction with the ringing of the Liberty Bell in Philadelphia at 2:00 p.m. (EDT). The time selected is exactly 200 years from the precise moment that the Liberty Bell proclaimed the independence of the new nation.

— *Emmitsburg Chronicle*, March 25, 1976

March 2001, 25 Years Ago

Local Civil Air Patrol Squadron Off and Running

Since my last article, I am pleased to report that the Emmitsburg Squadron, (you notice that I am calling it the Emmitsburg Squadron now, not the Emmitsburg flight of Mt. Airy Squadron), is OFF AND RUNNING. At the time of this writing, we have eight young people who have committed their time to the Civil Air Patrol. Our first three members were Kyle Potts of Emmitsburg, and Benjamin and Anthony Steinhour of Gettysburg. They were soon followed by Andrew Nucelli, Brian Howard, Chris Petrie, Mark Lingg, and Justin Swain. Some young women have expressed an interest in joining and we hope more will check us out.

— *The Dispatch*, March 2001

Moratorium On Building Towers

The Emmitsburg Town Council, at their February 4 meeting, voted in favor of a nine-month moratorium on the building of communication towers within the town limits. The council felt a need to become more familiar with matters of microwave towers in order to draft an effective ordinance. To date two requests have been made to install towers within town limits.

— *The Emmitsburg Regional Dispatch*,
March 2001

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Recipe of the Month

BY MAXINE TROXELL

I am always looking for great cake recipes. I came across the website, My Cake School. The website showcases tons of great cake recipes for all seasons, including recipes that use cake mixes. There are so many to choose from. This moist and tender Toffee Pecan Bundt Cake has a soft, fine crumb and wonderful flavor! I hope you enjoy it.

Toffee Pecan Bundt Cake

Ingredients for Cake

- 1½ sticks unsalted butter, softened
- 1 cup light brown sugar
- 1 cup sour cream
- ½ cup whole milk
- ½ cup toffee bits
- 3 large eggs (room temperature)
- 3 cups cake flour
- 2 teaspoons vanilla extract
- ½ cup vegetable oil
- ½ cup chopped pecans

Ingredients for Caramel Sauce

- ½ sticks unsalted butter
- ½ cup heavy cream
- 1 teaspoon vanilla extract
- 1 cup light brown sugar
- ½ teaspoon salt
- 1 tablespoon light corn syrup

Directions for Cake

1. Preheat oven to 325 degrees. Grease and flour a bundt pan or tube pan.
2. In a separate bowl, combine the cake flour, baking powder, and salt. Whisk at least 30 seconds to blend. Set aside.
3. In another bowl, combine the sour cream, vanilla, oil, and milk. Stir and set aside.
4. In the bowl of your mixer, add the butter and beat on low to medium speed until smooth. Slowly add the white and brown sugars, mixing on medium speed until the mixture is lighter in color and fluffy, approximately 3-5 minutes (a bit longer if using a hand mixer).
5. Add the eggs, one at a time, mixing after each egg until blended.
6. With the mixer on low, add the dry ingredients alternately with the wet ingredients, beginning and ending with the dry ingredients. Stop and scrape down sides of bowl with rubber spatula as needed (once or twice). Mix just until combined.
7. Once the batter is mixed, using a spatula, fold in the toffee bits and the chopped pecans.
8. Scoop batter into the prepared bundt pan. Smooth the top with the back of a spoon. Bake for 45-50 minutes (adjust time as needed). The cake is done when a toothpick inserted into the center pulls out clean or with just a few crumbs attached. Let the cake cool in the pan on a wire rack for 10 minutes before turning out.

Directions for Caramel Sauce

1. Using a medium-size saucepan (deep enough to prevent boiling over), melt the butter over medium heat.
2. Add the brown sugar and the remaining ingredients.
3. Stir to blend (try to keep the mixture off the sides of the pan). Once the mixture begins to boil, reduce the heat to low.
4. Simmer for 5-6 minutes; check the pot, making sure it will not boil over.
5. Keep in mind that the caramel will thicken up a bit as it cools. You can pour it into a long glass casserole dish if you want it to cool more quickly.
6. Makes 1 cup caramel sauce. It can be kept in the refrigerator in an airtight container for up to two weeks.

Decorating the Cake

1. Once the cake has cooled and the caramel has cooled enough to thicken to the desired amount, spoon the glaze over the cake or pipe it with a piping bag.
2. Top with toffee bits, crushed pecans, or both.

Enjoy!



The Supermarket Gourmet

BY BUCK REED



Fermentation 101



Fermentation is the process of transforming foods with the use of controlled microbial organisms growth. We use bacteria, molds, yeast, and other microorganisms to break down sugars producing gases, acids, and alcohol. Most of us understand or at least are aware that this process is used to make wine, beer, and other spirits, but it is also used to produce the foods we include in our daily diet.

There are many benefits that fermented food brings to our health and nutrition. For instance, fermented foods contribute probiotics that improve our overall gut health. Some acids produced during fermentation will reduce inflammation, which can lead to boosting your immune system and metabolic system. This process makes the nutrients in foods more accessible to the body.

Another benefit of fermenting food is to increase the shelf life of the foods that are processed this way. It also gives some foods a unique flavor, such as milk when it is made into yogurt or in Russia Kefir.

Two foods that utilize the fermentation process in their production are coffee and chocolate, both of which may or may not enhance our overall health but do make life worth living. Then, there is cabbage, which makes kimchi and sauerkraut, both a mainstay in the cultures that created them. Other foods include yogurt, pickles, olives, and apple cider vinegar, all of which can find a place on your menu.

Making your own fermented foods at home can be done. When we say controlled process, we are mostly talking about keeping the process and environment around it clean and sanitized. We want just the bacteria, yeast, or other microorganism to be the only thing transforming our food into the product we desire. Looking into the information on the process for creating the specific food you want to make is readily available. Very little additional equipment, other than what you already have in your kitchen, is needed.

One of the keys to adding fermented foods to your diet is to start small and gradually increase the amounts you are consuming. Also, it is best to eat a variety of fermented foods, as different foods have different benefits to your health. Whether they are a condiment, a main dish, or a simple snack, they do enhance your plate. Some might be an acquired taste or a love at first bite, but they all can be a delicious addition to your healthy diet.

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TIPS for a HEALTHY HEART

BY DR. THOMAS K. LO, Advanced Chiropractic & Nutritional Healing Center

Eat Heart-Healthy Foods

Start taking care of your heart by eating a diet full of heart-healthy foods. What you eat directly influences the health of your heart, and eating healthy food helps to reduce the risk of heart complications, including heart valve disorders.

High-fiber Foods

Foods that are rich in fiber, like oats and gluten-free grains (including brown rice, amaranth, millet, buckwheat, and quinoa), can help to regulate cholesterol levels, which may lower your risk of coronary heart disease.

Omega-3 Foods

Foods containing omega-3 fatty acids, like wild salmon, mackerel, herring, sardines, anchovies, walnuts, chia seeds, and flaxseeds, help to reduce inflammation and lower blood pressure, which may reduce your risk of stroke.

Leafy Greens

Leafy green vegetables, like kale, spinach, arugula, and collard greens, are packed with heart-healthy nutrients such as vitamin A, folate, magnesium, and potassium. Adding greens to your meals to fight chronic disease may reduce your risk of heart problems.



Tips to keeping your heart healthy include eating healthy foods, exercising, sleeping well, reducing stress, and avoiding smoking and drinking alcohol.

Have you been tested for hypothyroidism?

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- PMS symptoms
- Sleep problems
- Difficulty tolerating cold
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- Allergies
- Brain fog
- Puffiness in face and extremities



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Berries

Berries, including blueberries, blackberries, strawberries, and raspberries, are packed with disease-fighting antioxidants. Berries can help to reduce inflammation, normalize blood pressure, reduce LDL cholesterol, and promote a healthy body weight.

Eggs

There are many health benefits of eggs, including their ability to reduce the risk of heart disease and fight inflammation. Eggs also work to regulate cholesterol absorption, helping to balance the ratio of LDL and HDL cholesterol.

Herbs and Spices

Herbs and spices have anti-inflammatory properties that can support the health of your heart. Some great options are turmeric, raw garlic, cinnamon, ginger, and rosemary.

Eating the right foods is important for maintaining the health of your heart, but so is avoiding

inflammatory, unhealthy foods.

So, try to avoid refined carbs, which are used to make processed and packaged foods like cookies, crackers, chips, and muffins. Skip the soda and other sweetened beverages. Cut out foods that are high in trans fats (like margarine), and try to avoid processed meats.

Stay Active

It's important to stay active by adding some physical activity to your daily routine. Exercise can help reduce chronic disease and promote heart health by lowering high blood pressure, increasing HDL cholesterol, and improving blood circulation.

Try 30 minutes of exercise/movement five days per week. Some options are walking, running, biking, yoga, Pilates, calisthenics, and lifting weights. For people with heart health issues, it may be necessary to avoid exercise that makes you short of breath. If you have a pre-existing heart condition, talk to your health care provider about the best forms of exercise for you.

...continue reading on page 57



TIPS FOR A HEALTHY HEART

Quit Smoking

Most people know that smoking is terrible for your health; in fact, it's the leading cause of preventable illness and death. It goes without saying that to really take care of your heart, you need to quit smoking.

Quitting smoking can certainly be tough, which is why it needs to be addressed physically, behaviorally, and cognitively. Research shows that a combination of therapies can double or triple the chances of being successful. This is because of the mind-body connection that influences emotions and behaviors.

To quit smoking, try mind-body practices, like meditation, yoga, spinal manipulation, acupuncture, and massage therapy. This will help you deal with the emotional and behavioral withdrawal symptoms that make it so hard to quit for good.

Reduce Stress

When stress is left unmanaged, it can lead to an inflammatory response that affects the health of your heart and other major organs.

Chronic stress predicts the occurrence of coronary heart disease and increases your risk of life-threatening cardiac events.

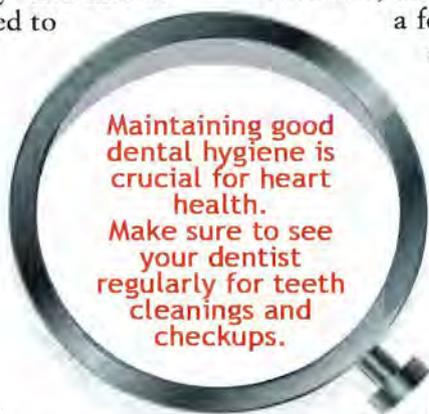
It is important to reduce stress in your life. You can do this by adding natural stress relievers into your daily routine, like taking walks outside, meditating, spending time with family and pets, getting enough sleep, and exercising. It can also be helpful to use relaxing, stress-reducing essential oils like lavender, lemongrass, and ginger.

If these lifestyle changes alone don't help, and the stress is overwhelming, consider seeking professional help from a therapist who specializes in stress reduction.

Maintain Healthy Weight

Studies show that excess weight is associated with increased risk of heart disease among men and women. If this is something you've been struggling with for a while, then taking care of your heart could be a good motivator.

To lose weight in a healthy way, make a plan that involves eating healthy, anti-inflammatory foods and engaging in physical activity that you love (like walking outdoors, dancing, or doing yoga) a few times per week and tracking your progress. It can be helpful to work out with a group, use social networks to keep you accountable, and work with a health coach or dietician if you are unsure about what foods to eat.



Use Heart-Healthy Supplements

Eating a well-balanced and healthy diet will ensure that you are getting the nutrients you need for optimal health, but there are some supplements that can give your heart extra support. They can help reduce inflammation and promote heart health, such as omega-3 fish oil, curcumin, coenzyme Q10, and vitamin D. Always check with your health care provider before taking any supplement.

Keep Up Dental Hygiene

It may seem strange to focus on dental hygiene to help promote the health of your heart, but an endocarditis infection that can cause an abnormal heart murmur can be caused by the spread of bacteria in your gums and tooth decay. If bacteria enters your bloodstream, it can damage the heart valves and lead to a heart murmur and other serious symptoms.

So, make sure you take care of your dental hygiene. Floss and brush your teeth, and see your dentist regularly.

If you are struggling with health issues, call the Advanced Chiropractic & Nutritional Healing Center at 240-651-1650 for a free consultation. Dr. Lo uses Nutritional Response Testing® to analyze the body to determine the underlying causes of ill or non-optimum health. The office is located at 7310 Grove Road #107, Frederick, MD.

Source: drjockers.com.

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BY JEFF YOCUM



A Change of SCENERY

“A Change of Scenery” focuses on day trips from Thurmont that are within 150 miles (give or take). These trips will not include “Disney-level” destinations, but rather, lesser-known points of interest. The purpose of the article is to suggest venues for folks seeking a short, easily accessible change of scenery. In the process, hopefully something will be learned. Some will be historic, some cultural, and others just plain quirky. I confess an ulterior motive for writing this article: I have a wanderlust addiction.

Hidden Gem

Have you ever known someone who was always the envy of everyone? They always knew where to get the best deals or knew the paths of least resistance in obtaining an objective or achieving a goal. Envy from afar no longer. You can be that person. And the secret is found in the least likely of places: the Frederick County Public Library (FCPL).

The services and benefits go well beyond books. Whether you're a grade school, high school, or college student, whether you're a young professional or a retiree, the FCPL has something for you that will help you reach whatever goal you are stretching for.

Need to strengthen your computer skills to better perform your job? Digital Resources can help find the training materials and programs to make that happen. Want to take that new skill out into the job market and find a better job? Try JobNow to write a better resume and snag that next job. If you need some guidance along the

way, ask the library staff to point you in the right direction. The opportunities to tailor the learning programs to your specific needs are nearly endless.

Perhaps you're a parent of two preschoolers who have been cooped up inside because of foul weather. Look into the many programs designed to engage preschoolers' minds and guide them into a lifetime of loving to learn. You can follow the programs into advanced age groups as your child grows as well.

Are you at the point where you want to take your education to a higher plain? Check out the assistance available for prepping for entrance exams. Peterson's Test and Career Prep aids are available for a myriad of tests like GED, SAT, GRE, LSAT, MCAT, and much more. All that's required to unlock the door is a library card.

Coming in March, the Thurmont Library will host Frederick County Children and family Services. It will be easier for families of all ages in need of working with the various social services by not having to travel to Frederick. Easing the burden of navigating through the social services systems will improve the lives of many.

Of course, if all you're looking for is a quiet place of respite for a cold, rainy day of reading for pleasure, the libraries offer a number of nooks and crannies for that simple pleasure.

Photo of Thurmont Regional Library by Jeff Yocum



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THURMONT SENIOR CENTER

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BY TARA MILLER

Spring Is Blooming with Activity at the Thurmont Senior Center

March is shaping up to be another lively and engaging month at the Thurmont Senior Center! As the days begin to grow longer and we look forward to the arrival of spring, our center continues to offer a warm, welcoming place for local seniors to stay active, socialize, and try something new.

Our regular fitness programs remain a cornerstone of our monthly schedule. Strength & Balance classes are offered multiple days each week to help improve mobility, stability, and overall wellness. For those looking for a fun and upbeat workout, Zumba Gold brings music, movement, and plenty of smiles every Friday morning. We also offer Chair Yoga, which is a gentle and accessible way to increase flexibility and relaxation.

Of course, social activities are just as important as physical wellness. Our popular Cards & Games afternoons provide a chance for friendly competition and fellowship, while Manicure Mondays offer a little pampering and conversation to start the week. Bingo continues to be a crowd favorite, with our 50/50 Bingo games scheduled twice this month, giving participants a chance to enjoy the excitement while supporting the center.

March also features several special programs and events. On March 12 and March 26, our Craftin' in the Catoctins group will be busy creating seasonal projects. Participants can also enjoy a DIY Window Herb Garden workshop on March 25. Our Solo Aging Café is on March 27, which provides an opportunity for open discussion and connection. We will also celebrate our monthly Birthday Party on March 20, honoring those celebrating another wonderful year.

In addition to activities inside the center, we are proud to serve our community through essential outreach programs. The Thurmont Senior Center provides carryout lunch delivery to homebound seniors within a six-mile radius of the center, as well as transportation for local medical appointments, grocery trips, and other essential errands. These services help many older adults remain independent and connected to the community.

As our outreach services continue to grow, we are always looking for caring and dependable volunteers to help deliver meals and assist with programs. Because we are a nonprofit, volunteers play a vital role in keeping our services running smoothly. Whether you have an hour to spare or can help on a regular basis, your time truly makes a difference. After all, many hands make light work, and every volunteer helps us reach more seniors who depend on these services.

We also invite community members to support the center by joining us for our Fundraiser Night and Bake Sale at Roy Rogers on March 12, from 5:00 p.m. to 8:00 p.m. Simply mention the Thurmont Senior Center when placing your order inside or through the drive-thru, and a portion of the proceeds will benefit our programs.

Did you know?

Oral health is so important for overall health and well-being, but in 2022, 36.3% of older adults had not seen a dentist in the last year.

About 13.2% of older adults have complete tooth loss. One in five adults (age 65 and older) has untreated dental caries (cavities).

Regular dental visits for seniors are crucial to prevent tooth loss, gum disease, and serious systemic illnesses like heart disease, diabetes, and pneumonia. It's especially important to take care of your teeth and gums if you have a health condition like diabetes or heart disease—or if you're taking medicines that can cause oral health problems.

Source: odphp.health.gov; ncoa.org

Photo by Tara Miller



Pictured from left are Nancy Grant, Rita Gonzalez, and Fred Henning.

The Thurmont Senior Center is open Monday through Friday, from 9:00 a.m. to 3:00 p.m., with lunch served daily at noon. We welcome new participants, volunteers, and visitors to stop by and see what we have to offer.

For more information about programs, volunteering, or services, please contact the Thurmont Senior Center at 301-271-7911, visit thurmontseniorcenter.org, or follow us on Facebook.

Living on a fixed income? On Medicare?

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Kitten Season Is Coming: Why Spaying & Neutering Matters



Every year, animal shelters and rescue groups brace for a predictable surge in kittens—an event known as “kitten season.” Typically beginning in early spring and lasting through fall, kitten season is the time of year when unspayed female cats give birth in large numbers. While kittens are undeniably adorable, the reality behind kitten season is far less cute: overcrowded shelters, overwhelmed rescues, spread of disease, increased euthanasia rates, and countless vulnerable cats struggling to survive outdoors. This can put a strain on animal welfare organizations and volunteers.

A single unspayed female cat can have two to three litters per year, with four to six kittens per litter. In just a few years, one cat and her offspring can produce thousands of cats.

Spaying and neutering are the solutions. It prevents unwanted litters before they are born, reduces shelter intake, improves animal health, and saves lives. It also helps reduce roaming, fighting, spraying, and disease spread in communities.

Everyone can play a role in reducing kitten season: (1) Spay and neuter your pets; (2) Support local Trap-Neuter-Return (TNR) programs; (3) Foster kittens and nursing moms; (4) Volunteer with rescue groups; (5) Educate others about TNR; (6) Donate to low-cost spay/neuter clinics; (6) Report community cat colonies to TNR organizations.

FREDERICK COUNTY ANIMAL CONTROL & PET ADOPTION CENTER

FANNY



#26-0680

AGE: 4Y

GENDER: FEMALE

BREED: DSH

CALLIOPE



#26-0720

AGE: 2Y

GENDER: FEMALE

BREED: TERRIER X

FOR MORE INFO CALL, 301-600-1546

SCHEDULE YOUR VISITATION AT

VISITFCAC.AS.ME



PET OF the MONTH

Vinny



 meet Vinny

Vinny, the adored and cherished pet of Mary Fontana and Candas Derr, is an American Shorthair and turned the ripe old age of two in November 2025! Vinny is a blessed addition to the family.

“My favorite hobbies are chasing my laser toy and begging for snacks, which I get plenty of! I also enjoy a good snooze by the fire and dreaming of my next snack. Someone dropped me off on my mommy’s property when I was a baby, and I am so happy my mommy brought me inside!

I also enjoy spaghetti, which is unusual for cats!”

PET OF THE MONTH

Email us a photo (high resolution) of your pet for inclusion in a future issue! Include your pet’s age, breed, personality traits, likes and dislikes, and any other fun details you’d like to add!

send to: NEWS@THECATOCTINBANNER.COM



Classifieds

Post Your Jobs, For Sale, Housing, Services, Wanted, For Rent, Pets, Yard Sales, Etc.

FOR SALE

The Tom's Creek Community Cemetery Committee is raising the price of lots from \$1,000 to \$2,500, beginning April 1, 2026. The lots are not just for the community but for anyone. If you are interested in purchasing a lot before April 1, call 240-315-5073.

SERVICES

Mountain View Lawn Care: Call 301- 271-2832 for all your lawn care needs.

Accounting services, tax management, and filing with Melissa Wetzel in Emmitsburg. Schedule your appointment today by calling 301-447-3797.

Construction Services: Roofing, Decks, Additions, Bathrooms, Basements, and More. Call Elite 4 Roofing and Remodeling at 240-397-0406.

Tax services, including an advance refund. Call H&R Block Thurmont at 301-271-7809 to schedule an appointment.

Chance 2 Mowing is now accepting new clients for 2026. Spring yard clean-up, mowing, mulching, junk removal, and more. Call for a free estimate: 301-748-9745.

Rocky Top Music Man. Hire for your next party, get-together, club, wedding, home, or at the park. Golden Oldies, Country, or Rock. Call Kimberly Wiles at 410-714-3607.

J&K Mowing, a fireman-owned company, offers mowing, mulching, trimming, leaf removal, seasonal clean-up, and more. Call 240-446-0994.

Karen's Cleaning Service, in business 25 yrs., excellent references. Call for a free in-home estimate. Call 410-736-0486. Serving the Emmitsburg/Thurmont area.

Asphalt paving and seal coating by Frederick County Paving. Call 301-662-2820 for a free estimate or email frederickcountypaving@comcast.net.

Visit Quality Tire in Emmitsburg for super tire service at 17650 Creamery Road in Emmitsburg. Call 301-447-2909.

Rick Hurley & Son Small Engine Repair Service. Call 301-271-2117 or 240-285-2494 (leave message).

Thurmont Backhoe Services. Friendly. Dependable. Affordable. Call 240-288-7048 or email us at Thurmontbackhoe@hotmail.com. We look forward to serving you!

FOR RENT

Looking for a storage solution? Storage units are available for rent in Emmitsburg. Call Dan at 301-788-2626.

WANTED

Yard Sale, Craft & Antique Vendors for Guardian Hose Company event at the Thurmont Carnival Grounds on Saturday, June 6, from 8:00 a.m.-2:00 p.m. \$20 per spot. Call Patty at 301-788-0432.

Antiques & Collectibles like crocks, jugs, postcards, photographs, advertising items, old signs, old dolls, toys & trains (pre-1965), quilts, political items, guns, old holiday decorations, hunting & fishing items, jewelry, and coins; gold, sterling, coin collections, etc. Will buy one item or a collection. 301-514-2631.

We buy gold & silver. Call 301-788-2626.

HELP WANTED

Yard Boy/Girl wanted to cut lawn and power blow in Emmitsburg every two weeks. Battery-powered equipment provided. Call 415-377-4209.

Camp Airy & Camp Louise are now hiring cooks/prep cooks, dining hall servers, dishwashers, drivers, housekeepers, night shift snack bar attendants, and receiving and inventory. Competitive pay and paid training. Contact joanna@airylouise.org or go to airylouise.org/staff.

Los Amigos in Thurmont is now hiring servers. Apply within at 205 Frederick Road, Thurmont, MD 21788.

D&J Auto Enterprises, located at 12440A Creagerstown Road in Thurmont, is hiring for a skilled auto body tech and mechanic. Stop in and apply. www.newbillsautobody.com.

Ott House, 5 W. Main Street, Emmitsburg. Hiring cooks, servers, and crew. 301-447-2625.



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News@TheCatocinBanner.com • Call: 301-241-9249
*Service classifieds require a paid display ad

- 2..... Served With Grace Free Dinner, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 5:30-7 p.m. www.gracehammoravian.org.
- 2..... Community Clothes Closet, Thurmont UMC, 13880 Long Rd., Thurmont. 6-7:30 p.m. Free clothing for men, women & children.
- 2..... Balance & Strength (Mon., Tues., Thurs. & Fri.), Thurmont Senior Center, 806 E. Main St., Thurmont. 10:15 a.m.
- 2..... Stitch & Chat, Thurmont Senior Center, 806 E. Main St., Thurmont. 1 p.m. Also: 16.
- 3 Old-Fashioned Bingo, Vigilant Hose Company Activities Building, 17701 Creamery Rd., Emmitsburg. Doors open at 5:00 p.m. Early Bird games start at 6:50 p.m. Regular games begin at 7:00 p.m. \$10 per ticket for basic game pack. Gift cards in every regular game basket.
- 3..... Yoga (Tuesdays), American Legion Post 168, 8 Park Ln., Thurmont. 5:30-6:30 p.m.
- 4..... Queen of Hearts Drawing (Wednesdays), American Legion Post 168, 8 Park Ln., Thurmont. 7:30 p.m.
- 4..... Cornhole Tournament (Wednesdays), American Legion Post 168, 8 Park Ln., Thurmont. Doors open at 5 p.m.; games at 7 p.m.
- 4 Bingo, Thurmont Senior Center, 806 E. Main St., Thurmont. 1 p.m. Also: 18.
- 4..... Chair Yoga (Wednesdays), Thurmont Senior Center, 806 E. Main St., Thurmont. 10:15 a.m.
- 5..... Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 57 of Hearts Drawing (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. Open to the public. Must buy ticket by 6 p.m. 301-271-3371.
- 5..... Bingo (Thursdays), American Legion Post 168, 8 Park Ln., Thurmont. 7 p.m.
- 5Line Dancing (Thursdays), American Legion Post 168, Upstairs, 8 Park Ln., Thurmont. 7 p.m.
- 6..... Bingo (every Friday night), Thurmont Event Complex, 13716 Strafford Dr., Thurmont. Doors open 5 p.m.; Bingo 6:45 p.m. Tip jars; food; jackpot up to \$1,000. Benefits Thurmont Community Amb. Srv. www.thurmonteventcomplex.com.
- 6..... Zumba (Fridays), Thurmont Senior Center, 806 E. Main St., Thurmont. 9:30 a.m.
- 10... You Dine, They Donate: Supports the Friends of Thurmont Regional Library, Fratelli's NY Pizza, 140 Frederick Rd., Thurmont. Open to close.
- 12... Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 12 ..7 of Hearts Drawing (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. Open to the public. Must buy ticket by 6 p.m. 301-271-3371.
- 12-14... Yard & Bake Sale, Elias Lutheran Church, 100 W. North Ave., Emmitsburg. 9:00 a.m.-2:00 p.m.
- 14 .. Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Rd., Rocky Ridge. Doors open 5 p.m.; games 7 p.m. Food available for purchase.
- 14... Catfish & Chicken Fry, AMVETS Post 7, 26 Apples Church Rd., Thurmont. Doors open at 3:00 p.m. Feed is 4:00-6:00 p.m. \$20/person (includes soda and "AMVETS Milk").
- 14... Spring Soup and Sandwich Sale, Emmanuel Baust UCC, 2950 Old Taneytown Rd., Taneytown. Pre-orders due March 14; pickup March 21, from 12-3 p.m. Soup: \$8/quart. Sandwiches served cold. Place orders by calling 410-857-0416 or email sandys46@netscape.com.
- 14,15.... St. Patrick's Day features at Carriage House Inn & Restaurant, special menu features Irish nachos, corned beef & cabbage, Guinness beef stew, fish & chips, bangers and mash, shepherd's pie, and Irish flight. 200 S. Seton Ave., Emmitsburg.
- 14-15... 55th Annual Maple Syrup Festival, Cunningham Falls State Park, Thurmont. 10 a.m.-2 p.m.
- 15... Weller UMC Puppet Ministry, 101 N. Altamont Ave., Thurmont. 8:30 a.m. & 10:30 a.m. services.
- 15... Coach & Money Bingo, Thurmont Event Complex, Thurmont. Doors open at 11:00 a.m.; bingo starts at 1:00 p.m. \$25/person (includes 28 games with a final game of \$1,000). Eventbrite.com or call Tammy at 717-420-0209 for tickets.
- 16... Hurley Real Estate Auction for 14516 Pern Mar High Rock Rd., Cascade, colonial home and adjacent lot, property showing on March 7 from 12:00-1:00 p.m. and March 12, 4:30-5:30 p.m.
- 17... St. Patrick's Day features at Carriage House Inn & Restaurant, special menu features Irish nachos, corned beef & cabbage, Guinness beef stew, fish & chips, bangers and mash, shepherd's pie, and Irish flight. 200 S. Seton Ave., Emmitsburg.
- 17... Community Clothes Closet, Thurmont UMC, 13880 Long Rd., Thurmont. 10 a.m.-11:30 a.m. Free clothing for men, women & children.
- 17... Thurmont Top Shots Trapshooting Interest/Registration & Practice, Thurmont Conservation Club, 11617 Hunt Club Rd., Thurmont. 6 p.m. Open to ages 9-22. Contact Lori at eaglep.m.2tcsc@gmail.com for information.
- 18... AMVETS Post 7 Ladies Auxiliary Bingo (every 3rd Wednesday each month), 26 Apples Church Rd., Thurmont. Doors open at 5 p.m. Open to public. Door prizes. Pull tickets. Food available to purchase.
- 19... Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 19 ..7 of Hearts Drawing (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont.
- Open to the public. Must buy ticket by 6 p.m. 301-271-3371.
- 21... Carryout Oyster Platter, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 11 a.m.-4 p.m. Fried oysters, green beans, au gratin potatoes, cole claw & cake. No substitutes. \$18/each. No advance orders needed. www.gracehammoravian.org.
- 21... Weller UMC Talent Show with Cake & Pie Auction, , 101 N. Altamont Ave, Thurmont. 6 p.m.
- 21... Pancake Day, Murphy Farm, 11502 Browningsville Rd., Ijamsville. 7 a.m.-Noon.
- 22... Thurmont Lions Club Filled Basket & Cash Bingo, doors open at 11:30 a.m. Bingo begins at 1:00 p.m. Tickets: \$20/person (includes 9 regular games; features \$1,000 Jackpot). Call Sharon 301-748-0159 for tickets.
- 22... Bag & Cash Bingo, Vigilant Hose Company Activities Building, 17701 Creamery Rd., Emmitsburg. Doors open at 11:00 a.m. Games begin at 1:00 p.m. \$25/ticket. Prizes include designer handbags and cash.. Tickets: call Mary Lou 301-730-1093.
- 22... Kids Easter Bingo, Woodsboro Fire Hall, Woodsboro. Sponsored by Town of Woodsboro & Woodsboro Fire Co. Doors open at 11:30 a.m. Games begin at 12:30 p.m.
- 21-22... 55th Annual Maple Syrup Festival, Cunningham Falls State Park, Thurmont. 10 a.m.-2 p.m.
- 23... Community Clothes Closet, Thurmont UMC, 13880 Long Rd., Thurmont. 6-7:30 p.m. Free clothing for men, women & children.
- 26... Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 26 ..7 of Hearts Drawing (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. Open to the public. Must buy ticket by 6 p.m. 301-271-3371.
- 28... Blue Ridge Summit Library Vintage Book Sale, 13676 Monterey Ln.,

- Blue Ridge Summit, PA. 10:30 a.m.-1:30 p.m.
- 28...2026 Artisan Market, American Legion Post 168, 8 Park Ln., Thurmont. 9 a.m.-3 p.m.
- 28...Hurley Real Estate Property Showing for 16751 Scott Rd, Emmitsburg, 10 a.m.-Noon.
- 28...Egg-Stravaganza, Thurmont First Baptist Church, 7 Sunny Way, Thurmont. 2-4 p.m. Games, egg hunt, crafts, free snow cones, pictures with Mr. Bunny & more.
- 28...Cash Bingo, Vigilant Hose Company Activities Building, 17701 Creamery Rd., Emmitsburg. Doors open at 4 p.m.; games begin at 6:00 p.m. Includes \$1,000 Jackpot, Tickets (dinner included): \$40/advance, \$50/at the door.
- 28...Easter Egg Hunt, Woodsboro Regional Park, Woodsboro. 2 p.m. Over 2,000 eggs. Pictures with the Easter Bunny. Sponsored by Town of Woodsboro & Woodsboro Fire Co.
- 29...Palm Sunday Service, Harriet Chapel, 12625 Catocin Furnace Rd., Thurmont. 9 a.m. Parade of Palms and Holy Eucharist.
- 29...Palm Sunday Music Celebration, Weller UMC, 101 N. Altamont Ave., Thurmont. 9:30 a.m. With a combined service. Pancake breakfast following the service.
- 29...The Journey to the Cross, Deerfield UMC, 16405 Foxville Deerfield Rd., Sabillasville. 7:30 p.m. (additional showing on April 3).
- 29...Palm/Passion Sunday, Tom's Creek UMC, 10926 Simmons Rd, Emmitsburg. 9 a.m.
- 29...Cub Scout Pack 270's Pancake Breakfast with the Easter Bunny, American Legion Post 168, 8 Park Ln., Thurmont. 8 a.m.-Noon.



YOUR PUBLIC LIBRARIES



THURMONT

- 1..... Sunday Funday: Play & Puzzles – Suess Fun for Everyone, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 2..... Anime Afternoon (ages 10-17), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 5..... Elementary Explorers: Magic School Bus – The Five Senses, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 5..... Teen and Tween Open Chess Play (ages 9-18), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 7..... Gentle Yoga Flow: A Beginner Yoga Class, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. Noon.
- 8..... Sunday Funday: Science & Surprise – Mission: Space Science, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 9..... Teen Minute to Win It! (ages 13-18), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 11.... A Conversation on International Affairs with Shaun Donnelly, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 7 p.m.
- 12.... Elementary Explorers: All About Reptiles!, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 12.... Tween Create Your Own Fantasy Map! (ages 9-13), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 14.... Gentle Yoga Flow: A Beginner Yoga Class, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. Noon.
- 15.... Sunday Funday: Create & Craft a Leprechaun Trap, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 16.... Teen Intro to Dungeons and Dragons! (ages 13-18), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 18.... Offsite: Pop-Up at the Thurmont Senior Center, 806 E. Main St., Thurmont. 10 a.m.
- 19.... Drop-In Digital Learn at the Thurmont Senior Center, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 10 a.m.
- 19.... Elementary Explorers: I Survived the San Francisco Earthquake! Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 19.... Tween Minute to Win It! (ages 9-13), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 22.... Sunday Funday: R.E.A.D with WAGS, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 23.... Team Therapy Dogs: An Adaptive Teen Program (ages 13-18), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 26.... Elementary Explorers: Built It-Airplanes, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 26.... Tween Gaming Hour: Switch Edition (ages 9-13), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.
- 29.... Sunday Funday: Let's Go to the Movies, Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 2 p.m.
- 30.... Teen Sphero Racing (ages 13-18), Thurmont Regional Library, 76 E. Moser Rd., Thurmont. 5:30 p.m.

EMMITSBURG

- 4..... YMCA STEM Quest, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 5 p.m.
- 5..... Family Fun: Pajama Storytime, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 6 p.m.
- 7..... America250: CAT-tacular!, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 2 p.m.
- 10.... Art Ventures, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 1 p.m.
- 10.... Tween Shamrock Sign (ages 11-18), Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 5:30 p.m.
- 11.... Tween Shamrock Button Art (ages 9-13), Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 3:45 p.m.
- 12.... Community Art Night, Emmitsburg Library, 300 300 South Seton Avenue, 6 p.m.
- 12.... Family Fun: Read with WAGS for Hope, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 6 p.m.
- 14.... Musical Instrument Bingo, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 2 p.m.
- 17.... Teen — Let's Plant Seeds (ages 9-18), Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 5:30 p.m.
- 18.... Drumming—Feel the Beat—An Adult Adaptive Program, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 11 a.m.
- 19.... Family Fun: STEM Night, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 6 p.m.
- 21.... Gardening 101 — Seed Starting, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 11 a.m.
- 24.... Art Ventures, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 1 p.m.
- 24.... Straight Talk with Mayor Davis, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 7 p.m.
- 25.... Tween Ready, Set, Grow Plant Studio (ages 9-13), Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 3:45 p.m.
- 26.... Bunnies & Bubbles, Emmitsburg Library, 300 S. Seton Ave., Emmitsburg. 6 p.m.

SEND IN YOUR BEST BUDDY'S PHOTO FOR...

Pet Of The Month



Tell us all about your pet: name, breed, age, personality traits, likes, and dislikes! Don't forget to give us pet owner's name(s)!

SEND TO: NEWS@THECATOCTINBANNER.COM

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