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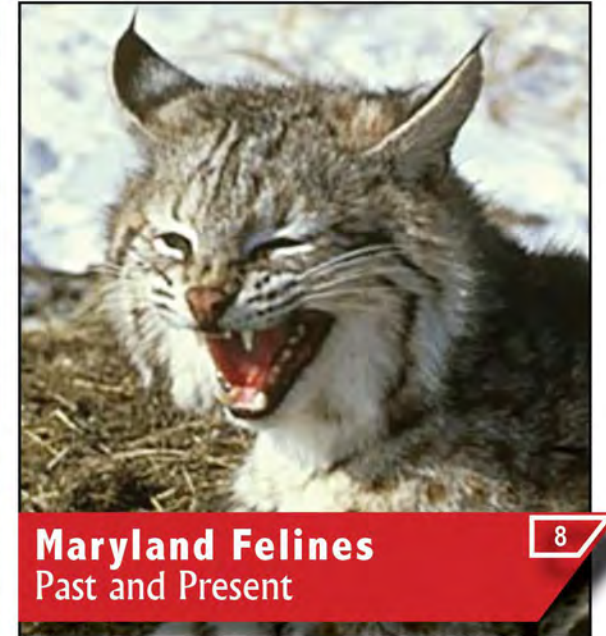
JUNE 2026

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William Wivell



VOTE :

William Valentine

Early Voting: June 11 - 18

Primary Voting on June 23rd

Authority: Friends of William Wivell

Authority: Friends of William Valentine

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LETTER FROM THE PUBLISHER

CATOCTIN BANNER FANS:

As we go to print, we have experienced several days of much-needed rain. While the gloomy weather may dampen our spirits, it has been a welcome relief for local farmers and our water tables, which had been running low.

Many of our local orchards and farms were hit hard this spring by freezing temperatures. They face a long road to recovery, with significant damage to crops, especially peaches, apples, and other fruits. It is important that we all shop locally and support these farm markets whenever possible to help them overcome these challenges. This year, they will especially be counting on the support of our community!

In this month's issue, we highlight Tara Miller, coordinator of the Thurmont Senior Center. Miller is not only making an impact at the Senior Center, but she also operates a cat rescue in Rocky Ridge. Be sure to check out her story on page 24.

If you know someone who is making a difference in our community—whether through a large initiative or a simple act of kindness—please nominate them by emailing news@thecatocinbanner.com.

As we look ahead to next month, we are seeking your graduation photos. While we will be covering Catocotin High School's graduation ceremonies, we encourage readers to submit photos from graduations throughout the area, including college graduates, for our July issue.

Also, don't forget that the deadline for our Stars, Stripes & Celebrations Youth Art Contest is June 6. Prizes will be awarded to first-place winners in each category. Be sure to check out the contest details on page 21. We greatly appreciate the support of the Town of Thurmont and the Town of Emmitsburg in making this project possible.

— Alisha Yocum,
Publisher



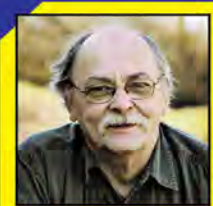
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Maxine Troxell
Webmaster

OUR TEAM

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

EMMITSBURG

As part of the country's bicentennial celebration in 1976, local authors wrote pieces for Emmitsburg: History and Society edited by Emile A.

Nakhleh. It had its origins in the Emmitsburg Bicentennial project "Little America: A Small Town Reflects on the Bicentennial," which was sponsored by the Maryland Committee for the Humanities and Public Policy and Mount Saint Mary's College. The book had 18 articles on the history, culture, churches, and social organizations in Emmitsburg.

Factoid

FRED. COUNTY

In 1951, The Maryland Game and Inland marked more than 3000 of the 30,000 largemouth bass adults for release in 60 major surface water impoundments, including lakes, ponds, and reservoirs in Frederick County.

Factoid

EMMITSBURG

In July 1879, work was winding down in Emmitsburg for the new steeple on the Presbyterian Church.

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10 AM - UNTIL SOLD OUT - LIONS FOOD
PAVILLION & CHICKEN BBQ

11 AM - 12:30 PM - LIONS FIELD GAMES

NOON - 4:00 PM - HAY RIDES & HORSE-DRAWN
BUGGY RIDES

NOON UNTIL GONE - KOC FREE COTTON CANDY

NOON - 3:30 PM - CAR, TRUCK & OPEN SHOW
(REGISTRATION AT 11AM, AWARDS AT 3:30PM)

NOON - 4:00 PM - BINGO

NOON - 3:00 PM - CCC KIDS GAMES & RIDES

NOON - 7:00 PM - FREE POOL ALL DAY

NOON - 4:00 PM - CRAFTER/VENDOR SHOW

NOON - 4:00 PM - CHALK ART CONTEST
(WEATHER PERMITTING)

1 PM - 10:00 PM - BEER GARDEN

1 PM - HORSESHOE TOURNAMENT
(REGISTRATION AT NOON)

3 PM - CORNHOLE TOURNAMENT
(REGISTRATION AT 2PM)

5 PM - PARADE (LINE UP AT 4:30 MT. VIEW RD).

5:30 PM - 9:00 PM - FOOD TRUCKS

6:30 PM - 9:15 PM - LIVE MUSIC WITH

VOODOO ROCKS

9:30 PM FIREWORKS

Event schedule is subject to change

EMMITSBURGEVENTS.COM

Cover Photo | James Clement delivers a standout performance as Lord Farquaad in Thurmont Middle School's production of *Shrek the Musical*.

Thurmont Middle School Brings Fairy Tale Fun to the Stage with *Shrek The Musical*

BY ALISHA YOCUM

Photos Courtesy of Mike Miller Photography



Students at Thurmont Middle School perform in *Shrek the Musical*.

Students at Thurmont Middle School recently brought laughter, music, and beloved fairy tale characters to the stage with their production of *Shrek The Musical*, based on the Oscar-winning animated film *Shrek*.

The students performed three shows during the weekend of May 15-17, entertaining crowds of family members, friends, and

community supporters. Audience members of all ages filled the auditorium and could even be heard singing along to familiar songs from the movie, including "Big Bright Beautiful World."

The story follows Shrek, an ogre who enjoys living peacefully alone in his swamp. The role of Shrek was played by Evan Laid. His quiet life is quickly interrupted when a

group of fairy tale characters—including Pinocchio, the Three Little Pigs, and the Wicked Witch, are banished to his swamp by the villainous Lord Farquaad, portrayed by James Clements.

In an effort to reclaim his home, Shrek agrees to rescue Princess Fiona, played by Reagan Turner, from a dragon-guarded tower so Lord Farquaad can marry her.

Along the journey, Shrek forms an unlikely friendship with the energetic and talkative Donkey, played by Dominic Jacobs. The pair delivered plenty of comedic moments throughout the performance, keeping audiences laughing from scene to scene.

One of the musical's standout moments came when the dragon, played by Irelan Outland, performed a soulful rendition of "Forever." While Donkey distracted and charmed the dragon, Shrek was able to rescue Princess Fiona, and the trio began their journey back to Duloc.

As the story unfolds, Shrek and Fiona discover they have more in common than either expected. Fiona

reveals she has been cursed and transforms into an ogre each night. Despite their growing connection, Shrek keeps his promise to Lord Farquaad, and preparations for the royal wedding move forward until Fiona's secret is revealed.

In the end, Shrek and Fiona embrace who they truly are and find their happily ever after together in the swamp. The musical leaves audiences with an uplifting message about accepting differences, embracing individuality, and looking beyond appearances.

While the cast brought the characters to life on stage, the production also relied on the hard work of students behind the scenes. From lighting and sound to costumes, stage management, and set changes, backstage crew members played an important role in making the performances a success.

Ms. LaForce, a dedicated music and theatre teacher with 24 years of experience, oversaw the

■ continue reading story on Page 7

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■ THURMONT MIDDLE SCHOOL BRINGS FAIRY TALE FUN TO THE STAGE WITH *SHREK THE MUSICAL*

continued from page 6.

THANK YOU



Thurmont Middle School families would like to thank Mike Miller Photography for his free photography service and prints.

production, and provided students with an opportunity to showcase their unique talents.

“It is truly important to have arts programs in every school,” LaForce said. “Not every student excels academically, and the arts can become an outlet for those students—as well as all students.”



(above) Shrek, played by Evan Laird, and Donkey, played by Dominic Jacobs, become best friends on their adventure to rescue the princess.



LaForce also emphasized the valuable life skills students gain through theater in today’s increasingly technology-driven society.

“I can’t begin to express how proud I was of this cast,” she said.

Congratulations to all of the students and staff members who helped bring the fairy tale adventure to life.

(left) Reagan Turner plays Princess Fiona, who is rescued from the tower.



Irelan Outland, who plays the Dragon, gives a soulful musical performance during the show.



**Emerald Crossing
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Monday, June 22 – Thursday, June 25

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EmmitsburgCBC@aol.com / EmmitsburgCBC.org

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Maryland Felines

Past and Present

BY RICHARD D. L. FULTON

The first feline, *Proailurus*, evolved some 25 million years ago and lived in Europe and Asia. Its Latin name, *Proailurus*, means “before cats,” but it has since become recognized as the earliest true cat, and was about the size of the modern house cat.

But an evolutionary descendant of *Proailurus*, called *Pseudaelurus*, which evolved some 20 million years ago and lived in Europe, Asia, and North America, is regarded as the direct ancestor of the major divisions of today’s large cats (the Pantherinae, which include panthers, lions, and tigers) and small cats (the Felinae, which include the modern domestic cats, cheetahs, lynx, and bobcats), as well as the Machairodontinae, better known as the saber-toothed cats (often mistakenly referred to as saber-toothed tigers).

Of the three major groups, only the Machairodontinae became extinct as a whole.

As far as the fossil record of Maryland’s first felines is concerned, the extent of those that may have inhabited the state in

the ancient past may never be fully known because of the rarity of the preserved remains of terrestrial mammals in the state.

In fact, what is known about Maryland’s prehistoric felines comes from a single site, that being the Cumberland Bone Cave (for more on this site, see “Maryland Caves and Caverns,” by Richard D. L. Fulton, in the February 2026 issue of *The Catoctin Banner*).

Maryland’s Oldest Felines

Only two prehistoric feline remains have been found in Maryland, both of which were found in the Cumberland Bone Cave. Both dated circa 10,000 years of age, one being a member of the Machairodontinae, and the other a member of the Pantherinae.

The Machairodontinae were represented by the remains of the saber-toothed cat, *Smilodon fatalis*.

According to the National Park Service, *Smilodon fatalis* generally had a body length of around 6 feet and weighed between 350 to 620 pounds. The Latin name *fatalis* referred to the saber-toothed cat’s

11-inch-long upper canine teeth. *Smilodon fatalis*, whose remains in Maryland, as previously stated, were dated at around 10,000 years old, was also one of the last of the Machairodontinae, as that was the approximate timeframe in which all of the Machairodontinae became extinct.

The saber-toothed cats were presumed to have been primarily ambush predators. They probably fed predominantly on deer and tapers but were not shy at taking on larger game animals, such as the contemporary bison.

The Pantherinae were represented by the remains of the jaguar *Panthera onca augusta*. While the jaguar *Panthera onca* still exists, *Panthera onca augusta* (*augusta* being a variety or subspecies of *Panthera onca*) does not exist.

The Cumberland Bone Cave jaguar was a much more powerful animal than the existing jaguars, having been approximately 20 percent larger.

When Cougars Prowled

The Eastern Cougar (also called the Eastern Panther and mountain lion), *Puma concolor cougar*, once ranged from southern Canada to South Carolina, which, of course, included Maryland. These cougars are not the same species as those reported as being panthers in Florida.

The Eastern Cougar hunted primarily “white-tailed deer, the now-extinct eastern elk, and even moose, along with smaller animals,” according to the Aark Wildlife Rehabilitation and Education Center’s website.

No breeding cougar populations have been substantiated within the former range (*Puma concolor cougar*) since the 1920s,

according to the U.S. Fish and Wildlife Services’ (FWS) 1981 “Eastern Cougar Recovery Plan.” However, in 1981, the FWS was uncertain if the Eastern Cougar was actually extinct, based on numerous, but unverified, sightings. The plan was devised to verify the existence of any of the animals, and to help the cougars increase and protect their numbers.

In fact, the entire Eastern Cougar population had already been killed off by humans (beginning with the earliest settlers), habitat loss, and the growing scarcity of their prey, according to the Nature Serve Explorer website. During 2018, the FWS officially declared *Puma concolor cougar* extinct.

Last of the Wildcats

Only one wildcat remains in Maryland: the *Lynx rufus*, also known as the bobcat, named for its short, bobbed tail.


These mid-sized felines, weighing between 15 and 40 pounds and with a length of 29 to 39 inches, range from Canada to throughout the United States, and into Mexico. They have mostly escaped human efforts to eliminate them, as, due to their size, they rarely pose a threat to domestic animals.

According to the Maryland Department of Natural Resources (DNR), Maryland bobcats tend to live in Garrett, Allegany, Washington, and Frederick counties. Still, they can occasionally be found as far east as the western shore of the Chesapeake Bay. They can live as long as 18 years.

Young bobcats have even been mistaken for stray or feral house cats. Case in point, some years

■ continue reading on Page 9

SLOTH ENCOUNTERS



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Source: Wikimedia



Saber-toothed Cat

Source: Wikimedia



Panthera Jaguar

Source: wdfw.wa.gov



Puma Concolor Cougar

Source: fws.gov



Lynx Rufus Bobcat

ago, a resident of Carroll Valley Borough posted a picture of a cat on their Facebook page, stating they had been feeding it on their back portico, and wanted to know if anyone would be interested in adopting it. The author quickly messaged the poster and informed them that the animal in question was not a house cat. It was a young bobcat! They rather quickly deleted their post.

No one seems to know how many bobcats live in Maryland, but the experts seem to agree that their numbers are on the rise. However, they continue to be listed as uncommon and cannot be legally hunted or trapped in Maryland.

Felines Amongst Us

Although many members of the Felinae are indigenous to the Americas, *Felis catus*—the domestic house cat—is not one of them.

All the house cats were descended from *Felis silvestris*

lybica, the so-called African wildcat (which also inhabited West and Central Asia). The DNA from modern cats is virtually identical to that of the African wildcat.

So, how did the domestic cats that today patrol the farmlands of Frederick County to protect the crops from rats and mice, or watch over the streets of Baltimore from the windows of high-rises, evolve from their wild African ancestors?

According to “How did cats become domesticated?”, published on the Library of Congress website, the association between African wildcats and humans began around 10,000 years ago in the Fertile Crescent in the Middle East, the location where, most authorities agree, farming began due to the nature of the soil and proficient water supplies.

But crops are subject to destruction by rodents, and while the crops attracted the rodents, the rodents attracted the wildcats, a fact apparently not lost by those Neolithic farmers, and thus nourished the budding relationship. But apparently, it was not commonplace to invite the wildcats to share their home with them.

That apparently began with the Ancient Egyptians. Current theories suggest that Egyptian domestication of wildcats was initially the result of raising them for sacrificial purposes, with a likely outcome that the friendlier cats among the intended victims were taken into the homes as pets.

But regardless of how the domestication process began,

how was *Felis silvestris lybica* transformed during the process into a completely distinct species, *Felis catus*? New species breaking off from another species are often the result of one or two influences: either climate, or changes in behavior, or both.

As per “The Origin and Evolution of Cats,” by Xuan Jia, Institute of Life Science

(animalscipublisher.com), recent research suggests that domestication led to changes in behavior, resulting in “many genetic mutations related to social behavior and diet...,” and that over the thousands of years, had created enough difference in the domesticated *Felis silvestris lybica* to transform them into a new species: *Felis catus*.

<p>Graceham Moravian Church Phone: 301-271-2379 , 8231-A Rocky Ridge Rd. Thurmont, Md. 21788 Sunday Worship Service 9:15 am.</p>	
<ul style="list-style-type: none"> • June 1, Served With Grace Free Dinner 5:30 to 7pm • June 5 & 6, Yard & Food Sale, Breakfast & Oyster Sandwiches 8am to 2pm • Aug. 29th, Vendor Craft and Food Sale Breakfast & Lunch Sandwiches 8am—3pm 	<p>July 20th to the 24th Vacation Bible School</p> <p>RAINFOREST FALLS Exploring the Nature of God</p> <p>Sign up on our web site www.gracehammoravian.org</p>

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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.

Thurmont Approves FY2027 Budget

The Thurmont Mayor and Board of Commissioners approved the Fiscal Year 2027 budget. The budget includes a \$6 million general fund, a \$12.2 million electric fund budget, a \$2 million sewer fund budget, and a \$1.2 million water fund budget. The town's tax rate will remain the same at 62 cents per \$100. This is the town's current tax rate.

The budget includes the use of \$325,106 of unrestricted funds to cover a general fund shortfall. The hope is that all of the budgeted expenditures will not be used so that the unrestricted funds can remain untouched. The alternative would have been to raise the tax rate. Commissioner Marty Burns objected to this use of unrestricted funds, comparing it to dipping into a savings account, and said it wasn't sustainable. However, neither he nor any of the other members of the board wanted to raise taxes.

Solar Field Project Grant Accepted

The Thurmont Mayor and Board of Commissioners recently voted to accept a \$1 million grant from the Maryland Energy Administration to install an expected 100 solar panels on 3.5 acres on Radio Lane. Completed, the panels will generate 500kW of electricity that will go into Thurmont's electrical grid.

The total cost of the project is \$1,125,000, so the town would need to provide the difference. Once operational, the solar field would save the town between \$80,000 and \$90,000 annually. This would be from not needing to purchase as much electricity on the open market. Over the 20- to 25-year lifespan of the panels, the town is expected to save more than \$3 million.

Commissioner Marty Burns objected to the project because he said that it would be an eyesore and that it wouldn't make a noticeable difference on residents' electric bills (about a \$1.20 on the average bill). Other commissioners said the field would be in an out-of-the-way location that most people will not even notice.

The board voted 4-1 (Commissioner Burns opposed) to accept the grant so the project can move on to the Board of Appeals and Planning and Zoning Commission for their review and recommendations.

Town Makes Annual Contributions

The Town of Thurmont recently presented checks to different organizations in town that provide needed services to town residents. The donations were:

- Guardian Hose Company — \$20,000
- Thurmont Community Ambulance — \$20,000
- Thurmont Food Bank — \$6,000
- Thurmont Ministerium — \$3,000

Town Approves Bid For Air Compressors

The Thurmont Mayor and Board of Commissioners of Thurmont accepted a bid from Kaiser to replace two air compressors at the wastewater treatment plant. An examination of the current compressors showed that it would be cheaper to replace them rather than rebuild them. Kaiser will replace the air compressors and a few other parts for \$40,801.51. This replacement has already been budgeted for.

The Catocin Banner
Your **Good News** ☺
Community Newzine



From the **MAYOR**

THURMONT
Mayor John Kinnaird

I was in the medical lab one day last week getting my monthly bloodwork. I need to go regularly to make sure the chemotherapy drugs I am taking don't damage my kidneys. While I was there, I heard a technician ask another patient about their bad sunburn. The patient said that they get a good sunburn at the beginning of the year as protection for their skin, and once it turns to a tan, they are safe for the year. Thankfully, the technician told them that a sunburn indicates damage to your skin, and it can lead to severe skin damage later in life.

Now that we are headed into summer, and as someone who has been fighting skin cancer for over 48 years, I have heard this "sunburn protects me" story too many times. To begin with, let me say that not everyone will develop skin cancer, but everyone damages their skin by getting burned and by long-term unprotected exposure to the sun. In my case, I remember getting burned once or twice in my early teens, and I never got a tan very well. My skin type makes me predisposed to severe skin damage and skin cancer. In my case, my journey with skin cancer started back in the early 1980s with an open spot on my back that just never healed. After several months, I finally went to see a dermatologist, who immediately cut the growth from my back and had it checked. It was a squamous cell cancer growth, and he said I would probably start seeing more of them. I was lucky enough to have gone to Dr. Larry Warner; he went to great lengths to explain what the cancer was and how it probably started. One of his earliest comments was that it probably started when I got burned as a teen. Skin cancer is the farthest thing from most people's minds when they are sunbathing or working outdoors with no protection. I have worked my entire life outdoors, and although I have always worn long pants and long-sleeved shirts, I still managed to build up years of sun damage. To date, I have had over 40 surgeries on my arms, face, neck, back, ears, and scalp. Many of these were just little spots removed with a biopsy blade; others have required the removal of large areas of my scalp, all the way to my skull. I have had three of these major operations and have another one in the planning stages. I have had numerous full-body PET scans to help track the spread of my cancer, and went through a 30-plus day course of radiation treatments to stop cancer that couldn't be removed from around the nerves and blood vessels in my scalp.

I remember Dr. Warner telling me that, generally, squamous cell carcinoma, if treated early, can be helped with topical meds or simple surgery. After treating me for two decades and removing over a dozen cancerous growths, he advised that I needed to move on to a more specialized treatment plan. My cancer had morphed into a severe form of squamous cell carcinoma that grows deep into the skin and can spread through your lymph nodes. He got me enrolled in the skin cancer program at Johns Hopkins, where I continue to receive treatments. The hardest part about skin cancer is that even after removing a portion of skin, it can still grow in the adjacent skin. This is the problem I have been facing for the past 30 years. This year, I have had a large, deep growth removed from my left neck and my right forearm. I just had another biopsy on a spot on my left hand that will probably require another surgery to remove. In March, I needed plastic surgery to repair damage to my left lower eyelid due to a surgery two years ago that removed all the flesh from my left cheek. I am still awaiting a final decision on removing another large portion of my scalp.

In short, please be careful when you or your loved ones are outdoors. Keep quality sunscreen on your kids and yourself, and wear protective clothing and hats. You can protect yourself and enjoy outdoor life!

Questions or comments? I am available by phone at 301-606-9458 or by email at jkinnaird@thurmont.com.

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From the **MAYOR**

EMMITSBURG Mayor Frank Davis

I hope everyone is enjoying the spring weather. While it has been somewhat of a roller coaster ride, we have seen some much-needed rain and beautiful warm days. I want to start by giving you an update on current and upcoming projects.

I am sure by now most of you know that the Federal Avenue storm drain project is complete. Unfortunately, it took a little longer than expected due to some surprises we found during construction. Our staff and contractor, Hobbs Excavating, developed an innovative design to work around some unknown infrastructure piping. I want to thank the community for being patient, and we hope you are pleased with the outcome.

As you travel up Hampton Valley Road towards Rainbow Lake, you have noticed a new structure just prior to the lake. The new building houses our water clarifier that performs an initial treatment of lake water before it reaches the water treatment plant. Before the clarifier went online, staff were required to backwash the filters at the treatment plant twice daily. This procedure was not only time-consuming but also used a considerable amount of treated water. With the completion of the project, we are cleaning the filters once weekly, which is saving the town thousands of dollars weekly. This project was started during the leadership of Mayor Briggs and funded with ARPP grant money. Thank you, Mayor Briggs, for your forward thinking and for using the one-time funding wisely.

I have had lots of inquiries pertaining to the North Seton Avenue project. We have submitted all updated plans to the State of Maryland and are waiting on the thumbs-up to move some dirt.

We have received correspondence that federal funding has been put into the budget to assist with the waterline replacement of North Seton Avenue Extended. This is the line that provides service to about 12 properties outside the town limits. If you remember, we had several breaks in line last winter, and it is in desperate need of replacement.

A new scoreboard has been installed on the main Little League field in Community Park. The old board was almost 30 years old and was beyond repair. Ninety percent of the project was grant-funded and is ready just in time for the busy baseball season.

I hope you have noticed the flower beds on the square corners are full of color and sure have brightened up the downtown area. I want to thank Bonnie Fuss and her team for purchasing and planting the flowers. They have teamed up with several business owners and citizens to keep the beds watered and weeded throughout the summer season.

I would like to welcome Brian Wagner to our town staff. Brian is our new Town Planner and brings a wealth of experience and expertise and has hit the ground running. He will be working for the next few weeks with our current planner, Najila Ahsan, who is departing to further her education at Harvard University. Working together, they will provide a seamless transition in providing our citizens with professional service.

Recently, I had the opportunity to attend the Project Management class presentation at Mt St Mary's University. All four presentations were based on projects that directly impacted the Emmitsburg community. Each group had to plan, budget, execute and evaluate the success of their project.

Projects included coordination of a monthly community meal, developing a workshop for the Daughters of Charity and promoting the Seton Center, and the Frederick County Transit Bus Service for the Emmitsburg area. This is just another shining example of what the Mount students give back to our community. After attending the presentations, I took the time to think about the positive impact the students in general have had on our community. From shoveling snow to helping with yard work, participating in our Halloween and Christmas programs, working in our elementary schools, joining our local fire department, and tutoring high school students.

While I understand there have been a few days when their parties got a little loud or ran a little late, please think about all the good they bring to our town. Also, take a minute to ask yourself what you have done lately to help our community.

Unfortunately, again this month, I will close by remembering another close friend and a pillar in the Emmitsburg and Thurmont communities, whom we recently lost. Rodman Myers, who dedicated his life to farming and serving our communities in so many ways, has left a void that I am not sure can be filled. As you drive south on Route 15 just past Lohr Road, you look to the right at the beautiful farm, with the mountain as a backdrop, and that tells you all you need to know about Mr. Myers. His pride in his work cannot be described in words but can be seen in the picture-perfect scenery. With too many accomplishments to mention, Mr. Myers is best known as the co-founder of the Thurmont/Emmitsburg Community Show. They say there is a silver lining in the loss of a great person, and for Mr. Myers, it is the work ethic that he taught his family, and I know they will continue the Myers' traditions. On behalf of the Town of Emmitsburg, we offer our prayers and condolences to the Myers family.

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

Carnival

June
24-27
2026
6:00 PM - Till

Entertainment:

	<p>June 24.....Borderline</p> <p>June 25.....Taylor Brown Tribute To Elvis</p>	<p>June 26.....Dixie Wind Band</p> <p>June 27.....Cash Only Band</p>
--	--	--

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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.

Recommended Tax Rate and Proposed Budget

The Emmitsburg Board of Commissioners recommended that the property tax rate for the fiscal year 2027 be 34.64 cents per \$100 of assessed value. This is both the current rate and the constant yield tax rate.

The tax rate was used to develop the new budget, which begins on July 1. The proposed general fund is \$2.8 million. The water fund budget is \$1.2 million, and the sewer fund budget is \$1.4 million.

Town Manager Cathy Willetts also delivered a hard truth to the commissioners about why the budget is so tight. "We need growth," she said. She said stagnant growth in town has minimized revenue increases while costs continue to rise faster.

The board will vote on the budget and tax rate this month.

Town To Purchase Flashing Speed Limit Signs

The Emmitsburg Board of Commissioners voted 3-2 to transfer \$20,000 left over in the last year's Sheriff's Office Contract line item to pay for the purchase of six mobile flashing speed limit signs and 11 poles to be used throughout the town to help curb speeding.

Re-bidding for Planning Services

The Emmitsburg Board of Commissioners turned down their single bid for planning services for the Subdivision and Zoning Ordinance Update. The bid from the Berkley Group was \$180,200. Town Manager Cathy Willetts recommended not accepting the bid and, instead, put rebid the contract with a targeted strategy.

Town Purchases Generator for the Water Clarifier

The Emmitsburg Board of Commissioners approved a change order to add a generator to the water clarifier for a cost of \$64,517.18. The generator won't cost the town anything because it is funded by the town's American Recovery and Reinvestment Act funds.

Town Approves Developing Natural Surface Trails

The Emmitsburg Board of Commissioners recently approved moving forward with developing 3.2 miles of natural surface trails on The Scott Road Farm. Professional builders will design the trail, and volunteers will help with the construction. The new trails will continue to attract bicyclists to the town, especially youth bikers and adaptive mountain bikers. The plan is to develop the trails in three phases: trail construction, parking and a new rider skills area, and restrooms.

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Thurmont, Maryland

SS Frederick Victory

BY RICHARD D. L. FULTON

The United States Postal Service (USPS) issued a series of commemorative covers on April 18, 2008, in recognition of the Victory ships launched during World War II, which were employed with the task of transporting supplies and troops to overseas ports during the war.

One of the covers was dedicated to the *SS Frederick Victory*. The cover depicts the logo of the United States Merchant Marine Corps and a photograph of the *SS Frederick Victory*. Also printed on the cover is "World War II Victory Ships Named for American Cities," seen above the photograph of each ship. Printed below the ship's picture is: "Named for the City of Frederick, Maryland, Launched September 9, 1944, by Bethlehem-Fairfield Shipyard, Inc. Baltimore, Maryland."

The cover features a three-cent Merchant Marine commemorative postage stamp that was issued on February 26, 1946, along with a current stamp, to bring the total postage up to the current rate. The combative covers were postmarked at the Frederick Post Office.

The Victory ships and the Liberty ships for which they were launched to replace were "manned" by Merchant Marines, a civilian organization created by the Merchant Marine Act of 1936 that established the U.S. Maritime Commission, which was conceived to aid the Department of Defense in the management and delivery of essential supplies to support the military, which subsequently also included providing troops' transportation.

The Liberty ships were initially launched in 1941 but ultimately proved to be too slow to avoid enemy submarine attacks, which led to the creation of the Victory ships. Although many of the 2,710

Liberty ships launched between 1941 and 1945 remained in service throughout and beyond World War II, the construction of 531 of the more modernized and faster Victory ships built between 1944 and 1946 provided safer passage.

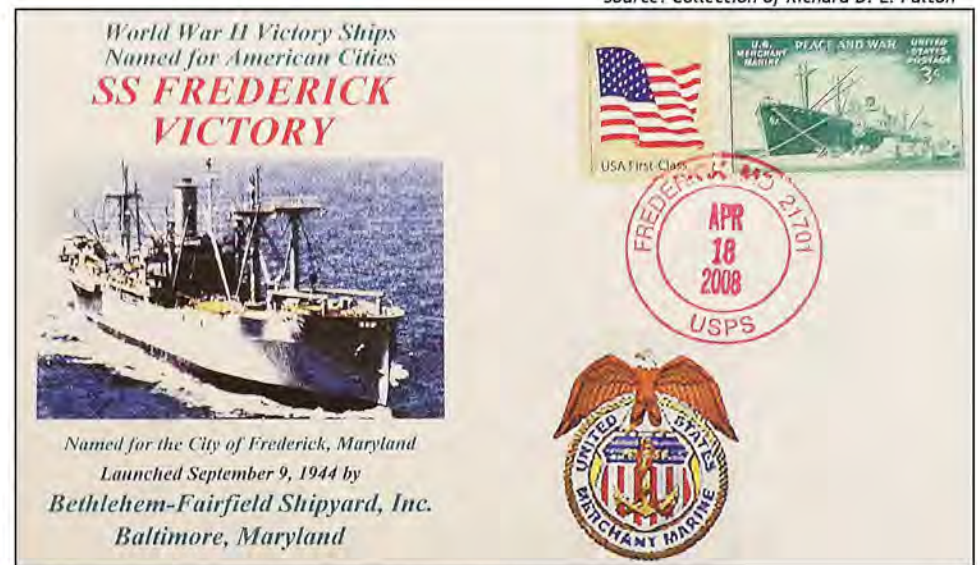
The *SS Frederick Victory* was constructed and launched by Bethlehem-Fairfield Shipyard, as previously stated, in 1944. An article that appeared in the October 4, 1944, edition of *The Knoxville Journal* noted that the *SS Frederick Victory* was the "first vessel of its type constructed on the Atlantic coast." The article was published in the wake of (no pun intended) a "grueling 11-hour trial-run of Baltimore," traveling at full speed for four hours.

The (October 5, 1944) *Buffalo News* described the trial run in more detail, noting that as the ship was barreling forth at full speed, the engines were "suddenly reversed," then came to a stop "in an incredible short period" and began to "back into a wide circle." The entire routine was carried out twice.

The (Frederick) *News* published an invitation in their September 7, 1944, edition for those who wished to attend the official launching of the *SS Frederick Victory*. The advertisement read, "All residents of Frederick City and County are cordially invited to attend the launching of the *SS Frederick Victory*" to take place on the morning of September 9.

"Those going," the article advised, "must meet at the Belvedere Hotel... not later than 9:30 a.m., as the group must go as a body to the Bethlehem-Fairfield Shipyard. Those attending must furnish their own transportation..."

The launching of the ship went "without a hitch," as they say, except for an uncooperative



2008 *SS Frederick Victory* commemorative cover.

champagne bottle. According to a September 9 article in *The* (Frederick) *News*, the wife of Frederick Mayor Hugh V. Gittinger was designated to christen the ship before it was launched. "Mrs. Hugh V. Gittinger... spoke the words, 'I christen thee Frederick Victory' as she swung the champagne bottle toward the bow," but the ship had already shifted, resulting in a near-miss.

The newspaper reported that the shipyard's general manager, J. M. Willis, gave the bottle "mighty urging," but he also missed.

However, "The bottle (did) swing in wide arcs," and "just as the stern reached the water, (the bottle) swung back and smashed against the bow-plates."

The 455-foot, 7,607-ton ship ultimately failed to avoid the champagne bottle, but apparently, it was better at avoiding enemy submarines.

The ship could not, however, escape its final travesty, that having been ...when the ship was ultimately scrapped. Presently, only three Victory ships of the 531 launched remain as museum ships.



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Furmont Days

Furmont Days are back on June 6! Bring your pooch for a day filled with contests, including doggie musical chairs, best howler, best costume, stupidest dog trick, best dog trick, dog/owner look-a-like contest, doggie limbo, cutest face, best tail wag, and best pet photo. Prizes awarded to the first place winner of each contest. Registration begins at 8:30 a.m., with the event running from 9:00 to 11:00 a.m. in the back yard of the Thurmont Historical Society. View the advertisement on page 52 for more information.

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 Thurmont Community Ambulance. View the advertisement on page 50.

Catoctin High School's Heroes on the Run

Get ready for Catoctin High School's Heroes on the Run 5K and Fun Run on June 6. The Fun Run starts at 8:30 a.m., and the 5K starts at 9:15 a.m. All proceeds benefit the Special Olympics of Frederick County. To register and for more information, view the advertisement on page 39.

Guardian Hose Co. Yard Sale and Vendor Show

Come browse yard sales, crafts, and antique vendors at the Thurmont Carnival Grounds on June 6, from 8:00 a.m. to 2:00 p.m. Vendors Wanted. The cost is \$20.00 per spot. Contact Patty at 301-788-0432. View the advertisement on page 43.

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, June 13. 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 37.

Emmitsburg Community Heritage Day Parade

The Emmitsburg Community Heritage Day Parade will be held on Saturday, June 27, beginning at 5:00 p.m. The parade route is from Mountain View Road down W. Main Street to South Seton, ending at Cedar Lane. Expect Road closures if traveling through Emmitsburg. Parade participants can register their vehicle, truck, float, group, family, or as an individual walker online at www.emmitsburgevents.com or contact Wendy at hagan.wendy@gmail.com or call 240-938-6321. There is a \$25.00 refundable registration reservation fee. Participants meet at 4:30 p.m. for parade lineup on Mountain View Road. View the advertisement on page 37.



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CYA Football & Cheer Registration

Time is running out to register for CYA Football & Cheer. The deadline to register is June 30. CYA offers Tackle Football, Youth and Girls Flag Football, and Cheerleading. New this year, Girls Flag Clinics for Grades 3-5. View the advertisement on page 44.

Summer and Sports Camps at Thurmont Rec Center

Registration is now open for the Frederick County Parks & Recreation Spring and Summer Camps at the Thurmont Rec Center. Camps include Art, Gymnastics Comp, Sports, and Theatrics Circus Comp. Sports include Hoopsters, Taekwondo, Toddlin Tykes, and Exploring Sports. View the advertisement on page 33 for more information.

Thurmont AMVETS Auxiliary Bingo

Join the Thurmont AMVETS Auxiliary for its next Bingo on June 17, from 7:00 to 9:00 p.m. Doors open at 5:00 p.m. This event is open to the public and is family-friendly. Food is available for purchase. View the advertisement on page 33.

Cash Bingo

Join the Thurmont Ambulance Company for a Cash Bingo on Sunday, June 28, at the Thurmont Event Complex. Doors open at 11:00 a.m. Bingo begins at 1:00 p.m. This is their Friday Night Bingo on a Sunday—no tickets needed. Kitchen will be open with regular menu items. Bingo cash prizes up to or over \$1,500. View the advertisement on page 32 for more information.

Tom's Creek UMC Community Yard Sale

Join Tom's Creek UCC for its Community Yard Sale on August 22, from 8:00 a.m. to 2:00 p.m. The event is rain or shine. Vendor spaces are \$10.00 each. Contact Kathy at 301-471-2585. View the advertisement on page 27.

Baust UCC Events

Save the date for upcoming events at the Baust UCC near Taneytown. Join them on August 2 for the Classic Car, Antique Tractor Show and Peach Festival. On September 18 and 19, come ready to shop for treasures at the Community Yard Sale. View the advertisement on page 27.

Weller UMC Events

Weller UMC in Thurmont will be hosting a Sock Hop on June 12, from 6:00 to 8:00 p.m. All ages are welcome to attend. On June 14, Sunday Services will be combined for one service at 9:30 a.m. Bring the kids in grades K-5 for Vacation Bible School on June 25-26, from 8:00 a.m. to noon. Includes snacks, games, and fun. View the advertisement on page 26.

Lions Club Sandwich Sale

The Thurmont Lions Club will be selling its pit beef, pork, ham, and turkey sandwiches on July 4, August 1, and September 5, from 9:00 a.m. to 3:00 p.m. (or until sold out) at the Bell Hill Farm on Rt. 15 in Thurmont. View the advertisement on page 25 for more information.

Pizza & Pups

Bring the dogs out for a Community Day event, Pizza & Pups, on June 27, from 10:00 a.m. to 3:00 p.m., at the Dirty Dawgs and Dominoes in Thurmont. Follow them on Facebook or view the advertisement on page 25 for more information.

Father's Day Brunch

Treat Dad to Brunch at The Carriage House in Emmitsburg on June 21. Reservations are recommended. View the advertisement on page 25.

First Baptist Church VBS

Join the First Baptist Church in Thurmont for Vacation Bible School on July 12-16, from 6:30 to 8:30 p.m. This is open to grades 3-5. View the advertisement on page 24.

ADVERTISE Your EVENT & GET a WRITE-UP in AROUND TOWN!

Chalk it Up – Thurmont

Thurmont is bringing the sidewalk to life on June 13, from 11:00 a.m. to 1:00 p.m. Young artists are invited to unleash their imagination with their sidewalk masterpieces. The event is open to ages 3-17. You must pre-register by emailing mlittle@thurmontstaff.com. Check-in will be at 10:30 a.m. at 10 Tavern. Winners will be announced at 1:00 p.m. View the advertisement on page 24.

Mountain Fest

Save the date for the 50th Annual Mountain Fest on October 10 (9:00 a.m. to 5:00 p.m.) and October 11 (9:00 a.m. to 4:00 p.m.) at Sabillasville Environmental School. The event will include a Car Show on Saturday (Rain date: Sunday), Tractor Show all weekend, and Touch-A-Truck on Sunday (11:00 a.m. to 2:00 p.m.). Admission is free. The event is currently looking for vendors. View the advertisement on page 26 for more information.

Richard Troxell & Friends Outdoor Summer Concert & 200th Anniversary Celebration

Join Apples Church in Thurmont as they celebrate its 200th Anniversary. The day will start with fun activities, including kids' games, magic show, moon bounce, horseshoes, cornhole, nature trail, antique cars, historic church tours, and food provided by the Thurmont Lions Club (11:00 a.m. to 3:00 p.m.). Starting at 6:30 p.m. bring your chairs/blankets for the Richard Troxell & Friends Outdoor Summer Concert, which will feature a variety of music. View the advertisement on page 22.

Bass Fishing Tournament

Register today for the Bass Fishing Tournament at Fort Ritchie Community Center in Cascade on June 13, from 7:00 to 11:30 a.m. Adult and youth divisions. Cash prizes, plus 50/50 and raffles. Adults are \$25.00. Youth (15 & under) are \$10.00. View the advertisement on page 21.

Tom's Creek UMC Events

Join Tom's Creek UMC for their summer events at Promised Land. There will be free concerts on July 25, featuring The Hyssongs, and August 29, featuring the Down East Boys. This includes a free dinner starting at 5:00 p.m., with the concerts beginning at 6:00 p.m. On August 22, they will hold their Community Yard Sale. View the advertisement on page 21 for more information.

Thurmont "A Day in the Park"

The Town of Thurmont Parks & Recreation Department will once again host "A Day in the Park" through the summer, from 8:30 a.m. to noon, at the Thurmont Community Park. This program includes outdoor activities, games, and fun for children 6-12. Each week has a different theme. The cost is \$55.00. Join them on July 13-17 for week two. Registration is required and limited to 30 children. View the advertisement on page 19 for registration details.

Rocky Ridge Drive-Thru Chicken BBQ Platter

Enjoy a delicious Chicken BBQ platter on July 26, with pickup starting at 11:00 a.m. until sold out, at the Rocky Ridge Volunteer Fire Company. Each platter includes a quarter-chicken, baked beans, coleslaw, applesauce, a dinner roll, and a drink for \$15.00. Pre-order online by scanning the QR code in the advertisement or by calling one of the numbers in the advertisement on page 12.

Mt. Tabor Festival

Join Mt. Tabor Church Park for its annual Festival on June 13, from 3:00 to 8:00 p.m. Music by Taylor Brown's "Elvis" from 5:00 to 8:00 p.m. Enjoy home-cooked food, including soups, sandwiches, ice tea, and ice cream. View the advertisement on page 12.

Harney Fire Company Carnival

It's carnival time! Join the Harney Fire Company for its annual Carnival on June 24-27. The event includes inflatable rides and ride any night for \$10.00 (starting at 6:30 p.m.). Platters served nightly. Entertainment includes Borderline, Taylor Brown Tribute to Elvis, Dixie Wind Band, and the Cash Only Band. View the advertisement on page 11 for the full schedule and more details.

ADVERTISE Your EVENT & GET a WRITE-UP in AROUND TOWN!

Graceham Moravian Church Events

Graceham Moravian Church will hold its monthly Served with Grace Free Dinner on Monday, June 1, from 5:30 to 7:00 p.m. All are welcome to join. On June 5, stop by for a Yard & Food Sale, which includes breakfast and oyster sandwiches, from 8:00 a.m. to 2:00 p.m. On August 29, join them again for a Vendor Craft & Food Sale, with breakfast and lunch sandwiches from 8:00 a.m. to 3:00 p.m. In the fall, join them for the Colorfest Yard & Food Sale, from 8:00 a.m. to 4:00 p.m. Lastly, join them on July 20-25 for Vacation Bible School, Rainforest Falls. View the advertisement on page 9.

Stand Up Comedy Show

Come ready to laugh at the Stand Up Comedy Show, brought to you by the Thurmont AMVETS and the NAM Knights of America Battlefield Chapter, on June 27, from 7:00 to 9:00 p.m. The cost is \$25.00 per person. Food and drinks will be available for purchase. The show is hosted by Bill King and includes special guest, Mickey Cuuchiella from 98 Rock. View the advertisement on page 9.

Emmitsburg Community Baptist Church VBS

Kids in grades K-5 are welcome to join the Emmitsburg Community Baptist Church for its Emerald Crossing Vacation Bible School (VBS) on June 22-25, from 6:15 to 8:15 p.m. During VBS, kids will journey through Ireland and explore Psalm 23. For registration information, view the advertisement on page 7.

Emmitsburg Community Heritage

Mark your calendars! You don't want to miss the Emmitsburg Community Heritage Day Festival on Saturday, June 27, at the E. Eugene Myers Memorial Park in Emmitsburg. Come ready for fun that the whole family will enjoy! It's a full day, beginning at 11:00 a.m., with the Lions field games, craft & vendor show, hayrides & barrel rides, kids' activities, free pool, great food, a parade, music by Voodoo Rocks, a beer garden, a parade, and fireworks! For up-to-date schedule and activities, visit the website at emmitsburgevents.com or view the advertisement on page 5.

Bill Coyle Memorial Car Cruise-In

Shine up those cars, trucks, engines, tractors, and motorcycles for the annual Bill Coyle Memorial Cruise-In on June 20, from 10:00 a.m. to 2:00 p.m. The event is hosted at the Fort Ritchie Community Center. Registration is \$5.00 per vehicle. Dash plaques will be given to the first 100 registered. View the advertisement on page 5 for more information.

Save Our Fundraiser Fireworks

Come dine at Thurmont Kountry Kitchen on June 10, from 4:00 to 8:00 p.m., and part of the proceeds will be donated to the Emmitsburg Heritage Days Fund in an effort to save the Fireworks in Emmitsburg. View the advertisement on page 2.

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Mike's Auto Body & Towing Celebrates 35 Years

BY ALISHA YOCUM



Courtesy Photo

Mike's Auto Body and Towing, located on Catocin Furnace Road in Thurmont.

Mike's Auto Body & Towing of Thurmont is celebrating 35 years in business this year. Owner Mike Jensen said he found his passion for the industry when he began auto body classes at Linganore High School.

"It was there I discovered a love for craftsmanship and automotive restoration. There is no feeling quite like restoring a damaged vehicle to its original condition," Jensen expressed.

The shop, which is located at 12917 Catocin Furnace Road in Thurmont, offers collision, dent and scratch repair, paint matching and refinishing, bumper and panel replacement, as well as 24/7 towing and emergency roadside assistance.

What has led to Mike Jensen's success over the years? "My approach has always been grounded in common sense; my faith in Jesus

Christ; and the 'Golden Rule,' which is treating others exactly as I would like to be treated. By committing to these values, we ensure that our work remains professional and impactful."

This philosophy carries over to his staff, who Jensen states operate like family, with many of them working for the business for over 20 years.

Jensen also prides himself on giving back and supporting many of the local charities in the community.

"The Thurmont community has been wonderful to us. We would like to thank you for trusting us with your vehicles over the last 35 years, and we look forward to serving you for many more to come."

To find out more about Mike's Auto Body & Towing services, visit the website at www.mikesautobody.org or follow them on Facebook.

Local Plumber Launches Country Plumbing in Thurmont

BY ALISHA YOCUM



Photo by Alisha Yocum

Josh and Gretchen Lessner own and operate Country Plumbing in Thurmont.

Country Plumbing owner Josh Lessner, a master plumber with more than 25 years of experience, recently opened his new business in Thurmont.

After spending decades traveling to larger cities for plumbing jobs, Lessner said he was looking for an opportunity to stay closer to home—inspiring the name "Country Plumbing" as a reflection of his local roots and commitment to the community.

The business officially opened in July 2025 and offers both commercial and residential plumbing services, including boilers, water heaters, water treatment systems, sewer repairs, rough-ins, and home remodeling projects.

Lessner said he specializes in tankless water heater systems and hopes to help customers better understand how to properly maintain the systems in order to maximize their lifespan.

"Too often, I see companies install these systems but fail to educate customers on the

maintenance and care required," Lessner said. "Instead of lasting 25 years, the system only lasts five."

According to Lessner, what sets Country Plumbing apart is its customer service and family-oriented approach. As a small, family-owned business, customers have direct access to a master plumber and can benefit from reasonable rates without the overhead costs associated with larger companies.

Gretchen Lessner, who handles the bookkeeping for the business, said their motto has always been "Faith, Family, and Plumbing," and ensuring customers receive dependable, quality service remains a top priority.

Country Plumbing is licensed and insured and currently serves Frederick, Washington, Carroll, and Montgomery counties.

For more information, visit Country Plumbing, follow the business on Facebook, call 240-762-0599, or email 4countryplumbing@gmail.com.

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Visit SetonCenter.org or call 301-447-6102 to learn how you can make a real difference in our community.

Advertise With Us! alisha@thecatocinbanner.com

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:

- **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. Improvement Plan is currently being reviewed by the Catoctin Soil Conservation District.
- **Brookfield Phase 5** — The deeds of easement have been recorded. Final subdivision is approved. The developer will now be walked through the next steps. Subdivision plat needs to be recorded.
- **519 W. Main Street Renovation** — Variance request for setbacks approved by the Board of Appeals. Owner is demolishing and rebuilding an attached rowhouse.
- **Patriot Crane** — The sketch plat for a crane company warehouse and maintenance building at 3 Creamery Way has been reviewed.
- **Seton Center Subdivision** — Subdivision application has been reviewed. Comments were provided to the applicant. The Planning Commission will review the application on May 27.

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; No lots remaining.
- **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.
- **The Meadows** — Simmers Property Concept Plan for subdivision to create 61 single-family dwelling lots in R-2/R-5.

Site Plans:

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

Other:

- The Planning & Zoning Commission encourages residents to attend its regular monthly meetings to take an active role in guiding and shaping growth/development in town.



The Town of Thurmont Parks & Recreation Department "A Day in the Park" Summer Program

8:30am – 12:00pm at the Thurmont Community Park
Outdoor activities, games, and fun for **children ages 6-12**
Must have completed kindergarten

- Registration is limited to 30 children.
- The fee for each week is \$55.00.
- Each week includes different themes and a variety of NEW outdoor, nature-based activities so kids can attend all three!
- Fee includes all materials and a daily snack.
- All participants receive one official 2026 "A Day in the Park" t-shirt and knapsack!
- Program is held outdoors in rain or shine so children must dress appropriately.

Registration is required! Please stop at the Town Office at 615 East Main Street (8:00am-4:00pm) in Thurmont or call the office at 301-271-7313, press 0, and a registration packet can be emailed to you.



Week Two: Nature-Makers Week July 13 – 17: all new activities each week!

Monday: What surprises can we spot when we tune our senses to the patterns, sounds, and clues that usually slip right past us? We'll chase shifting shadows and sun-made shapes, test our senses with quick-fire observation challenges, and turn our discoveries into art-powered adventures around the park.

Tuesday: What secrets does Hunting Creek reveal when we slow down, look closely, and follow its twisting currents like nature-makers on a mission? We'll test how fast the water moves, try small creek-edge engineering challenges, and compare the shallow runs and quiet pools to see the different creatures that each stretch of the stream supports.

Wednesday: What wonders can we uncover when we explore the busy world of blooms and the helpers that keep our park growing strong? We'll hunt for the park's liveliest pollinator hangouts and team up with the visiting Frederick County Master Gardeners for hands-on plant fun.

Thursday: What challenges exist when we turn the park into our own outdoor arena of speed, balance, and teamwork? We'll race through nature-based obstacle challenges, test our aim and coordination, and team up for fast-paced relays that turn the landscape into our playing field. *AND Wags for Hope will bring a dog at 11:30!*

Friday: What discoveries await when we take our curiosity on the road and see what the library's wild side has to offer? We'll walk to the Thurmont Regional Library, explore its nature trail's hidden corners, and join up with the librarian for a surprise hands-on adventure. *Pick up at 12:00 at the Thurmont Regional Library.

Activities are outdoors and subject to weather conditions - daily themes may change.

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Businesses Past...

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BY RICHARD D. L. FULTON

Cliff Arquette's Soldiers Museum

Cliff Arquette's Soldiers Museum was established in 1959 by its namesake at 777 Baltimore Street, Gettysburg, in a building previously known as the Soldiers' Orphans Home, located near the entrance to the National Cemetery.

The former Soldiers' Orphans Home, which had acquired an infamous reputation before its ultimate closure, was purchased by Arquette in the 1950s with the intent to establish a Civil War-themed museum within the old building. Before the structure served as an orphanage, the building had served as a private residence, which was also employed as headquarters for General Oliver Otis Howard during the 1863 Battle of Gettysburg.

Arquette was, of course, a nationally renowned radio and television celebrity as a result of his comedic portrayal of "Charley Weaver," and his announcement that he was opening a Civil War museum in Gettysburg garnered national attention for him.

An article published in the February 26, 1959, edition of *The Gettysburg Times* reported that Arquette had stated he'd decided on a move (from California) to Gettysburg to be near the battlefield, Arquette further noting, "My California friends thought I was out of my mind... I sold my place out there, packed up my power tools, and came east."

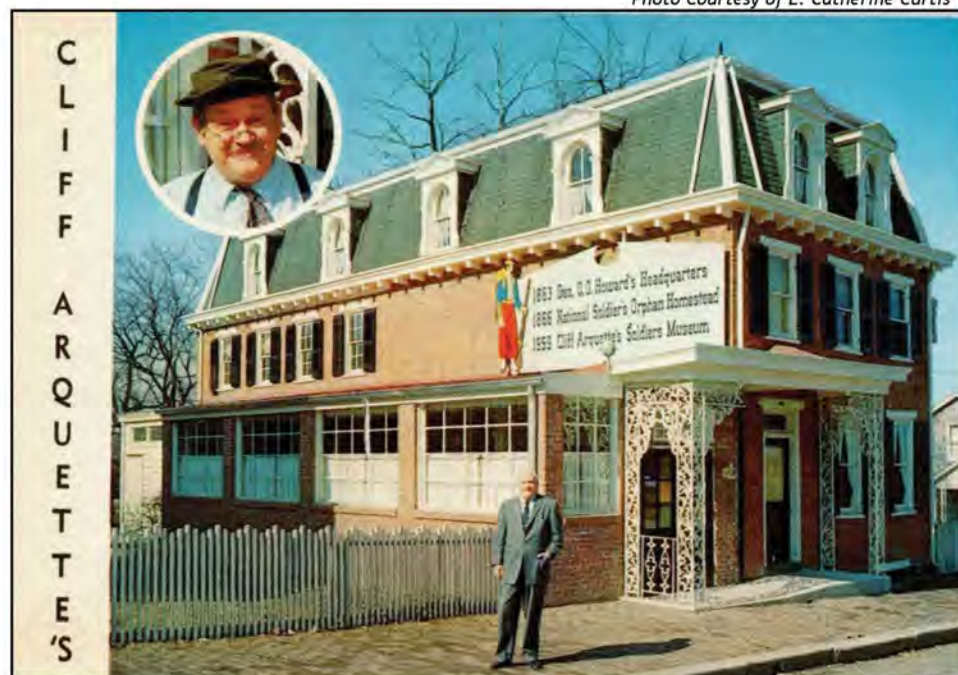
He further reported that this relocation to Gettysburg would be "convenient to his trips to New York for the (Jack) Paar show 'Charley Weaver' appearances, and for visits to his son, Michael (a film-cutter for New York-based Fox Movietone)."

The February 26, 1959, edition of *The Gettysburg Times* had also described numerous exhibits to be seen in the newly opened museum, including Arquette's hand-carved, 12-inch-high wooden figures depicting military uniforms worn by members of the American services, and framed military prints, all of which were accompanied by recorded, patriotic music.

From there, Arquette became a highly visible and outspoken Gettysburg-battlefield activist in the effort to expand the holdings of the Gettysburg National Military Park in order to preserve more battle-related lands.

The Gettysburg Times reported on December 3, 1959, that Arquette had been designated by the Gettysburg Battlefield Preservation Association as a finance chairman to help raise money for acquiring portions of the battlefield that were not yet a part of the park.

An April 28, 1960, article published in the edition of *The*



Cliff Arquette's Soldiers Museum.

Times stated that 660 acres of the northern part of the battlefield was then owned by the county, and that Arquette was devoting himself to raising money to buy it. "We need a half million dollars," he reportedly told *The Times*, adding, "When we do buy the land, we're going to turn it over to the federal government to become a permanent part of the battlefield."

In 1966, Arquette entered into a partnership with LeRoy Smith, according to the issue of May 6, 1966, of *The Times*, resulting in the name of Cliff Arquette's Soldiers Museum then being changed to the Charley Weaver American Museum of the Civil War, with the "new" grand-opening having been held on May 11 in that same year.

The museum was also then expanded to include displays of

Civil War relics and dioramas depicting battles and episodes of that war.

Arquette died from a heart attack at the age of 68 on September 23, 1974, at the Saint Joseph's Medical Center in California, according to the September 24, 1974, edition of *The New York Times*.

The museum had apparently assumed another name, that having been the "Soldiers National Museum," before finally closing on November 2, 2014, while under the ownership of Matt Felty, president of Gettysburg Tours, Inc.

Felty owns the museum and several other attractions, according to an October 20, 2014, article published by CBS News, which had further noted, "An auction of museum materials will be held on Nov. 21-22."

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- COMMUNITY HERITAGE DAY JUNE 27
- NEIGHBORHOOD MEALS AUGUST 12
- LIONS CHICKEN BBQ SEPTEMBER 19
- HALLOWEEN PARADE & PARTY OCTOBER 31
- ANNUAL CHRISTMAS PARTY DECEMBER 12

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The Promised Land Upcoming Events

10918 Taneytown Road/Route 140, Emmitsburg, MD

July 25
Free Concert on the Hill – Featuring The Hyssongs
Free Dinner at 5pm / Concert at 6pm

August 22, 8 am - 2 pm
Community Yard Sale
Contact Kathy Imirie at 301-471-2585 or kiththerapy@yahoo.com, and visit our website for more information

August 29
Free Concert on the Hill – Featuring The Down East Boys
Free Dinner at 5pm / Concert at 6pm

10926 Simmons Road • Emmitsburg, MD
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www.TomsCreekUMC.com

Fort Ritchie
COMMUNITY CENTER

Bass Fishing Tournament

June 13 | 7:00 am - 11:30 am



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- **ADULT + YOUTH DIVISIONS**
- **50/50 & RAFFLES**



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Richard Troxell and Friends
Outdoor Summer Concert
Sat. June 6th @ 6:30pm





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Bring your own chair or favorite blanket!

Historic Church Tours

- Thurmont Historical Society
- Thurmont Scouts Thurmont Grange
- Food Provided by the Thurmont Lions Club



Saturday June 6th
11am - 3pm
Group Picture @ 1:30pm
Richard Troxell & Friends
Outdoor Concert
@ 6:30pm

Kids Games
Mr. Brown the Clown
Magic Show
Face Painting
Moon Bounce
Horseshoes
Corn Hole
Nature Trail
Antique Cars
Local Musicians



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COMMUNITY News

Rada Wins MDDC Award For His Writing

Catoctin Banner editor James Rada Jr. won an award for his column writing at the the Maryland-Delaware-DC Press (MDDC) Association on May 8.

Rada is also a columnist for the *Frederick News-Post*, writing a weekly history column called "Frederick County Rewind." His column "Thurmont Cat Lady lived in a bus" won 2nd place in the Local Column: Critical Thinking category. The article ran a year ago in the *News-Post*. It is the latest of 28 writing awards and one publishing award Rada has won over his career.

The column told the story of Mae Carbaugh, who made national news in 1970 when *The (Baltimore) Sun* wrote about how she lived in an old bus because she couldn't afford the \$50 a month rent that homes in Thurmont were going for at the time. She wasn't a troublemaker, but people considered the bus an eyesore.

Around Thurmont, Carbaugh was known as "The Cat Lady" because she kept two or three cats as pets.

When Carbaugh died on October 23, 1974, *The Frederick Post* called her trailer a landmark. After all, it had been in the same location for 20 years.

It was a landmark that quickly disappeared, though. "The piles of wood and debris were gone, the worn trailer was empty, locked and lonely, the green wooden doghouse overturned and deserted. On the leaf-covered ground, some spilled navy beans, tired scraps of foil and bits of cloth—materials for next spring's birds' nests—were all that told of a once strange and independent existence," the newspaper reported shortly after her death.

The Sun said of her, "To some she was the last of a hardy breed... an eccentric who lived her own life as she saw fit, who wanted to be alone and to be left alone."

The column was one of seven best of show awards in news and advertising, 30 first-place awards, and 25 second-place awards the *News-Post* won in its division. The newspaper was also News Organization of the Year in its division for 2025.

This year's annual MDDC awards had nearly 1,600 entries in 86 categories across six divisions. The divisions group member publications into categories governed by total audience numbers, combining print and digital readership.

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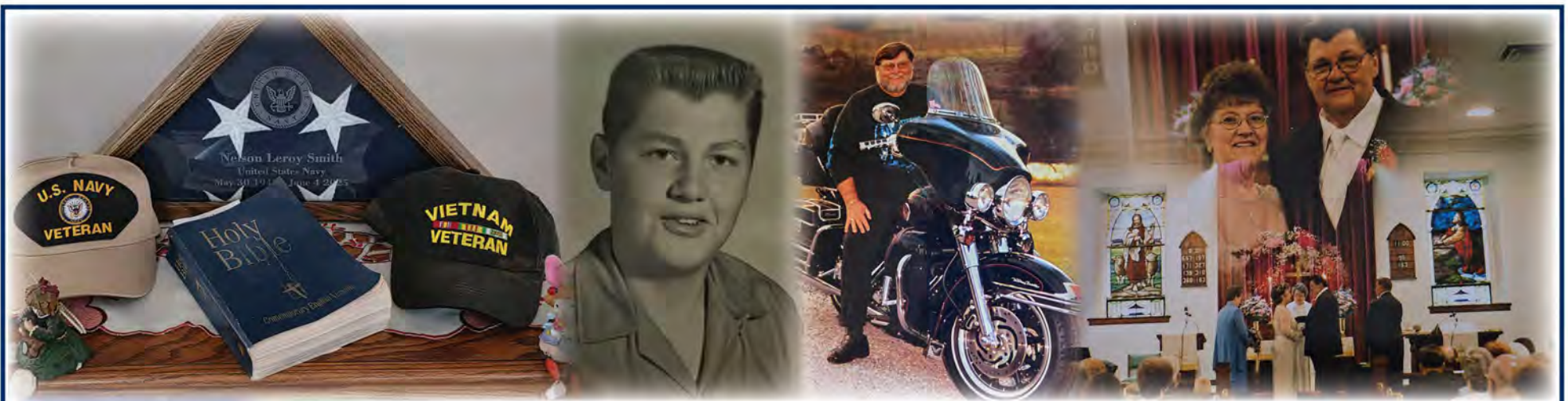
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Community Difference Makers

BY ALISHA YOCUM

Tara Miller

Nominated by Linda Reed

With her warm smile and welcoming demeanor, it is easy to see how Tara Miller is making an impact on the community.

Over the years, Miller has worked in a variety of careers, including serving as a kindergarten teacher and working in both a veterinary clinic and a library. However, each of those experiences seems to have led her to what may be her true calling: helping seniors. Today, Miller serves as the Coordinator for the Thurmont Senior Center.

Linda Reed is a frequent visitor to the Senior Center. "Under her [Miller's] leadership, she has immensely increased offerings for those 55+," Reed said. "Her background in education, as well as her knowledge of the community, is well utilized."

With all the planned activities, it is no surprise that seniors enjoy spending time at the center. Miller says she has always had a heart for helping

others, and she loves seeing how much the seniors appreciate even the smallest touches—whether it is holiday decorations, a special event, or a new activity. One of her goals is to ensure that there is something happening at the center every single day.

Some activities include special programs like "Manicure Mondays." Miller says those moments are especially meaningful because many seniors have never experienced something as simple as getting a manicure. Watching them proudly show off their freshly painted nails and seeing the joy it brings them makes the effort worthwhile.

But Miller's passion for helping others isn't just for her fellow humans.

She also launched Jellybean Rescue in Rocky Ridge, a nonprofit dedicated to rescuing and rehabilitating cats. The rescue currently cares for approximately 35 cats and kittens. The organization

Photo by Alisha Yocum



Tara Miller is making a difference serving the seniors through Thurmont Senior Center and as owner of Jellybean Rescue. Here she is posing with cats from her rescue.

assists with trapping stray and feral cats, and every animal is spayed or neutered and vaccinated before being adopted into indoor-only homes.

Miller says the rescue has been supported by an incredible network of local donors who step in to provide food, supplies, and assistance whenever needed.

There is a famous quote by E. B. White that states, "If I have made a difference in one other soul, then my life has been well lived." Miller says that philosophy has guided her throughout her life. From standing in front of kindergarten classrooms to helping seniors, she has always wanted to help others and show kindness.

Miller believes there is an innate desire within all of us to help others, but sometimes people simply do not know how.

She encourages others to help in whatever way they can—even if it is something small, like donating a bag of used towels to the cat rescue.

And, of course, you never know when a simple gesture, even a smile, might make an impact on someone's day.

To learn more about the Thurmont Senior Center visit thurmontseniorcenter.org. For Jellybean Rescue, follow their Facebook page at www.facebook.com/JellyBeanRescue19.



CHALK IT UP THURMONT

Kids' Chalk Drawing Contest

JUNE 13
11:00 - 1:00
Main Street Area

We are bringing the sidewalks to life during our Kids Chalk Art event in the Main Street area!

Young artists are invited to unleash their imagination and turn downtown into a colorful outdoor gallery filled with creativity and fun. Enjoy a kid's art event with community spirit and vibrant masterpieces.

Age groups: 3-7, 8-12, 13-17

You MUST Pre-Register!

- ★ Want your child or grandchild to participate? Email mlittle@thurmontstaff.com to reserve your space. We have room for 80 artists.
- ★ Once you have pre-registered, you will check in at 10Tavern the day of the event, from 10:30a to 11a. Each entry will receive a box of sidewalk chalk from us upon check in and a map for the location for your child to create their masterpiece.
- ★ Chalk It Up artists must be finished by 1pm. Later that afternoon a three judges will walk around and award 1 winner per age group. The winners will be notified later that day.



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July 12 - July 16
6:30 - 8:30 PM

Ages 3 - 5th Grade

First Baptist Church
7 Sunny Way, Thurmont
www.fbcthurmont.org

Fort Ritchie Community Center 5K Winners

The Fort Ritchie Community Center recently hosted a Fun Run/Walk along with a Health & Wellness on May 16.

The 5K winners were: 1st Place—Dave and Rosie Lehr (center), 2nd Place—James Summers (left), and 3rd Place—Dean Petersen (right).



Courtesy Photo

VFW John R. Webb Post 3285 Conducts Its National Day of Service

Courtesy Photo



VFW John R. Webb Post 3285 conducted its 2026 VFW National Day of Service by participating in a stream cleanup on May 9 (pictured above) with The City of Frederick Sustainability Department. The group collected 1,500-plus pounds of trash from the Rock Creek stream in Frederick.

A team of 34 volunteers came together to make a true difference, pulling a variety of items from the stream, such as single-use plastics, shopping carts, electronics, and Styrofoam. These volunteers weren't afraid to get their hands dirty and their feet in the water. VFW Senior Vice Commander Darryl Warren led an effort to get a waterlogged and heavy carpet out of the stream. Underneath it was a friendly snake they jokingly named Jake.

"Of all the volunteer groups I've led at this site, no group has worked harder and more diligently to clean the stream," said Lauren Paulet-Miller, the City's Sustainability Outreach Coordinator. "They truly led by example."

Any group interested in organizing a stream cleanup in the City of Frederick can email sustainability@cityoffrederickmd.gov. To learn more about the City's sustainability efforts, please visit Frederickmd.gov/sustainability.



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A Chat with Opera Singer Richard Troxell and Giving Back to His Community

Photo by Alisha Yocum

BY ALISHA YOCUM

Richard Troxell, an internationally acclaimed opera singer, returns to Apples Church in Thurmont, where he credits the beginning of his musical career.



Richard Troxell grew up in Thurmont before attending the Academy of Vocal Arts in Philadelphia, where he graduated and went on to build a career as a tenor opera singer performing around the world.

Troxell, who had recently finished his role as Dr. Caius in Falstaff in Philadelphia, was back in Thurmont for a rehearsal at Apples Church, where he is scheduled to perform a concert on June 6 as part of the church's 200th anniversary celebration.

Troxell could not help but reflect on where his musical journey first began—right at the front of the church. At just four years old, he sang “Away in a Manger” during a Christmas program.

“This church gave me the recipe to become a classical singer,” Troxell said.

From singing in the choir alongside his uncles and sisters to the influence of Margaret Barnwell, who traveled from Washington, D.C., to work with the choir, Troxell credits many people for giving him the “recipe to become a classical singer.” However, he said perhaps his greatest influence was his mother, Patricia Troxell.

“My mother was an amazing singer,” he said.

Troxell noted that during the church's centennial celebration in 1926, it is believed nearly 2,000 community members attended a festival in celebration. Given the important role music has played throughout the church's history, he felt the best way to celebrate the bicentennial was with an open-air community concert to be held on the church lawn.

“The concert is going to run the gamut,” Troxell said.

The concert will feature a variety of music styles, including opera, Broadway, country, popular music, spirituals and hymns, as well as performances by the Apples Church Choir. Musicians from around the world, including Australia, are expected to participate.

The community is encouraged to bring lawn chairs, snacks, and drinks, and to enjoy an evening of music beginning at 6:30 p.m., following the church's all-day festival.

After more than 30 years as a professional singer, Troxell said he especially enjoys opportunities to perform for his hometown community.

Earlier this year, he returned to Thurmont to sing the National Anthem at a Catoclin High School girls basketball game. He is also scheduled to perform at the upcoming Thurmont High School Alumni event.

“I really enjoy giving back,” he said.

For more information about the concert, see the advertisement on page 22.



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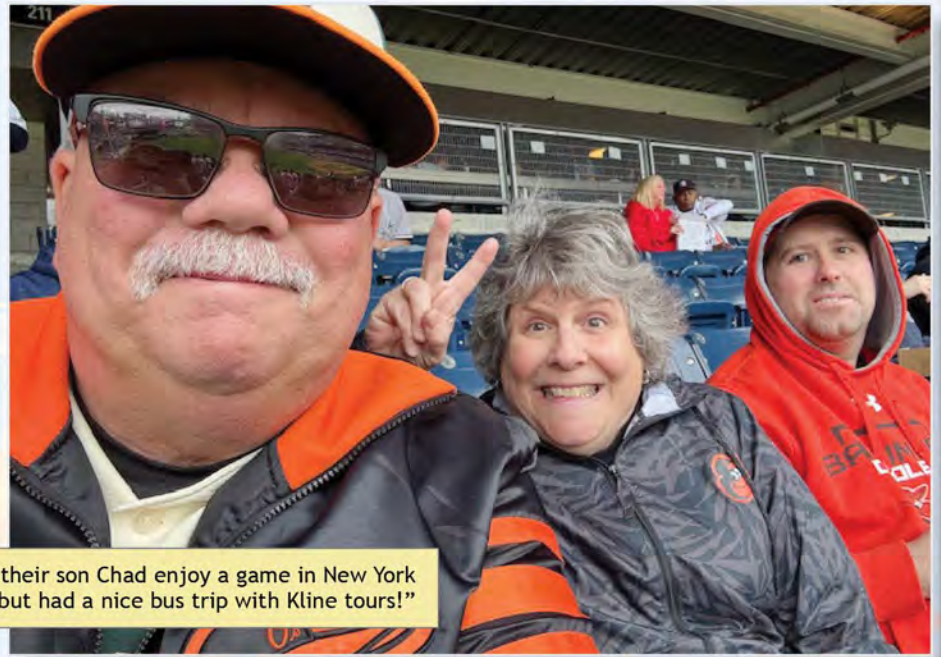
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Will and Lisa Valentine enjoy dinner at The Choptank in Annapolis!

Happy Memories



Richard and Tina and their son Chad enjoy a game in New York stadium: "We lost but had a nice bus trip with Kline tours!"

Out & About



Avery Ott performs at her first piano recital!



Rhonda and Dave Sanders on a sunset tiki cruise in Clearwater Beach, Florida, celebrating Rhonda's 50th birthday on May 14!



Mark and Dana representing Thurmont Regional Library at the Art and Wine Stroll!



Tripp Brannen having some Banana Ball fun!



Thurmont hometown girl, Marine Corps Veteran Tina Ridenour-Reeves, comes home for a visit and says hello to Mayor Kinnaird!

Making Memories



Sharon Burrier: "Lynn Romsburg Cherish brought over her beloved Everlast to meet my grandkids. I think I was more excited than they were!"

Good Times



Megan and Kayla from Thurmont's very own CWPZ: "A rainy day at Catoctin Wildlife Preserve (CWPZ) is better than a rainy day anywhere else!"

New Discoveries



Hadly showing her pig—getting the jackpot season started!



Bob and Michele Leveille supporting Mindy Miller, a Maryland native who was recently on *The Voice* and stopped by to perform in Hagerstown!

Out & About

NASP® National Tournament



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I imagine one of the greatest feelings of relief anybody has ever felt was hearing a jury of his peers read "not guilty". Can you imagine the dread turning to relief as the verdict is read? How you must feel like a weight has been lifted off from you and you can finally breathe easy? It must be one of the best feelings in the world, even if you actually are guilty of the crime of which you have been accused. While I guess that most of us have not had that experience, there is a similar experience we will go through: we will all be tried before God, who makes no mistakes, and to whom we cannot lie. **1 Corinthians 5:10: For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.**

To an honest person, this may be a distressing thought, because he knows he has committed wrong. Not the innocent misbehavior of childhood nor simple mistakes: real, serious, wrong. I know I certainly have. And when my sins are brought to the forefront before God, I have no doubt I will feel dread, and far more than any that has come to those who have waited for human verdicts. **Hebrews 10:13: It is a fearful thing to fall into the hands of the living God.**

Yet, God has promised us that those who call on his name and obey his word will have their sins removed. **Isaiah 1:18-19: "Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool. If you are willing and obedient, you shall eat the good of the land.**

When the great judgement happens, what will your verdict be? We all deserve to hear "guilty". But that terrible word might never be uttered in your trial. Other people may never forgive you for something you've done. You may even never forgive yourself in this life. But God is eager to forgive. Please don't ignore his call.

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Top Shots Represent Thurmont at Area Trapshooting Events

BY ALISHA YOCUM



Members of the Thurmont Top Shots at the Pen-Mar Regional Youth Trap Shoot: (from left) Chris Apperson, Bradley Brauning, Gabriella Brauning, Eli Yocum, and Morgan Farmer.

Members of the Thurmont Top Shots, part of the Thurmont Conservation and Sportsman's Club, recently competed in several local and regional trapshooting tournaments.

Trapshooting is a shooting sport in which participants use shotguns

to shoot at clay targets, often called "clay pigeons," that are launched into the air from a single machine called a trap house.

The targets fly away from the shooter at varying angles and speeds, and the goal is to hit as many as possible. Shooters typically



Photos by Alisha Yocum

Members of the Thurmont Top Shots at the Thurmont Conservation and Sportsman's Club Annual ATA Strawberry Shoot: (from left) Landon Han, Bryce Yocum, Bradley Brauning, Chris Apperson, and Gabriella Brauning. Not pictured: Morgan Farmer.

rotate through five shooting stations arranged in a semicircle behind the trap house.

First up was the Pen-Mar Regional Youth Trap Shoot held in Shrewsbury, Pennsylvania, at the Glen Rock sports club and hosted by the Mason-Dixon Clay Busters. The conditions were not ideal, as the team shot all five rounds in the pouring rain, with the final results being Chris Apperson, 80; Bradley Brauning, 68; Gabriella Brauning, 60; Eli Yocum, 79; and Morgan Farmer, 78.

A week later, on May 17, another squad of shooters competed in the annual ATA Strawberry Shoot, hosted by the Thurmont Conservation and Sportsman's Club. This time, competitors faced the opposite conditions, shooting in intense sunshine and unseasonably warm temperatures.

The team again posted solid scores with Chris Apperson, 90; Landon Hahn, 87; Gabriella Brauning, 79; Bryce Yocum, 69; and Bradley Brauning, 73. Morgan Farmer shot in a different squad, with a score of 78.

Some of the team will be attending the upcoming Maryland State AIM Championship, held at Thurmont Conservation and Sportsman's Club, where again several Maryland and area youth teams will participate.

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One Tiny Spark

Every year at the end of the high school sports season, I traditionally like to wrap up the Catoctin spring sports season in this column on a high note and thank our seniors who are heading out for larger pastures and broader horizons.

The big news this spring season was the weather. I can personally say this was the weirdest weather season I have ever seen in 19 years of broadcasting high school sports. If it wasn't the wind, it was the drought. If it wasn't the drought, it was the flood. We found ourselves embroiled in dust devils swirling in our faces, lifting our broadcast canopy into the air, hanging on desperately to the frame with one hand and the laptop with the other. When the dust wasn't choking us, the wind was blowing us around like paper dolls. Baseball and softball, it didn't matter. This was a terrible year to be playing high school spring sports and trying to run a broadcast.

Case in point: we set up our mobile broadcast booth behind the backstop on field #4 in Glen Burnie for the state softball semifinals. We had Linganore on the schedule at 4:00 p.m. and Urbana at 7:00 p.m. It was a hot, burning, dry 97 degrees at game time. By the second inning, our gear and our clothing were covered in a layer of dirt and dust. The softball field had a trench forming in front of the pitcher's circle. Bachman Field is normally a men's softball complex. The State has been using it for high school softball state semis for 28 years. It requires major changes to the basepaths, pitching circles, and outfield to make it compatible for high school softball.

In our first game, the dirt in front of the pitcher's rubber disintegrated under the pressure of the pitcher's planted foot. It was too dry to absorb the impact. By the end of the evening, there was a foot-deep trench in front of the softball pitching rubber. The pitcher's plant foot would disappear on each and every pitch. It was terrible! There was very little outfield grass, only dust. It blew steadily in

towards us. We were covered in a layer of brown. I took two showers when I got home.

And then a polar shift occurred. The next week, the coup-de-gras: RAIN! Massive rain, inches, pouring down, drowning fields covered in tarps, days at a time, and right at the most crucial point in the season: the state championship week. Organizers struggled to prepare fields. Coaches looked at the brackets and schedules and scratched their heads. Athletic directors tried to calm frayed nerves. Postponements wrang out from the MPSSAA websites. Friday and Saturday championship scheduled days were gone. There was a faint hope that on Monday—Memorial Day—the rain would stop. But, it didn't. It was a last-ditch rain date for the State. We played anyway. The games started at around 11:00 a.m. and finished just before midnight, with numerous rain delays throughout the day in College Park and Aberdeen. What a mess! I heard scientists mention we are in a super El Niño. Maybe that's the explanation for the weather this spring. I can tell you firsthand, there is nothing "super" about this child of the Pacific.

Shifting gears now, I would like to look back at our high school spring sports season. Let's start with our Lady Cougars softball team. After dropping their final game of the season to undefeated Boonsboro, they cried a little, hugged, packed up their gear, and went home. But what they didn't realize was that Boonsboro was headed for the same pain they experienced last year in the state championship against the same team, Mardela, but this time, it was a train wreck for Boonsboro. Last year, Mardela scratched the winning run across the plate with a fly ball to right field in the bottom of the 7th against Catoctin. A walk-off RBI to end the game sent our Lady Cougars home as runners-up in the 1A Maryland State softball championship. That train wreck Boonsboro experienced against

Mardela a couple of weeks ago came in the form of two runs in the first inning and nine in the second. By the fifth inning, the mercy rule was invoked, and Boonsboro suffered the first defeat in their 2026 season, 11-0, and Mardela had back-to-back state championships.

Just to give you an idea of what to expect next year with Catoctin softball, the only senior on the Catoctin team, Kassidy Kreitz, broke her wrist in a car accident and missed most of the softball season. The Catoctin Lady Cougars softball team battled all the way to the regional final without one senior on the team. In comparison, the 2025 Cougars State championship runner-up team had five. They are young and deep. Most of these ladies play multiple sports, so imagine the potential and development they will bring to the 2027 softball season. Personally, I can't wait!

Our Catoctin boys baseball team finished their season in the regional quarterfinal at Boonsboro. Our guys had no problem putting runs across the plate. Where they struggled was keeping the opponent off the scoreboard. Coach Delawter, in his first season, stamped his own competitive nature on this team, that same competitive nature that made him one of the best left-handed pitchers and first basemen in Maryland at Catoctin during his high school career. The team responded to his leadership, and next year will be even better.

Catoctin boys and girls lacrosse would like to see Middletown leave the 1A and go back to the 2A where they belong. Both the boys and girls lacrosse teams drew Middletown in the regional final brackets and watched their seasons end. The boys

lacrosse team finished 9-5, and the girls team finished 8-7. An excellent year for both teams. Footnote: Our very own Tyler Wilhelm, who has been with WTHU since he graduated from Shepherd University with a degree in sports communications, stepped out of the broadcast booth to become an assistant boys lacrosse coach this spring at Catoctin. We are very proud of Catoctin alumnus Tyler Wilhelm for taking on that role.

Let's talk Catoctin Tennis state tournaments for a moment. Zachary Kerr advanced to the regional quarterfinals. Blake and Connor Smith played in the boys doubles round 1 regionals. Grace May played in the girls singles regional quarterfinals. Madelynn Myers and Adalyn DeGrange competed in the girls doubles regional quarterfinals. Delaney Hench and Jackson Starliper competed in the mixed doubles regional quarterfinals.

In the Catoctin boys track and field championship competition, Owen French placed 6th in the 100- and 200-meter prelims. Noah Riling placed 3rd in the 3200-meter final. Isaac Hernandez, Grady Abruzzese, Sean Hoyle, and Noah Riling placed 9th in the 4x800 relay finals. Conner Dodson tied for 5th in the boys high jump. The Catoctin boys track and field team placed 10th in the Maryland State Championship meet in a field of 27 schools.

Our Lady Cougars track and field competition saw Layna Durrschmidt compete in the 200-meter prelims. Kaydense Cox, Layna Durrschmidt, Olivia Baker, and Olivia Hoyt placed 6th in the 4x200 relay finals. Olivia Baker, Adalynn Mucker, Isabel Brodsky, and Olivia Hoyt placed 4th in the 4x800 relay girls track finals.

■ continue reading on Page 32



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ENJOY YOUR OUTDOOR SPACES YEAR-ROUND.

Kayla Jones and Raquel Owens competed in the girls discus. Catocotin girls track and field team also placed 10th in a field of 20 schools.

I would like to broaden my focus a bit as we wrap up the high school spring sports season. In Frederick County, Urbana finished the season as the top team in Maryland, with an historic four championship spring sports titles: Urbana baseball, boys lacrosse, girls lacrosse, and girls track and field. Congratulations to Thurmont native and Urbana principal Donna Clabaugh and all of her "team" for leading the best spring sports school representing Frederick County! Oakdale and Middletown baseball went all the way to the state quarterfinals. Just to put a little perspective on how competitive Frederick County high school sports can be: We had six teams in the state baseball and softball quarterfinals representing three of four divisions: 4A, 3A, and 2A: Urbana, Middletown, Linganore, and Oakdale. Linganore softball came within one game of playing for a state championship. Urbana softball, playing in the Maryland 4A state softball championship, dropped a thriller in the bottom of the eighth to Broadneck 1-0. That may have been the best softball game we have ever broadcast. It is available in our archive at fredcosports.com, if you would like to check it out.

A special shoutout to Olivia Baker, the MPSSAA "Minds in Motion" scholarship award winner, recognized for excelling on the field and in the classroom!

And now, on to our wonderful Catocotin senior athletes:

Baseball: Ethan Burkhart, Brennan Conrad, Mason Ferrell, Owen Furry, Levi Misner, and Zachary Williams.

Basketball: Ella Burgee, Kassidy Kreitz, Kelsey Troxell, Brooke Williams, Ben Belluomo, Jaiden Moore, Brendan Orr, Aiden Pierre, Cooper Wiles, and Zachary Williams.

Cross Country: Reine Tichom.

Field Hockey: Madison Ball, Darby Karson, and Lillian Grable.

Football: Konnor Dodson, Payton Edwards, Blaine Lenhart, Tyler McCallion, Levi Misner, Devin Phillips, Kai Ridenhour, and Jayden Worthington.

Golf: Delaney and Griffin Hench.

Lacrosse: Caryn Blum, Josh Dayton, Wyatt Ferson, Blaine Lenhart, Tyler McCallion, Brendan Orr, Devin Phillips, Kai Ridenhour, Connor Stahley, and Ethan Williams.

Soccer: Olivia Baker, Brianna Montoya, Caroline Sanders, Mason Brown, Lucas Cabellero-Perla, Chase Jackson, Zachary Kerr, Jared Turner, and Aiden Wooters.

Softball: Kassidy Kreitz.

Tennis: Madison Andrew, Melanie Applegate, Delaney Hench, Caroline Sanders, Callie Schenck, Maddox Cabellero, Zach Kerr, and Jackson Starliper.

Track and Field: Olivia Baker, Leyna Durrschmidt, Ellen Hossain, Tatiana Owens, Keegan Schneider, Keira Shew, Titchom Tchagam, Konnor Dodson, Griffin Hench, Aiden Pierre, Chase Jackson, Maria Perella, and Michael Thornton II.

Volleyball: Aubrey Calhoun, Jocelyn Hernandez, Mya Horman, Cadence Lovejoy, and Tatiana Owens.

I bid you farewell with one of my favorite Scottish blessings: *"How great a fire you can kindle with one tiny spark, how great a tree you can grow from one tiny seed."*

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SES Students Advance in Essay Contests

Sabillasville Environmental School (SES) recently had two students advance in local essay contests.

Ruby Jones, an 8th grader, placed first in the Thurmont American Legion Americanism, and then went on to win both the Regional and State competitions.

Julia Marl, also an 8th grader, placed first in the Thurmont Lions Club Patriotism Essay Contest, advancing to the Frederick County contest, where she also placed first.

Congrats to both students!



(left) Julia Marl places first in both the Thurmont and the Frederick County Lions Club Patriotism Essay.

Congratulations

Courtesy Photos

(right) Ruby Jones places first in the Thurmont, Regional, and State American Legion Americanism Essay Contest.



Congratulations



Please make sure photos are high resolution

Attention All Catoctin High School Graduates

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Catoctin Community 5K: Heroes on the Run

BY ZO WETZEL, CATOCTIN HIGH SCHOOL STUDENT

On June 6, the 3rd Annual Catoctin Community 5K will commence at Catoctin High School, down at the Cougar Stadium. Catoctin High's Student Government Association has been reaching out to local businesses for several months, collecting donations and general public support in order to bring this event to life. CHS' National Honor Society; Unified Generation Club; Unified Sports Athletes; and Family, Career and Community Leaders of America (FCCLA) have also been supporting these efforts.

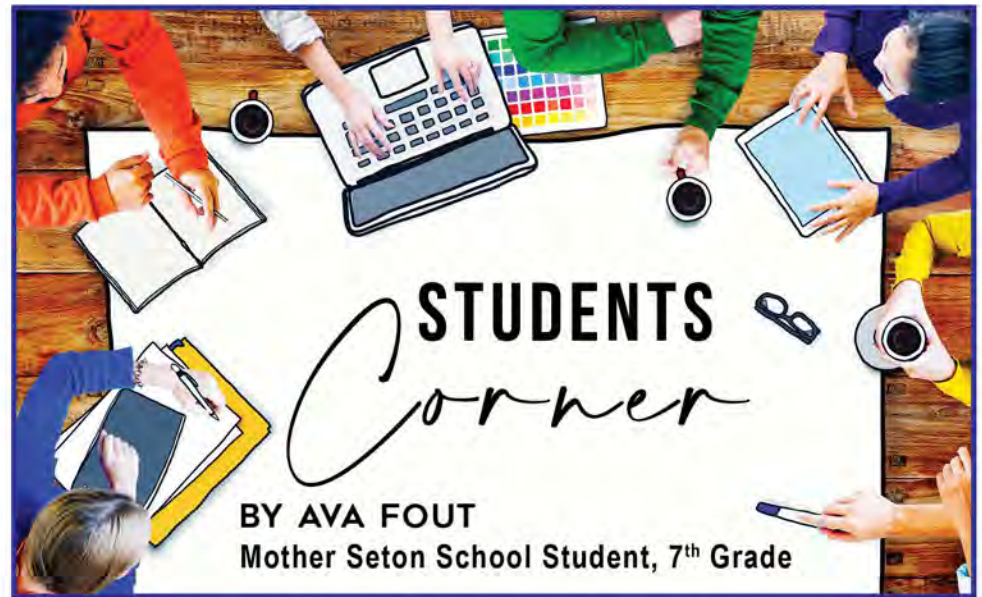
Kerington Wlazlowski, Ruby Bodnar, Calee Burke, Charlotte Young, Chase Cregger, Gabriel Contreras, Brendan Orr, Hannah Gonzalez-Diaz, and Abigail Sparkman are the names of just some CHS students who have secured donations from the community.

There are two parts to this event: the more casual "Fun Run," beginning at 8:30 a.m., followed by the more intense 5K, which will begin at 9:15 a.m. "Fun Run" participants do not have to partake in the 5K.

All proceeds from the event directly benefit the Special Olympics of Frederick County. Funds raised from the prior races have allowed Special Olympics to offer more unified programs across the school district. These programs make physical activities accessible to all students.

Catoctin High School's Student Government Association invites you to share in this experience with us! In addition to the opportunity to get active, all runners are entered into a raffle for the chance to win prizes. Down at Cougar Stadium, free pancakes will be provided by Thurmont's Kountry Kitchen. Participants can expect an incredible morning accompanied by empathy and unity!

View the advertisement on page 39. This year's "Heroes on the Run" artwork was designed by Gnarly Artly of Thurmont.



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

Mother Seton School's Annual Trout Release Field Trip

Photo Courtesy of Mother Seton School



On Wednesday, April 29, the seventh-grade class from Mother Seton School went on the annual trout release field trip at the Roddy Road Covered Bridge.

Through the entire school year, we all took really good care of the fish, and we were all looking forward to the release day! On this field trip, we were sorted into three groups: one doing a scavenger hunt, the next trying to find living creatures in the water, and the last one releasing fish.

In the scavenger hunt, we went around the park to find various objects in nature, and once we found them, we checked them off. For finding living creatures in the water, we were each given one screen, and we dunked it under the water and moved it around to try and see if we could pick up anything. I think most of us just caught leaves, to be honest. And finally, for releasing the trout, we each took a plastic cup, and one at a time, we dunked it in the bucket where the fish were. The amount of fish you caught in your cup was the amount you released. I caught five!

I asked some of my classmates if they had fun on the field trip and why. Vivienne Weiant said, "It was fun because we got to swim."

Tami Azeez said she enjoyed being active as a class. "It was fun because we got to be outside and play in the creek," she said.

Finley Brodsky said, "I liked it because I got to hang out with my friends and have fun in the water."

I was looking forward to this for years, and I hope it's just as fun when the younger classes do it!

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From Calf to Show Ring

An FFA Project Series

BY MAKAYLA COMER

Makayla Comer is a junior at Catoctin 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 & 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. We finally had our last calves born on April 26. They were both healthy heifers, and we are officially done with calving season.

On May 9, I brought Fort Worth and Montana to the Jefferson County Spring Classic in West Virginia. I used Fort Worth for showmanship and ended up winning Reserve Champion Senior Showman.

Then there was the heifer show. Montana was placed in the Shorthorn Plus division and won Reserve Champion Shorthorn Plus. Fort Worth ended up third in his class. I am very proud of those two.

On May 14, we had the Catoctin FFA Banquet. We had over 205 members and guests attend! During that banquet, we announced the achievements of the members and the places they will go. At the end of the banquet, I was announced as Chapter Reporter. I am so thankful for Mrs. Poff, who has helped me throughout the years and has pushed me to keep trying and doing my best, not just in the show ring but outside.

Last month, I talked about what the judges are looking for, especially in showmanship.



EPL Montana Reward; Showman: Makayla Comer; Ribbon Holder: Tony Woodie.

Well, this month, I want to talk about what it's like to be in the show ring. Not just me, but many other showmen across the states get nervous before walking into the ring. There are different ways everyone deals with those nervous butterflies. One way that I do it is to just keep myself busy by either watching the show or focusing on getting my animals ready. But once I walk into that ring, I calm down and act like everything is fine. In showmanship, when the judge is selecting his top showmen, it gets a little nerve-racking. But once you get placed or you are in the top drive, you will be stressed out, but

look completely fine on the outside. There are many emotions inside and outside of the ring. The first time I won my showmanship class at my county fair, I came out crying tears of joy because I had finally reached my goal of placing first in my showmanship class. All of the people who believed in me outside of the ring were so excited that I had won.

To anyone who feels defeated anytime they go into the ring, I want you to know that it took years for me to get to where I am today, and I want you to never give up and to keep pushing yourself. You will reach the goal you set and achieve it if you never give up.

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The Catoctin Banner Brings You a Serial Fiction Story for Your Enjoyment

The King's Gambit

written by
JAMES RADA, JR.

6: Antietam

Lou Preston eased his sedan onto the gravel drive of his family house on the edge of the National Park Service property for the Gettysburg Civil War Battlefield. Late afternoon sunlight filtered through pines, casting shifting patterns of gold and shadow across the yard, while the faint tang of damp earth and pine resin mingled with distant voices at the park entrance. In the hush of his thoughts, two questions pressed him: What had his great-grandfather uncovered as a spy for President Abraham Lincoln? And why had Harley Preston carefully placed battlefield memorials on the wrong sites?

Lou's earliest memories of Harley were gentle: a kindly grandfather who taught him chess under lamplight. Now those

recollections clashed with the revelation that President Lincoln had tasked Harley with a mission to make sure the President's representative in secret peace negotiations with the Confederacy wasn't an agent working against the president's wishes.

Determined to find answers, Lou climbed the narrow attic stairs that groaned under his weight. A single bulb overhead flickered as he swept a flashlight beam across canvas-wrapped boxes, rusted lanterns, and stacks of brittle newspapers. Dust motes drifted in the yellowed light. One by one he pried open cartons: a set of porcelain plates embossed with a long-defunct regiment's crest, cups pitted by age, and a brass lantern with its glass globe cracked.

He unfolded veteran-ribboned rosettes—faded souvenirs from reunions at Gettysburg, Antietam, and Manassas—each fraying edge whispering of years gone by. No hidden letters appeared, only sepia photographs of solemn soldiers whose identities were lost to time.

Still, progress felt sweet. He cleared a small patch of floor, brushed sheets of music aside, and smiled at the tiny victory. Gluey with attic dust, he washed it off in a hot shower, then fell wearily into bed. The night was still, broken only by the creak of settling boards. Yet sleep eluded him. He cracked open Harley's leather-bound journal and read by the bedside lamp for another hour.

September 14, 1862

Morning light slanted coldly through the White House study windows as I delivered my full report to President Lincoln. He studied the drawing of the seal on the letter to Colonel Davidson. He didn't recognize it. He also read over my description of the industrialist who had been insistent on meeting with the colonel, but hadn't wanted to leave his name.

"I'll have a Pinkerton agent dig through our files," he said, voice steady.

Barely had I returned to my cluttered office than Colonel Donaldson burst in, his cavalry boots thundering. His face was

a mask of agitation. Expecting exposure of my espionage, I froze—but instead he barked, "Saddle the horses! We ride at once!"

I was stunned and just stood there.

"Now, Harley. Move!" he shouted, and I hurried away to get the horses ready.

My pulse thundered as we galloped through dusty streets. The autumn air bit at my cheeks; dirt churned beneath our horses' hooves. Only upon reaching open country did I dare ask, "Where are we headed?"

"Frederick, or thereabouts," he replied, voice distant.

"What's happened?" I pressed.


He exhaled slowly. "You know I've been negotiating peace with the Confederacy on the president's behalf. Rumors have leaked, and profiteers—men who grow wealthy from war—are furious. They'll stop at nothing to spark a battle."

I knew all of that. I just hadn't learned all of it from talking with Colonel Donaldson.

"I keep trying to keep the armies out of one another's way," the colonel said.

"That doesn't seem to be working."

"It has more than you know. I delay movement and change orders. It has avoided some battles. Perhaps if I'd not interfered, the war might have ended sooner... but

 Continue reading story on page 37



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I refuse to watch brothers slaughter each other."

I frowned. "You've been diverting armies to avoid clashes? Does the president know?"

"Does the president know you are changing orders?"

"Usually after the fact. He is as frustrated with the results as I am, though."

"Then why do it?"

"The reason I am trying to negotiate peace is to save lives, but it is not the only way to save them. Besides, there can be no peace if massive armies are clashing."

"But you are countermanding orders from generals."

"The president tasked me to find a path to peace, which is what I am doing. But my counterpart in the South discovered that more than 15,000 Confederate troops were on their way to Frederick instead of Hagerstown where we tried to send them. He wasn't happy about the avoidance, but he feels much as I do about saving lives."

"So why can't we finish this peace process?" I asked.

"General Lee finally started to move his men west to Hagerstown. General Meade was already on his way to Frederick. It looked like things might work out after all. Then my counterpart sent me word that a munitions manufacturer in Richmond also found out what we were doing. He sent an agent to the Frederick area to find a way to let General Meade know what the Confederate Army plans. He wants to drive them together and cause a battle he hopes will derail the peace."

My mind reeled from the information. I was so naive. I never knew these types of things happened behind our orders. I knew

soldiers were chess pieces for those in command, but I never thought that they forgot we were living people.

We made it to Frederick by nightfall, only to find that Union soldiers had found "lost" Confederate orders. They were conveniently wrapped around cigars to make them attractive for anyone passing by to pick up. Meade had Lee's plan to move his army through Washington County. The Union could devise a plan to stop them.

A southerner had given up southern troop movements.

"It's not about the cause," Colonel Donaldson said quietly as he stared off toward South Mountain. "It's about the battle."

The next morning, we started getting word of fighting on South Mountain as the first Union troops caught up with the trailing Confederate soldiers. We spent the day in Frederick, watching the first wounded men arriving to be treated in one of the military hospitals in the city.

Colonel Donaldson watched the procession stoically, but I noticed his lower lip trembled at times when a particularly tragic case passed us. He often questioned those who were coherent, gathering information that I didn't think was particularly useful, but he seemed pleased. He always made sure to shake the soldier's hand and tell him he was sure he had fought the good fight.

At one point, I had to ask him with more bitterness than I had intended, "Does it not bring you satisfaction to see the damage the South has wrought? You are from the South."

Anger flared in his eyes.

"Satisfaction? Haven't you listened to me today? I am never happy to see death roam so freely. North or South, it doesn't matter. If you haven't noticed, some of the wounded passing us are Confederate soldiers."

His words struck me. I pitied only our boys. Now I felt shame that I had worried more about our Northern boys than about the suffering of all the wounded. The Southern lads weren't the manipulators trying to extend the war. They were the manipulated.

Softly he continued, "My family died in this war. Two sons at Bull Run, my wife and youngest child when a shell hit our home."

"Which side killed them?"

Colonel Donaldson shook his head and looked away. "Does it matter? They died needlessly. It must end."

September 18, 1862

Dawn found us riding west from Frederick under. The booming cannons of the day before had fallen silent, but sulfur hung on the breeze. Crossing South Mountain, we saw valleys shrouded in heavy clouds that caused me to wonder if they were actually smoke from the battle of the day before.

We entered a battered Union camp—torn tents flapping, abandoned rifles stacked against wagons. A handful of worn soldiers shuffled among broken carts; others, too wounded to stand, hobbled off the field. Donaldson and I edged aside, silent witnesses to the devastation.

At one point, amid the barrages, I spotted the colonel bow his head in silent prayer. The ground trembled under each distant boom.

After getting a briefing from another colonel, we mounted and rode onto the blood-soaked fields. All around lay bodies in red and brown pools, uniforms stiff with congealed gore. A few dazed men trudged through the carnage, half-blind. The earth looked painted in a gruesome mural.

My stomach twisted. That angry industrialist had hoped only for profit, but without living soldiers, his factories would turn to dust.


Colonel Donaldson watched me, grief in his eyes. "General Meade held back at the Potomac's edge," he said softly. "He could have trapped Lee's army and ended the war here by surrender, but he showed mercy."

I swallowed hard. The power of generals could mean life or total ruin.

As we turned away, I grasped why Colonel Donaldson risked everything—this sea of wasted youth was the horror he'd tried to prevent. This was just too much death, and it would only get worse as many of the wounded would die in agony in the coming days.

I cleared my throat. "I believe I understand you now. You're a guardian of life."

He offered a solemn nod, looking out at that scarred land. In the hush that followed, I dared to hope that someday guns would fall silent and men would recall they were brothers under the same sky.

 Stay tuned for Part 7 in our July issue!

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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!



May's "Where Am I?" photo was taken at Thurmont Community Park. **The winner of the Where Am I? Contest for May's issue is Karol Kolb.** Karol, 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 May's issue was an owl. It was hidden on page 59 in the Senior Benefit Services, Inc. ad. **The winner of the Hidden Object Contest for May's issue is Julie Stitely.** Julie, 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 colorful hand print 🖐️ | Good luck!

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

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LOOK WHO TOOK US ALONG!



Sixteen members of the Thurmont Senior Center gathered at Karl and Joan Schaper's home to celebrate the Kentucky Derby, complete with fascinators and mint juleps.

They didn't forget to take *The Catoctin Banner* along with them!

Pam Robbins is holding *The Banner*!



~Thanks for taking us along, Thurmont Senior Center gang!

We appreciate you!

LOOK WHO TOOK US ALONG!



Christina Kunkoski and Michael Watson of Thurmont went on a Royal Caribbean cruise and stopped at destinations in Falmouth, Jamaica, and Nassau, Bahamas, and took *The Catoctin Banner* along with them to escape the cold weather in February 2026.



~Thanks for taking us along, Christina and Michael!

We appreciate you!



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LOOK UP

BY MITCHELL TESTER, College Student



“THE MAGMA WORLD”

The universe has been an outlet for curiosity since the beginning of mankind. One thousand years ago, some humans believed that the Sun was either a massive ball of fire or, in some cases, a divine entity.

Fast forward to modern astronomy, and we have a better understanding of the world around us. Despite our technological advances, though, we still make discoveries every day all around the world. A discovery that was made recently and has been on my mind is the discovery of a magma planet. Magma exists on many planets, even on Earth.

Jupiter’s moon, Io, is extremely geologically active, erupting over 100 times as much lava as all of Earth’s volcanoes combined. Over 132 trillion gallons of volcanic magma are dispersed onto the moon’s surface. Despite the large amount of magma, Io would still not be considered a magma moon, or if it were a planet, a magma planet. It was theorized for quite some time that Io had a lava ocean beneath its surface; however, discoveries made by NASA’s Juno mission revealed that Io instead has a solid and rigid mantle with lakes of magma, rather than an ocean.

The moon Io is actually the most geographically active object in our solar system, by a long shot.

Making our way past Io, traveling 35 light-years away, we can discover an exoplanet (any planet that resides outside of our solar system) by the name of “L98-59 d,” which has been described by scientists as “Io on steroids.” Molten silicate (think rock) exists at the mantle level; below that, though, exists a global ocean of magma. This magma ocean is believed to extend for thousands of miles, deep into the planet. The exoplanet threw off scientists for a long time because of its low density and its large amount of hydrogen sulfide. The magma ocean would explain both of these characteristics of the exoplanet. The recently discovered planet’s new findings also suggest that it was once much larger than it is now. It once existed as a bit smaller than Neptune, around 1.5 to 4 times the radius of Earth. Despite its shrinkage, it is still much larger than Earth.

What is most fascinating in the discovery of this magma planet, when it comes to Earth, is that magma oceans are common in the early life of terrestrial planets. The magma exoplanet can provide information about what Earth’s primordial life looked like billions of years ago. Despite “L98-59 d” being the first of its kind discovered, astronomers agree that many other exoplanets exist like it. Due to

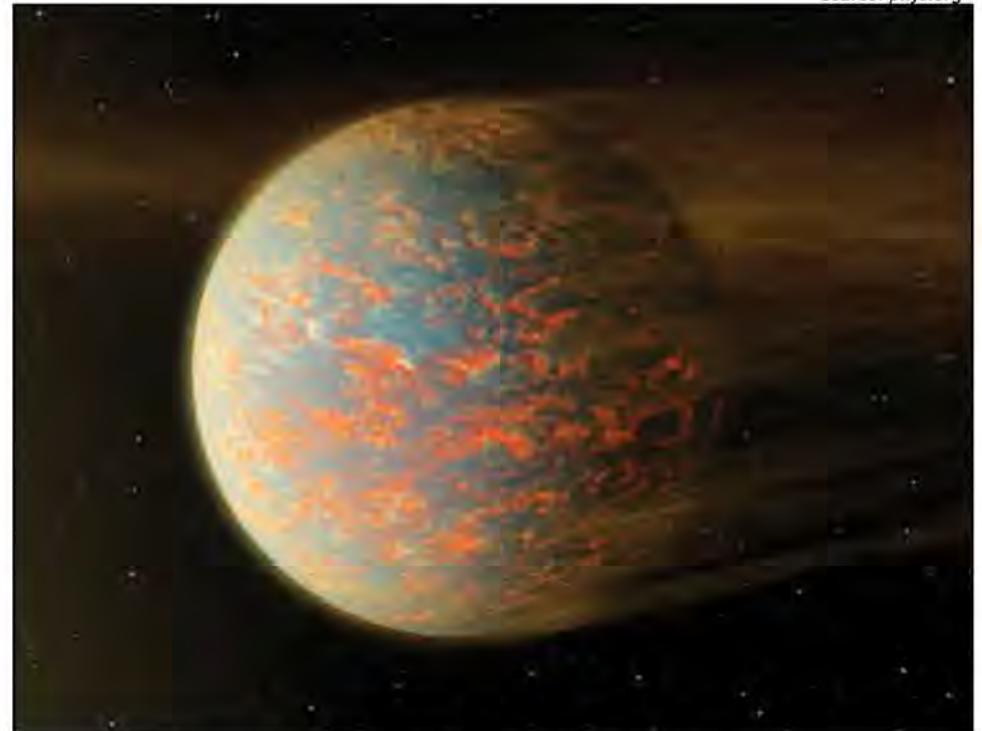
SPACE FACTS



Dead Stars are Heavy: A single teaspoon of a neutron star would weigh about 6 billion tons on Earth—making it heavier than Mount Everest.

Cosmic Booze: The center of the Milky Way contains massive clouds of ethyl formate; this organic chemical compound is exactly what gives rum its distinct smell and is a primary contributor to the flavor of raspberries.

Source: phys.org



Artist rendition of exoplanet L98-59 d.

exoplanets being light-years away, it makes it difficult to find out the makeup of said planets.

An Oxford University researcher by the name of Harrison Nicholls, who is playing a large role in the new study about the magma super-Earth exoplanet, had this to say about the discovery of a magma planet such as “L98-59 d”: “This discovery suggests that the categories astronomers currently use to describe small planets may be too simple. While this molten planet is unlikely to support life, it reflects the wide diversity of the worlds which exist beyond the solar system. We may then ask: what other types of planets are waiting to be uncovered?”

As Harrison stated, the molten planet is quite unlikely to support life; yet, it is still fascinating, nonetheless.

The most interesting bit of information I learned when researching this magma ocean planet was the fact that, to put it simply, the planet most likely stinks. Hydrogen sulfide is one of the main parts of the planet’s atmosphere. Hydrogen sulfide (think sulfur) reeks of rotten eggs. With that being said, it is not out of the realm of possibilities to say that there may exist many planets in our universe that are smelly. I am sure all of our noses can agree that we’re lucky they are light-years away.

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The Best Time to Start a Financial Plan is Now

BY TRICIA BUSH, CPA, CFP®
Owner, AAA Advisory LLC



THE HIDDEN COST OF PUTTING OFF FINANCIAL DECISIONS

Most people don't avoid financial decisions because they're lazy or irresponsible. They avoid them because life is busy.

Work deadlines pile up. Kids need attention. Aging parents need help. Summer schedules get chaotic. And financial decisions often fall into the category of "I'll deal with that later."

The problem is that "later" can quietly become years.

One of the biggest things I've learned over time, both personally and professionally, is that financial progress usually doesn't come from making perfect decisions. It comes from making intentional ones before too much time passes.

Early in my career, I did what many young professionals do with their 401(k): I contributed enough to get the company match and considered myself "on track" for retirement. But I later realized that long-term financial security usually requires saving far beyond the minimum match, often closer to 15% of income over time, and investing those savings appropriately for a long-term horizon.

Like many people starting out, I answered the risk questionnaire conservatively because market losses made me nervous, and I accepted the recommendation without thinking much beyond it. What I didn't understand then was that being too conservative at a young age carries its own risk: missing out on years of market growth and the power of compounding to do the heavy lifting over time.

Looking back, I likely left significant growth on the table

simply because I delayed learning how my investments worked and didn't revisit those decisions sooner.

And honestly? That's incredibly common.

I see this all the time with busy professionals. They're doing many things right. They're working hard, they're earning good incomes, they're saving consistently, they're paying bills on time, and they're avoiding major debt problems.

Yet many financial decisions are still sitting untouched in the background, such as old retirement accounts, cash accumulating in low-interest savings, insurance coverage that hasn't been reviewed in years, tax strategies never explored, estate documents started but not completed, and/or investment allocations that no longer fit their goals.

None of these things usually create an immediate crisis. That's what makes them easy to ignore.

But over time, small delays can create surprisingly large financial consequences.

I had another personal reminder of this during COVID. Like many people, I felt uncertainty when the markets dropped sharply. At the time, I had two separate accounts with approximately \$5,000 each. Out of fear, I pulled one account out to cash so I would feel safer having money readily available. Looking back now, I can honestly say: Why did I do that?

After the initial shock of COVID wore off, the invested account recovered and continued growing. Meanwhile, the money sitting safely in cash stayed exactly where it started. The difference



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Your question could be answered
in a future issue!

became very real, very quickly. In less than a year, the invested account had grown to over \$7,000 while the cash sitting in the safe was still just \$5,000.

That experience reinforced something important for me: sometimes the biggest financial cost isn't making a mistake, it's allowing fear, uncertainty, or procrastination to keep us from making thoughtful long-term decisions.

Of course, this doesn't mean every dollar should always stay invested or that cash reserves aren't important. Emergency savings absolutely matter. But financial decisions should be intentional, not purely emotional reactions to temporary uncertainty.

And that's often where financial planning becomes valuable.

Good planning isn't about predicting the market perfectly or making complicated spreadsheets. It's about creating enough clarity that your decisions become more thoughtful and less reactive.

Sometimes the biggest improvement isn't a dramatic financial overhaul. It's simply revisiting decisions you made years ago and asking:

- Does this still make sense?
- Is this aligned with what I want now?
- Am I being proactive or just letting old decisions continue by default?

Because default decisions still shape your future.

One thing I encourage clients to remember is that financial planning is not a one-time event. Your life changes constantly: careers evolve, families grow, priorities shift, income changes, stress levels change, and goals become clearer.

Your financial strategy should evolve too.

If you've been putting off financial decisions, June can be a great time for a reset. We're halfway through the year, which makes it a natural point to pause and reassess before another six months slip by. You do not need to solve everything overnight. But small actions taken consistently can create meaningful long-term results.

Mid-Year Financial Check-In Checklist

Here are a few simple areas worth revisiting before the second half of the year:

- Review your current cash flow and spending habits.
- Increase retirement contributions if income has increased.
- Revisit your investment allocation and risk level.
- Evaluate whether excess cash could be working harder.
- Check beneficiary designations on retirement accounts.
- Review old 401(k)s or forgotten investment accounts.
- Run a mid-year tax projection.
- Confirm emergency savings are appropriate.
- Review insurance coverage and estate documents.
- Ask yourself whether your financial decisions still align with your current goals.

The goal is not perfection. The goal is progress and intentionality. Because often, the most expensive financial decisions are the ones we keep postponing.

Disclosure: This article is for educational purposes only and is not intended as financial advice. Every financial situation is unique, and you should consult with a qualified professional before making decisions regarding your specific circumstances.



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LOOKING BACK

The Summer Blue Ridge Summit Burned

BY JAMES RADA, JR.

Blue Ridge Summit was not a heavily populated area in 1925. Only a few hundred people lived there year-round, but that summer, the small community suffered three fires that caused a lot of damage to the town.

On June 16, the engine house of the Monterey Hotel caught fire and burned to the ground. The loss was put at \$1,000 (roughly \$15,000 today).

Three days later, the Chambersburg, Greencastle and Waynesboro Trolley station caught fire. Luckily, there weren't any people there. Trolleys had been slowly falling into disuse as the popularity of cars grew. The Chambersburg, Greencastle and Waynesboro Trolley would end its service in 1928.

"The fire at Highfield Tuesday completely destroyed the confectionery store, pool room and barber shop owned by John Flautt, adjoining the station," the *Hagerstown Morning Herald* reported.

The fire department responded as quickly as it could, and Rev. Charles Niles, rector of the Episcopal Church, drove the fire truck. The problem was notifying enough people that help was needed to fight the fire. *The Gettysburg Times* called the alert system inadequate. "The old fire rings, huge iron circles with iron hammers, which were placed at various points on the mountain years ago, are now

overgrown with weeds and brush and are practically useless for putting in fire calls," the newspaper reported.

The blaze was out of control by the time the firemen arrived, and they concentrated on keeping the fire from spreading to nearby homes and businesses.

The trolley station suffered \$1,000 in damage, while Flautt's properties had \$2,500 in damage. It also caused some of the few businesses in the town to close for a time.

Both of these fires were reported as suspicious.

Then, in the afternoon of July 13, the shout of fire went up in one of the oldest boarding houses on the mountain, according to *The Gettysburg Times*. The boarders quickly left, except for Bertha Barr, who was ill and couldn't leave her bed.

The fire department responded as quickly as it could to the scene.

"Fighting their way through stifling smoke and flames to the third story, J. M. Detrow and Dr. H. C. Bridges, of Blue Ridge Summit, yesterday afternoon rescued Miss Bertha Barr, of Baltimore, from a fire which destroyed the boarding house owned by Mrs. Mae Truitt, for a time threatened the heart of the fashionable Blue Ridge Summit summer colony, and fought by a bucket brigade including girls

Source: Retouched Scanned Postcard



The Monterey Inn.

summering at the resort," *The Gettysburg Times* reported.

The entire building burned to the ground in half an hour. Sparks from the fire set a nearby vacation lodge on fire and threatened to catch other buildings on fire, but the Waynesboro Fire Department arrived on the scene and helped the Blue Ridge Summit firefighters get the fire under control.

The boarding house had recently undergone some repairs and was valued at \$18,000 (roughly \$300,000 today). The loss was only partially covered by insurance, and Truitt had a loss of \$12,000.

The fire was believed to have been caused by a defective flue in the chimney on the roof.

If there was a silver lining to all the fires that summer, it was that enough money was raised to purchase a new siren for the Blue Ridge Summit Fire Department.

"It was bought after several destructive fires had threatened the entire mountain settlement because of an inadequate alarm system," *The Gettysburg Times* reported.

The new electric alarm weighed 550 pounds and was installed on a steel tower in the plaza at Blue Ridge Summit in mid-August.

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BY MICHELE TESTER



My Two Cents

The Wisdom Keepers

I recently watched two movies that I've seen several times over: *Father of the Bride* and *The Pursuit of Happyness*.

Reflecting on these two favorites of mine, it got me thinking about fathers and the significant role they play in a child's life. Sometimes, there isn't a father figure in the home, but instead male figures who are indispensable to the child—maybe an uncle, a coach, or a teacher—who step in to take on the role of a father, providing love, guidance, security, and support. Whether that strong-handed guidance comes from a father or from a father figure, the end result is the same: Fathers make vital contributions to their child's cognitive development, emotional development, self-esteem, and future relationships.

My father passed away when I was just 24 years old, so I didn't get to discover and experience the adult years with him. Yet, I recall my teen years, and I remember thinking my dad was so closed-minded; he just didn't or couldn't understand what I was going through or where I was coming from. My father was a man of few words. When he said something, it meant something. So, you'd better pay attention. I wish I had treasured that part of him more. But to be honest, I didn't admire or even comprehend that quiet command he had. As a teen, I thought he was being an infallible authority figure, and he just didn't "get it." It wasn't until I got much older that I realized something that had eluded me most of my young life: His quiet but strong guidance was momentous in shaping who I am today.

I was very close to my mother growing up, but I feel I never got the opportunity—or was too wrapped up in my own drama to take the

time—to share that same bond with my father. Raising my own children and dealing with their teen years, every time one of them would do something that resonated with my teen self, I would look up to the heavens and whisper, *Sorry, Dad, or Okay, I get it now.*

The impact of fatherhood spans from before birth through adulthood. Research shows that active, involved fathers or father figures fundamentally shape a child's development. An attentive, emotionally engaged father drastically improves a child's cognitive, social, and emotional development.

That said, the role of fatherhood has changed over the years. The role of the "breadwinner" was heavily emphasized in the mid-20th century, with the father being the financial support for the family and the disciplinarian. However, the modern fatherhood role has transformed more into a balanced co-parenting style, with fathers expected to be emotionally available, to nurture their children, and to share household responsibilities.

While I feel like my mother was the seesaw—the nurturer, the shield, the organizer, and, in all honesty, the high-strung one—my father was the balance beam, providing stability, calm focus, and emotional grounding.

To this day, I take the lessons he taught me and the wisdom he passed on to me, and I try to implement them in everything I do to be the best person I can be. I think he would be proud. I sincerely hope so, anyway.

As June celebrates fathers of all "shapes and sizes," I would like to remind them of how truly important they are in their children's lives. They are, after all, the wisdom keepers.

That's just my two cents.

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VETERAN SPOTLIGHT

BY RICHARD D. L. FULTON

PFC Dale M. Ford, Sr. First Thurmont 29th Division KIA



PFC Dale M. Ford, Sr.

Dale McDannell Ford was born on August 9, 1921, in Thurmont to parents Zach and Mary Ford. He had five brothers: James, David, Jacob, William, and Robert; and three sisters: Lillie, Dorothy, and Charlotte.

Ford attended “grammar school” (elementary) in Hunterstown, Adams County, Pennsylvania, graduating from there in the seventh grade, with no further education noted in military registration records. His military records also noted that when he enlisted in 1941, he was described as being 5 feet 5 inches in height and weighing 120 pounds.

Ford resided in Hunterstown until 1935, when he returned to his hometown of Thurmont. In 1940, his occupation was given as a truck driver, according to the U.S. Census. Sometime following his return to Thurmont, he married Thurmont-resident Florence Wireman, but the date of the marriage was not readily determined by the author via internet records.

However, when Ford enlisted on February 3, 1941, his marital status was listed as single, while subsequently, he and his wife’s only

child, Dale M. Ford Jr., was born on November 30, 1941.

Ford initially enlisted in Company A, 115th Infantry, 29th Division, of the Maryland National Guard, as previously stated, on February 3, 1941. At which time, he was subsequently inducted into the regular military service when the division was activated at Fort George G. Meade in February of 1941, according to an article published in the July 11, 1944, edition of *The (Frederick) News*.

The News also reported that Ford trained with his unit in Virginia, the Carolinas, Georgia, and Florida before being stationed in Pennsylvania, New York, and New Jersey, then being deployed overseas to England in October 1942.

The 29th Division landed on Omaha Beach on June 4, 1944, D-Day. They then proceeded to advance into Normandy, capturing Saint-Lô (located about 37 miles from Omaha Beach). En route, the division found itself engaged in a severe firefight on June 13, which was subsequently dubbed the Battle of Bloody Gulch—a site located around the Manoir de Donville, about one mile southwest of Carentan in Normandy.



U.S. Soldiers in 1944 with captured German vehicle in occupied Carentan.

Source: National Archives

Carentan had already been captured by American forces on June 12, but the Germans were determined to retake the village, as retaking Carentan could have prevented American forces that had landed in Normandy via Omaha and Utah beaches from linking up by driving a wedge between them.

Ford was killed in action at the age of 22 on June 13, likely during the fight to prevent the Germans from retaking Carentan. According to an article published in the July 11, 1944, edition of *The News*, he was the first Thurmont man with the 29th Division to be killed in the invasion.

Over the course of the 37 miles from Omaha Beach to Saint-Lô, the 29th Division had sustained significant casualties, the 115th Infantry alone having suffered 175 troops killed and 726 wounded.

Ford was initially buried in the Normandy American Cemetery and Memorial, Colleville-sur-Mer, Departement du Calvados, Basse-

Normandie, France. After his remains were returned to the United States, funeral services for Ford were held on July 16, 1944, at the Presbyterian Church in Hunterstown, with the Reverend V.A. Guss officiating, according to an article published in the July 19, 1944, edition of *The News*. He was subsequently buried in the Blue Ridge Cemetery in Thurmont.

Ford was posthumously awarded the Purple Heart,

Florence remarried to Charles (Pete) H. Stitely, Jr., in 1952, and continued to reside in Thurmont, employed at the Emmitsburg Manufacturing Company as a seamstress for 11 years, and subsequently worked for Moore Business Forms as a proofreader, retiring in 1985. Additionally, she was a waitress at the Cozy Restaurant and at the Thurmont American Legion for many years, according to her 2017 obituary.

She was also buried in the Blue Ridge Cemetery in Thurmont.

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American Legion Post 168, Thurmont

Flag Day is a celebration of the American flag that occurs each year on June 14, the anniversary of the flag's official adoption. On June 14, 1777, Congress made the Flag Resolution of 1777, stating: "The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field ..."

Do you know Flag Etiquette? How to Display and Respect the American Flag? At Parades, when the American Flag passes: Stand up, remove your hat, place your right hand over your heart, and stop any conversation you are having. It is not necessary to salute every American Flag that passes. If it is carried by an Honor Guard or in a group with other flags, stand up and salute (Veterans) or pay respect to the Flag. Do not salute small hand-held flags carried by attendees and participants. We need to teach the youth of today to respect our Nation's Flag. Flag Day ceremony will be held in Emmitsburg this year; hopefully, you can attend and show respect to the American Flag.

For God and Country is Sunday, June 14, at Camp West Mar at 1:00 p.m. To the Legion's founders, service to country was service to God, and service to God was service to country. At the ceremony, we pay tribute to all Military by laying of Wreaths for All Wars. Please join us for this somber event.

These students (pictured below) were winners in the American Legion Auxiliary Americanism Contest. The theme this year was: "Celebrating America's 250th Birthday and the Veterans who Fought for Our Freedom."

Courtesy Photo



Pictured from left: Alice Eyler, Americanism Chair; Skylar Mohler; Allison Miller, Evan Matthews; Alesha Subasic, Auxiliary President; Maycee Grimes; Ruby Jones (won at the District and Department Levels, as well); and Aiden Koontz. Not pictured but deserving recognition: Elaina Hardman, Peighton Rhinehart, and Peyton Wills.

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 Wednesday, Thursday, Friday, and Saturday, from 12:00 to 7:00 p.m., with weekly specials Wednesday through Saturday, from noon to 7:00 p.m. Check out the Friday Night Special: Bucket of Domestic Beer and an appetizer for only \$20.00! Follow them on Facebook for the weekly menus. View the advertisement on page 32.

Every Thursday is Bar Bingo at AMVETS Post 7! Enjoy cash prizes, drinks, food, and fun! Doors open at 5:00 p.m. Bingo is open to the public. Come early; it fills up quickly!

Enjoy a fun night out at AMVETS Post 7 for the Auxiliary Bingo on Wednesday, June 17, from 7:00 to 9:00 p.m.! Doors open at 5:00 p.m. Bingo is open to the public. Food and drinks available for purchase. View the advertisement on page 33.

You won't want to miss the Stand Up Comedy Show at AMVETS Post 7 on Saturday, June 27, from 7:00 to 9:00 p.m.! Enjoy a night of great entertainment, along with delicious food and drinks available for purchase. The cost of the show is \$25.00 per person. Tickets are available at the door. The show is presented by Thurmont AMVETS and NAM Knights of America Battlefield Chapter. Hosted by Bill King, with special guest Mickey Cuuchiella of 98 Rock. For more information, contact Kevin Wantz at 240-674-5248. View the advertisement on page 9.

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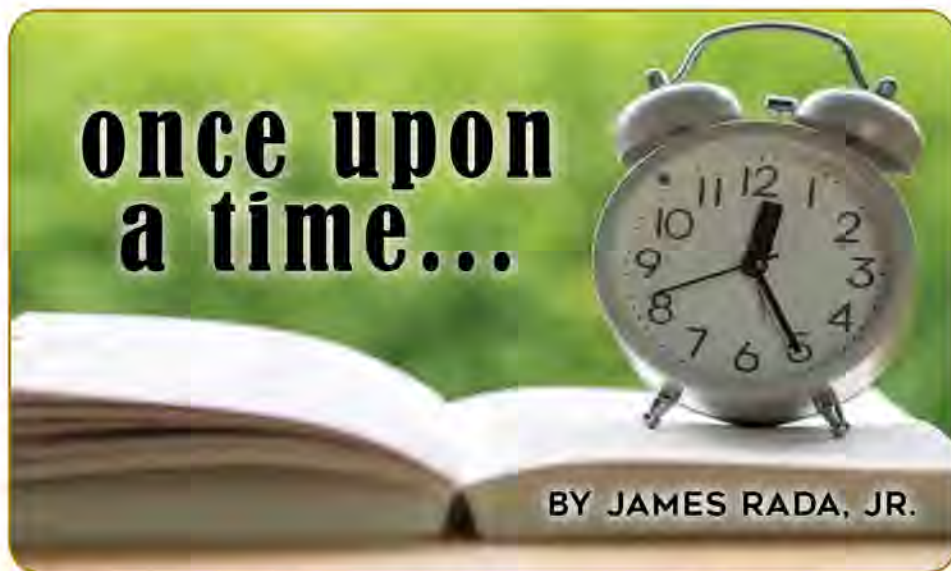
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Note: Newspaper excerpts are as they appeared in their respective issues.

June 1926, 100 Years Ago

3 Prisoners Who Escaped Md. 'Cut' Caught By Sheriff

Less than two days after their escape from the Maryland House of Correction, three of four [prisoners] who left the State institution at Jessups were captured by Sheriff I. W. Albaugh and Deputy Horace Radcliffe. The capture was made at Thurmont this morning about ten o'clock.

The [prisoners] are Arthur and Frank Thomas, this county, were sentenced to a year each for larceny, and John Fountain, a Prince George county [man] sentenced for carrying concealed weapons.

— *The (Frederick) News*, June 22, 1926

Wife, Shooting At Birds, Badly Wounds Hubby

Fired upon accidentally by his wife while picking cherries at their home near Thurmont, Anderson Eicholtz, 45, is in the Frederick City hospital tonight so badly injured that he is not expected to live.

Mr. Eicholtz received a charge of buckshot in the abdomen when his wife, not knowing that he was in the tree, fired into the foliage with a shotgun to scare off birds which had been destroying the fruit. Despite his wounds, Eicholtz clung to the tree until aid could be obtained.

— *Hagerstown Morning Herald*, June 25, 1926

June 1951, 75 Years Ago

Prized Flag Presented Local Legion at Meeting

An American flag which covered the casket of an honored soldier in World War I was presented to the Francis X. Elder Post, American Legion Tuesday night at its regular meeting in the Post Home, N. Seton Ave.

The 5x9 flag, presented by Louis F. Rosensteel, was from Mr. and Mrs. Robert V. Kerrigan, Philadelphia, Pa. It draped the casket of Neil McGlaughlin, who belonged to Battery F, 115th Field Artillery, USA, who was killed in action overseas. The late Mr. McGlaughlin, brother of Mrs. Kerrigan, saw action in the battles of St. Mihiel and Meuse Argonne. A notation, accompanying the letter, was also read by Mr. Rosensteel, giving his character as excellent in the service of his country. It was signed by E. Cowley, Adjutant General of the U. S. Army.

— *Emmitsburg Chronicle*, June 8, 1951

Ritchie Project Apparent Gov't Redoubt

Night and day now for more than six months Army engineers have been tunneling into Raven Rock Mountain, six miles from Emmitsburg, along the Waynesboro Rd., to build a stand-by Pentagon for use in case of a bomb attack.

Late orders issued to all Pentagon employees, giving them specific, secret points to report to in case of attack, show that the project might soon be ready for some use. What is called the Camp Ritchie Project has been kept under heavy secrecy. The only

official announcement of its existence was a terse Dept. of Defense release some time ago which said, plans are going forward for the establishment of a supplemental communications installation at and nearby Camp Ritchie, Md."

In the meantime, rumors of its size, location and use have been rife among Washington's defense employees. Excitement and curiosity among residents living along the Waynesboro Rd. have been intense.

— *Emmitsburg Chronicle*, June 22, 1951

June 1976, 50 Years Ago

Water And Sewer Rates Hiked

Due to rising operation costs, the Town Council hiked water, sewer and trash collection charges to town users Monday night at their monthly meeting. In the future the trash collection charges for the services of Wetzel Brothers within the corporate limits will be \$40 per year for each residential unit.

— *Emmitsburg Chronicle*, June 10, 1976

Nat. Fire Academy Still Interested in St. Joseph's Site

Governor Marvin Mandel, in a letter to County Commissioner Lawrence A. Dorsey, this week reported the National Fire Academy Site Selection Board is still considering St. Joseph

College in Emmitsburg as a possible location for its proposed national academy.

The National Academy for Fire Prevention and Control is seeking facilities that will permit it to operate 250 days per year with a maximum resident enrollment of 300 and maximum attendance on any one day of 1,000.

In the letter, Mandel told Dorsey he had written to the selection committee, urging it to select St. Joseph. He also said he had offered his assistance in resolving any problems or questions regarding the site or state services and facilities.

— *Emmitsburg Chronicle*, June 17, 1976

June 2001, 25 Years Ago

Tri-state Meeting Promotes National Status for Route 15

Efforts to designate Route 15 a National Scenic Byway moved a step closer last month as officials from about 40 national, regional, state and local organizations in three states gathered to share ideas and experiences in support of the project. The project, which extends 175 miles from Gettysburg to Thomas Jefferson's Monticello, is called Journey Through Hallowed Ground (JTHG), and encompasses the natural, historic, scenic, cultural and rural resources of Route 15 (and Route 20 from Orange, Va., to Charlottesville).

— *The Dispatch*, June 2001

E-burg to Host State Softball Tournament

The eyes of Maryland will be on Emmitsburg July 21-26, as Emmitsburg Little League will be hosting the 2001 Maryland Little League Junior Softball State Tournament. Teams from all over Maryland will be competing for the title of State Champion.

— *The Emmitsburg Regional Dispatch*, June 2001

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appearing in the *Emmitsburg Chronicle*, June 29, 1951



Recipe of the Month

BY MAXINE TROXELL

I found this Blueberry Almond Breakfast Casserole on <https://dieter24.com/>. It is a great way to start your day! It combines soft, baked bread with a custard-like filling, topped with fresh blueberries, almond slices, and a hint of sweetness. Whether you're serving it for a weekend brunch or looking for an easy make-ahead breakfast, this casserole is a crowd-pleaser that's as beautiful as it is delicious. I hope you enjoy this one!

Blueberry Almond Breakfast Casserole

Ingredients

- 4 cups cubed bread (preferably day-old bread, like French or sourdough)
- 2 cups whole milk (or dairy-free milk)
- 4 large eggs
- ¼ cup maple syrup (or honey)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 cup fresh blueberries
- ¼ cup sliced almonds
- 1 tablespoon butter (for greasing)
- Powdered sugar (optional, for dusting)

Directions

1. Prepare the Casserole Dish: Preheat your oven to 350°F (175°C). Grease a 9x9-inch baking dish with butter or non-stick spray.
2. Layer the Bread: Place the cubed bread evenly in the greased baking dish. You can use fresh or day-old bread; day-old bread helps to absorb the custard mixture better.
3. Make the Custard Mixture: In a medium bowl, whisk together the eggs, milk, maple syrup (or honey), vanilla extract, cinnamon, and salt. Pour this mixture evenly over the cubed bread, pressing the bread down gently to help it absorb the custard.
4. Top with Blueberries and Almonds: Scatter fresh blueberries over the top of the casserole, and sprinkle sliced almonds evenly on top as well.
5. Bake: Place the casserole in the preheated oven and bake for 35-40 minutes, or until the top is golden brown and the center is set. You can check by inserting a knife in the center — it should come out clean.
6. Cool and Serve: Let the casserole cool slightly before serving. If desired, dust with powdered sugar for an extra touch of sweetness.
7. Enjoy: Serve warm with extra maple syrup or whipped cream if you like!

Enjoy!



The Supermarket Gourmet

BY BUCK REED



Strawberries: It's a Summer Thing



Spring is firmly planted, and summer is around the corner. As we welcome the warm weather, we also welcome berries—more specifically, the strawberry. During the winter, you can find strawberries in most any produce aisle, and they might look nice, but for the most part, they are just not living up to their peak potential. Uninspiring and tasteless, they pale in comparison to what we will find in the next few hot summer months.

Since hot weather is the theme of the article, let's start with a cold, refreshing drink.

Take a summer favorite, lemonade, and add some mashed strawberries. You now have an upgraded favorite for beating the crushing afternoon temperatures or something to drink with your cookout. If you have popsicle molds, you can use this delightful beverage to make a treat for kids and adults. Or you can just freeze it and make a granita for a refreshing treat at dinner. On the cruise ships, we made a shrub by pouring juice over a scoop of sherbet, and orange would work very well with this. You might never find an end to this drink's usages.

It's no accident that rhubarb and peak strawberry season happen at the same time. This is a message from the universe that we need to combine these two marvelous ingredients to create some memorable desserts. Strawberry rhubarb pie, a crisp, or a cobbler should be welcome at anyone's table. This magical pairing is provided by the cosmos once a year, so enjoy it now and spend the rest of the year looking forward to it next summer.

Then, we have my favorite: strawberry shortcake. I prefer the biscuit-type dessert popular in the south, but I do not look down on those who prefer any of the other interpretations out there. You can use a sponge cake or even buy a frozen pound cake, and almost everyone will be satisfied and even delighted. I would suggest that you use hand-whipped cream for this dessert, as it is well worth the extra effort, and it elevates this sweet course to new heights.

Toward the end of the season, we have what some call the jam days. At this time, strawberries are at their peak flavor and availability. They are cheap, with a caveat that the strawberries will have a short shelf life. That means it is time to make jam for the winter. This takes a little work, and if you can get your canning game down, it's well worth the effort. You can investigate making strawberry syrup for your fall or winter waffles and pancakes, or anything that this would taste good on in the cold days that will inevitably come back around. Don't want to go through that much effort? Then just slice them up, macerate them with a bit of sugar, and freeze them in small batches.

Summer is for berries, and there's no doubt you can find something to do with any of them, but strawberries are king right now. Their reign has a limited time, so now is the time to plan and enjoy the strawberry days of summer.

Photo of Strawberry Shortcake, Taken by Buck Reed





CHRONIC PAIN: ROOT CAUSES and NATURAL SUPPORT STRATEGIES

Part 2

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

Natural Support Strategies

Now that you understand the potential causes of chronic pain (featured last month), the following are potential ways to improve your chronic pain:

Anti-Inflammatory Nutrition Plan

A 2020 study published in *Nutrients* has found that addressing dietary patterns, including food allergies and sensitivities, may help to address chronic pain.

Focus on anti-inflammatory, nutrient-dense whole foods, such as greens, vegetables, sprouts, herbs, spices, fermented food, grass-fed beef, pasture-raised poultry and eggs, wild-caught fish, and wild game.

Eat plenty of healthy fats, such as coconut oil, grass-fed butter and ghee, avocados, olives, and extra-virgin olive oil.

Use anti-inflammatory spices, such as turmeric, ginger, onion, garlic, oregano, basil, rosemary, and cinnamon.

Remove Food Sensitivities

A 2020 study published in *Nutrients* has found that removing certain food sensitivities, such as gluten, dairy, or high-histamine foods may be beneficial.

You may benefit from testing for and removing foods that you

may be sensitive to. Common food sensitivities include sugar, gluten, eggs, dairy, shellfish, seafood, soy, corn, and legumes. However, you also may be sensitive to some less common items.

There are blood tests used for food sensitivities. However, they only test for certain foods, and false results are not uncommon. You may try muscle testing to test your body's reaction to any food.

You may want to try an elimination diet. It is the best way to discover your personal food sensitivities.

Remove all common and suspected food sensitivities for four weeks, then introduce them one-by-one back to your diet. Use a food journal to track your body's reactions.

If you find foods that you are reacting to, remove them right away. You may try to introduce them again to double-check, but if you notice a reaction again, remove them.

Intermittent Fasting

Intermittent fasting is a type of eating that cycles between a period of fasting and a period of eating within one day.

The most common form of intermittent fasting includes 16 hours of fasting, including your overnight sleep and eight hours reserved for your meals to meet your nutritional needs.

Intermittent fasting may improve autophagy, insulin sensitivity, digestion, inflammation, and other factors of health. It may help to reduce chronic pain.

A 2020 study published in *Nutrients* found that intermittent fasting is one of the dietary strategies that may help to reduce chronic pain.

A 2019 study published in *Cell* found that intermittent fasting may reduce inflammation and symptoms of inflammatory diseases.

If you are new to intermittent fasting, begin with a 12-hour fast, including your overnight sleep, starting after dinner until the next

day at breakfast. Gradually increase your fasting window by delaying breakfast and/or choosing an earlier dinner.

Most people feel the best with the 16:8 approach, but you may find that fasting for a bit less or longer than 16 hours works better for you.

Reduce Stress and Prioritize Good Sleep

Chronic stress and poor sleep may increase the risk and symptoms of chronic pain.

If you want to improve your chronic pain, addressing stress and sleep are essential.

As much as possible, reduce stressful situations, tasks, and interactions with people that bring you down.

Instead of scrolling the news and social media, choose a specific time during the day to check it and forget about it for the rest of the day.

Choose activities that uplift you and spend time with supportive friends and family. Spend time in nature regularly. Practice prayer, meditation, breathwork, gratitude, guided relaxation, and positive affirmation.

Avoid electronics, sugar, heavy foods, and alcohol in the evening. Engage in relaxing activities before going to bed, including crossword puzzles, coloring, board games, reading, journaling, meditation, and healing baths. Go to bed and wake up around the same time every day.

Support your sleep with a comfortable mattress, pillows, and bedding, calming colors, essential oils, blackout curtains, and a sleep mask.

Regular Movement and Exercise

Exercise may seem counter-productive when you are dealing with chronic pain, but it can be helpful.

A 2017 review published in the *Cochrane Database of Systematic Reviews* has also found that exercise may help to improve chronic pain in adults.

According to a 2019 study published in the *Journal of Evidence-Based Integrative Medicine*, practicing yoga twice a week may help to lower chronic pain.

Move your body regularly. Start your day by stretching out your body or doing some yoga, a short walk, or some rebounding. Get up to stretch and shake out your body regularly throughout the day. Take a stroll at a nearby park, take the stairs, play with your kids or pets, and try an impromptu dance session. End your day with some easy stretching.

Try low-impact exercises that strengthen your body, improve balance and flexibility, and calm your mind in the process, such as yoga, Barre, Tai Chi, or Qi Gong. Add some cardio through swimming, biking, hiking, brisk walking, or jogging.

Remove Mold and Improve Air Quality

Chronic mold exposure and mold mycotoxins may increase the risk and symptoms of chronic pain.

Eliminate any moisture leaks. Use a dehumidifier during warmer months and in places with lots of moisture and humidity in the air, such as your bathroom.

Get some indoor plants to improve oxygen in your home.

Remove Gut Infections and Optimize Stomach Acid Levels

Chronic infections and gut microbiome imbalances may contribute to chronic pain.

Testing and treating gut infections are critical for recovery if you have bloating or other digestion symptoms.

Drink plenty of water throughout the day. However, when you are eating meat or any sort of heavier food, you should stop drinking water or other liquids at least 30 minutes before the meal, except if you need to take a supplement with 2 ounces of water.

■ continue reading on Page 49

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■ CHRONIC PAIN: ROOT CAUSES AND NATURAL SUPPORT STRATEGIES — PART 2

Holding off water during these meals will reduce any potential dilution of the gastric juices and allow for better digestion.

Drink ginger tea regularly to improve your digestive juices. Lemon water or apple cider vinegar mixed with water may also help to improve stomach acid levels.

Try fermented foods and drinks, such as sauerkraut, kimchi, fermented vegetables, kombucha, coconut kefir, and coconut yogurts to improve your gut health.

Heal the Gut Lining

Leaky gut and gut microbiome imbalance are some of the common culprits behind chronic pain. Improving your gut lining is critical to recover from leaky gut syndrome and restore gut flora balance.

Heal the gut lining and reduce inflammation by removing inflammatory foods, infections, gut stressors and medications that damage the gut lining (including NSAIDs and Opioids).

Support digestive enzymes, stomach acid levels and bile flow.

Re-inoculate the gut with probiotics and prebiotic rich foods to reseed the gut microbiome.

Rebuild the gut lining by using key nutrients such as L-glutamine, aloe vera, licorice root, slippery elm and butyric acid to heal and seal the gut lining.

Rebalance the body with good lifestyle habits to lead an enjoyable and healthy life.

Optimize Vitamin D Levels

Vitamin D deficiency may increase the risk and symptoms of chronic pain. Optimizing your vitamin D levels is critical.

To improve your vitamin D levels spend time out in the sun and eat vitamin D-rich fatty fish, egg yolks, and beef liver.

Pairing vitamin D3 with vitamin K2 helps improve calcium absorption and inflammation control. This supplement works to support your immune, skin, cardiovascular, and bone health.

You want to test your vitamin D levels at least 1-2 times each year and get your levels between 50-80 ng/ml.

Consider Omega 3 Fatty Acids

Omega-3 fatty acids offer anti-inflammatory benefits that may

help to lower chronic pain. A 2007 meta-analysis published in *Pain* has found that omega-3 fatty acids may help to reduce inflammatory chronic joint pain.

A 2020 study published in *Rheumatology Advances in Practice* found that omega-3 fatty acids in fish oil may help to decrease chronic pain in osteoarthritis.

To optimize your omega-3 levels, consume wild-caught fish, flaxseed, chia seeds, hemp seeds, and walnuts.

Consider Using Proteolytic Enzymes

Proteolytic enzymes are a group of enzymes that break the long chain-like protein molecules into shorter fragments called peptides, down into their components called amino acids.

According to a 2008 animal study published in the *Indian Journal of Pharmacological Sciences*, proteolytic enzymes can help to reduce inflammation.

According to a 2016 review of six randomized controlled trials, proteolytic enzymes may be beneficial for knee osteoarthritis pain.

Use Anti-Inflammatory Herbs

Using anti-inflammatory herbs may also help to reduce chronic pain symptoms. Following are some anti-inflammatory herbs that may be helpful:

Turmeric

Curcumin is the active ingredient of one of the most researched anti-inflammatory herbs, turmeric.

According to a 2016 systematic review and meta-analysis of randomized clinical trials, turmeric extracts and curcumin may reduce the pain from joint arthritis.

Boswellia

Boswellia is a plant that produces Indian frankincense and offers anti-inflammatory benefits.

A 2020 systematic review and meta-analysis published in *BMC Complementary Medicine and Therapies* found that Boswellia can have anti-inflammatory benefits for chronic joint pain.

Ginger

Ginger is an anti-inflammatory herb from the same family as turmeric.

According to a 2001 study published in *Arthritis Rheumatology*, ginger has shown positive benefits for chronic knee pain.

A 2015 systematic review published in *Nutrition Journal* found that ginger offers anti-inflammatory benefits.

CBD Oil

Cannabidiol, or CBD, is one of the over 100 chemical compounds known as cannabinoids found in the cannabis plant, including hemp and marijuana, or Cannabis sativa.

CBD oil may help to reduce chronic pain and other health issues without experiencing the mind-altering effects of THC or toxicity from pharmaceutical pain medications.

A 2012 study published in the *Journal of Experimental Medicine* has found that CBD oil may help to lower inflammatory and neuropathic pain.

A 2020 review published in *Frontiers in Pharmacology* found that CBD oil may be an effective way to reduce chronic pain.

Final Thoughts

Millions of people in the United States are living with some form of chronic pain daily. Chronic pain can seriously interfere with your daily activities, work, studies, family life, social life, and emotional well-being.

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. Check out the website at www.doctorlo.com.

Source: drjockers.com

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- Brain fog
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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.

MUSEUM OF THE BIBLE



Whether you’re a believer or not, there is no denying that the Bible has profoundly affected history—particularly the history of Western civilization. Two major religions view the Bible as their foundational document. Their views and understanding of the Creator are derived from the scriptures.

The Museum of the Bible, located in southeast Washington, stands ready to explore the genesis, historical context, influence, and overarching theme of the Bible. There is a mixture of artifacts, audio/visual, and interactive exhibits, woven together to thoroughly explain such questions as, “How did we get the Bible?” or “What was the culture like when it was written?”

Beyond answering the basics of who, what, when, and where the Bible was written, the Museum does a wonderful job of explaining perhaps the biggest question: Why was it written? Using scripture contained within itself, exhibits

highlight what the Bible has to say for itself regarding its purpose.

Have questions of your own? The Museum is staffed by quite knowledgeable docents who can answer your questions or guide you to the Museum’s considerable resources. Many of the resources can be accessed online.

The Museum of the Bible is appropriate for all ages. Access is throughout all seven levels. For children yearning for activity, there is a well-planned room designed to simulate and challenge young minds and bodies.

If you go, there are parking garages nearby. Be mindful of traffic in your planning. The Museum has its own cafeteria, or you may want to eat at one of the many establishments nearby. Starting in May, admission is free on Tuesdays.

The Museum of the Bible is located at 400 4th Street, SW, Washington, D.C. For more information, check the Museum’s website at <https://www.museumofthebible.org>.

Photos Taken Inside Museum by Jeff Yocum




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THURMONT SENIOR CENTER

BY TARA MILLER

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Photo by Tara Miller

Pictured from left are Gene Toms, Tony Lafianza, and Jim Cramer.

As we welcome the month of June, all of us at the Thurmont Senior Center look forward to another month filled with activities, friendship, laughter, and community connections. We always enjoy seeing familiar faces walk through our doors, and we warmly welcome anyone who may be visiting us for the first time.

Throughout June, we will continue offering many of the activities our members enjoy most, including Strength & Balance classes, Chair Yoga, Zumba Gold with Kellie Bevard, Chair Dancing, Cards & Games, Stitch & Chat, Manicure Mondays, Craftin' in the Catoctins, and our popular 50/50 Bingo afternoons. We will also celebrate our June birthdays together and continue hosting special programs and helpful services for seniors in our community.

One of the things I love most about the Thurmont Senior Center is that there truly is something for everyone. Whether you come to exercise, craft, enjoy lunch with friends, play cards, or simply spend time socializing, we hope the center feels like a second home.

I would also like to remind the community that our facility is available to rent for parties, meetings, showers, family gatherings, and other events. We are proud to offer a welcoming space right here in Thurmont for community members to enjoy.

As a nonprofit organization, we rely heavily on the kindness and generosity of volunteers. Right now, we are especially looking for volunteers who would be willing to help drive seniors to doctor appointments, grocery stores, and other local errands. We are also in need of volunteers to help deliver lunchtime meals to homebound seniors within our service area. Even volunteering once a week can make a tremendous difference in someone's life.

On behalf of our Board of Directors and members, I also want to extend a heartfelt THANK YOU to everyone who received our recent fundraising letter and made a donation. Your support truly means so much to us. Every contribution helps us continue providing meals, activities, transportation assistance, and valuable services that help local seniors remain active, connected, and supported. We are grateful to be part of such a caring and generous community.

If you would like more information about activities, volunteering, meal services, or renting the center, please give us a call at 301-271-7911 or stop by and visit us at 806 E. Main Street in Thurmont.

We hope to see you soon!

EMMITSBURG 50+ CENTER

BY CAITLYN KIRBY

300A South Seton Avenue • 301-600-6350

Summer is quickly approaching! Now is the time to check out the Emmitsburg 50+ Center for fun programs, where you can beat the heat.

Coming up on the first Saturday of June, we are working with the Emmitsburg Library to receive donations for the Craft Swap. The week of the swap, bring your gently used craft supplies to donate to the swap. We'll sort them, and on Saturday you can "shop" to refresh your stash! This event is free and for all ages. Also, check out the Friends of the Library Book Sale in the gym that day.

For arts and crafts this month, join us on Wednesday, June 10, for Pinecone Flower Wall Art. Please register by June 5 for this free activity, so we have enough supplies. We also have artist Dorothea Barrick returning for Patriotic Acrylic on June 16. Paint a patriotic scene of fireworks, flags, or flowers, just in time for the July 4th holiday. The cost is \$15.00. Please pre-register.

You are also invited to join us every Monday for Lunch Bunch, a nutritious meal with great company. Please contact us to reserve a meal by end-of-day Wednesday of the previous week. Our special meal this month is a celebration of Father's Day and the beginning of summer! This meal is on Thursday, June 18. Please register for the special meal at least one week in advance.

On Monday, June 22, stop in for Common Grounds with Frederick County Constituent Services. This is a chance to learn about FCG Fix It and about the services available to you, and is an informal way to share your ideas with the County Executive's Office.

This month, we are looking forward to two local day trips. The first on June 17 is to Waynesboro, Pennsylvania, to their downtown for shopping and dining! The second will be just down the street to the Firefighter's Memorial at FEMA. Space is very limited on both of these trips. Please contact the center if you are interested.

Exercise programs also continue this month, with UnRulies Pickleball on Wednesdays at 1:00 p.m. The UnRulies play for fun and exercise. Exercise to video is offered daily at 9:15 a.m., and chair yoga to video is on Tuesdays and Thursdays at 12:30 p.m. Open gym is available for shooting hoops, walking, cornhole, etc. on Mondays, Tuesdays, and Fridays, from 10:00 a.m. to noon. We also invite you to Chair Yoga with Christina on Mondays at 1:00 p.m. Try out your first class for free, then drop in for \$4.00 per class.

For details on all of these activities, you can visit our site at www.FrederickCountyMD.gov/Virtual50. We are always happy to answer any questions by phone, email, or in person—just drop by! Find us at 300 South Seton Avenue, Lower Level. Contact us at 301-600-6350 or by email at EmmitsburgSeniorCenter@FrederickCountyMD.Gov.

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Guess What? "Furmont Days" is Back!


For those of you who remember this event, it debuted in 2006 and the last one occurred in 2008! It's time for our dog friends to return to strut their stuff. Walk your pooches on Main Street to Furmont Days on Saturday, June 6!




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- ◆ Stupidest Dog Trick
- ◆ Owner/Dog Look-A-Like Contest
- ◆ Doggie Limbo
- ◆ Cutest Face
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"Don't let her size fool you, this little girl keeps a packed schedule!"

During the week, Squirrel proudly accompanies her mom, Trina, to work at the local veterinary clinic, where she enjoys greeting clients, supervising appointments, and soaking up all the extra attention.

She's a natural at making both pets and people feel welcome.

On weekends, Squirrel's adventurous side shines. Whether she's socializing around town or showing off her love for fishing, she proves there's nothing a determined pup can't do. When she's not soaking up the sun in the warm months, she assists her dad, David, with Cools Critter Control, always eager to lend a paw and keep things running smoothly. Busy, brave, and endlessly charming, Squirrel is proof that big hearts come in small packages. This hardworking little terrier wouldn't have it any other way!



Classifieds

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YARD SALES

June 5, 8:00 a.m.-2:00 p.m., Graceham Moravian Church Yard Sale, 8231-A Rocky Ridge Road, Thurmont.

June 6, 8:00 a.m.-2:00 p.m., Yard Sale, Crafters, Antique Vendors, Thurmont Carnival Grounds. Hosted by the Guardian Hose Co.

August 22, 8:00 a.m.-2:00 p.m., Rain or Shine, Tom's Creek UMC Community Yard Sale, 10918 Taneytown Pike, Emmitsburg.



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

FOR SALE

Four grave plots in Graceham. Asking \$400 each. Call 301-271-2137.

2008 Honda Silverwing Motorcycle, Recent tune-up, new tires, new windshield. \$3,000. Call 301-271-3318.

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.

SERVICES

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

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. 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.

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

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.

HELP WANTED

FT Wastewater Laborer \$21-23 DOE, great benefits. CDL-B w/ tanker preferred. Rotating weekends & some callouts. Apply at <https://ctapa.org/>.

Now hiring! Chance 2 Mowing. Pay based on experience. Call Bob at 301-748-9745.

Apples U.C.C. in Thurmont is currently looking for a pianist/organist for Sunday service. The church holds a traditional service which lasts one hour. We have an average of 20 members. Music has always been a very big part of our church. We would ask that the applicant be a good sight reader, even though that occurs very infrequently. Please contact Paula at paulamathis65@gmail.com or call or text 240-446-6027.

Landscape Tech, Crew Leader, Fertilizer Tech. Must be reliable. Contact Mt. View Lawn at 301-271-2832 or email MTVIEWLAWNS@AOL.COM.

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.

PET OF THE MONTH

SEND IN YOUR BEST PHOTO OF YOUR BEST BUDDY!

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

- 1.... Served With Grace Free Dinner, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 5:30-7 p.m. www.gracehammoravian.org.
- 1.... CYA Football & Cheer Registration Open (ends June 30), Programs for Grades K-8: www.cyafootballcheer.com.
- 2.... Yoga (Tuesdays), American Legion Post 168, 8 Park Ln., Thurmont. 5:30-6:30 p.m.
- 3.... Queen of Hearts Drawing (Wednesdays), American Legion Post 168, 8 Park Ln., Thurmont. 7:30 p.m.
- 3.... Cornhole Tournament (Wednesdays), American Legion Post 168, 8 Park Ln., Thurmont. Doors open at 5 p.m.; games at 7 p.m.
- 4.... Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 4 ... 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.
- 4.... Bingo (Thursdays), American Legion Post 168, 8 Park Ln., Thurmont. 7 p.m.
- 4.... Line Dancing (Thursdays), American Legion Post 168, Upstairs, 8 Park Ln., Thurmont. 7 p.m.
- 5.... 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. Sr. www.thurmonteventcomplex.com.
- 5.... Yard & Food Sale, Breakfast & Oyster Sandwiches, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 8 a.m.-2 p.m. www.gracehammoravian.org.
- 5.... Jacob's Church Pavilion Concert: The Hyssongs, 495 Harbaugh Valley Rd., Fairfield, PA. Free meal at 5 p.m. Concert at 6 p.m.
- 6.... Apples Church 200th Anniversary, Apples Church, 7908 Apples Church Rd., Thurmont. 11 a.m.-3 p.m. Kids games, magic show, face painting, moon bounce, antique cars & much more.
- 6.... Furmont Days, Back Yard of Thurmont Historical Society, 11 N. Church St., Thurmont. 9-11 a.m. Walk your dogs on Main Street. Registration begins at 8:30 a.m. Must have proof of rabies. Dogs must be leashed except in the ring when performing some contests (Doggie Musical Chairs; Best Howler; Doggy Walkaround for Best Costume; Stupidest Dog Trick; Owner/Dog Look-A-Like; Doggie Limbo; Cutest Face; Best Tail Wag; Best Pet Photo (bring). Please bring poop bags. Master of Ceremonies: Dr. Jon Bramson from Catoctin Veterinary Clinic.
- 6.... Apples Church 200th Anniversary —Richard Troxell and Friends Outdoor Summer Concert, Apples Church, 7908 Apples Church Rd., Thurmont. 6:30 p.m. Bring your own chair or blanket.
- 6.... Catoctin High School 3rd Annual Heroes On the Run, Catoctin High School, 14745 Sabillasville Rd., Thurmont. Fun Run at 8:30 a.m.; 5K at 9:15 a.m. All proceeds benefit the Special Olympics of Frederick County. Sponsored by Catoctin High School SGA and Unified Sports program.
- 6.... Mighty Tikes & Kids Triathlon, Ballenger Creek Park, 5420 Ballenger Creek Pk., Frederick. 9 a.m.-12:15 p.m. Age groups: 3-5 & 5-7. \$19/child. Register: www.recreator.com or 301-600-2936.
- 7.... Lewistown Ruritan Chicken BBQ, U.S. 15 N. & Fish Hatchery Rd., Thurmont. 10 a.m. until sold out.
- 10.. Emmitsburg Community Heritage Day "Save Our Fireworks" Fundraiser, Kountry Kitchen, 17 Water St., Thurmont. 4-8 p.m. Dine in or take out. 25% of proceeds will go to support local fireworks. 301-271-4071 or thurmontkountrykitchen.com.
- 11.. Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 11 . 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.. Sock Hop, Weller UMC 101 N. Altamont Ave., Thurmont. 6-9 p.m. All ages welcome. Snacks provided. 301-271-2802.
- 13.. Bass Fishing Tournament, Fort Ritchie Community Center, 14421 Lake Royer Dr., Cascade. 7-11:30 a.m. Cash prizes, adult & youth divisions, 50/50 & raffles. \$25/adult; \$10/youth (15 & under). Register: thefrcc.org or 301-241-5085.
- 13.. Festival at Mt. Tabor Church Park, Home of the Big Slide, 13616 Motters Station Rd., Rocky Ridge. 3-8 p.m. Music by Taylor Brown's "Elvis" 5-8 p.m. Home-cooked food: soups, sandwiches, iced tea & ice cream.
- 13.. 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.
- 13.. Chalk It Up Thurmont, Main Street, Thurmont. 11 a.m.-1 p.m. Bringing sidewalks to life during kids' chalk art event. Age groups: 3-7; 8-12; 13-17. One winner per age group. Check in at 10 Tavern, 10:30-11 a.m. Must pre-register: email mlittle@thurmontstaff.com to reserve your space. Room for 80 artists.
- 13.. Sons of the American Legion Post 168 Annual Car Show & Artisan Market, 8 Park Ln., Thurmont. 8 a.m.-2 p.m.
- 17.. AMVETS Auxiliary Bingo, AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7-9 p.m. Doors open at 5 p.m. Open to public. Family fun. Food & drinks available for purchase.
- 18.. Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 18 . 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.
- 18.. Senior Potluck Lunch (Ages 55+), St. Mark's Lutheran Church, 17015 Sabillasville Rd., Sabillasville. 11:30 a.m.
- 19.. American Legion Post 168 Golf Tournament, Maple Run, 13610 Moser Rd., Thurmont.

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- 24-27...Harney Vol. Fire Co. Carnival, 5130 Harney Rd., Taneytown. 6:00 p.m.-until. Nightly entertainment, inflatable rides & great food. Free lighted parking. www.harneyfire11.org.
- 25.. Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 25 . 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.
- 25,26...Vacation Bible School, Weller UMC, 101 N. Altamont Ave., Thurmont. 8 a.m.-Noon. Grades K-5. Snacks, fun & games. Free event. 301-271-2802.
- 27...Stand Up Comedy Show, AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7-9 p.m. \$25/person. Tickets available at the door. Food & drinks available for purchase.
- Hosted by Bill King. Special guest: Mickey Cuuchiella of 98 Rock. Presented by Thurmont AMVETS & NAM Knights of America Battlefield Chapter. Info.: Kevin Wantz 240-674-5248.
- 27....Emmitsburg Community Heritage Day, Emmitsburg. Begins at 11 a.m., E. Eugene Myers Memorial Park, Emmitsburg. Hayrides & barrel rides, food trucks, Lions chicken BBQ, live music, beer garden, games, kids' activities & more. Fireworks at 9:30 p.m. www.emmitsburgevents.com.
- 27....Emmitsburg Community Heritage Day – Vigilant Hose Breakfast, 17701 Creamery Way, Activities Building, Emmitsburg. 7 a.m.-10:00 a.m. \$14/adult; \$7/ages 6-12; Free/ages under 5. www.emmitsburgevents.com.
- 27.. Parade During Emmitsburg Community Heritage Day, Emmitsburg. 5-6 p.m. Register at emmitsburgevents.com or contact Wendy at hagan.wendy@gmail.com or 240-938-6321. \$25 registration fee. Refundable at lineup. Line up at 4:30 p.m. on Mountain View Rd.
- 27.. 250th Anniversary & Community Day, American Legion Post 168, 8 Park Ln., Thurmont. 11 a.m.-4 p.m.
- 27.. Community Day — Pizza & Pups, Brought to you by The Dirty Dawg & Thurmont Domino's Pizza, Thurmont Plaza Shopping Center, 224 N. Church St., Thurmont. Follow on Facebook for more info.
- 28.. Cash Bingo, Thurmont Event Complex, 13716 Strafford Dr., Thurmont. Doors open at 11 a.m. Bingo starts at 1 p.m. Kitchen open for regular menu items. Tip jars & Bingo balls games. Small & large jackpots, specials. No ticket needed. Benefits Thurmont Ambulance Company.

COMMUNITY Difference Makers



WE ARE CALLING FOR YOUR NOMINATIONS!

Do you know someone who is making a true difference in our community? Perhaps they dedicate a lot of volunteer hours, provide financial support for a good cause, or just do things that make our community a better place to live.

Send your nominations to news@thecatocinbanner.com. Please include their name, along with a brief explanation of why you are nominating them and how they are making a difference in our community.

YOUR PUBLIC LIBRARIES



THURMONT REGIONAL LIBRARY

76 E. Moser Road, Thurmont

- 1..... Anime Afternoon (Ages 10-17), 5:30 p.m.
- 4..... Story Explorers: *Interstellar Cinderella*, 2 p.m.
- 4..... Teen and Tween Open Chess Play (Ages 9-18), 5:30 p.m.
- 6..... Gentle Flow Yoga: A Beginner Yoga Class, Noon.
- 7..... Sunday Funday: Uno Tournament, 2 p.m.
- 8..... Teen CD Suncatchers (Ages 13-17), 5:30 p.m.
- 9..... Summer Challenge Kickoff: Ride Into Summer! 6 p.m.
- 10.... A Conversation on International Affairs with Shaun Donnelly, 7 p.m.
- 11.... Story Explorers: *Goldenlocks and the Three Pirates*, 2 p.m.
- 11.... Exploring Nature with ThorpeWood, 6 p.m.
- 13.... Oh, Crit! the D&D Improv Show, 1 p.m.
- 14.... Suzanne Metheny Program Series: Bug Bonanza with Strawberry Hill Foundation, 2 p.m.
- 15.... Offsite: Pop-up at the Thurmont Senior Center, 10 a.m.
- 15.... Junk Journaling Workshop, 6 p.m.
- 17.... Make It Happen: Real Strategies for Effective Civic Engagement with Alisha Yocum, 6 p.m.
- 18.... Offsite: Drop-In Digital Learn at the Thurmont Senior Center, 10 a.m.
- 18.... Story Explorers: *Tangled Up with Rapunzel*, 2 p.m.
- 20.... Gentle Flow Yoga: A Beginner Yoga Class, Noon.
- 21.... Sunday Funday: Giant Games!, 2 p.m.
- 21.... America 250: How the Underdogs defeated an Empire, 2 p.m.
- 22.... Teen "Queen of Katwe" Movie Screening! (Ages 13-18), 5:30 p.m.
- 23.... Science Spectacular with Eric Energy, 6:30 p.m.
- 25.... Story Explorers: Series End Fairy Tale Ball! Wear Your Finest Frock to Celebrate!, 2 p.m.
- 25.... Teen Gaming Hour: Switch Edition (Ages 13-18), 5:30 p.m.
- 27.... Gentle Flow Yoga: A Beginner Yoga Class, Noon.
- 28.... R.E.A.D with WAGS, 2 p.m.
- 29.... Teen Dungeons and Dragons: Session 1 (Ages 13-17), 5:30 p.m.
- 30.... Farnyard Cuties!, 6:30 p.m.

EMMITSBURG LIBRARY

300 S. Seton Avenue, Emmitsburg

- 4..... Reading Buddies at the Library, 3:30 p.m.
- 4..... Family Fun: Art Night! Grab 'n Go, 6 p.m.
- 6..... Friends of the Emmitsburg Library Book Sale, 9 a.m.
- 6..... Community Craft Swap, 10 a.m.
- 9..... Teen & Adult: The Inside Scoop - All About Ice Cream, 5:30 p.m.
- 10.... Painted Pinecone Wall Art at the Emmitsburg Senior Center, 11 a.m.
- 10.... Express Yourself: Button Making Workshop (Ages 9-13), 3:45 p.m.
- 11.... Reading Buddies at the Library, 3:30 p.m.
- 11.... Family Fun: Read with WAGS for Hope, 6 p.m.
- 13.... The Shoulders We Stand On: Maryland Fights for Women's Suffrage, 2 p.m.
- 16.... Tween/Teen Library Garden - Earn Community Service Hours, 5:30 p.m.
- 17.... Go Team Therapy Dogs - An Adult Adaptive Program, 11 a.m.
- 18.... Tween/Teen Leadership Camp (Grades 5-12), 10 a.m.
- 18.... Summer Challenge Kickoff with Eric Energy, 2 p.m.
- 20.... Passport to Asia, 11 a.m.
- 22.... Emmitsburg Senior Center, 11:30 a.m.
- 23.... Straight Talk with Mayor Davis, 7 p.m.
- 25.... Tween/Teen Leadership Camp with Oh Crit! (Grades 5-12), 10:30 a.m.
- 25.... Maryland Opera Presents: Puppets & Papageno, 2 p.m.
- 25.... Rabbits in the Library, 6 p.m.

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 Catocin 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 to:

NEWS@THECATOCTINBANNER.COM

(Subject Line: Took Us Along)

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