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ADVERTISER INDEX

Affordable Self Storage	51	Main Street Groomer	5
AMVETS Bar Bingo	47	Main Street Upholstery	41
AMVETS Kitchen	21	McLaughlin's Energy Services	50
AMVETS Music	51	Melissa M. Wetzel Accounting Svc.	31
Apples UCC	36	Mick's Plumbing and HVAC	12
Baker Tree Services	51	Mike's Auto Body & Towing	37
Bricks for Bravery	28	Mother Seton Breakfast with Santa	20
Baust UCC Church	35	Mountain View Lawn Care	2
C&K Stables	23	Nails by Anne	3
C. Richard Dewees Oil Co.	7	Nutritional Healing Center	53
Carriage House Inn	5	Office of Home and Energy	22
Carroll Vista Craft Fair	30	Ott House Pub	8
Catoctin Church of Christ	60	Pioneer Baptist Church	11
Catoctin Dental	8	Pools, Patios & Porches	18
Catoctin Mountain Flooring	30	Pondscapes	29
Catoctin Mountain Orchard	48	Quality Tire and Auto	52
Catoctin Veterinary Clinic	60	Re/Max Results, Kim Clever	5
Catoctin Wildlife Preserve	20	Rick Hurley & Sons	25
Charis Realty, Kelsey Norris	8	Rocky Ridge Vol. Fire Co. Bingo	41
CHS Safe & Sane	60	Rocky Ridge Vol. Fire Co. Butchering ..	15
CHS Theatre	37	Rocky Ridge Vol. Fire Co. Holiday	
Delegate Valentine	2	Assistance	30
Delphey Construction	6	Rocky Ridge Vol. Fire Co. 12 Days of	
Dirty Dawg Dog Wash & Pet Supplies ..	51	Christmas	5
Doug's Auto Body	43	Senior Benefit Services	58
Dynamic Auto	29	Seton Center	37
Elias Yard Sale	10	Scenic View Orchards	46
Emmitsburg Lions Club Christmas	13	Squeaky Clean	2
Emmitsburg Tattoo	35	St. Anthony's Shrine Bingo	45
First Baptist Church	11	St. Paul's Fall Bazaar	25
Frederick County Animal Control	59	Thurmont Amb. Co. Craft & Vendor	
Frederick County Parks & Rec	33	Show	21
Frederick County Paving	36	Thurmont Amb. Co. Weekly Bingo	48
Frederick Roofing	14	Thurmont Amb Co. NYE Bingo	6
Friends of Thurmont Regional Library ..	15	Thurmont Food Bank	54
Getz Computers & Communications	51	Thurmont Lions Applesauce Sale	7
Graceham Moravian Church	26	Thurmont Lions Club Bingo	39
Harbaugh's Memorials	60	Thurmont Lions Club Cookie Contest ..	27
Harriet Chapel	51	Thurmont Lions Club Fudge Sale	15
Here's Clyde's Family Hair Care	15	Thurmont Lions Ornaments	21
Hillside Turkey Farms	7	Thurmont Lions Weaths Across	
Jacqueline Marie's In Home Christian		America	40
Senior Care	58	Thurmont Diwali Celebration	33
J&B Real Estate, Inc.	16,17	Tom's Creek UMC	41
J.L. Green Electric	25	Tracy's Auto Repair	28
Jubilee Foods	64	Trinty UCC Veteran's Svc	7
Karen's Cleaning Service	15	Union Bridge Fire Co. Ladies Aux	15
Keymar Outdoors	35	Village Hearing	9
KLS Home Improvement	3	Wellspring Christian Fellowship	40
Lewistown Slippery Pot Pie	5	Weller UMC	53
Lewistown Vol. Fire Co Yard Sale	45	Zigbone Farm Retreat	13
Los Amigos Restaurant	11		

CONTENTS

A Change of Scenery	48
Advertiser Index	3
Around Town	18
Arts & Entertainment	42
Book Club	15
Business News	20
Business Past	23
Cartoon	44
Catoctin Cookin'	56
Classified Ads	61
Community Calendar	62
Community News	26
Emmitsburg Town Section	12
Financial Planning	47
Games	44
Health Matters	54
Look Up	46
Look Who Took Us Along	45
Looking Back	50
Maryland on Stamps & Covers	25
Obituary	60
Once Upon A Time	57
Out & About Pics	32
Pet of the Month	59
Poems by Student	41
School News	40
Senior Section	58
Sports Talk	39
Thurmont Town Section	10
Veteran Spotlight	52
Veteran Community Board	53
Woodsboro Town Section	13

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LETTER FROM THE PUBLISHER

CATOCTIN BANNER FANS:

Another year of fall festivals has come and gone! The weather this year certainly made things interesting and was probably some of the worst rain I have seen for Thurmont's Colorfest. I am always still amazed that no matter how bad the weather is, there are still dedicated shoppers who have been coming out for years and want to keep their annual tradition going.

With Veterans Day around the corner, we hope you will take a moment to read the article about the new Gold Star Monument that was installed at Memorial Park in Thurmont. It honors those who have served and gave the ultimate sacrifice. Read the article on page 26.

I had the honor of knowing one of the names that the monument memorializes, 1Lt Robert Seidel. We went to high school together, and I can still remember the solemn day we all received the devastating news that he had been killed in Iraq while fighting to protect our freedoms.

We hope you can take time this month to stop by and see the monument, which now gives the Gold Star families a place to ensure their family members will never be forgotten.

The Catoctin Banner team also wants to take this time to wish all of you a Happy Thanksgiving! No matter what your situation is, there is always something to be thankful for, and we hope that you can find joy this holiday season.

Of course, we need to thank all the advertisers who make this Community Newspaper possible! Without them, we could not highlight the wonderful things happening in our community.

— Alisha Yocum,
Publisher



Alisha Yocum
Publisher



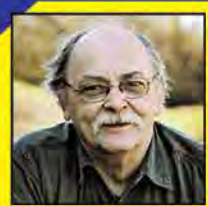
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OUR TEAM

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

Dr. John J. Dillon, Jr., president of Mount Saint Mary's College, announced his resignation in October 1976. Coming to the presidency during the trying times of the early 1970s, Dr. Dillon has led the college to its highest enrollment years and helped the college become co-educational. He led the college during the construction of the \$1.5 million Knott Academic Center, Mulcahy Hall at the Seminary, the women's wing added to Memorial Gymnasium, the Seminary lecture hall, the new office facilities and student rooms in the Administration Building, and numerous other campus projects.

Factoid

THURMONT

An estimated 10,000 people turned out for the conclusion of Thurmont's bicentennial activities in August 1951. The celebration included a firemen's parade with firemen from across the state participating. The parade was led by Bailey Goss, Baltimore TV sportsman, as grand marshal and the Baltimore Colts Band.

Factoid

EMMITSBURG

The Sleep Inn and Suites Hotel in Emmitsburg held its ribbon-cutting ceremony in September 2001. Emmitsburg Mayor William Carr, members of Choice Hotels International, a congressional aide, the hotel builders, and owners all attended.

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Cover Photo | J&B Real Estate agents and staff stand in front of the building that J&B Real Estate started in over 40 years ago.

Cover Photo by Alisha Yocum

A Love for Thurmont, A Legacy in Real Estate

J&B Real Estate Celebrates 45 Years



BY ALISHA YOCUM

In 1981, Jim and Bonita Smith made the decision to return to their hometown of Thurmont to raise their family and bring their real estate experience back to the community. That decision led to the founding of J&B Real Estate, a business that has continued to serve the area for 45 years.

High school sweethearts, the Smiths brought both entrepreneurial experience and a strong connection to the local community with them. Before returning to Thurmont, they managed the Bottom of the Bay restaurant in Laurel, Maryland, and had begun their careers in real estate. Their families also had deep roots in the local business community. Jim's family owned several businesses, including Gall & Smith Feed Store and Hillside Turkey Farms, while Bonita's family, the Feesers, lived on a farm and raised turkeys for Hillside. In fact, Jim and Bonita's romance began when they first met at the turkey farm.

J&B Real Estate first operated out of Jim's parent's house on



Courtesy Photo

Cindy Grimes and Bonita Smith in 2018 when Grimes purchased the business from the Smiths.

Emmitsburg Road for a few years before expanding and moving into their current location on 13½ Water Street in Thurmont.

The building on Water Street was owned by Jim's family, dating back to the 1800s and housed a

variety of businesses, including the Weybright Store.

In 2018, Cindy Grimes purchased the business from the Smiths after working as a full-time real estate agent with J&B since 2006. Like the Smiths,

Grimes and her husband chose Thurmont as the place to raise their children, drawn to the small-town atmosphere and sense of community. Her purchase of the business continued J&B Real Estate's tradition of local ownership and commitment to the community.

Jim passed away in 2020, but the values he and Bonita established continue to guide the business.

"Customer service was always a top priority for Jim and Bonita, and I have tried to keep that mission going," Grimes said.

The majority of the company's business comes from referrals.

Grimes gives being a community business part of the company's success over the last 45 years. Many of the agents live locally, and while the company has branched out to include a Walkersville and Frederick office, Grimes says their commitment has remained focused on operating in small towns.

■ continue reading on Page 7

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A picture of the building at 13 1/2 Water Street when it housed the Weybright Store.

Under Grimes' leadership, the company has now expanded to 19 licensed agents. Each agent gets one-on-one training to set them up for success and learn the "J&B way."

Grimes also credits much of her own success to what she learned from Bonita and Holly Clabaugh, another J&B agent who took Grimes under her wing when she first entered the business.

Perhaps another component of success has been J&B's involvement and support in the community. They regularly support the Town of Thurmont's activities and many of the non-profit organizations around the community. Much of what they support is driven by

the agents and their community involvement in things like 4-H or Little League.

For Grimes, the community remains at the heart of the business.

"The community is the reason we are here today, and we are so grateful and thankful for everyone's support. Supporting local and small businesses is important," she said.

As J&B Real Estate celebrates 45 years in business, its story reflects more than a history of real estate transactions. It is a story of family, community connections, and a commitment to helping people find their place in the community they call home.

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The Rise & Decline of the Baltimore Oriole

BY RICHARD D. L. FULTON

Arguably, the Baltimore Oriole ranks as one of the most attractive and distinctly “attired” of the 50 state birds.

As is fairly typical among the birds, the male is brightly colored with its stark black head, back, and wings, along with its brilliant golden-orange underpart and white wing bars. The female, on the other hand, is a bit more subdued in coloration, patterned with brownish-olive, dull orange, and yellow-brown.

But the full story of the past, present, and future of the Baltimore Oriole spans millions of years.

Dinosaurs of a Feather

The beginning of understanding the prehistoric roots of the Baltimore Orioles—and, in fact, all birds—occurred in 1861, with the discovery of a fossil that was found in a 150-million-year-old limestone quarry, located near Solnhofen, Germany.

For all intents and purposes, the fossil animal appeared as a nearly complete, 20-inch-long fully feathered bird, with a couple of exceptions... the possession of a mouth full of sharp teeth, claws on its “fore wings,” and a long bony tail.

From that point on, what exactly the animal was—dinosaur or bird—was debated for decades. Even with the growing acceptance of evolution in the 1860s, few were ready to admit to the obvious: the animal was both.

But as the creature, dubbed *Archaeopteryx*, eventually became

recognized for what it was—a “missing link” between dinosaurs and birds—all remaining doubts were cast aside when, in the 1990s, a windfall of feathered dinosaurs was discovered in and around China’s Liaoning Province.

To date, more than 40 different species of “feathered dinosaurs” have been recovered. Amazingly, one of the animals even had four wings, two forewings and two hind wings. No longer was there any doubt about the biological placement of these animals, which are now technically classified as avian dinosaurs, including modern birds.

The “Baltimore Bird”

The scientific name of the Baltimore Oriole, originally called the “Baltimore Bird,” is *Icterus galbula*, *icterus* meaning yellow in Greek, while *galbula* means small yellow bird in Latin.

The Baltimore Oriole is a member of the *Icteridae* Family, a group that also includes blackbirds, grackles, and cowbirds.

Because the colors of the male orioles resembled those of the Calvert family (Lord Baltimore) and thus associated with the Maryland proprietors, countless Baltimore Orioles, then called the “Baltimore Bird,” were captured and added to grace the royal gardens in England, according to the *Maryland Manual On-line*.

The Baltimore Oriole was designated as the Maryland state bird in 1947, but even before that,

■ continue reading on Page 9

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efforts were made to protect the colorful birds.

In 1882, state legislators passed legislation (Chapter 154, Acts of 1882) aimed at protecting the future state bird, stating, "No person in this state shall shoot or in any manner catch, kill, or have in possession any bird of the species known as the 'Baltimore Oriole Icterus,' or molest or destroy the eggs of said bird in this State."

Violating any of the above prohibitions carried a penalty of up to \$20.00 for each count, the non-payment of which could fetch the offender up to 60 days in jail per count.

The Baltimore Oriole received further protection in 1918 with the federal Migratory Bird Treaty Act.

In 1975, Maryland further adopted the Nongame and Endangered Species Conservation Act (Chapter 27, Acts of 1975) geared to protect and conserve wildlife species, plants, and nongame animals, which included the Baltimore Oriole.

Under the act, violators could face a fine of not more than \$1,000 or imprisonment for not more than one year, or both, "along with the seizure of any equipment used..."

The Baltimore Oriole is a migratory bird and begins to head south as fall approaches, "waving goodbye" to Maryland, and migrating to Florida, Central America, the northern tip of South America, and the Caribbean. They return from April to May for the warmer weather breeding grounds, which stretch way beyond just the borders of Maryland, even encompassing states as far south as Louisiana and as far north as Central Canada.

As for their main diet, they tend to prefer a wide variety of insects (during breeding season), as well as soft fruits, and flower and tree nectar (heading into the migratory months).

The reason for the switch in food sources is that during breeding season, the birds prefer protein-based foods for their hatchlings, and pre-migratory, they turn to fruits to build up sugar for the sometimes more than 1,000-mile migratory flights.

Just for the record, there are six other types of orioles besides the Baltimore bird: the Orchard Oriole, the Bullock's Oriole, the Scott's Oriole, the Hooded Oriole, the Audubon's Oriole, and the Altamira Oriole, each identified by distinguishing characteristics which



Archaeopteryx, an early avian dinosaur that bridges the evolutionary gap between dinosaurs and modern birds.

differ from those of the Baltimore Oriole.

The Baltimore Oriole is capable of breeding with some of the other oriole types, ultimately producing hybrids, particularly among the Baltimore and Bullock's orioles, the two apparently sharing what are called "flexible mating standards."

And on that note...

Where Have all the Orioles Gone?

The numbers of Baltimore Orioles in Maryland have been diminishing since 1966, and at an increasing rate since 1980, according to the *Maryland Manual On-line*.

In an article entitled "The Decline of Lord Baltimore's Orioles," by Susan Shea, and published on June 13, 2020, on the New York Almanack website, it was noted that, "According to the North American Breeding Bird Survey, there was a 42 percent decrease in (among all) breeding orioles in North America between 1970 and 2014."

In Maryland, the loss of preferred tree types, such as elm trees (via the Dutch elm disease), has exacerbated the loss of trees overall. Apparently, the elm was preferred as it provided a perfect, defensive setting in which the orioles can create their "hanging basket" type of nests, as the thin, twisting branches make it difficult for predators to ascend.

"From 1999 through 2019, Maryland's forested acreage shrank by 118,000 acres, an annual loss of nearly 6,000 acres, as per a survey conducted by the U.S. Forest Service," according to an article, "Maryland is still losing forests and trees, though at a slower rate," by Timothy B. Wheeler, published November 18, 2022, on the *Bay Journal* website.

But orioles prefer not to nest in deep forest environments, meaning their preferred nesting areas are in trees in more open areas...the areas most subject to development. So, the Baltimore Oriole is not only losing the preferred tree types and locations during breeding months, but forests are also being subject to deforestation in the areas involved within their winter habitats in Central and South America.

Another adverse impact is the use of toxic pesticides to eliminate the insects that the orioles ingest in the quest for protein during their breeding months.

So, what can be done to prevent further loss of the Baltimore Oriole population in Maryland?

- Minimize deforestation, especially in forest edges and open forest areas.
- Avoid employing toxic pesticides on flowers and fruit trees.
- Create birdfeeders geared towards preferred Baltimore Oriole food, including mealworms.

For additional information regarding saving the Baltimore Orioles, refer to "Bringing Baltimore Orioles Back to the Ballpark," by Jen Mihills, located on the National Wildlife Federation blog at blog.nwf.org.

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From the **MAYOR**

THURMONT

Mayor John Kinnaird

October was Breast Cancer Awareness Month. The Town of Thurmont, with the help of local businesses and residents, has been raising funds for the Gateway to the Cure. This effort supports the Patty Hurwitz Breast Cancer Fund at Frederick Health Hospital. The funds raised help local cancer patients with treatment and support, as well as cancer treatment research and development. Cancer is a disease that can impact each of us, either directly or through a family member or friend. Early diagnosis and treatment are imperative in the fight against cancer. If you have any medical issues that you think may be cancer-related, please seek help as soon as possible. Today's treatments have increased the survival rates for the majority of cancers. The daily advances in treatments offer new avenues of hope for anyone with cancer. A treatment developed for one cancer can also help with other cancers. In my case, I have had skin cancer for about 40 years and have taken breast cancer drugs and immunotherapy developed to treat other cancers. These treatments can and do provide treatment for a wide range of cancers. Your participation in the Thurmont Gateway to the Cure will help treat and comfort many of our family, friends, and neighbors. I want to personally thank each and every one who has helped with this effort.

Halloween is always a great holiday in Thurmont. There are lots of Halloween events, including Trunk or Treat at Community Park, Trick or Treating, and several business and organization-hosted events. Thanks to all those who helped make Halloween a fun evening for our little Ghouls and Goblins.

The month of November brings cooler temperatures, increased rainfall, the possibility of frost and snow, and Thanksgiving. In the spirit of Thanksgiving, let's support the good work of the Thurmont Food Bank and Thurmont Clothes Closet. Many in our community can't purchase nutritious meals. Your donation of non-perishable foods or cash to the Thurmont Food Bank can help ensure our neighbors have access to nutritious food during these cold months. You can also donate personal items like soap, shampoo, toilet paper, deodorant, diapers, and other items. The Thurmont Food Bank is located at 10 Frederick Road. The Thurmont Clothes Closet will appreciate your donations of warm clothing, including coats, hats, and gloves for children and adults. Your donations are distributed free of charge to those in need of clean, wearable clothing. The Clothes Closet is located at the Thurmont United Methodist Church at 13880 Long Road.

The Town of Thurmont will be lighting our Community Christmas Tree and street decorations on Saturday, November 28, at 6:00 p.m. You are invited to join us for this annual tradition at Mechanicstown Square Park. Please be sure to take a drive through Community Park to enjoy the business Christmas displays beginning on November 28.

On Saturday, December 5, from 10:00 a.m. until 3:00 p.m., we will be holding Christmas in Thurmont! There will be games, crafts, prizes, and a visit from Santa. The activities will be held at the Guardian Hose Company Station on North Church Street. Be on the lookout for additional information and times as we get closer to the event. Santa will be at the Thurmont Regional Library at 1:00 p.m. on December 5 to read *T'was the Night Before Christmas* to all the girls and boys.

Karen and I hope each of you has a very happy Thanksgiving with family and friends! I can be reached at 301-606-9458 or by email at jkinnaird@thurmont.com.

Elias Lutheran Church

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& BAKE SALE

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100 W. North Ave., Emmitsburg

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.

Town Adding Surcharge for Credit Card Payments

Beginning this month, the Town of Thurmont is adding a 2 percent processing fee for all payments made by debit or credit card. Payments made via eCheck through the online portal will not have the surcharge added.

Gateway to the Cure Kickoff

Thurmont kicked off its events in October to help raise funds for its annual Gateway to the Cure to raise funds for the Patty Hurwitz Breast Cancer Fund. After 12 years, the town has raised \$214,700 for the fund and expects to cross the \$250,000 mark. Money is raised throughout October from a golf tournament, a 5k run/walk, merchandise sales, and business support.

Thurmont Main Street Manager Vickie Grinder pointed out that while the number of breast cancer cases continues to rise, the disease's mortality rate is decreasing.

Town Considering Buying Property for a Catoctin Heights Park

The Thurmont Mayor and Board of Commissioners are considering purchasing 1.57 acres in Catoctin Heights to become a community park. The idea is several years old, and the town has been approved for \$50,000 in Program Open Space (POS) funds to help purchase the property from John and Maggie Doll. The POS funds must be used this year, though.

The town will send a letter to homeowners who are likely to use the park and let them know the mayor and board will continue the discussion at an upcoming meeting.

Middle School Will Get a Radio Enhancement System

During remarks to the Thurmont Mayor and Board of Commissioners, Police Chief Dave Armstrong told the mayor and board that the Thurmont Police Department has received a \$67,746 Fire and Justice Assistance Grant to install a radio enhancement system at Thurmont Middle School. Currently, radios for the police, fire, and EMS personnel do not work properly in the school. Personnel can't communicate to the outside of the building. The new system will correct this issue. Frederick County Public Schools is cooperating with this project.

Snow Emergency Plan Discussion

The Thurmont Mayor and Board of Commissioners discussed once again how to deal with some of the narrow streets and cul-de-sacs in town that have on-street parking and can be difficult to plow during a snow event. The two streets named specifically as being a problem are East Street and Carroll Street. Working within the town code, the mayor and board can declare a snow emergency for specific streets. This is one of the options being discussed. The town will be sending a letter to affected homeowners that this will be a topic at an upcoming meeting.

Appointments Made

The Thurmont Mayor and Commissioners approved the following appointments to town boards and commissions:

- Ross Lillard as an alternate member to the Planning & Zoning Commission.
- Alexis Gregory and Nicholas Dankanich as members of the Charter Review Committee.
- Keith Myers, Shawn Martyak, and Cathy Maddox as members of the Police Commission.

DID YOU KNOW?



The Catoctin Banner distributes 11,500 newspapers (8,500 mailed, the remaining distributed at local businesses).

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From the **MAYOR**

EMMITSBURG

Mayor Frank Davis

As I begin my second term as mayor of Emmitsburg, I want to thank everyone who has helped make the past three years successful. Without you, along with our dedicated staff and commissioners, it would have been impossible to accomplish the many projects and tasks that have helped to make Emmitsburg a better place to live, work, and visit.

I want to thank Commissioner Valerie Turnquist for her three years of service on the Emmitsburg Town Council. Commissioner Turnquist spent countless hours behind the scenes, researching issues, exploring alternative solutions, and bringing a fresh perspective to our local government. I appreciate her dedication and look forward to working with her in the future.

I also want to extend a warm welcome to our newly elected commissioner, Mike Myers. This will be Mike's first term serving the citizens of Emmitsburg, and I look forward to his fresh perspective and leadership. Welcome to the team, Mike!

Work has begun on North Seton Avenue. On the first day, the contractor discovered old piping that was not included in our records, delaying the project by several days. I have complete confidence in Huntzberry Brothers and look forward to seeing the project take shape.

As we continue our strong partnership with Mount St. Mary's University, we have an exciting event to announce. Friday, November 20, will be Emmitsburg Night as the Mount hosts Western Michigan in men's basketball. The evening will feature discounted ticket prices and a halftime show, featuring "Mutts Gone Nuts." I hope to see many of you there!

This year, I had the opportunity to assist in the "Command Center" for the Catoctin Colorfest. The Town of Thurmont should be very proud of its police department, maintenance team, and Chief Administrative Officer Jim Humerick. Despite the rain on Sunday, the event was a great success, as always. The planning, attention to detail, and coordination among the safety teams were truly impressive. I want to thank the Town of Thurmont for giving me the opportunity to assist and learn more about what it takes to coordinate such a large event.

As always, if you have any questions or concerns, or simply want to chat, please give me a call. I am always happy to hear from you!

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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.

Board of Commissioners Reorganized

Mayor Frank Davis was re-elected and new commissioner Mike Myers was elected during the recent town election. Davis, who ran unopposed, received 143 votes. Myers received 58 votes out of 161 votes cast. He defeated incumbent Commissioner Valerie Turnquist and former Commissioner Glenn Blanchard.

During the October 5 town meeting, County Clerk Sandra Dalton swore in Frank Davis, and Davis swore in Myers for his three-year term.

The board of commissioners also reorganized itself to fill the board officer positions and board liaison positions:

- President: Jim Hoover
- Vice President: Rosario Benvengi
- Treasurer: Cliff Sweeney
- Planning and Zoning Commission liaison: Kevin Hagan
- Citizens Advisory Committee liaison: Mike Myers
- Parks and Recreation Committee liaison: Cliff Sweeney

Hunting Regulation Amended

The Emmitsburg Board of Commissioners voted to amend the town's hunting and recreational use policy. The change no longer requires people using Rainbow Lake for fishing to get a town fishing permit. State requirements still need to be met regarding fishing and hunting.

Town Transfers Land to Emmit Ridge II

The Emmitsburg Board of Commissioners approved its intent to transfer 0.4511 acres of land adjacent to the Emmit Ridge II development to the developer for the purpose of maintaining land adjacent to the existing stormwater management facility.

The town-owned property surrounds a stormwater management facility. As part of the improvement plans for Emmit Ridge II, the stormwater management facility needs to be enlarged to comply with current stormwater management regulations. The proposed improvements will require access to and use of a portion of the town-owned property.

By transferring the property, the town will no longer need to maintain it. It will become the responsibility of the homeowners' association. It also avoids the need for additional easements and maintenance agreements associated with the stormwater management improvements.

Seton Avenue Change Order Approved

The Emmitsburg Board of Commissioners approved a change order from Huntzberry Brothers on the Seton Avenue waterline project. Additional work is needed through no fault of the contractor. The additional \$51,264.50 is needed to upsize a section of storm drain, modify the size of the associated manholes, modify the size of one concrete endwall, and add a riprap plunge pool.

The Emmitsburg Board of Commissioners is continuing discussions on how to deal with the projected shortfalls in the town's water and sewer funds. With lots of infrastructure work expected to be needed, the town is not bringing in enough money to cover those costs.

Water and Sewer Fee Discussion

Much of the discussion during the October town meeting was around the town's tap fees. It is being proposed that the water connection fee should be \$8,000, and the sewer connection should be \$8,200. The funds collected from connection fees should also be restricted for capital improvements. Currently, the fees go into the general fund and can be used for day-to-day operations, although connection fees are meant for infrastructure improvements. If the town starts doing so now, it will allow for some build-up of funds to help with the expected shortfalls.



From the **BURGESS**

WOODSBORO Burgess Heath Barnes

Woodsboro town meetings are held on the second Tuesday of each month at 7:00 p.m. In addition, planning and zoning meetings are at 6:00 p.m. on the first Monday of the month, as needed. If you have an item for the agenda, it needs to be submitted 14 days before the P&Z meeting. Meetings are held in the Woodsboro Town Hall, located at 605 S. Main Street, Woodsboro, MD 21798. The public is always invited to attend.

Happy Fall! The weather is quickly changing, and it's still hard to believe that we have officially entered the end-of-year holiday months. I hope everyone has a Happy Thanksgiving in a few weeks, and I hope it's spent with family and friends. During this time, I always like to remind people to look out for others who may not have as much during this time of the year.

October saw another Woodsboro Days weekend come and go in town. The weather, for the most part, cooperated, and I saw a lot of people out in town at the yard sales at the churches and the vendor event at the fire hall. Even though the music event in the park didn't happen this year, it was still a nice weekend in town. October also saw a sad time in town, as our long-standing grocery

store has closed, hopefully just temporarily for repairs and nothing more, and will reopen soon. Time will tell. Some of our residents depend on this grocery store, and I encourage people to support it as much as they can should it reopen.

As many have noticed, the new digital sign for the town hall and community center has been installed. It will allow us to make announcements on it more in real time, etc. We also have the community room available for residents to use during business hours with a reservation, which can be made through the town clerk. We also have started working on the major underground leaks that were found in town due to the aging infrastructure. We have had some areas that have gone without water pressure for a few days, and unfortunately, some more areas

will be turned off temporarily for repairs. The town will notify all residents who will be affected by it.

The town has been approached by a nonprofit wishing to place a small food pantry box at the town hall. I like the idea a lot, and it will be discussed more at the November meeting with the town council. This will be a nice addition to the community center area to support those in our community who may have needs. The nonprofit will maintain the items in it, etc. More details to come soon.

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

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



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Let's Talk Turkey

BY MASYN SANDERS,
Student Writer

With the Autumn season maturing, leaves are turning brilliant shades of red, orange, and gold. The air becomes cool and crisp, and families across the nation are preparing to celebrate Thanksgiving, a staple of American culture, focused on gratitude and civic reflection. Although the holiday is recognized as a time for family gatherings, a shared feast, and a time to reflect on the many blessings in our lives, many of its defining customs come from historical developments that contrast sharply with popular belief.

The story of Thanksgiving is traced back to 1621, when English colonists at Plymouth, Massachusetts, shared a harvest feast with members of the Wampanoag people. When the Pilgrims arrived on the Mayflower in Plymouth, they were looking for a place to build a community where they could practice their religion freely. Their first winter was difficult, and many became sick or died as a result of freezing weather, diseases, and lack of food. It was during the spring

the following year that the Wampanoag stepped in to provide help by showing the settlers how to fish, grow corn, and navigate their new surroundings. The people of Wampanoag had already been living off the land for generations but played a significant role in helping the struggling colonists survive. In the fall of 1621, after a successful harvest, the settlers and the Wampanoag community held a several-day feast celebrating their bountiful harvest. It is believed that a few colonists went out "fowling," possibly for turkeys, but more likely for geese or ducks. This particular gathering is often remembered as the first Thanksgiving, a day of prayer thanking God for blessings, although it was not called Thanksgiving at that time. It was a celebration of the harvest, but the relationship between the two groups became more complicated in the years that followed.

The institutionalization of Thanksgiving as a federal holiday was largely the result of a decades-long civic campaign. Sarah Josepha Hale, a prominent

editor and author of "Mary Had a Little Lamb," spent 36 years petitioning five successive presidential administrations before President Abraham Lincoln officially proclaimed a National Day of Thanksgiving in 1863 to foster unity during the Civil War. President Lincoln's mission was to encourage Americans to come together and give thanks despite the challenges facing the country. It was not until Congress officially established Thanksgiving Day as a federal holiday in 1941, celebrated on the fourth Thursday of November.

While there is no definitive proof that turkey specifically was served at the 1621 harvest gathering, the "fowl" that was provided during the first Thanksgiving could have been turkeys, which were plentiful in North America and native to the area. However, as mentioned earlier, historians tend to think it was ducks or geese. Turkeys were large enough to feed a crowd, and thus, became associated with the holiday. Over time, the turkey, whether it be roasted, deep-fried, or grilled, became the centerpiece of the Thanksgiving dinner table. Mashed potatoes, gravy, stuffing, sweet potatoes, cranberry sauce, and warm rolls are some of the dishes served alongside the turkey. And who can forget pumpkin pie for dessert?

As our country became more urban, families throughout began to live further away from one another. Thanksgiving shifted away from being strictly a religious holiday to allow people of every background to gather together to partake in a common tradition. Equally notable are the origins of other iconic holiday traditions such as professional football broadcasts and the annual presidential turkey pardon formalized by President George H.W. Bush in 1989. The tradition of playing football on Thanksgiving originated in 1876, with an undergraduate game between Princeton and Yale. This established an athletic association that predated the founding of the National Football League for decades. Since 1924, the annual Macy's Thanksgiving Day Parade in New York City has also continued to be a tradition.

In addition to a feast and entertainment, Thanksgiving brought on other customs such as the snapping of the wishbone after the turkey has been carved.

In this tradition, two people pull on the ends of the wishbone while they make a silent wish. Whoever ends up with the longer piece when the wishbone breaks is said to have their wish granted. The Thanksgiving holiday allows time to slow down, spend time with family and friends, and appreciate the people and experiences that make life special. Thanksgiving is also a time to remember those who may be struggling. A simple act of kindness, such as volunteering at a local food bank, donating meals to families in need, or helping a neighbor, can make a meaningful difference. Not everyone has a warm home, a table full of food, or nearby family to celebrate with.

Fun fact: the Swanson company introduced us to the modern convenience meal, or "TV dinner." In 1953, the company overestimated consumer demand for turkey during the Thanksgiving holiday, which resulted in an excess of 260 tons of frozen poultry. To avoid the turkeys thawing and spoiling, as well as a substantial economic loss, the turkeys were stored in ten refrigerated train cars. The cars' refrigeration system only worked when the railcars were moving. Therefore, the company shuttled the trains back and forth between Nebraska headquarters and the East Coast while top executives came up with a solution for the excess meat.

Swanson salesman, Gerry Thomas, came up with a solution: partitioning the surplus turkey into aluminum trays alongside mashed potatoes and peas, designed to be heated in the oven, thereby introducing the television dinner into American society. It was marketed as a "TV dinner" to capture families sitting around living room televisions and was an immediate success.

As Thanksgiving quickly approaches, I urge you to take a moment to think about what you are thankful for. Maybe it is your family, your friends, your health, or the opportunity to make a difference in your community. Often, the things we take for granted every day are the things worth appreciating the most. As you enjoy your turkey, side dishes, and pumpkin pie, take the time to make wonderful memories with the people around you. Thanksgiving reminds us that there is always something to be thankful for.

Happy Thanksgiving!

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Book Lovers

by Emily Henry

published in 2022

contemporary
romance novel

This month's book pick, *Book Lovers* by Emily Henry, was recommended to me by my daughter, as well as my oldest son, which very much surprised me, as my son is not normally a romance novel fan. I'm usually not a big fan of romance novels either. To me, romance novels, for the most part, tend to be superficial and what I refer to as "surface reads," lacking depth and genuine character development, and always embracing a predictable, guaranteed happy ending, a Hallmark-style motif. I admit, it is, no doubt, sometimes nice to read a book that is an "easy read," with everything wrapped up in a nice, frilly bow, embracing all the warm fuzzies. To my surprise, I discovered that this romance book tosses the "surface read" stereotype on its head.



This romance novel is different. It overturns genre clichés; focuses heavily on career and family dynamics; and features sharp, witty banter rather than traditional romance plot dialogue.

Nora is a cutthroat, high-powered New York literary agent who views herself as the ambitious career woman, only a true heroine to her clients. Nora has a younger sister, Libby, of whom she is fiercely protective. Nora and Libby lost their mother suddenly when Nora was 20 and Libby was 16, which is a driving force behind Nora's personality. Libby is pregnant with her third child, and she begs Nora for them to take a trip to spend the month of August in Sunshine Falls, North Carolina. Libby has a secret wishlist of small-town transformation milestones she hopes Nora will experience—like meeting a local doctor—believing that Nora needs to become the heroine in her own story.

Charlie Lastra is a brooding, dry-humored, and brilliant book editor from New York. Nora knows Charlie from a disastrous past meeting, where he rejected one of her client's books.

As it turns out, Charlie is also in Sunshine Falls. Nora and Charlie discover they are both working behind the scenes on a high-profile manuscript by bestselling author Dusty Fielding, forcing them to interact and professionally collaborate. Instead of a cute romantic spark, their repeated run-ins with each other feel like the opposite of a Hallmark movie. Both Nora and Charlie feel out of their element, dislike small-town tropes, and are initially distressed to keep crossing paths. But having to work together on the manuscript forces them to drop their defenses and re-evaluate the rigid life narratives they have built for themselves.

Along with the romance aspect of the book, the story places heavy emphasis on dealing with grief, navigating expectations, the sisterly dynamics between Nora and Libby, family responsibilities, and personal self-acceptance.

So, whether you are a huge fan of romance novels or not, *Book Lovers* is definitely worth the read, especially if you enjoy sharp, fast-paced, and witty banter; fun and entertaining enemies-to-lovers dynamics; and a fresh spin on classic romance themes.

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3 Bdrms/ 2.5 Baths/Lake
Linganore Comm/ Cathedral Ceil/
Stone Frpl/Finished LL/Covered
Deck/ Fenced Rear Yd



Call
Cindy Grimes
301-788-5354
MD, PA & WV

NEW PRICE



**9607 CRYSTAL FALLS RD,
SMITHSBURG, MD**

\$297,500

3 Bdrms/ 1 Bath/ 2.73 Acres Lot/
Wood Stove w/ Stone Hearth/
Covered Front Porch w/ Scenic
Setting/ Several Storage Sheds/
2 Run-In Sheds



Call
Cindy Grimes
301-788-5354
MD, PA & WV

NEW PRICE



**417 N CHURCH ST,
THURMONT, MD**

\$345,000

4 Bdrms/ 2 Bath/ Cape Cod
w/ Hdwd Flrs/ Fireplace/
Cover Porch/ In-Ground
Pool



Call
Beth Ohler
240-315-5376
MD & PA



**11234 WOLFVILLE RD,
MYERSVILLE, MD**

\$999,900

4 Bdrm/ 2 Bath
42+ Acres/ Stone & Log Home
Owned by Same Family since
1890/ Pond/ Tenant House



Call
Cindy Grimes
301-788-5354
MD, PA & WV

COMMERCIAL



**5529 ADAMSTOWN RD,
ADAMSTOWN, MD**

\$995,000

3100+ SqFt Currently
Day Care Facility/ Ample
Parking/ Office Space &
Storage Space



Call
Erin Kelly
301-401-0048
MD, PA & WV



**3510 STARLIGHT ST
#401, FREDERICK MD**

\$514,900

2 Bdrms/ 2 Baths/ Penthouse
Condo w/ Loft & Garage/ Vaulted
Ceilings/ Never lived in/ Beautifully
Upgraded/ Meticulously
Maintained/ Wonderful
Community Amenities



Call
Nicole Lapera-Holler
301-748-6393
MD



**405 BAYSHORE DR #304,
OCEAN CITY, MD**

\$490,000

2 Bdrm/ 2 Bath/ Waterfront
Bayside Condo w/ Private Deep
Water Boat Slip/ Open Flr Pln/
Private Balcony



Call
Carroll Glass
240-674-2538
MD & PA

UNDER CONTRACT



**7275 BLACK RD,
THURMONT, MD**

\$299,900

Beautiful 35.28 Acre
property - Wooded
Well installed
Sought after location just
minutes from Rt 15



Call
Cindy Grimes
301-788-5354
MD, PA & WV

UNDER CONTRACT



**5 CLARK AVE,
THURMONT, MD**

\$439,900

4 Bdrms/ 2 Baths/
All Brick Rancher/ Hdwd
Flrs/ Stone Firepl/ Patio/
Heated Saltwater Pool



Call
Elle Smith
301-401-8620
MD & PA



J&B Real Estate, Inc.

142 Walkers Way, Walkersville, MD 21793

320 S Jefferson St, Frederick MD 21701

NEW LISTING



**4314 DOVER DR,
FREDERICK, MD**

\$440,000

3 Bdrms/ 1 FBath/ 2 HBaths/
Rancher on 1.33 Acres/No city
Txs or HOA/ML w/Hdwd Flrs/LL
w/ Level Walkout



Call
Elle Smith
301-401-8620
MD & PA

NEW LISTING



**29 CATOCTIN HIGHLANDS
CIR, THURMONT, MD**

\$319,900

End Unit Townhome/ 3 Levels/
LL w/ Bonus Rm, Laundry Area
& Half Bath/ Fenced BkYd w/
Patio/ Shed/Assigned Park'g



Call
Courtney Eyler
301-676-3677
MD & PA

NEW LISTING



**14059 HARBAUGH CHURCH
RD, WAYNESBORO, PA**

\$368,500

3 Bdrm/ 2 FBath/ 1
HBath Custom Built All-Brick
Rancher/Open Views/Pellet
Stove/ LM Laundry/ Abundant
Storage/ HVAC Updated 2020



Call
Crystal Garrett
301-992-5994
MD

COMING SOON



**33 CEDARFIELD DR,
GETTYSBURG, PA**

\$301,900

3 Bdrms/ 2.5 Baths/2-Level
Duplex w/ Covered Front
Porch/Dining Rm w/Walkout
Patio/Lvg Rm w/ Separate Fam
Rm/ ML Laundry



Call
Elle Smith
301-401-8620
MD & PA



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communities for 45 years with three
locations

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Premier Real Estate, Inc in
West Virginia



**100 CHAPEL CT #318,
WALKERSVILLE, MD**

\$230,000

2 Bdrm/ 1.5 Bath/3rd Flr Condo/
Balcony/ Private Parking Space
& Guest Parking/ Community
Pool & Playground/ Convent to
Walkers Village Shopping Ctr



Call
Beth Ohler
240-315-5376
MD & PA

NEW PRICE



**322 MOUNTAINEERS WAY,
EMMITSBURG, MD**

\$359,900

4 Bdrms/ 3.5 Baths/Many
Updates/ Gas Fireplace/ Fully
Finished LL/ Backs to Trees/
Mtn Views



Call
Tony Little
301-748-5856
MD & PA

NEW PRICE



**6866 WHISTLING SWAN
WAY, NEW MARKET, MD**

\$535,900

4 Bdrms/ 3.5 Baths/
Lake Langanore Comm/
Renovated in 2022/
Finished LL/ Wood Flrs/ Lg
Deck



Call
Beth Ohler
240-315-5376
MD & PA

NEW LISTING



**4326 SHARMANS RUN,
SHARPSBURG, MD**

\$230,000

4.2 Acres/300 Ft Frontage
along Antietam Creek/
Open Pasture & Woods/
Perced with well/
Completely Fenced



Call
Cindy Grimes
301-788-5354
MD, PA & WV

UNDER CONTRACT



**14417 RIDENOUR RD,
SMITHSBURG, MD**

\$349,900

2 Bdrms/ 1 Bath/21.35
Acres/Open Pasture &
Wooded/ Orig Log Home
circa 1900 Needs major
Reno/Smokehouse/Shed



Call
Cindy Grimes
301-788-5354
MD, PA & WV

UNDER CONTRACT



**14828 FOXVILLE DEERFIELD
RD, SABILLASVILLE, MD**

\$180,000

3 Bdrms/ 1.5 Baths/.69
Acres/ Mature Trees & Scenic
Views/ Being sold AS-IS/
Cash or Portfolio Financing
Recommended



Call
Elle Smith
301-401-8620
MD & PA

UNDER CONTRACT



**13840 COUNTRY SIDE
DR, MAUGANSVILLE, PA**

\$250,000

4 Bdrms/ 2 Baths/Rancher
on Half Acre/ New Flooring,
Paint & Heat Pump (2025)/
Patio, Deck & Shed/ Newer
Metal Roof



Call
Erin Kelly
301-401-0048
MD, PA & WV



**1545 COTTAGE LN,
TOWSON, MD**

\$335,000

3 Bdrm/ 2 Bath/Brick End
Unit Townhome/ Hdwd Flrs/
Finished LL/ Fenced Rear
Yard



Call
Elle Smith
301-401-8620
MD & PA

LOT



**5706 RIDGERD,
CASCADE, MD**

\$99,900

1.41 Acres/ Wooded Lot/
Near Ft Ritchie/Public W/S
Available



Call
Cindy Grimes
301-788-5354
MD, PA & WV

Thurmont Lions Holiday Bake Sale

No need to bake! You can grab all your homemade goodies for the holidays at the Thurmont Lions Club Bake Sale on November 21, from 9:00 a.m. to 2:00 p.m., in the foyer of Mountain Gate Restaurant. View the advertisement on page 53 for more information.

Weller UMC Events

Join Weller UMC in Thurmont for their special services and events in November. On November 1, they will celebrate All Saints Sunday. On November 14, join them for Friends Giving with a potluck at 5:00 p.m., and on November 29, for an Advent Celebration. View the advertisement on page 53 for more information.

Live Music at the Thurmont AMVETS

Check out the dates for live music at the Thurmont AMVETS! November 7, Firehouse DJ, 7:00 to 10:00 p.m.; November 14, Hannah Ponce, 7:00 to 10:00 p.m.; November 21, Two for the Road Band, 6:00 to 9:00 p.m. This is open to the public, and there is no cover charge. Food is available for purchase until 7:00 p.m. View the advertisement on page 51.

Kountry Kitchen Fundraiser for Harriet Chapel

Relax and grab dinner at Thurmont Kountry Kitchen on November 5 from 5:00 – 8:00 p.m. Whether you dine-in or carryout, a portion of the proceeds will be donated back to Harriet's Chapel. View the advertisement on page 51 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 48.

AMVETS Bar Bingo

Come ready to win every Thursday at Bar Bingo from 7:00 to 9:00 p.m. at the Thurmont AMVETS Post 7. Doors open at 5:00 p.m. The 10 of Hearts Drawing also takes place, with the current Jackpot at \$12,415. Open to the Public. View the advertisement on page 48 for more information.

St. Anthony's Bingo

Join St. Anthony's for an evening of good food and old-fashioned bingo on November 7. Doors open at 5:00 p.m., games begin at 6:30 p.m. The event includes 50/50, tip jars, raffles, and baked goods for sale. View the advertisement on page 45.

Lewistown Indoor & Outdoor Yard Sale

Come browse for treasures at the Lewistown Volunteer Fire Company's Indoor & Outdoor Yard Sale on November 7 from 8:00 a.m. – 1:00 p.m. Food will also be available for purchase from the Fire Hall. View the advertisement on page 45 for more information.

Tom's Creek Yule Logs Candy Fundraiser

It is time for the Tom's Creek Annual Yule Logs Candy Fundraiser. Flavors include Milk Chocolate Peanut Butter Butter Logs and Dark Chocolate Coconut Logs. The cost is \$15.00 per dozen or \$8.00 for a half-dozen. For contact information on how to order, view the advertisement on page 41.

CHS Class of 2027 Safe & Sane Events

The Class of 2027 is holding two fundraisers for their Safe & Sane event. Try your luck at the Sportsman Dinner on November 14 or take a chance on a Squishy online raffle. For details, view the advertisement on page 60.

Wreaths Across America Fundraiser

No need to cook! Stop by the Thurmont Kountry Kitchen on November 18, from 4:00 to 8:00 p.m., and a portion of the proceeds from your meal will be donated to the Thurmont Lions Club Wreaths Across America Project. View the advertisement on page 40 for more information.

Thurmont Lions Club Bingo

Come ready to play Bingo with the Thurmont Lions Club on November 15 at the Guardian Hose Company Activities Building. Doors open at 11:30 a.m. Bingo starts at 1:00 p.m. The cost is \$25.00 per ticket. Bingo will feature a \$1,000 Jackpot. View the advertisement on page 39.

Varney the Vampire or the Feast of the Blood

The Catocin High School Theatre presents Varney the Vampire or Feast of the Blood on December 4 & 5 at 7:00 p.m. Tickets are \$8.00 for adults and \$6.00 for students. Tickets can be purchased in advance using the QR code in the advertisement on page 37.

Afternoon of Music at Apples Church

Join Apples Church UCC for an afternoon of music with The Cornerstone Mennonite A Capella Choir on November 8 at 5:00 p.m. View the advertisement on page 36 for more information.

Fall Soup & Sandwich Sale

Warm up with some homemade soups and sandwiches at the Baust UCC's Fall Soup & Sandwich Sale. Pre-order by November 7. Pickup will be November 14, from 12:00 to 3:00 p.m. For information about pre-ordering and more details, view the advertisement on page 35.

Diwali Celebration

Help Main Street Thurmont celebrate Diwali, a Hindu tradition also known as the festival of lights on November 6, from 5:00 to 8:00 p.m. Participating businesses will have lights in their windows, and the event will include a Henna tattoo artist, a Diwali children's performance, and crafts for the kids. You can also try a free yoga session! 10 Tavern will be serving up authentic Indian dishes. View the advertisement on page 33 for more information.

**POOLS
PATIOS &
PORCHES**

**POOL &
SPA**

Year Round
All Pool Closing Needs
Hot Tub & Swim Spa Supplies

**POOL
SERVICE**

Year Round
Opening, Closing & Maintenance
Vinyl Liners, Winter Covers
New Equipment, Leak Detection

More than a Pool Store!

**PATIO
FURNITURE**

Year Round
Showrooms in
Frederick & Thurmont

JINGLE SHOP

October to January
Frederick
Total Store Transformation
Thurmont
Jingle Shop Express

THURMONT
15 East Main St

301-698-1200
VisitPPP.com

FREDERICK
2 Wormans Mill Ct

S'mores with Santa

Get in the holiday spirit with Frederick County Parks and Recreation's S'mores with Santa on December 3 at Utica Park. Gather around the campfire, enjoy s'mores and a hot cocoa bar, and share your Wishlist with Santa. Cost is \$35.00 per fire pit. Registration is required. There are multiple 60-minute sessions. View the advertisement on page 33 for registration information.

Carroll Vista Annual Craft Fair

Start your holiday shopping at the Carroll Vista Annual Craft Fair on November 7, from 10:00 a.m. to 1:00 p.m. The event will include a variety of local vendors. View the advertisement on page 30 for more information.

Rocky Ridge Holiday Assistance Drive

The Rocky Ridge Volunteer Fire Company is holding a Holiday Assistance Drive. Drop off new unwrapped toys, blankets/throws, or holiday meal items by December 13 at the Fire Hall. View the advertisement on page 30.

Thurmont Lions Club Christmas Cookie Sale

Do you like to bake and support a good cause? Bring six of your finest cookies for the Thurmont Lions Club Christmas Cookie Contest on December 11, from 6:00 to 7:00 p.m. Cost is \$10.00 per entry, and all proceeds go to local charities. For more information and a listing of prizes, view the advertisement on page 27.

Graceham Moravian Church Events

Graceham Moravian Church will hold its monthly Served with Grace Free Dinner on Monday, November 2, from 5:30 to 7:00 p.m. On November 14, stop by from 11:00 a.m. to 4:00 p.m. (or until sold out) for their Oyster Platter Carryout. View the advertisement on page 26 for more information.

St. Paul's Fall Bazaar

Come ready to eat and shop at the St. Paul's Fall Bazaar on November 14, from 9:00 a.m. to 2:00 p.m. Food available includes country ham and turkey sandwiches, homemade soups, hot beef, hot dogs, and baked goods. Shop the flea market while you are there for a variety of goodies. View the advertisement on page 25 for more information.

Thurmont Lions Christmas Ornament Sale

It is time to order your Thurmont Lions Club Christmas Ornament! This year's painting is of Apples Church First Christmas by local artist Rebecca Pearl. To pre-order, call 240-409-1747. Ornaments will be picked up in December. View advertisement on page 21 for details.

Thurmont Christmas Market Craft & Vendor Show

Come ready to shop for all those holiday gifts at the Thurmont Ambulance Company's Christmas Market Craft & Vendor Show on November 21 & 22, from 9:00 a.m. to 3:00 p.m. Food will be available for purchase from the Thurmont Ambulance Company. View the advertisement on page 21.

Breakfast with Santa and Christmas Bazaar

Join the Mother Seton School for its Annual Breakfast with Santa and Christmas Bazaar on December 5, from 8:00 a.m. to noon. Breakfast is \$10.00 per person or \$50.00 for families (5-8). Ages two and under eat free. Admission to the Bazaar is free. For information on being a vendor and tickets, view the advertisement on page 20.

Lions Club Fudge Sale

What makes a better gift or treat for yourself than fudge from the Thurmont Lions Club? Place your orders by December 13 by calling 301-606-7873. Cost is \$17.00/pound or \$9.00/half-pound. Orders will be picked up December 19, from 10:00 a.m. to Noon, at St. John's Lutheran Church in Thurmont. For a full list of flavors and more information view the advertisement on page 15.

Yard Sale

Come browse the Yard Sale at Elias Lutheran Church on November 12, 13 & 14, from 9:00 a.m. to 2:00 p.m. All proceeds benefit the church. View the advertisement on page 10.

Children's Christmas Party

Come celebrate the holidays with the Emmitsburg Lions Club at its Annual Children's Christmas Party on December 12, from 11:00 a.m. to 1:00 p.m., at the Vigilant Hose Company Activities Building. The event includes crafts, hot dogs, cookies, hot chocolate, and a visit from Santa and Mrs. Claus at Noon. View the advertisement on page 13.

Holiday Book Sale

The Friends of the Thurmont Library are hosting a Holiday Used Book Sale on December 5 at the Thurmont Regional Library. Stop by grab some books, and don't forget to clip and bring your coupon for one free book. View the advertisement on page 15.

Country Breakfast & Butchering

The Rocky Ridge Volunteer Fire Company's Country Style Breakfast & Butchering is on Saturday, November 21, at the Activities Building on Motters Station Road, from 6:00 to 10:00 a.m. Butchering orders must be placed by November 14. For information on placing orders and more details, view the advertisement on page 15.

Veterans Day Service

Join Trinity United Church of Christ in Thurmont for its Veterans Day Celebration on November 8. Music begins at 10:00 a.m., with the service following at 10:15 a.m. The guest speaker is Retired Army Chaplain Jerry Sieg with patriotic music by The Solid Ground Band from Ft. Detrick. View the advertisement on page 7.

Homemade Applesauce Sale

Support the Thurmont Lions Club by purchasing homemade applesauce just in time for the holidays! The cost is \$8.00 per quart (specify with or without sugar, and with or without cinnamon). Applesauce will be frozen. Call 301-271-0558 to reserve your order. Pickup will be on November 21 at Mountain Gate Restaurant. View the advertisement on page 7 for details.

New Year's Eve Bingo

Ring in the New Year by winning some cash! The Thurmont Ambulance Company will hold its annual New Year's Eve Bingo on December 31. Doors open at 5:00 p.m., with games starting at 8:00 p.m. Over \$17,000 in cash payouts. Advance Tickets are \$50.00. Tickets at the door are \$60.00. View the advertisement on page 6 for details.

Chicken Pot Pie and Ham Sandwich Sale

The colder weather is the perfect time to order some slippery chicken pot pie or country ham sandwiches from the Lewistown Methodist Church. Pot Pie is \$9.00/qt., and Country Ham Sandwiches are \$5.00. Advance orders are due by November 7 by emailing lumcpotpie@gmail.com. Pickup will be Saturday, November 14, from 11:00 a.m. to 4:00 p.m., with baked goods also available. View advertisement on page 5.

Twelve Days of Christmas Lottery Drawing

Support the Rocky Ridge Volunteer Fire Company by purchasing tickets for the Twelve Days of Christmas Lottery Raffle. The cost is a \$10.00 donation per ticket. The winner will be picked by the evening Maryland Pick 3 Lottery numbers for December 14-25. Get your tickets online at tockyridgeevfc.org or call one of the numbers listed in the advertisement on page 5.

Christmas Mart

Start your holiday shopping at the Christmas Mart on November 28 at the Union Bridge Fire Company. The Mart runs from 9:00 a.m. to 2:00 p.m. and includes over 30 vendors. Free parking and admission. Homemade food is also available for purchase. View the advertisement on page 15.

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, November 14. Doors open at 5:00 p.m., with games starting at 7:00 p.m. Come hungry! Food is available for purchase. View the advertisement on page 41.

Blended by Criswell Welcomes Customers to Thurmont

BY ALISHA YOCUM



Blended by Criswell celebrated their Grand Opening with a Ribbon-Cutting Ceremony on October 3.



Mayor Kinnard presents Heather Criswell, owner of Blended by Criswell, with a certificate welcoming her business to Thurmont.

Thurmont welcomed its newest salon, Blended by Criswell, on October 3 with a ribbon-cutting ceremony. Mayor Kinnaird, town commissioners, and staff joined in welcoming the new business to the community.

Owner Heather Criswell graduated from Frederick County Public Schools' Career and Technology Center with a cosmetology license and has spent the past 12 years styling hair.

The salon's sleek design creates a relaxing atmosphere for customers looking to enjoy a little pampering.

Blended by Criswell is home to multiple stylists who operate their own businesses while working together under one roof.

Criswell's family played an important role in bringing her vision to life, with her parents completing much of the salon's renovations. Her husband, Austin, and their two children were also on hand to

celebrate the opening. Criswell's vision goes beyond creating a beautiful salon. She hopes to empower women business owners by providing an environment where independent salon professionals can work together and grow.

Through Blended by Criswell, she aims to show how small salon businesses can come together to create something bigger.

The salon offers a variety of services for men, women, and

children, including haircuts, hair coloring, waxing, hair extensions, and more.

Hours vary but are typically Tuesday through Friday, 10:00 a.m. to 8:00 p.m., and Saturday and Sunday, 10:00 a.m. to 4:00 p.m.

Customers are encouraged to call for an appointment and visit Blended by Criswell to experience the welcoming atmosphere and meet Heather and her team of stylists.

SLOTH ENCOUNTERS

STEP INSIDE THE CANOPY WORLD OF LINNAEUS'S TWO-TOED SLOTHS AND DISCOVER WHAT IT MEANS TO LIVE LIFE, UPSIDE DOWN!

- ▶ OFFER FOOD AND GENTLE TOUCHES (ON THE SLOTHS' TERMS, OF COURSE!)
- ▶ LEARN ABOUT THEIR RAINFOREST ECOSYSTEM
- ▶ AND RECEIVE DIGITAL PHOTOS OF YOUR VISIT!

BOOKING NOW!

VISIT OUR WEBSITE FOR MORE INFORMATION

CATOCTINWILDLIFEPRESERVE.COM

Mother Seton School presents...

Breakfast with Santa

and Christmas Bazaar

DECEMBER 5 | 8 AM to 12 PM

Now accepting vendor applications!

Visit MotherSetonSchool.org for more information, tickets, and vendor application

Tickets for Breakfast
\$10 pp | \$50/family (5-8)
2 and Under Free
Admission to the Bazaar is Free

Mother Seton School, 100 Creamery Rd, Emmitsburg

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:

- **Emmit Ridge** — The preliminary plan was approved on August 10. Improvement Plans were resubmitted on August 24 and are under review by the town engineer.
- **Brookfield Phase 5** — Construction work is ongoing.
- **Patriot Crane** — The Planning Commission conditionally approved the site plan on September 28. The applicant submitted and appeared before the Board of Appeals for a variance of the allowable fence height on August 25.
- **Seton Center Subdivision** — Subdivision application has been reviewed. Comments were provided to the applicant. The Planning Commission reviewed the application and conditionally approved it on June 29. The town is now waiting for the submission of a revised plat for approval before recordation.

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:

- **Mechanicstown, LLC** (Emmitsburg Road) — Final Plat conditionally approved for 31 single-family lots in R-2/ ARP. Discussions between developer and builder in progress.
- **Mountain Brooke** (Emmitsburg Road) — Final Plat conditionally approved for 11 single-family lots in R-2/ ARP. Discussions between developer and builder in progress.
- **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 approved.
- **Mountain Gate Business Park** — Access road from Thurmont Blvd. to access Thurmont Village Lot 1, zoned General Business. Final Site Plan approved.
- **McDonald's** — Site demo and rebuild, zoned General Business. Final Site Plan approved.
- **J&R Transport Office Building** — Apples Church Road zoned Office Industrial. Preliminary Site Plan conditionally approved.

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

PET OF THE MONTH 🐾 SEND IN YOUR BEST BUDDY!

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

→ send to: NEWS@THECATOCTINBANNER.COM

The Palms - Restaurant and Bar -

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Breakfast • Lunch • Dessert
- Eat In or Take Out -

Open Tues. - Sat. from 8:30 AM - 2:00 PM
Open Second Sunday of Every Month

Happy Thanksgiving
FROM TERRY & DOUG!

16-20 W. Main St. • Emmitsburg, MD • 301.447.3689 • See Daily Specials on FB!





Thurmont Christmas Market Craft & Vendor Show

Saturday, November 21 & Sunday, November 22
9:00 AM - 3:00 PM

Food will be available for purchase from the
Thurmont Ambulance Company

Santa will be visiting!

Thurmont Event Complex, 13716 Strafford Dr, Thurmont

THURMONT AMVETS POST 7



COME CHECK US OUT

Now Open
for
Lunch and Dinner

Weekly Specials Available
Wed thru Saturday, 12 PM - 8 PM
Follow us on Facebook at Amvets Post #7 for weekly menu
★ ★ Friday Night "Bucket of Domestic Beer" ★ ★
& Appetizer for \$20.00

Every Wednesday, Thursday, Friday and Saturday
Open Lunch 12 to 3 PM and Dinner 4 to 7 PM

26 Apples Church Rd, Thurmont

Non-Members must be signed in as a guest of a Member when coming into the Post for Thursday Night Bingo, Lunch and Dinners

Announcing the 2026 Thurmont Lions Christmas Ornament



Apples Church First Christmas - 1765
By Local Artist, Rebecca Pearl

From an original watercolor by Rebecca Pearl
In celebration of Thurmont's 275th Anniversary

CHRISTMAS 2026
L.E. /300

Contact 240.409.1747 to reserve your ornaments today!
Leave message with name, phone number, and number of ornaments.
You will be contacted about pick-up in late November/early December.

\$10.00 (plus tax) per ornament

Need Help Paying Heating or Energy Bills?

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Energy assistance is available to all Maryland residents who are eligible. Let us help make your energy costs more affordable.

Call

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Send us pictures and information that you'd like to include in your announcement

\$75

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CONTENT DEADLINE:

The 15th of the month prior to the issue month where your ad/info will appear.

CONTACT US TODAY!

301-241-9249 - news@thecatoctinbanner.com - www.thecatoctinbanner.com

Businesses Past...

BY RICHARD D. L. FULTON

Dutch Cupboard Tea House

Source: Collection of E. Catherine Curtis

The Dutch Cupboard Tea House was located within the building that is presently housing Rita's Water Ice and the Gettysburg Cigar Company at 523 Baltimore Street, across the street from the Jennie Wade House and Museum.

The company held its grand opening on July 2, 1953, according to an advertisement published in the June 29, 1953, edition of *The Gettysburg Times*, which also listed Margaret Fitz Scott as having been the hostess. However, not mentioned was the fact that Scott was also the owner of the establishment at that time.

The Times noted in an article published in the newspaper's November 14, 1958, issue that Scott, who the report had identified as the owner/hostess, "is a direct descendant of the Fitz family that settled in the Blue Ridge Summit area two centuries ago."

The restaurant's initial advertisement announcing the date of the proposed grand opening published in *The Times* stated that the eatery was to feature Pennsylvania Dutch Style Cooking, and that the business would include catering to small groups and parties. One advertisement additionally stated that the restaurant would be open from 7:00 a.m. to 9:00 p.m. and would be serving breakfasts, dinners, and suppers. Just for the record, there was a time when dinners and suppers were different meals. Dinners were regarded as the major meal of the day, which was generally served at midday, while suppers were considered to be a lighter meal, either served in the evenings or after the midday dinners.

The two meal designations are still used today, normally with differing



1950s Dutch Cupboard Tea House postcard.

implications, and they also vary within the present regions of the country.

Whatever the case may be, the meals served at the Dutch Cupboard Tea House achieved some claim to fame when a report of another publication's review appeared in the July 12, 1955, issue of *The Times*, which stated that the business was recommended by Clementine Paddleford, food editor of the *New York Herald Tribune* at that time.

According to *The Times*, Paddleford wrote, "Tourists driving through the Pennsylvania Dutch country are disappointed often in not finding authentic Dutch food," adding that such meals can be found at the Dutch Cupboard Tea House in Gettysburg.

During 1954, the restaurant offered a full-course Sunday dinner for \$1.50 with all-you-can-eat hot biscuits, and on Valentine's Day, they offered an all-you-can-eat buffet for \$2.00.

Another favorable review appeared in an article published in the November 14, 1958, edition of *The Times*, in which the newspaper noted that the Pennsylvania Dutch saying "Kissin' wears out; cookin' don't" could be applied to the meals served at the Dutch Cupboard Tea House, where emphasis is placed on the "successful preparation of these (Pennsylvania Dutch) traditional dishes, now almost a lost art in our present-day of canned goods and hurry-up cooking."

The article further stated that the restaurant maintains the spirit of German family life and of the folks for whom mealtime was the highlight of the day, further noting that many of Scott's menu offerings were based on recipes that had been passed down by her great-grandmother.

The Times stated that the restaurant was "attractively furnished in pine and maple... with a color scheme of hemlock-green

and primrose-yellow, the color scheme serving as a fitting backdrop for many painted antique items which decorate the walls, cupboards and shelves."

By 1958, the restaurant was also selling recipe books and other Pennsylvania Dutch-related souvenirs, as well as homemade dressings, apple butter, and other goods.

Noteworthy patrons that have eaten at the Dutch Cupboard Tea House, according to the June 6, 1958, edition of *The Times*, had included, "Dr. Howard M. Snyder, physician to the president; Maj. and Mrs. John Eisenhower (son of President Dwight D. Eisenhower and First Lady Mamie Eisenhower); Martha Ray; James Cagney, and a daughter of Pakistan's premier – the latter heard of the famed tea house in Pakistan..."

Published advertisements of the Dutch Cupboard Tea House petered out dramatically in the 1950s for some inexplicable reason. However, the restaurant reportedly remained open until 1994.

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BY JOAN BITTNER FRY

Recollections of Dick Bittner

This was part of the first book I self-published in 2009, The State Sanatorium at Sabillasville from 1908. At that time, I asked Dick to write something relative to the sanatorium for the book.

My late brother, Dick (1936-2024), and I had a great relationship. His wife, Mary Ellen, and family and I are still close. I hope you enjoy this glimpse into the past from his words. I miss you, Dick.

~Joan Bittner Fry

Vaguely, I can recall the day when my dad said to me, "I'm going to show you where I work." I remember thinking that I was going to get out of Skunk Hollow for a trip up to "Cullen," and that meant something, because our time away from our little farmette was usually only to walk to and from school in Sabillasville or to ride or walk to Sunday School and church at St. John's Reformed Church in downtown Sabillasville.

We arrived at Dad's place of work, and I soon learned that he worked in this humongous building made of stone masonry, with a leg of the Western Maryland Railroad running at level to the upside of the building. Recall has it that if you opened a chute on the rail car that was sitting there, the coal would gravity feed down into a bin, where

it then could be hand-shoveled into a coal-fired furnace, which in turn produced heat and generated steam. I think I learned that day that the steam was piped to other buildings such as the tuberculosis patients' hospital rooms, the chapel, the movie hall, the barbershop, and other buildings necessary to operate the State Sanatorium Tuberculosis Hospital.

Impressed by the size of the boilers and the sight of the fire when Dad opened the furnace door, I recall thinking that my dad was a proud, particular, and energetic man who was showing me the way to becoming a good old-fashioned working American.

Unbeknownst to me at the time, he was inadvertently saying with his show and tell, "This is not the cleanest job around, but it's keeping my family going, and that means a lot up here in Sabillasville." And, so, the day that I had the pleasure of seeing Dad on the job, I believe I learned that there were great stone masons on the mountain, the size of the boilers was huge, the train cars that hauled the coal were much larger than I had thought, and my dad was a hard-working father with a lot of good qualities and a work ethic to be admired.

Enter a short time later, when I learned how to take the white margarine and mix in the coloring to make it look like real butter. You see, each week, my mother (Helen) and we kids would set out to make sandwiches for Dad

(Harold) to take to "the State" to sell to patients for a small amount of money per sandwich (I can't recall the amount if I ever knew). We kids would lay out Blue Ribbon bread and spread the margarine while Mother scrambled eggs from our own chickens that we had to feed and carry water to, mixed up tuna and chicken salad, and kept us going and in line so that we didn't argue over who got to do what. In those days, we used to fight over work! Also in those days, one could make sandwiches at home, wrap them in waxed paper, stack them neatly in a wicker or wire basket that Dad would carry to the TB hospital, and go room-to-room selling them to the patients. The Health Department didn't seem to care.

Now I can recall vividly helping with the sandwiches, but the most vivid recall that has stuck with me is the following story: Don't know who told me, but the story goes that Dad was walking up and down the halls of the hospital, opening room doors and announcing "sandwimpies?" when he walked into a room and there lying in bed was a person staring at the ceiling. Embarrassing for Dad to find that the patient had gone to be with his Maker, so he backed out and found a nurse to deal with the situation. Why this story has stuck with me all these years, I'm not sure, but it has.

Other memories of "Cullen" that I can recall are movies, the Cullen Farm, and how well the stone structures have held up over the years. It was about a mile from our house to the movie theatre at Cullen, and that was taking all shortcuts up around the first leg of Horseshoe Bend, and then straight up to the theatre, where we were seated in a section away from the patients. Following the movie, I recall running down through the woods in the black of night trying to keep up with Loopy and Paul and Grace Baker. I don't recall if Mother and Dad were with us, but I can imagine they weren't too far away, or else they knew that we were safe. In those days, crime on the mountain was restricted to making moonshine, which we only vaguely learned about later in life. I can't recall any of the movies but do recall sitting in isolation and the trip home in the dark.

The Cullen Farm was memorable because Uncle Bob and Aunt Louise Bittner lived there and were the farm managers. Impressive were the barn and the hog shed. You see, the way the patients were fed was supplemented by crops raised on the farm, as well as pork raised there, although I don't recall attending

a butchering there. Under any circumstances, there were hogs, and there were sows and boars.

Don't you know that this young man happened to acquire a baby girl pig (later learned that a girl was a gilt) and took on the project at about age ten or so to find a boar hog that could breed my sow so that I could sell pigs and make some money. Guess who had the boar hog? Uncle Bob did, so we set out with gilt "Tunie" (short for Petunia) to lead her down Skunk Hollow Road to the railroad tracks and around the railroad tracks to the hog barn, where we introduced her to one of Uncle Bob's boars. We left her there a few days and then brought her home, and eventually she gave birth to nine baby pigs, which I could sell for money! Most impressive was the fact that we led this big gilt by placing a rope on her front leg so that she couldn't get away. We walked her about a mile each way.

Last but not least! My first pet was a Beagle named Pat. He and I hunted rabbits until we couldn't see straight all over the little farmette we called home. Eventually, he died. I don't recall how, but I could show you to this day where we buried him. Pat left us for a trip to rabbit huntin' heaven, and I was wanting another dog. One day, Dad and I were up at Cullen in the back woods cutting firewood, and we ran across a big mommy dog and found her nest with a bunch of puppies. I remember begging Dad to let me take one home, and he reluctantly said I could. I picked a pretty brown puppy, which quickly got the name of "Brownie." Once home, we noticed that Brownie was blind in one eye, so Dad said we had to take her back to the nest. Once back, I picked a black and tan pup that was later named "Tub" because she got a little pudgy. Guess what? I threw a small crying spell up there at Cullen back in the old orchard area because now I didn't want to leave Brownie behind. I won out and raised both dogs for many years to come.

As you can see, "Cullen" has played a part in my impressionable years as a youth, and in recapturing some of these memories, I have strengthened my convictions that an upbringing such as my siblings (Alice, Barbara, Joan, and Jim) and I had, where we were expected to pitch in and help out when and where needed was, after all, a very defining childhood based on good principles. I'm happy that "Cullen" was part of the mix. I'm ever grateful to my parents and my siblings.

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THURGOOD MARSHALL

BY RICHARD D. L. FULTON

The Ku Klux Klan never dies. They just stop wearing sheets because sheets cost too much.

~ Thurgood Marshall, December 4, 1978, TIME magazine.

The United States Postal Service (USPS) issued a 37-cent stamp commemorating the services rendered by Thurgood Marshall, the first African American United States Supreme Court Justice, on January 7, 2003.

The stamp, featuring a portrait of Marshall, was issued as part of the USPS Black Heritage series, and the first-day-of-issue covers (FDCs) were canceled at the Washington, D.C., Post Office.

Marshall was born on July 2, 1908, to William Canfield and Norma Arica Marshall, under the birth name of Thoroughgood Marshall, in an apartment located at 543 McMechen Street in Baltimore. He had one brother, William, who was two years older.

Marshall spent his first five years of age in New York City, and subsequently, he and his family moved to an Upton neighborhood, marble-stoop row home, at 1632 Division Street in Baltimore, according to the Maryland Historic Trust (MHT).

Marshall legally changed his first name to Thurgood around the age of six or seven, while in the second grade, reportedly stating that he "got tired of spelling all that out," according to Afro.com, which also

reported that he was given the name of his paternal grandfather, Thoroughgood, "who had chosen the name 'Thoroughgood' when he'd enlisted as a private, in the Union Army during the Civil War."

According to the MHT, the specific unit in which Marshall's grandfather had enlisted was with the all-Black 24th Infantry Regiment. Afro.com further noted that Marshall's grandfather had also owned the largest Negro grocery store in Baltimore, known as T.G. Marshall's.

Thurgood Marshall attended the Colored High and Training School in Baltimore, graduating in 1925, the same year in which the name of the school was changed to the Frederick Douglass High School.

Marshall attributed his interest in law to his father's routine of attending court hearings with his sons, and then debating the various cases with them upon returning home.

According to Biography.com, Thurgood reportedly recalled, "Now you want to know how I got involved in law? I don't know. The nearest memory I have is that my dad, my brother and I had the most violent arguments (over court cases that he and his brother and father had attended) that you ever heard about anything. I guess we argued five out of seven nights at the dinner table."

Following Marshall's high school graduation, he attended Lincoln University in Pennsylvania, where he studied American literature and philosophy, thereby obtaining a Bachelor of Arts degree upon graduation in 1930, with honors. He then attended Howard University Law School, resulting in his graduating first in his class



2003 first-day-of-issue cover of 37-cent Thurgood Marshall commemorative stamp.

in 1933, with a Bachelor of Laws degree.

Marshall established a private law practice in Baltimore following his graduation, where he then began to establish a career fighting for civil rights and equality. In 1934, he also became involved with the Baltimore branch of the NAACP. However, his landmark cases are far too numerous to include in this article.

President John F. Kennedy nominated Marshall to the U.S. Court of Appeals for the Second Circuit in 1961, a position he held from 1962 to 1965.

President Lyndon B. Johnson then appointed Marshall as the United States solicitor general in 1965. In 1967, Johnson nominated Marshall to the United States Supreme Court. Marshall's

confirmation to the Supreme Court resulted in his becoming the first African American and non-white Supreme Court Justice in United States history, a position he held from 1967 until 1991, when he retired.

Marshall died on January 24, 1993, at age 84, from heart failure in the National Naval Medical Center in Bethesda, and he was interred in the Arlington National Cemetery.

On November 30, 1993, President William J. Clinton posthumously awarded Marshall the Presidential Medal of Freedom.

In October 2005, the Baltimore/Washington International Airport was renamed the Baltimore-Washington International Thurgood Marshall Airport in his honor.

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Photos Courtesy of thurmontimages.com



BY LION SUSAN FAVORITE

A Gold Star Monument was recently installed at the Thurmont Memorial Park.

1Lt Robert Seidel was killed in Iraq in May 2006; Airman Apprentice Patrick Stellitano passed on U.S. soil in February 2020. What could these two men have in common? They died 14 years apart, on different continents, in different branches of the military. What they had in common: two determined, committed mothers. Two mothers who asked the Thurmont Lions Club to help them to build a monument in Thurmont, a monument to assist in giving solace to other mothers, other family members—be they children, siblings, aunts and uncles, and so on—as they mourn the loss of their family member. This monument is a place for all to stop, remember

the sacrifice of those who paid the ultimate price for our country, and the sacrifice that the families of those individuals continue to pay each day thereafter.

The latest monument in Thurmont Memorial Park became a reality with its unveiling on September 27 – Gold Star Families Day. But that monument started way before that day; in fact, it had two beginnings.

The first beginning was in the early stages of WW2, when Hershel “Woody” Williams delivered Western Union telegrams to families who had lost a loved one in that War. As noted on the Woody Williams Foundation website: Woody “noted that consideration and recognition of the families of those lost in military service was very inadequate.” Woody went on to serve with distinction in WW2. In October 2013, he created the very first Gold Star Family Monument in Dunbar, West Virginia.

The Woody Williams Foundation continues to assist in the placement of Gold Star Family Monuments, which brings us to monument 162 and the second beginning. The second beginning was in late August 2025, the Town of Thurmont was approached by Julie El-Taher, chair of the Monument Committee, a Thurmont Lion, and Patrick Stellitano’s mother. Joined

by Sandy Seidel (Robert Seidel’s mother) and other committee members, Julie asked the Town to allow a new monument to be placed in Thurmont’s Memorial Park. Gaining the Town’s official approval in early September 2025, the committee started raising money. The committee had less than 12 months to raise just under \$72,000 for the monument and the concrete base.

The first donations started the night of the Town’s approval from two of the sitting commissioners. The Acacia Lodge No. 155, A.F. & A.M. (the Thurmont Masons) stepped up with a \$20,000 donation; they, more than anyone, brought the monument into reality with that donation. And the donations continued—from private citizens, from AMVETS and American Legions and auxiliaries across the state, and from other organizations. The donations came in all shapes and sizes: the concrete for the base was donated by TBH Concrete (Frederick); the inspections were donated by Specialized Engineering (Frederick); Digging & Rigging (Thurmont) donated crane services for the installation; 50/50s were held; a Christmas Extravaganza netted over \$2,500; t-shirts were sold. Julie El-Taher learned more than she ever wanted to know about general contracting as she managed all the moving parts.

The mayor, the commissioners, the Parks Commission, and Town Administrator Jim Humerick were a constant support.

In the end, a cool, rain-spitting evening in September was the biggest reward of all—16 Gold Star Families attended. One mother lost her daughter in May 2026 and drove from Richmond, Virginia, to say her daughter’s name, to place her yellow rose at the base of the monument, and to find solace with the other Gold Star Families in the way only a shared experience can deliver.

The four-panel black granite monument shows the silhouette of a soldier; that soldier is positioned to allow the evening sun to shine through, casting a long shadow on the ground. But that silhouette is also a reminder of the empty space left in the families, an empty space no longer occupied by their lost loved one. The panels represent Homeland (with a picture of Thurmont’s main street); Family; Patriot; and Sacrifice. On the back, a large gold star faces the street.

Thurmont now has (as the black granite bench says): A place to remember ... a promise never to forget (both those who lost their lives in the service to our country and their families).

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Pumpkin Challenge



Courtesy Photo

Mayors John Kinnaird (pictured left) of Thurmont and Frank Davis (pictured right) of Emmitsburg face off in a friendly challenge as residents compete to see which town can divert the most fall pumpkins from the landfill.

Thurmont's 4th Annual Great Pumpkin Pick Up takes place Saturday, November 28. Beginning at 9:00 a.m., volunteers will pick up pumpkins placed on the curb and distribute them to area farms and The Catoclin Wildlife Preserve.

Emmitsburg residents will have the opportunity to place their pumpkins at the Community Garden, where they will be taken to farms or the Wildlife Preserve.

No matter what the numbers show, everyone wins in this challenge as we protect the environment and provide hungry farm animals with a tasty treat and Catoclin Wildlife Preserve animals with some fun toys to play with.

National Animal Shelter and Rescue Appreciation Week



Did you know that the first full week in November celebrates National Animal Shelter and Rescue Appreciation Week, honoring animal shelters, rescue groups, and the staff and volunteers who care for homeless pets? The annual appreciation week was established in 1996 by the Humane Society of the United States to recognize daily shelter operations, pet adoption efforts, spay/neuter advocacy, and the emotional and physical labor of shelter workers. Many animal shelters are non-profit, depending on donations and grants to stay open. The primary function of an animal shelter is to find a home for stray animals, but they also help to reunite lost pets with their owners, in addition to other services some animal shelters provide, including animal health services, behavioral evaluations, training, pet-sitting, grooming, and humane education.

According to the Humane Society of the United States, pet homelessness is a huge problem. There are about 70 million stray animals in the United States. Up to 8 million of these animals end up in shelters. There are 3,500 animal shelters in the country, and it's at these animal shelters that pets receive a second chance. According to the ASPCA, over 3 million shelter animals are adopted each year. How can you help?

Get to know your local animal shelter. Learn the types of support it needs to continue to provide services to the animals and community it serves. Adopt or foster by opening your home to a shelter pet, or sign up to foster animals awaiting permanent placement. Donate supplies or funds to your local animal shelter or rescue, such as much-needed items like pet food, blankets, toys, or make financial contributions. Volunteer a little of your time by walking dogs, socializing cats, or helping out with facility maintenance. Show your appreciation for your local shelter staff by dropping off a note or a yummy treat to say "thank you." Do what you can to help control the pet population. Tell friends, family, and pet owners to get their pets spayed or neutered.

Thurmont Food Bank News

November is always a busy month at the Thurmont Food Bank (TFB), and this year, the cutback in food stamps is making food assistance more important than ever. Anyone in need who lives in Northern Frederick County (north of Mountandale and Lewistown) may receive food twice a month on any Tuesday, from 5:00 p.m. to 7:00 p.m., or on Friday, from 4:00 p.m. to 6:00 p.m. Please bring proof of residency and wait to line up until half an hour before the food bank opens.

Starting on November 6, the TFB will distribute frozen turkeys and side dishes to those already registered at the food bank. Donations of non-perishable Thanksgiving items are requested and may be dropped off in the entryway. Turkeys and perishable items may be dropped off on Tuesdays and Fridays, from 11:00 a.m. to 1:00 p.m. Please do not contribute turkeys from previous years.

Another exciting November event is Scouting for Food, which will be held on November 7 and 14. On November 7, Scouts will distribute collection bags to area homes. The donations will be collected by the Scouts on November 14 around 8:30 a.m. and delivered to the food bank, where donations will be sorted and stored for use into the winter. Donations of unexpired, unopened food will be greatly appreciated. This event is always high energy, and the Scouts, their leaders, the donors, and the parents help feed hundreds of people! If you don't receive a donation bag or a food pickup, please drop your donation off at the food bank anytime.

Throughout November, households can register for the Christmas Gift Program, sponsored by the Thurmont Ministerium and coordinated by Weller United Methodist Church. This program provides gifts for children of households that receive food at the food bank. Gifts will be delivered to the family in December, or arrangements may be made to pick up gifts at Weller U.M.C. on Altamont Avenue. This year, many families will not be able to provide gifts for their children, so sponsors are desperately needed. Registration forms for sponsors are available from WellerMissions@gmail.com, most churches, many organizations, and at the Thurmont Food Bank.



THURMONT LIONS CLUB

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Friday December 11 from 6:00 pm until 7:00 pm

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A \$10 entry donation is required
ALL PROCEEDS GO TO LOCAL CHARITIES

Prizes

Adult Category	Best Decorated
1 st place - \$75, 2 nd place - \$50, 3 rd place - \$25	Adult - 1 st place - \$50 -
Young adults and children (18 and under)	Young Adult and children - 1 st place \$50
1 st place - \$50, 2 nd place - \$35, 3 rd place - \$25	

All cookies on a plate need to be same kind (same recipe)
Winners will be contacted via phone call on Saturday December 12.

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HAS VOLUNTEERING BECOME A THING OF THE PAST?

BY ALISHA YOCUM

Growing up, my life was always filled with people who gave their time to their communities. Whether it was coaches, church members, or civic organizations, I was surrounded by people who were willing to lend a hand and help make a difference.

In fact, my grandparents were always busy finding ways to help others in the community. I give them much of the credit for instilling in our family a strong work ethic and a dedication to giving back.

Over the past 10 years, however, I have noticed what seems to be a significant decline in the number of people willing to step up and volunteer simply for the greater good of their community.

Finding volunteers for an event has never necessarily been easy, but today, it sometimes feels as though you can beg and plead for help and still come up short. In the past, when people saw a need and realized no one else was stepping up, they would jump in and lend a hand (even if it came with a deep sigh as they signed up).

Local youth sports organizations are now having to require families to either volunteer their time or pay a fee simply to get people to

volunteer to work the concession stand.

How did we get to a point where finding people willing to volunteer and step up to the plate has become such a challenge?

Is it a lack of appreciation? Have we created expectations that make volunteering feel more like an obligation than an opportunity to help? Or has the way we treat those who volunteer played a role?

We have all witnessed the harassment of volunteer umpires at sporting events, or at the very least, seen a video of an incident circulating on Facebook. When volunteers are criticized, berated, or made to feel that their efforts are never good enough, is it fair to wonder how many decide that their time and energy are better spent elsewhere?

According to data from the U.S. Census Bureau and AmeriCorps, formal volunteer participation fell to 23.2 percent in 2021, its lowest recorded level in nearly two decades. Yes, nearly two decades!

This may explain why organizations throughout our community have had to stop holding long-standing events, simply due to the lack of volunteers.

And while, yes, the COVID pandemic certainly had an impact on volunteering, by now it should be making a comeback.

So if you are not volunteering in your community, why not?

There are so many rewards to volunteering! From that warm feeling of knowing you did a good deed to meeting new friends—volunteering can do a lot for the soul.

Our communities don't just happen. They are built by people who care enough to show up, lend a hand, and make a difference. The events we enjoy, the organizations that support our community, and the traditions we cherish all depend on people willing to give a little of themselves.

So, the next time you see a request for volunteers, consider saying 'yes'. You might be surprised by how much you get out of giving your time.

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Volunteering offers immense personal benefits, including improved physical and mental health and deeper social connections.

1. Provides a "Helper's High": Giving back releases feel-good neurotransmitters like dopamine that reduce stress and induce a sense of calm.
2. Combats Depression and Anxiety: Regular social contact and community participation build strong networks, reducing feelings of isolation and loneliness.
3. Cultivates a Sense of Purpose: Volunteering our time and energy in meaningful activities reinforces the feeling that what we do matters. According to research, volunteering directly strengthens a person's sense of purpose, self-esteem, and overall well-being.
4. Boosts Confidence: Mastering new tasks or stepping out of your comfort zone builds natural pride, self-confidence, and identity.
5. Volunteering in our communities is linked to lower blood pressure, reduced chronic pain, better brain function, and a lower overall mortality risk.

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Wreaths Across America

Thurmont Lions Club — Proud Sponsor of Program Since 2020

As the holiday season approaches, communities across the nation are preparing for a profound tradition of gratitude. On Saturday, December 19, 2026, millions of volunteers will gather at more than 5,500 participating locations in all 50 states, at sea, and abroad for National Wreaths Across America Day.

The Thurmont Lions Club has been a proud sponsor of the Wreaths Across America program in Thurmont since 2020, placing wreaths at Blue Ridge Cemetery, Graceham Moravian Church Cemetery, Mount Carmel Cemetery, Apples Church Cemetery, and Weller United Methodist Church Cemetery.

As the years have gone by and with the lack of funding, the Thurmont Lions Club is unable to fund the total bill for all the cemeteries. For the past several years, some of the churches have paid for the wreaths for their Veterans. To ensure all Veterans are recognized equally, the Thurmont Lions Club adopted a rotation similar to that of Arlington National Cemetery by rotating the sections of Blue Ridge Cemetery, so that over the three-year period, all Veterans' gravestones will have been remembered, honored, and never forgotten.

This year's theme, "Remember Me," correlates with America's 250th Anniversary and is inspired by the individual stories, names, and sacrifices of service members. The goal is simple yet momentous: To ensure that the stories of our military members—spanning from the Revolutionary War to modern conflicts—are never forgotten.

A Mission Born in Maine, Embraced by Millions

What began in 1992 as a single gesture by Maine businessman Morrill Worcester, who sent surplus wreaths to Arlington National Cemetery, has grown into a massive coordinated movement. Operated entirely through corporate sponsors, donated trucking services, and passionate local coordinators, the program has placed millions of fresh, hand-tied balsam evergreen wreaths on Veteran headstones over the last three decades.

The nonprofit organization functions on a core three-part mission: Remember the fallen, Honor those who serve, and Teach the next generation the value of freedom.

More Than a Decoration: Saying the Names Aloud

Organizers emphasize that Wreaths Across America is not

merely about decorating graves. The true heartbeat of the event occurs when a volunteer places a wreath and takes a moment to step back, look at the headstone, and say the Veteran's name out loud.

"A person dies twice: once when they take their last breath, and a second time when their name is spoken for the very last time." By pronouncing these names, the community ensures their legacy survives.

How Can You Get Involved?

Sponsor a Remembrance Wreath

Each handmade, fresh evergreen wreath costs \$17.00 to sponsor. The Thurmont Lions Club is on a buy-three-get-one-free program. There is no government funding for this initiative. Every single wreath

is made possible through private and community generosity.

Donate Online

Log on to Wreaths Across America's website at <https://www.wreathscrossamerica.org>. Group ID is MDBLUE for Blue Ridge Cemetery and MDWELL for Weller United Church Cemetery. Please put in the notes if you have a specific Veteran's headstone you would like the wreath to be placed on.

Mail a Check

You can mail a check, payable to the Thurmont Lions Club, with "Wreaths across America" stated on the memo line, and mail it to: Thurmont Lions Club, P.O. Box 306, Thurmont, Md. 21788.

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Mountain Fest Celebrates 50 Years

BY ALISHA YOCUM

For the 50th Anniversary of Mountain Fest, patrons saw a mix of weather. Saturday was a beautiful fall day, but Sunday brought four inches of rain; despite the downpour, organizers and vendors prevailed to make the event a success.

It was 1976 when community members of the Northwestern Civic Association held its first Mountain Fest at the then Sabillasville Elementary School. The event originally started under the name Color Fest, but would later be changed to Mountain Fest due to copyright infringement.

The Northwestern Civic Association was first started with a mission of advocating community improvement and local social welfare within the northwestern region of Frederick County.

The event served as a fundraiser for the non-profit, which used some of the funds for scholarships to local students. In 2021, the Northwestern Civic Association disbanded, but its members wanted to continue to see the community event, which had been a staple meeting place for the community, keep going. It was then that the event was handed over to the now Sabillasville Environmental School Parent Teacher Organization (PTO).

The event now serves as the organization's largest fundraiser to help support the school for things like field trips, family events, and resources for the classroom.

Melissa Beil, chair of the Mountain Fest Planning Committee, along with her husband Mark, said, "Although our family is relatively new to the community, having been here



Delegate William Valentine and Delegate William Wivell present a proclamation in celebration of the 50th Annual Sabillasville Mountain Fest (from left): Diane Brauning, Melissa Beil, Brad Brauning, Delegate Wivell, Alisha Yocum, Delegate Valentine, and Mark Beil.

less than 10 years, we instantly felt connected. Mountain Fest is more than just a fundraiser. It's a tradition that has brought families and neighbors together for 50 years. When the Northwest Civic Association passed the tradition down to the Sabillasville Environmental School PTO, we wanted to help keep it alive. We're proud to be part of preserving this tradition while supporting the students of SES."

Although the festival has evolved over the years, many of its favorite traditions remain.

The annual Car Show continues to draw a crowd, with more than

90 vehicles participating this year in support of the school. Bluegrass and country music remain popular attractions, while a variety of vendors offer something for everyone. Local church bake tables, some of which have been part of the festival since its early years, continue to draw visitors with their homemade treats.

The 50th anniversary also brought special recognition. Maryland Delegates William Valentine and William Wivell surprised the planning committee with a proclamation honoring

Mountain Fest's milestone anniversary.

While the PTO is hoping for sunnier skies next year, this year's celebration demonstrated the dedication of the organizers, vendors, volunteers, and community members who keep the tradition alive. For 50 years, Mountain Fest has brought people together in Sabillasville, and its continued success ensures the tradition will carry on for future generations while supporting the students and staff of Sabillasville Environmental School.

■ Find out who the Mountain Fest Car Show Winners are on Page 31

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Mountain Fest Announces Car Show Winners

(right) Kid's Choice Winner, Steve Bankard, with his 1956 Cadillac. Pictured with the car are his sons, Logan and Dylan.



Photos by Melissa Beil

The 50th Annual Car Show at the Sabillasville Mountain Fest drew big crowds on October 10 with over 90 cars in attendance. Congratulations to all the winners! Please save the date for next year's show, which will be on October 9.

People's Choice: Jay and Tracie Cody, 1962 Chevy C10

Kid's Choice: Steve Bankard, 1956 Cadillac

Best Car: 1st—D. Spindler, 1957 Chevy Convertible; 2nd—Richard Sission, 1953 Buick Skylark; 3rd—R. Stitely, 1969 Camaro

Best Truck: 1st—Nelson S., 1950 Ford; 2nd—Jay & Tracie Cody, 1962 Chevy C10; 3rd—Jen Grimes, 1950 Ford F1

Best Custom: 1st—Jeff Smith, 1937 Pickup 100; 2nd—Frank Myerly, Ford T-Bucket; 3rd—Craig Wagness, 1934 Ford Sedan

(left) People's Choice Winner, Jay and Tracie Cody, with their 1962 Chevy C10.

Local Drop-Off Locations Opening Soon For Operation Christmas Child

Volunteers are preparing to collect Operation Christmas Child shoebox gifts during National Collection Week, from November 16 through November 23.

Since 1993, Operation Christmas Child has been collecting and delivering gift-filled shoeboxes to children, including many who are suffering from war, poverty, disease, and disaster. Operation Christmas Child hopes to reach 12.8 million children in 2026 with the hope of Jesus.

The local Thurmont drop-off location is the First Baptist Church of Thurmont, located at 7 Sunny Way in Thurmont, and the hours of operation are: Monday, November 16—6:00-8:00 p.m.; Tuesday, November 17—10:00 a.m.-Noon and 6:00-8:00 p.m.; Wednesday, November 18—6:00-8:00 p.m.; Thursday, November 19—10:00 a.m.-Noon and 6:00-8:00 p.m.; Friday, November 20—6:00-9:00 p.m.; Saturday, November 21—Noon-3:00 p.m.; Sunday, November 22—Noon-3:00 p.m.; Monday, November 23—10:00 a.m.-Noon.

Since 1993, Operation Christmas Child has collected and delivered more than 244 million gift-filled shoeboxes to children in more than 175 countries and territories.

DID YOU KNOW?

Fun Facts You Might Not Know Are True!

An ostrich's eye exceeds its brain in size.

The first computer "bug" was an actual moth found in 1947.

Bananas carry natural radioactivity from potassium.

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Keeping Stress Low This Thanksgiving

Finding More Joy and Less Pressure During the Holiday Season.

Thanksgiving is a time to gather with family and friends, share a meal, and reflect on the many blessings in our lives. But between preparing the perfect meal, cleaning the house, shopping for groceries, and coordinating family plans, the holiday can sometimes bring more stress than we anticipated. The good news is that Thanksgiving does not have to be perfect to be meaningful. With a little planning and a willingness to let go of unrealistic expectations, you can spend less time worrying about the details and more time enjoying the people around you.

Plan Ahead and Keep It Simple. One of the easiest ways to reduce holiday stress is to plan ahead. Make a grocery list, decide on your menu early, and spread preparations over several days rather than trying to accomplish everything at once. If you are hosting, consider preparing dishes that can be made ahead of time. Remember that a memorable Thanksgiving does not require an elaborate menu or a picture-perfect home. Choose a few favorite dishes, simplify where you can, and focus on what matters most: spending time together.

Share the Responsibilities. Hosting Thanksgiving does not mean you have to do everything yourself. Invite family members to bring a side dish, dessert, or beverage. Ask guests to help set the table, clear dishes, or tidy up after the meal. Sharing responsibilities can make the day more enjoyable for everyone and give you more opportunities to sit down, relax, and join the conversation. Often, working together in the kitchen or around the table becomes part of the holiday memories.

Set Realistic Expectations. Family gatherings can sometimes bring pressure to make everyone happy or recreate traditions exactly as they were in years past. Give yourself permission to adjust those expectations. Not every dish will turn out perfectly, plans may change, and family members may have different opinions. Try to focus on the bigger picture rather than the small things that do not go as planned. A burnt pie crust or a late dinner is unlikely to matter nearly as much as the time spent together. It is also okay to establish boundaries. If your schedule is already full, politely decline an invitation or shorten a visit. You can appreciate your family and friends without overextending yourself.

Make Time for Yourself. It is easy to get caught up in caring for everyone else during the holidays, but taking care of yourself is important, too. Make time for a short walk, a few minutes of quiet, or an activity that helps you unwind. Getting enough sleep, staying hydrated, and eating regularly can also help you feel better equipped to handle a busy day. If you begin feeling overwhelmed, step away for a few minutes, take some slow breaths, and give yourself time to reset.

Be Mindful of Family Dynamics. Bringing different personalities and generations together can sometimes lead to uncomfortable conversations. If certain subjects tend to create tension, consider gently steering the conversation toward shared memories, favorite family traditions, hobbies, or plans for the coming year. You do not have to resolve every disagreement during Thanksgiving dinner. Sometimes, maintaining a peaceful atmosphere means recognizing when to change the subject or respectfully step away from a conversation.

Focus on Gratitude and Connection. At its heart, Thanksgiving is about gratitude. Take a moment to appreciate the people who have gathered around your table, the traditions that bring comfort, and the simple blessings that can easily be overlooked in the rush of everyday life. Consider inviting everyone to share one thing they are thankful for. This simple tradition can shift the focus away from the day's demands and toward what makes the gathering special. If the holidays look different this year because of a loss, a family change, financial challenges, or other circumstances, give yourself grace. Gratitude does not mean ignoring difficult feelings. It means making room for the good things in life while acknowledging that not every season is easy.

Give Yourself Permission to Enjoy the Day. The holidays often come with a long list of expectations, but the most meaningful moments are rarely the ones we plan. They are the conversations that last a little longer, the laughter around the table, the children playing together, and the memories made when everyone simply enjoys being together. This Thanksgiving, consider letting go of the pressure to make everything perfect. Simplify your plans, accept help, protect your time, and focus on the people and blessings that matter most. After all, the goal is not to create a perfect Thanksgiving. It is to create a meaningful one.



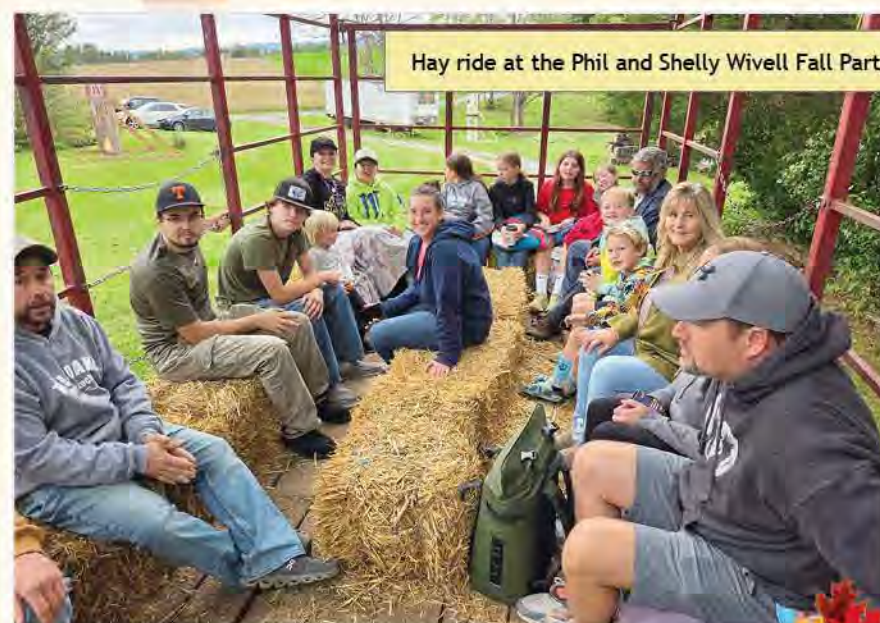
Carter, Addi, and Tucker heading to the pumpkin patch at Brookfield Pumpkins!

Out & About
Love & Togetherness

Gemma and her pup, Rocky, enjoying a nice fall afternoon!



Good Times,
Good Vibes



Hay ride at the Phil and Shelly Wivell Fall Party!

FALL Memories!

Jet Derr, Brindle Fitzwater, Kyla Derr, and Lainey Fitzwater at their cousin's wedding!



Happy Memories Out & About



Christina Terranova: "The Thoughtful Panda Scholarship Fundraiser!"



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FALL Memories!

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The Fisher kids enjoy the day at Magnolia Meadow Farms!



Out & About

Good Times, Good Vibes

Karen McAfee: "Beautiful sunset at High Rock!"



Braddox Hanagan visiting his brother Bryont Green at college!



Love & Togetherness

Family Time is happy time!



Wren is enjoying swinging at Nana's house.



Adalyn, Ella, and Emerett Eaves, along with John and Steven Sanders, have a fun time at a Brookfield Pumpkins patch!



Scotty Volway making pizza at Thurmont Domino's!

Making Memories



Delaine Stitely at Brookfield Pumpkin patch, making a new friend with a calf!

Good Times

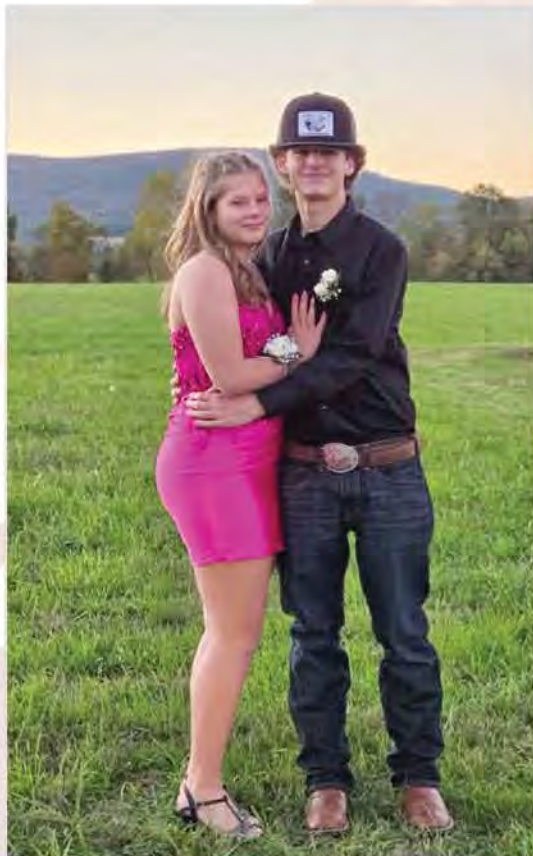


Adrianna and her sister at the CYA homecoming game!



Gary Levenduski and his 1971 Chevy Chevelle at Waynesboro Lowes Cruise-In!

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Colton Minnick and Madison Oden heading to Catoclin Homecoming!

New Discoveries



Brenda Main: "Fenway Park on a girls trip!"

Happy Memories Out & About



Emmett wins a costume contest at the Market Square event in Frederick! Way to go!

Good Times, Good Vibes



Wes and Sarah Waldron enjoying the flower fields during their time at the Fall Festival at Magnolia Meadow Farms!



Jacob and Drew Shriver getting married at the family farm on October 10!

FALL Memories!

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From Senegal to the Mount

Four Players Bring International Talent to the Court

BY ALISHA YOCUM

Many people may not know much about Senegal, a country along the Atlantic coast of West Africa with a population of approximately 18 million people. French is its official language, and basketball has become an important part of its sports culture for its youth.

Now, four players from Senegal are bringing their talent and international experience to the basketball court at Mount St. Mary's University. As they join the Mountaineers, the coach and players are helping strengthen the university's basketball program.

Sidy Sall joined the Mount's coaching staff as an assistant coach in 2024. That same season,

Abdou Khadre Kébé joined the men's basketball team. Yakha Diop followed a year later and is now entering his sophomore season at the Mount.

This year, the women's basketball team welcomed Yacine N'Diaye, a transfer from Rutgers University, who hopes to help the Mountaineers find success on the court.

One might ask: How did basketball become popular in Senegal? Well, the answer is the SEED Academy. The academy started in 2002 in Thies, Senegal, and, in 2017, partnered with the National Basketball Association (NBA) to launch the NBA Africa Academy. Their mission is simple:



Photos Courtesy of Mount St. Mary's University

Abdou Khadre Kébé (left) and Yakha Diop (right) both joined the Mount St. Mary's University Men's Basketball Team after moving from Senegal.

use education and basketball to develop the next generation of African leaders.

Over half of Senegal's population is under the age of 18, but only about one-third receive a secondary-level education. Part of the SEED program is that athletes receive tuition to attend a local private or public middle school or high school, as well as English

classes and college placement support.

All four started their journeys at the SEED Academy. Both Kébé and Diop attended the NBA Academy as well.

For Sall, basketball has taken him around the world. He played professionally in Bahrain, Bolivia, and Morocco before an injury led

■ continue reading on Page 37

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(left) Yacine N'Diaye is the first female from Senegal to join the Women's Basketball Team at Mount St. Mary's University.

...

(right) Map of Senegal.



him to transition from playing to coaching.

He started his coaching career as a youth coach for the NBA Academy and served as the assistant coach for the Senegal Women's Basketball National Team before finding his way to The Mount.

Both Sall and Kébé helped the Mount win the 2025 Metro Atlantic Athletic Conference (MAAC) Tournament, and Kébé was named a Preseason All-Metro First Team selection, truly showing the talent coming out of the SEED Academy.

Kébé said, "It's an honor for me to be named preseason First Team on Metro. But also, in a sense, it means nothing because the most important part is yet to be done, which is to go out there and prove it."

N'Diay can attest to the difference the SEED Academy made in her life.

"When I started [playing basketball], I was really shy, but basketball helped me open up, make friends, meet new people, and become more independent. Over time, it became more than just a sport for me; it became a part of who I am and something that continues to help me grow both on and off the court."

"Playing basketball at the college level in the United States has had a positive impact on young girls in Senegal because it shows them that their dreams are possible. Every year when I go home and organize camps, I share my experiences, the challenges, and the opportunities basketball can bring, including education. I want them to see that basketball can open doors, not only for themselves but also for their families and communities."

In fact, N'Diay has aspirations to start a school in her community back home, giving more children opportunities to play basketball and handball.

Diop has similar goals. While he hopes to play basketball professionally after college, "I also want to help my family and

give young people in Senegal more opportunities. After my basketball career, I hope to open my own basketball academy to help young players achieve their dreams."

The Mount St. Mary's basketball season is underway for both the Men's and Women's Basketball teams. Check out the website for the full schedule at <https://msmary.edu/athletics>, and come and watch the great talent coming out of Senegal as you cheer on the Mountaineers.

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CYA Football & Cheer Hosts 2nd Annual "Gives Back Day"

BY ALISHA YOCUM

Catoctin Youth Association (CYA) Football & Cheer believes what you do on off the field is just as important as what you do on the field. To emphasize this to their athletes, the organization started a day focused on giving back to organizations who are doing great things for our community.

Now in its second year, the teams once again selected organizations that were meaningful to them. The teams then put together raffle baskets as a way to raise funds for the organization they selected. Throughout the day representatives from each of the organizations were recognized as part of the day's ceremonies highlighting the work they are doing in the community.

Thanks to the CYA athletes, their families and spectators, over \$1,000 was raised and donated back to the organizations highlighted in the pictures below.



Representatives of the Girls Flag Team present a certificate to Ed and Karen Schildt with the Thurmont Addiction Commission (TAC).



Representatives from Varsity Football and JV/Varsity Cheer raised funds for the Jake Baker 27 Fund who was not available to accept the certificate.



Representatives of the Mini Pony Football & Cheer present Mary Geouge with a certificate for Helping Hands Caring Hearts.



Representatives of Pony Football & Cheer present Carrie Wiles, breast cancer survivor, with a certificate. Proceeds were donated to the Patty Hurwitz Foundation.



Representatives from Flag Football & Cheer present Rick Lendowski, a parent and first-responder with a certificate. Proceeds were donated to the Fallen Firefighters Foundation.



Representatives from JV Football & JV/Varsity Cheer present Eli Tadley, team manager, with a certificate. Proceeds were donated to the Children's Hospital.

SPORTS TALK

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It's Time to Turn Things Around!

Now that the regular fall sports season has finished, I will take my annual stroll down memory lane to recap the football season. I will begin with a serious question: What is going on with Catoctin Cougars football?

Catoctin football has had two coaches over the past seven seasons, with only 13 wins. That's an average of less than two wins per season. Their combined record is 13-50 since 2019. According to MaxPreps, in a field of 210 Maryland high school teams, this season, Catoctin Cougars football is ranked 200. That's in the entire state of Maryland! In 2019, we were 22nd.

But that doesn't mean this season is unique. Even under legendary two-time 1A state champion coach Doug Williams, the Cougars struggled in 2004, 2011, 2012, and 2016 with losing seasons. However, something jumps out at you. If you look at the records, you see progress. After a miserable six-game slide to start the season in 2004, they turned it around to finish with three impressive wins. In 2005 and 2006, they were 7-4. In 2008, they were 8-5. In 2009, they were 14-0. That is undeniable progress! That was the year they beat Dunbar

by one point in the Ray Lewis Escalade state semifinal game, led by their big strong quarterback Dylan May.

Then, they slid down into back-to-back losing seasons and one of the lowest points in Coach Williams' career: 2-7 in 2012. Coach Williams had them back in the winning column in 2013, with another big, strong quarterback, Peyton Laramore. Laramore graduated, and his 2013 backup junior, Frankie Anderson, another big kid, stepped in to lead the Cougars to a 6-4 season in 2014. Anderson graduated, and the downward slide began again when a freshman quarterback took the team to 5-5 in 2015. That same quarterback, Christian Michael, current quarterback coach for the 2026 football team, took his team as a Junior and Senior to consecutive winning seasons of 8-2 and 10-2, respectively. Progress! He turned the reigns over to Ryan Orr in 2019, a 6'2", 210-lb. athlete, who took Catoctin to its second state championship and marked Coach Doug Williams' 29th and final season as the Catoctin High School Head Coach. Ryan Orr went on to graduate with a degree in exercise science at Shippensburg and became the

Clemson Tigers college football strength and conditioning coach.

As you can see, there are two distinct patterns in this 20-year history of ups and downs. First, none of those teams under Coach Williams had losing seasons for more than a year or two in a row. They got bigger, stronger, and better after losing. They wouldn't allow themselves to stay losers. They fought back in the classroom, the weight room, and on the field. Second, they all had big, strong, physical quarterbacks. In this day and age of spread offenses, multiple skill positions, blazing speed at wide receiver, huge linemen and bruising defenses, it's no longer a ground-and-pound game, and small quarterbacks run for their lives. Just take a look at what Coach Stein, former offensive coordinator for the 2009 championship Cougars, has done with Oakdale. I asked several former Frederick County football coaches for their honest assessment of Catoctin's decline. The consensus was size and strength. They need to get bigger and stronger. They are getting pushed around by other teams, one coach said. That starts in the weight room.

And finally, Catoctin has had seven straight losing seasons since 2019. That is a losing culture that has become embedded. That is NOT Catoctin football.

I remember like it was yesterday what it felt like to be on a losing team. After our third or fourth loss in a row, we began to not care. A spirit of self-preservation kicked in, and we began to expect to lose. That way, we could go back to having fun and forget about the hard work. My last year of high school football, we were 0-9

heading into our last game. My Sherwood football coach thought it was funny to call me Beverage, a play on words from my real last name: Betteridge. He thought he'd use that as a motivational device on the bus ride to Churchill for our last game. So, he announced to the team that if we won today's game, he would call me by my correct name. I know what you're thinking. You thought we lost, didn't you? Worse than that. We tied. Ask the Washington Commanders how a tie feels. On the quiet bus ride home, he stood up and said: "Beverage, a tie is not a win." Some things you never forget, even 58 years later. Losing stinks!

Maybe Ryan Orr can follow teammate Christian Michael's example and return as our strength and conditioning coach next year? We desperately need to get stronger. Imagine a team with three former Catoctin standouts all on the same coaching squad, two who played on both state championship teams. Can the alumni experiment bring back a winning culture? The jury is still out.

One thing's for sure. Seven straight losing seasons are unacceptable.

It's time to turn things around!

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13	25	40	52	66
07	20	11	46	74
12	27	27	48	31

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SCHOOL News

Gubernatorial Nominee Began Government Education Through Local Homeschool Program

Maryland gubernatorial nominee Dan Cox began learning about the legislative process as a student at Wellspring Christian Fellowship's homeschool education program, located in Sabillasville (formerly based in Walkersville). From 7th through 12th grade, Cox participated in an Applied Civics legislative internship designed to give students hands-on experience with the practical workings of government.

The internship program allowed students to work alongside Cox's father, Gary Cox, who pastors Wellspring Christian Fellowship and serves as superintendent of the church's 44-year-old education program. Through the experience, students learned how to advocate for legislation and regulations that support and preserve alternative education programs.

During Maryland's 90-day legislative session, interns receive

training in Annapolis, where they learn to read and analyze bills, prioritize legislation, write testimony, meet with lawmakers, and, in some cases, testify before legislative committees. The program focuses on legislation affecting education, youth, and families.

Cox was the first student to participate in the Wellspring Christian Fellowship School internship program. In its early years, he had legislative bills physically mailed to his home, where he read and organized them into categories based on their importance for his father to review. With between 2,200 and 2,900 bills introduced each year, Cox developed an ability to quickly review legislation and help identify bills requiring attention, saving his father hundreds of hours of work. He also testified before legislative committees on several bills.

The internship experience provided Cox with a foundation in legislative affairs and earned him 21 pre-law credits toward his major at the University of Maryland, where he graduated, exactly 50 years after that of his grandfather, E. L. Harlan, whom the program's account identifies as a direct descendant of Chief Justice Harlan of the post-Civil War era.

Cox later served as a Maryland state delegate representing District 6 before receiving his first gubernatorial nomination in 2022.

The Wellspring Christian Fellowship School internship program is scheduled to begin its 45th year during the 2027 Maryland legislative session, continuing its mission of providing students with firsthand experience in government and the legislative process.

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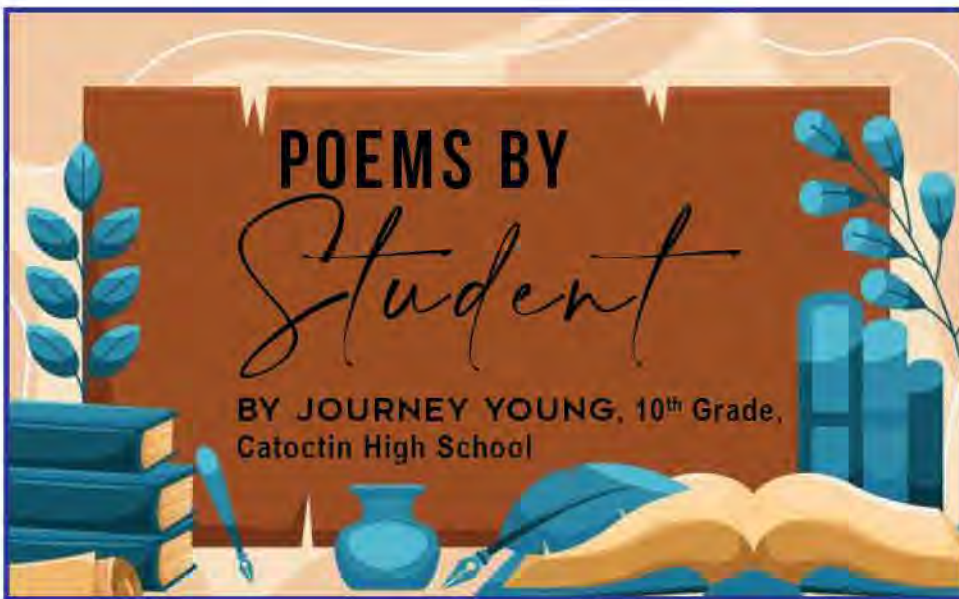
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"The Beauty of the Shift"

The end of daylight savings time
A day to remember the dead.
Running to the bus stop
The puddles splashing as you tread.

The mornings are always quiet,
The evenings are always dark.
Sometimes you'll see daylight
And the sun will leave a mark.

Grass is never dry a green
Leaves have started to die.
Trees stand there bare and cold
And the flowers don't even try.

The wind is cold and bites your nose
You sniffle while you shake.
Your porch pumpkins start to wilt
And you see a small white flake.

The shift is very visible.
The switch is crossing the bridge.
When the clouds reveal the sky again
Our eyes will see the ridge.

You'll lose the smell of the pumpkin patch
You'll hear the incoming bells,
You'll taste the savory turkey meal
You'll stand as your smile swells.

Your heart will give you warmth,
Your head will give you time
You body will feel nostalgia
You'll feel it in your mind.

Take your time when crossing seasons
The bridge is longer than you think.
November is break for you
And it's longer than a blink.

Let the quiet consume your soul
Let the death allow you to cope,
Let the cold hold you gently
Let November give you hope.

The CHS Theatre Department Presents *Varney the Vampire*

BY ZO WETZEL

Catoctin High School's Drama Department invites you to experience *Varney the Vampire* in our own auditorium on December 4 and 5 at 7:00 p.m. This event is completely open to the public.

The year is 1900, and a world-weary vampire, Sir Francis Varney (Andi Bentz), arrives at "The Inn of the Grumpy Wolf" in southern Italy. He plans to visit a nearby haunted grotto to beg forgiveness from the ghost of his lost love, Amelia (Sarah Troutman). His intentions are derailed when he sees the beautiful English damsel, Flora Bannerworth (Aubrey Best), and in no time at all, the bodies begin to drop all over the countryside.

Will Inspector Balsadella (Hayden Felichko) be able to solve these crimes? Will Richard Dearborn (Charles McGinnis) rescue his fiancée from the vampire's grip? Can Varney's bloodlust be sated, and will anyone be left standing by the end? Find out this December!

Tickets are available for purchase: \$6.00 for FCPS students, \$8.00 for guests, and free for FCPS staff members. Crochet Artist Saleena DeVore will also be attending the event to sell handmade bats. Catoctin High's Theatre Department eagerly awaits your attendance and support. Get your tickets at <https://cur8.com/16998/project/141648>. Check out the advertisement on page 37.

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The King's Gambit

written by
JAMES RADA, JR.

11: Creating the Game

Lou Preston closed the heavy, leather-bound journal, its pages smelling faintly of old paper and cedar. He pressed the heels of his palms into his tired eyes until colors bloomed behind his lids. Pushing himself up from the worn indentation in the couch, he began pacing the small den; the journal tapping a restless rhythm against his calloused left hand.

It was a cascade of impossible things. How could any of his great-grandfather Harley Preston's wild account be believed? It read like a history of the Civil War refracted through a cracked lens. Lou read familiar names and dates on the surface, but beneath, Harley told a story of a shadow war of clandestine treaties and

whispered negotiations. The sheer audacity of it was staggering. Yet, the few threads Lou could pull—a name here, a date there—matched verifiable records with an accuracy that was deeply unsettling. It fit, and that was the most troubling part of all.

But why was none of this story common knowledge? Why was his great-grandfather's story buried like one of its own secrets?

An idea, simple and clear, cut through the noise. He sat at the cluttered desk, the old wood groaning under his weight, and woke his computer. The blue light filled the dim room as he typed "Paul DuPont + North Carolina" into the search bar. No military records surfaced which tracked; a man would hardly enlist under a name he planned to discard. But he found remnants of a family: DuPont Meats, now a packing company, but once prominent ranchers in the state's central piedmont. Digging deeper, he uncovered archived supply ledgers showing they had provisioned the Confederate Army with beef, poultry, and dairy. Lou's mouth twisted into a grim line. They'd profited handsomely, emerging from the war's ruin wealthier than most of their neighbors. They'd been war profiteers cloaked in southern gentility.

Ancestry.com yielded nothing, but Findagrave.com delivered: a Paul DuPont resting in Union

Cemetery, Fairfield, Pennsylvania. The death date—June 30, 1863—was a perfect match to Harley's journal entry. The location was mere miles from where Colonel Donaldson, a.k.a. Paul DuPont, was supposed to have fallen.

The decision was instantaneous. Lou had to see it for himself. The drive along PA-116 was a straight fifteen-minute shot southwest of Gettysburg. It was the reason he didn't immediately notice the sedan keeping a steady distance behind him. Traffic between Gettysburg and Fairfield was common; it was only when he signaled and turned into the cemetery gates that the car sped past, only to reappear a minute later driving back in the opposite direction without stopping. Odd, but not overtly threatening.

He parked on the crushed-gravel lane and stepped out into the quiet. The air was still and carried the scent of cut grass and damp earth. He began to walk, his eyes scanning the rows of marble, granite, and weathered sandstone headstones. Those who died in 1863 would likely be grouped together. He pulled a printed screenshot from his pocket, smoothing its creases against his thigh, looking for a simple square of granite.

As he moved between the rows, his peripheral vision caught two men loitering on the sidewalk at the cemetery's edge. One spoke intently into a phone, the other attempting

an air of casual indifference that failed completely amidst the purposeful silence of the graves. People walk through cemeteries; they don't linger at their perimeters like sentries. Lou ignored them. As long as they didn't approach him, they were of no concern to him. His focus was on stone and dates.

And then he found it.

The marker was modest, unadorned. He ran his fingers over the carved letters:

Paul DuPont
Died June 30, 1863
A man of peace.

This was him. The date aligned perfectly, and the epitaph echoed Harley's description of the peace-seeking colonel. But who had buried him here under his real name? Someone who knew his secret but not his birth date? And why here, in Pennsylvania soil, instead of being returned to North Carolina? Had his family cast him out entirely?

Lou shook his head as if to clear it. Every answered question spawned three new ones.

He raised his phone and took a picture of the headstone, then pivoted to photograph discreetly the two watchers. One noticed and turned his back sharply, but Lou captured a serviceable image of the other before stowing his phone.

 Continue reading story on page 43

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A new thought struck him then, looking at the photo on his screen. The cemetery grounds, with their orderly rows of obelisks, slabs, and crosses, suddenly resembled nothing so much as a chessboard laid out with an army of stone pieces. The illusion was broken by the scale of the place, hundreds of graves stretching into the distance, but through the narrow lens of his camera, framed by trees, it condensed into a manageable grid of a few dozen.

You just had to look at it differently.

Look at it differently.

He moved quickly back to his car, this time acutely aware of the sedan falling in behind him once he merged back onto the road. He tested it, turning down narrow country lanes lined with oak trees; it followed at a discreet distance each time. He considered calling the police, but what would he say? Being followed isn't illegal if they don't harass you.

On a quiet stretch, he pulled onto the gravel shoulder and feigned taking a call, elbow propped on the windowsill. The sedan slowed, then passed. As it did, he lifted his phone and snapped a clean picture of its Pennsylvania license plate.

Satisfied with this small victory, he continued home. Soon enough, he spotted the same car waiting patiently in a shaded driveway;

it eased out behind him once he passed.

At his house, he locked the door firmly behind him and took the stairs two at a time to the den. A wave of relief washed over him to find Harley's maps and journal still spread across his desk; part of him had expected them to be gone. They needed a better hiding place.

He carefully lifted the top map from the pile. It was a detailed topographic survey of Gettysburg. He laid it on the desk and smoothed it flat. For days he had studied it with north firmly at the top. Now he gripped its corners and rotated it forty-five degrees.

He leaned in close, squinting. Something was there... almost visible...

He bolted downstairs to the kitchen junk drawer and retrieved a ball of white twine he used for bundling recycling. Back at the desk, he used scissors to cut several long strands. With painstaking care, he laid them across the reoriented map. One vertical strand ran along Seminary Ridge, another ran along Cemetery Hill. Horizontal lines connected them, crisscrossing over roads and fields. When he finally leaned back...

He was staring at a chessboard.

Harley hadn't just drawn a map; he had moved entire monuments and removed others to force geography itself to conform to squares on a grid.

 What happens next? Stay tuned for Part 12 in our December issue!

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POETRY

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A Tree

Poem by g



What happens to a tree

When it is uprooted and

Transplanted into foreign soil...

It dies.



The Two Crows

Poem by Rebecca Adelyn
Rutherford



The billowy clouds are gathering in the sky,

As two crows glean the fields.

They do not see me as I walk by;

They continue to eat what the soil yields.

Are they the two crows I saw yesterday?

The two crows who dined upon sunflower seeds,

The two crows who graced my deck to feed

Or just two crows off the road to eat dead hay?

It matters not where or how we are nourished.

It only matters that we live and flourish.

For each grain of knowledge that we digest

Becomes part of our plan, and vital to our quest.

LOOK WHO TOOK US ALONG!

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“Ciao from Italy!”

The Krauss family of Rocky Ridge recently came back from their 10-day trip to Italy, visiting Venice, Florence, Cinque Terre, and Rome.

Erik, Kelsie, Laura, and Ben Krauss are pictured in Rome with the dome of St. Peter's Cathedral in the background. Front and center is *The Catoctin Banner*!



~Thanks for taking us along, Erik, Kelsie, Laura, and Ben!

We appreciate you!



Jimmy Kempisty and Diana Davis took the *Banner* along with them to the 2026 Great Chesapeake Bay Bridge 4.4 Mile Swim in June.

Diana placed 1st in her age group (Women's age 25-29), with a time of 2 hours, 43 minutes, 31 seconds!



~Thanks for taking us along, Jimmy and Diana!

We appreciate you!

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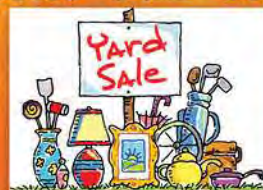
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For this month's edition of "Look Up," I decided it would be fun to cover some recent news in the world of astronomy: a newly discovered type of star and the planet Mars.

WD J1330+6435

Stars can appear as many different colors throughout space. These colors are dictated by their size, age, and chemical make-up. White dwarf stars are stars that have lived and died. They only emit any light due to residual heat from decades and decades of nuclear fusion. They slowly fade away, figuratively, for the rest of time. They eventually become black dwarf stars, although none exist yet. The residual heat described earlier takes trillions of years to dissipate, and due to the universe only being nearly 14 billion years old, time itself has not allowed for black dwarf stars to exist in present day.

It was thought for quite some time that white dwarf stars can only emit white light, hence their name. Recent discoveries show that they can also glow pink, purple, and even green. An astronomer by the name of Dr. Mark Hollands had this to say, "It turns out these incredibly dense stars can produce colors nobody expected, and some of them genuinely surprised me."

An important note regarding these colorful white dwarfs is that

these colors are only visible within close proximity to them, and any white dwarf is very far away from us here on Earth. To see these colors, astronomers use a method of observation called spectroscopy.

Spectroscopy is the study of how matter absorbs and emits light. The energy that light emits is designated by color. Light emits many colors; the seven colors that us humans can see are the colors of a rainbow. The team behind the studying of these white dwarf colors used the spectra that was emitted by these white dwarfs to see what color the stars would appear to the human eye. As stated before, matter is a huge part of spectroscopy; matter can help determine what colors are emitted. If we think of it here on Earth, we can take the green on an oak tree leaf. The oak tree leaves (when healthy) are green due to their chemical composition and the light that interacts with them. The same logic can be applied to a white dwarf star. For example, purple and pink white dwarf stars are usually rich in the element carbon.

A specific star studied, named WD J1330+6435, has a history of swallowing rocky debris from the planets that orbit it. Due to this, the star has an atmosphere that is abundant in calcium, lithium, and sodium. When these elements absorb light, the light that is left over is a green hue, hence why it appears to us this way. The team behind the research says that there has been no other star like this one found, meaning that it is the first green star ever discovered. These colors of pink, purple, green, cyan, and so on, are incredibly uncommon. The team looked at a total of 151 white dwarf stars, and only 5 of them showed a strange color. Due to this research, it is safe to say around 1 in every 30 white dwarf stars are not white.

The Toxic Dust of Mars

Mars has been visible to the naked eye by humans since the beginning of our species. Ancient

civilizations thought of Mars in various ways, it being a planet not being one of them. They referred to Mars, and all our other planets in our solar system, as wandering stars, which the word "planet" is derived from. All stars are fixed in the night sky, but there were a few that would move across the sky at night. These wandering stars sparked intrigue for generations and continue to do so today. Mars, a red dot in the sky, was seen as a symbol for

blood and war by many cultures, including ancient Rome, which named Mars after their god of war.

Fast forward to the 18th century, an astronomer by the name of William Herschel discovered that Mars has polar ice caps. Due to this discovery, Herschel theorized that Mars could harbor life of some kind. Due to the 19th century's rise of popular culture and Herschel's astronomical discoveries, people began imagining the history and future of Mars. Popular theories and speculation surrounded these topics: what it looks like on the surface, the possible ancient race of the people that lived on it (named Martians), and what life would look like on Mars for us humans.

Now in the 21st century, we see Mars much clearer, through advanced telescopes here on Earth, satellites in low orbit, and even rovers we have sent to the surface of Mars. We now know Mars is a dry, dusty, and frigid planet. We have real hopes of putting humans on Mars, possibly even terraforming the planet to better suit us. With all these hopes and wonders of the Martian surface, roadblocks of all kinds make this goal of discovering all that Mars has to offer very challenging.

The biggest challenge is how toxic the dust is on the surface. When we say dust, we are referring to a powdery, fine layer of eroded rock and minerals that coat the entire surface of Mars. This dust is blown everywhere by Mars' weather patterns, which means wind reaching up to 100 mph during bad storms. We had an idea of how toxic this dust could be even from our time on the lunar surface. The Moon's dust stuck to everything. The dust eroded space suits, it overheated equipment, and even irritated the lungs and

Source: www.popsi.com/science/first-green-star-reddest-star/



Artist rendition of star WD J1330+6435, found in our own Milky Way galaxy, located roughly 280 light years away from Earth.

eyes of the astronauts. Although there are takeaways from the lunar dust, it still doesn't tell us the whole picture. Mars is home to many other chemical components and minerals that are not found on the Moon, some of those being carcinogenic. One of our biggest goals with having humans on Mars is to eventually terraform the surface, which means making it habitable for humans to live on long-term. For us to live long-term on Mars, we must be able to grow crops, although we have found that the surface of Mars is so riddled with unfavorable minerals and chemicals that it would be impossible to do so. This will make it very difficult to survive for longer than the amount of food we can bring with us, which for long-term residence on the Martian surface, is not very much.

Sending humans anywhere in space, the motto is always to "pack light," as fuel is a big factor of how far we can go. We do not currently have a sample of this dust found on Mars, but the Japan Aerospace Exploration Agency (JAXA) has a plan to land on one of Mars' moons, named Phobos. Phobos could give us a very good indication of the chemical make-up of Mars' surface and the dust that is kicked up. To send a spacecraft to Mars and to have it land is very challenging to begin with. To send a spacecraft to land on Mars, collect a sample, and launch off the Martian surface and come back to Earth is even harder due to Mars' gravity. Phobos is much smaller, which makes it a lot easier to launch from.

We can only hope that the JAXA is able to pull it off, as that would give a greater understanding of what we would be dealing with when we send humans to Mars in years to come.

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WHEN YOU RETIRE, WILL YOU WANT FLEXIBILITY OR CERTAINTY?

For much of your working life, investing is about growth. You contribute to your retirement accounts, ride out the market's ups and downs, and give your money time to grow so it can support you in the future.

But as retirement approaches, your focus starts to shift. You're thinking about how to protect your nest egg and turn it into a source of income. You may not want the money you'll need to pay next year's bills riding entirely on the stock market, especially if a downturn forces you to sell investments when prices are down.

That's where bonds come in. They can play an important role in preparing for retirement, and there are plenty of options to choose from. Bond funds come in different varieties, and individual bonds include everything from Treasury securities to corporate bonds. Let's look at two approaches worth understanding: a traditional intermediate-term bond fund and a ladder of Treasury Inflation-Protected Securities (TIPS).

Bond Funds vs. Individual Bonds

Think of a bond as lending money to the government or a company. In exchange, they pay you interest and agree to return your money on a specific date.

A bond fund is similar to an equity mutual fund, but instead of owning shares of companies, you own a small piece of a basket of bonds. The bond fund handles the buying and selling, making it an easy way to spread your money across many different bonds. Because bonds generally fluctuate

less than stocks, bond funds are typically less volatile than stock funds. However, just like stock funds, their value can still rise and fall. The advantage is that you can generally sell your shares at any time without waiting for individual bonds to mature.

Individual bonds work differently. Each has a date when the original loan is scheduled to be repaid. If you hold the bond until maturity and the issuer meets its obligations, you know when your money is due back. That can be especially helpful when you're planning for retirement expenses.

Option 1: Keep It Simple With a Bond Fund

Do you value flexibility and simplicity?

Think about how you approach everyday life. Are you comfortable leaving some plans open and adjusting as you go, or do you prefer to have everything mapped out ahead of time? If you're comfortable with some uncertainty and value having fewer things to manage, a diversified intermediate-term bond fund may be a good fit for your retirement portfolio.

With a bond fund, you get exposure to many bonds through a single investment. You don't have to select individual bonds or keep track of their maturity dates. The fund handles the details for you.

The trade-off is that bond funds fluctuate in value. When interest rates rise, existing bonds generally become less valuable, which can cause a fund's price to fall. We saw this happen in 2022, and similar declines can occur in the future.



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FINANCIAL QUESTION?

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Your question could be answered
in a future issue!

Higher rates can eventually help a fund earn more interest, but there's no set date when you can expect to get a predetermined amount of your original investment back.

That uncertainty may be easier to live with if you have a broader plan for covering your expenses. If you have cash set aside for near-term spending and some cushion in your budget, you may be able to cut back on discretionary expenses or delay a large purchase during a market downturn rather than sell investments at an inconvenient time.

If you have that flexibility and prefer not to manage individual bonds, a bond fund can be a straightforward way to hold the fixed-income portion of your portfolio.

Option 2: Build a TIPS Bond Ladder

Do you prefer predictability and knowing what to expect?

Maybe you're the person who likes to book the hotel, map out the route, and know the details before leaving for a trip. You feel more comfortable when you can plan ahead and know what to expect. If that sounds like you, a strategy built around specific future dates may be worth considering.

One option is a ladder of individual bonds, particularly Treasury Inflation-Protected Securities, commonly known as TIPS.

TIPS are U.S. Treasury bonds designed to help protect your money from inflation. Their principal adjusts with changes in the Consumer Price Index, and interest payments are based on that inflation-adjusted principal. At maturity, the Treasury pays at least the original principal amount, subject to the security's terms.

A bond ladder is simply a collection of bonds with different maturity dates. For example, you could buy TIPS that mature in 2031, 2032, 2033, and beyond, timing those dates around when you expect to need the money. Rather than relying on the market value of a bond fund when it's time to withdraw money, you can plan around the maturity dates of your individual bonds.

This approach takes more planning than buying a bond fund, and it's important to understand that your bonds can still fluctuate in value if you sell them before maturity. But if you hold them until maturity, you have a clearer picture of when your principal will be returned, with payments that adjust for inflation. The actual dollar amounts you receive will depend on inflation over time.

There's one other consideration: TIPS can create a tax bill on inflation adjustments before you receive that increase in cash. Holding them in a retirement account, like a Traditional IRA, can help avoid that issue on your current tax return.

If knowing when your money will be available helps you feel more confident about retirement, a TIPS ladder may be worth exploring.

Which Approach Is Right for You?

You don't have to choose just one. You could use individual bonds to cover expenses you know are coming and a bond fund for the rest of your fixed-income portfolio. These are just two of many options, so do your homework before investing to understand what you're buying and the risks involved.

Disclosure: This article is for educational purposes only and is not intended as financial or tax 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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Thurmont AMVETS POST 7
26 Apples Church Rd. Thurmont

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.

Take the Bus!

I've grown cranky in my old age, highly intolerant of crowds and heavy traffic. I was a little reluctant to go along with my wife on a bus tour of historic Frederick. I've seen Frederick, although it has been quite a while since I've ventured into the heart of town. Enochlophobia, the fear of crowds. That was my claim but to no avail.

So, we caught our bus, but it was no ordinary bus. It was a real, honest to goodness, London double-decker. And, you could ride up on top! What a view! I wouldn't advise standing up, though. It's truly a unique perspective to gallivant about town 10 feet in the air. Looking down on surprised faces that are looking up at the monstrous bus is amusing.

Maryland Double Deckers offer an extensive list of tours. Go see the vineyards, America Civil War site, and sample the food and beverages Frederick has to offer. If you can't find a tour that suits you, create one yourself. Incorporate a bus tour into a company outing.

Take the bus to a wedding. The possibilities are limited only by imagination (and height restrictions; there are some limits).

As my wife and I rode around town, it occurred to me that perhaps I had never really looked at Frederick. Three hundred years of American history had played out in her streets and fields. The combatants of major wars had occupied the town. Lewis and Clark gathered and stored their provisions in Frederick before striking out westward on their expedition. There are trees that witnessed both Union and Confederate armies still standing. Remnants of the Industrial Revolution dot the landscape. Frederick is a witness to the birth and rise to prominence of the American story. And what a wonderful way to enjoy the 250th Anniversary of our independence, viewing centuries of history from the upper deck of a British bus.

For more information and reservations, go to www.MarylandDoubleDecker.com.

Photo by Jeff Yocum



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BY MICHELE TESTER

My Two Cents

Road Trip!

I recently embarked on a girls' road trip. And this was not just any road trip, mind you. This road trip featured five fabulous dancing queens; a huge log cabin, nestled on expansive rolling hills; a big beaver with a prominent overbite, sporting a red cap; a safari (yes, you read that right); witches on broomsticks; ghosts with sunglasses; an outdoor deck disco; a peace-evoking natural bridge; an early-risers fireplace chat time; five eager food critics; diligent and tenacious photographers; and a chosen sisterhood.

The Sisterhood of the Traveling Motion Sickness (and Diane)

Because we were traveling south and west of my house, and all of my road-trip friends live down in Montgomery and Howard Counties, I told them that I would drive and meet them there. I didn't want to put them out. By the look on their faces, you would have thought I just suggested we travel by unicycle on the highway. They were like, "No way! We are all driving together! That's the true road trip experience." How could I argue with that?

Let's just say that before our road trip even began, the discussion of who gets carsick came up. It turns out that all of us, but one, suffer from motion sickness. How did we get around this? Well, we just switched seats periodically. Some of us had nausea medicine to take before jumping in the car. And, of course, "barf bags" were available if needed. Thanks, Diane. To spare you the suspense, none of us got sick, thank goodness.

So, my husband drove me down to Costco in Frederick, and that's

where our road trip began. Little did I know of the wild ride that lay ahead.

The Sisterhood of the Traveling Bladder

What's that classic road trip rule? Never pass up an opportunity to pee, and never trust someone who says they don't have to go. I won't name who we all joked has the smallest bladder in the world, but let's just say that we stopped...a lot! The amazing thing is that we had some of the most memorable experiences, endless giggles, and interactions with some "unforgettable" people during all of those stops. Thanks for your small bladder, Tracy. Oops, the cat is out of the bag.

The Sisterhood of the Traveling Dancing Queens

These are an amazing group of ladies, and our history and how we became friends is a long, interesting one. Our husbands actually grew up together. Some of them, as far back as elementary school. And we wives also knew each other young, a few of us way back to junior high school. So, we all have a unique bond, one steeped in long-ago shared memories and slivers of our youth. We try to do a lot of get-togethers with all of us. But this trip... this road trip was just for the girls. No husbands allowed.

When I say the house we stayed at was beautiful, it would be an



Photo by Mike Tester

understatement. One of us brought an actual disco ball and hooked it up out on the back deck—thanks, Tammy—which overlooked the mountains. We all danced under the disco ball lights on the deck for hours that first night.

The Sisterhood of the Traveling Safari & Ride-Or-Die

When these ladies told me that we were going to go on a safari during our road trip, I was shocked, to say the least. Where the heck is there a safari? Well, there is one—one that you drive through, and wow, what an experience that was. These ladies wanted to capture every moment, so they had a cell phone tied to the rearview mirror, one down and propped up on the drink tray, one on the side of the car...all set to record.

You may have seen clips of people in their cars with the windows down, and animals coming right up to their vehicles, sticking their faces in to

eat the food in the bucket that was purchased before the safari began. They are legit. The animals literally surround your car and come up to the windows, eager to meet you, and, well, to eat. And they sure are eager. We laughed so hard that we were crying, especially when one of us got spit on by a Llama. Sorry, Tracy.

So many beautiful animals, too. Animals I have never gotten to see up that close before. An unbelievably treasured experience with an unbelievably wonderful group of women.

Over our trip, we must have taken thousands of pictures. So many poses, so many laughs, so many memories. We also posed as witches (and as ghosts with sunglasses!), with actual brooms that were brought for the trip, all jumping on "three" so the photo looks like we are flying. Too cool. Thanks, Kathy.

We also ventured to the Natural Bridge State Park, an historic landmark that stands 200 feet tall over a limestone gorge. So gorgeous, so peaceful.

Oh, and the restaurants we went to—they were all amazing. One of the diners we ate at was named Kathy's. We learned that Kathy opened the restaurant in 1986. My friends were trying to guess "who" Kathy was; maybe it was the older woman we saw walking around? Toward the end of our meal, I went to the ladies' room, and when I got back, there at the table was "Mr. Kathy," Kathy's husband, talking to my friends. So fascinating the people you meet.

I could go on and on. There were just too many amazing experiences shared and too many sights seen to list them all.

At one point, we were talking about how it is so amazing that five women all get along so well. And we do. Nothing reveals how you feel about someone more than going on a trip and being together 24/7.

At one point while writing my column, I was looking up the roles of women in a friendship group. Research shows that friend groups naturally develop distinct social roles that balance the group's dynamics. Yet, while I was reading all the qualities and characteristics of each role, something struck me. The reason why we get along so well is not because we all have a distinct social role in our group. It is because we each are a bit of every role. All five of us are The Planner, The Mom, The Therapist, The Comedian, The Peacemaker, The Daredevil, The Glue, The Listener, and The Dancing Queen.

That's just my two cents.

LOOKING BACK

BY JAMES RADA, JR.

Love and Honor in a Time of War, Part 1

When Samuel Cormany left Franklin County in 1859, his country was united. He returned to find it split in two and a decision to make that hundreds of thousands of other men had made and were making. With his family barely started, should he risk his life in a war between the states?

Cormany returned to Franklin County in August 1862. Since he had been gone, he had gone to college, married, had a child, and lived in Canada. His time away had changed his viewpoint of the world as well as his physical appearance. The first family he stopped in to see on his way home was his half-sister Lydia and her husband Henry Rebok, who lived near Mechanicsburg.

"Sister Lydia didn't recognize me, nor did Henry—not knowing anything of our coming—and my

being away since early in 1859—and I having grown quite a beard, and here was a woman and a baby. But soon the greetings were profuse—and time was well put in asking and answering questions," Cormany wrote in his diary.

A few days later, he was back in Franklin County and reuniting with other family members who lived nearby. One of the places he visited was the farm where he had grown up. His father no longer ran it, having died years before, but it was still in the family. Cormany's brother, John, farmed the land and lived in the house. Visiting the farm hit Cormany with a wave of nostalgia.

"All things look Old Home like—The old well & Pump seem precious—O Thou precious cooling refreshing invigorating fountain, how often thou hast given me nerve

when week from toil and thirst—Yes Tippy—the Dog knows me—and seems so glad & frisky—I did up The Barn—Tannery—Orchard—Meadow and Farm. My! how memories of boyhood days and pranks, their toils, and amusements come scampering along," Cormany wrote.

Another place Cormany, his wife Rachel, and baby Cora visited was the home of Cormany's half-brother's father-in-law. The Strocks were long-time family friends. Not only had Bernard Cormany married one of the Strock girls, but Cormany had courted one of them, too. Her name was Lydia, and she and Samuel had broken up when he left for college.

"It was a little embarrassing for here was Lydia—whom I had courted so long in this home and gave up only because she had declared she never would go west nor far away from her parents for any man—so I responded 'Well then my dear we had as well close up our courtship' and it was closed in a few months, very tenderly—and here I was visiting in the Family in the same rooms we so often sat together in 3 years ago and here was also My darling Wife and Our precious little daughter—while I could not avoid thinking of the past, and the great pleasure I often had enjoyed there in her company—Yet there came up not even a twinge of regret for I am O so satisfied and happy in my Precious wife and our child," Samuel wrote.



Samuel Cormany

Samuel truly was happy to be back in Franklin County, but the year was 1862 and the United States was caught up in the Civil War. Politics and war started to be mentioned more often in his diary entries, showing that it was more often on his mind. When he thought about the events of the day, he would write down his opinions.

The more he thought about it, the more he came to realize that he needed to make a decision. He needed to choose a side in the war. His choice would affect not only him, but it could potentially leave his wife a widow and his daughter fatherless. He had only been home three weeks before he made his decision to join the Union Army.

DONATE TO YOUR LOCAL FOOD BANKS!

The local food banks are seeing increased demand. Please consider donating non-perishable items to the local food banks.

Here are some suggested items:

Cereal	Canned Chicken	Baby Food
Canned Soup	Vegetable Oil	Soap/Shampoo
Canned Ravioli	Cake Mixes & Icing	Toothpaste
Canned Fruit	Rice	Saran Wrap
Granola Bars	Instant Mashed	Ziplock Bags
Meal Kits	Potatoes	Feminine Hygiene
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Below is a picture of an unnamed young woman at the Western Maryland Railroad Station in Thurmont. The station was a part of daily life in Thurmont, bringing people in and out of town from places like Baltimore and Hagerstown.

Using ChatGPT, the original image gets colorized, sharpened, and repaired to let you see history more clearly. AI brings detail out, such as the buckles on the woman's shoes and the shine on her cheeks. It also gives you an idea of the color of the outfit she wore. AI is even able to bring out a pattern in her stockings and a texture in the fabric of her outfit.

Pre-AI Retouching



Photo Courtesy of ThurmontImages.com

Post-AI Retouching



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VETERAN SPOTLIGHT

BY RICHARD D. L. FULTON

Richard H. Rosensteel Purple Heart, Bronze Star Recipient

**THANK
YOU
FOR YOUR SERVICE**

Richard H. Rosensteel was born in Emmitsburg on April 1, 1913, to parents Charles and Mary Rosensteel, and had four brothers: William, Ernest, Richard, and Louie, and four sisters: Agnes, Bertha, Mary, and Margaret, according to his 1998 obituary and census records.

At age 17, he was employed as a cloth cutter at a pants factory, according to the 1930 census, an occupation which he was still engaged in during the 1940s, according to the 1940 census.

Rosensteel registered for the draft on October 16, 1940, at age 27. His draft card information indicated that at the time he registered he was 5-foot and 11-inches in height and weighed 176 pounds. He was described as having blue eyes and brown hair and possessed a "light" complexion.

The (Frederick) News reported on August 27, 1943, that Rosensteel had left his home to be sent to Camp Lee in Virginia for training after having been inducted into the Army's 79th Infantry Division on August 25, according to various articles published in

The News. He and his unit were deployed overseas during April 1944.

The 79th Infantry Division entered the war in Europe via Utah Beach on June 12 through 15, 1944, engaging the German Army over the course of 248 days, from Normandy to the Ardennes, suffering 2,476 soldiers killed in action with another 10,971 wounded, and had 1,180 men captured by the enemy, according to *Army Battle Casualties and Nonbattle Deaths, Final Report* (Statistical and Accounting Branch, Office of the Adjutant General, June 1, 1953).

In addition, the unit reported that 579 soldiers were missing in action during their deployment in Europe, of whom 68 individuals remain unaccounted for as of this day, according to the Sons of Liberty Museum website (sonsoflibertymuseum.org).

The News reported on August 5, 1944, that Rosensteel was "slightly wounded in France on July 6," and *The (Frederick) News* further reported that he was "recovering in a hospital in England." The newspaper noted in an article

published on February 2, 1945, that he had been wounded in the back and leg in the attack on Saint Lo, France.

On October 5, 1944, the newspaper reported that he had been slightly wounded a second time, "presumably in France," on September 18. The newspaper also noted that Rosensteel had just returned to active duty after having recovered from his July injury when he was wounded again, and subsequently reported that the injury occurred at Nancy, France.

The News reported on October 23, 1944, that Rosensteel's (first) wife had received medals that he had been awarded. It was unclear if her husband or the military had sent her the medals. The article simply stated, "Mrs. Richard Rosensteel... has received the Purple Heart with Oak Leaf Cluster and the Bronze Star which have been awarded to her husband... for wounds received and gallantry in action in the battles of France."

The News reported on February 2, 1945, that Rosensteel had been wounded for a third time, and further, his wife had been informed by the War Department that he had been reported as missing in action since January 2, but this was followed by a letter written by Rosensteel dated January 15 to his wife stating that he was "recuperating at a hospital from his



Undated photograph reportedly of Richard Rosensteel as posted at ancestry.com.

latest injury in which he sustained a lacerating wound of (the) eyeball."

Soon thereafter, Rosensteel returned to his home in Emmitsburg. He was officially discharged from his service on July 14, 1945.

In 1960, he married his second wife, Pauline (his first wife was apparently also named Pauline, according to Ancestry), and had two stepdaughters: Donna and Connie. Rosensteel worked as a test unit operator at Fort Detrick for 10 years. He was then employed at the Army Map Service in Washington, D.C., until he retired in 1975.

According to Rosensteel's 1998 obituary, he died on December 3, 1998. Services were held at Saint John's Catholic Church in Frederick, and he was subsequently interred in the Linden Hills Cemetery.

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Community Veteran Event Board

Thurmont AMVETS Post 7, Thurmont

Want some great food? Come out to Thurmont AMVETS Post 7, located at 26 Apples Church Road in Thurmont, 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, featuring a variety of delicious food! View the advertisement on page 21.

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! Check out the advertisement on page 47.

The AMVETS Ladies Auxiliary Post 7 is holding a Lottery Fundraiser for Scholarships. They will be selling lottery tickets from November 9 through December 17. The drawing will take place on December 17 during Maryland's Pick 3 Lottery evening drawing. Only 100 tickets will be sold. The winner wins \$500. Ask an Auxiliary member for tickets.

Thurmont AMVETS Post 7 is now hosting live music! The upcoming schedule for November is as follows: November 7—Firehouse DJ, 7:00 to 10:00 p.m.; November 14—Hannah Ponce, 7:00 to 10:00 p.m.; November 21—Two for the Road Band, 6:00 to 9:00 p.m. Don't miss out! The public is welcome. There is no cover charge. Food is available for purchase until 7:00 p.m. View the advertisement on page 51.



VETERAN SPOTLIGHT

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

American Legion Post 168, Thurmont

Fall is in the air, and it has brought more cold weather than I am ready for. Please check on our Veterans and elderly in your neighborhood to make sure they are doing well. They may need some help with winterizing their homes, getting groceries, etc.

The holidays are quickly approaching, and it is going to be a whirlwind. November 7 is our annual Veterans Day luncheon. We love saying thank you to our Veterans, and everyone needs to eat, so let us serve you! The menu is pork and sauerkraut, mashed potatoes and gravy. Lunch will be served from noon to 2:00 p.m. Lunch is free for Veterans. Guests are \$10.00, ages 5-10 are \$5.00, and ages under 5 eat for free. We would love to see you.

Candy Bingo #2, benefitting the Giving Tree (Families with School Aged children), will be held on Saturday, November 7, from 7:00 to 9:00 p.m. Arrive at 6:00 p.m., and decorate a card for the Deployed Unit we have adopted. We are sending the cards with the next round of snacks we are collecting. If you would like to donate snacks, we have boxes set up at the Legion, Beautiful You Salon, Kountry Kitchen, Intowne Barber, and Bollinger's Restaurant.

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Blood Cleansing Foods, Herbs, and Strategies

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

The health of your blood is critical to your health. Your blood transports oxygen and essential nutrients to all your organs, protects you from infections, supports healing from injuries through clotting, and regulates pH levels, water balance, and body temperature.

Environmental toxins, inflammatory foods, poor digestion, chronic stress, and other factors can overwhelm the body and cause the blood to become overburdened with toxins and infections. This can lead to toxic blood, poor circulation, and related symptoms and health risks.

Fortunately, certain blood-cleansing foods, herbs, and strategies can help you cleanse your blood and support your health naturally.

Common Signs of Blood Toxicity

Common signs of toxic buildup in your blood and body may include: fatigue; brain fog; poor concentration; headaches and migraines; acne, rashes, and other skin problems; bloating, gas, irregular bowel movements, and other digestive issues; frequent infections and poor immunity; anxiety, mood swings, irritability, and other mental health symptoms; bad breath, body odor, and a coated tongue; chronic pain; and chronic health issues.

Healthy Blood & Drainage Pathways Equal Better Nutrient Delivery

Healthy blood and well-functioning drainage pathways are critical for nutrient and oxygen delivery to your cells throughout your body.

When your blood is healthy and the drainage pathways are working, your blood can circulate efficiently, transporting and delivering oxygen, vitamins, minerals, and other nutrients to your cells, tissues, and organs.

This is essential for energy production, tissue repair, hormonal balance, immune function, and overall health.

However, when your blood is loaded with toxins and your blood circulation is sluggish, this delivery system becomes ineffective, and your cells, tissues, and organs don't get the oxygen and nutrients they need effectively for healthy functioning.

Opening Drainage and Detox Pathways

Your body's drainage pathways, including your liver, kidneys, lymphatic system, colon, and skin, are all critical for removing environmental toxins and other waste.

When these detoxification pathways become clogged, sluggish, or can't function properly, it means that environmental toxins and other waste can recirculate in your bloodstream. This can interrupt nutrient absorption, impair oxygen delivery, and add extra stress on your organs.

Having well-functioning detoxification and drainage pathways is critical for removing toxins and waste, as well as for keeping your blood oxygen-rich and your circulation well-flowing to deliver life-sustaining oxygen and nutrients to your cells, tissues, and organs to maintain cellular function and overall health.

Top Blood Cleansing Foods

Some of the best blood cleansing foods include fruits and vegetables.

Supporting drainage pathways is very important when it comes to improving toxic blood.

Citrus, including grapefruits, oranges, lemons, and limes, has been shown to support kidney and liver detoxification.

In other studies, oranges, grapefruits, berries, tomatoes and cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprouts, kale, collard greens, bok choy, arugula, radish, turnip, mustard greens, watercress, kohlrabi, horseradish, and rutabaga have been shown to support liver health.

Top Blood Cleansing Herbs

Many herbs you already use as tea or to season your food have blood cleansing capabilities.

Lemon or Lime. Though lemon and lime are technically not herbs, you can use them like herbs when using fresh lemon or lime juice on a salad. Additionally, the bioflavonoids in citrus may reduce capillary permeability, decrease inflammation, and improve cardiovascular health.

Lemon and lime are also great for digestion, blood sugar balance, and potassium levels.

Garlic. Garlic is a great anti-inflammatory herb. It is a great natural vasodilator that can help improve circulation, relax your blood vessels, and improve blood pressure. It also offers antimicrobial benefits. As an antimicrobial food, it may help to reduce any infections in the bloodstream.

Parsley. Parsley is a natural diuretic, which helps to flush out excess fluids and toxins from your kidneys. It is also rich in chlorophyll, which means it may be a great option for oxygenating your blood.

Cilantro. Cilantro is a great detoxifying herb. It supports chelation, which is the process

that helps bind and remove heavy metals. Chelators may help to improve renal, cardiovascular, and neurological conditions. It may also help to remove mercury and lead effectively.

Chlorella. Chlorella is not really an herb but a freshwater algae that can be used similarly to an herb or superfood. It is a great detoxifier for removing heavy metals and environmental toxins.

Chlorella may help to remove heavy metals and may be particularly useful to reduce heavy metal toxicity related to amalgam fillings and titanium implants in dentistry. It may also support oxygenation of your blood and repair your body on the cellular level.

Arugula. Arugula is a peppery cruciferous herb. It is high in chlorophyll and a natural blood cleanser and liver detoxifier. It may help to neutralize and eliminate harmful toxins from your body and stimulate liver detoxification.

It is also rich in antioxidants, which may support circulation and cardiovascular health.

Milk Thistle. Milk thistle is rich in a compound called silymarin, which is known for protecting and regenerating liver cells.

Silymarin may support liver health and treatment of liver diseases. By supporting liver function, it may also help to filter and cleanse the blood.

Astragalus. Astragalus is an adaptogenic herb. It may help to improve your immune system, which is essential for successful detoxification.

Astragalus may support liver and intestinal health.

It may promote spleen health and the reduction of metabolic waste. It may also be beneficial for circulation.

■ continue reading on Page 55



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10 Frederick Rd., Thurmont

**BLOOD CLEANSING FOODS, HERBS, AND STRATEGIES**

Manjistha. Manjistha is an Ayurvedic herb that's commonly used for purifying the blood and enhancing lymphatic drainage. It offers cooling properties to balance excess heat in the body during cleansing.

Manjistha may support gut health and gut microbiome balance. It may help to remove toxins from the bloodstream, lower inflammation, and support the kidneys and liver.

Olive Leaf Extract. Olive leaf extract may be a great anti-inflammatory and antioxidant herb.

Olive leaf extract is rich in polyphenols, including oleuropein, which is great for reducing inflammation and supporting immune health.

It may help reduce microbial growth and reduce infections in the blood.

Gotu Kola. Gotu kola is an herb used to support your blood flow and blood vessel integrity, which is essential for blood cleansing and circulatory health. It may also function as support to the liver and kidneys in filtering out and removing toxins from your body.

Burdock Root. Burdock root is an herb that may be used for purifying the blood through supporting liver detoxification and lymphatic drainage. It may help to remove toxins through the kidneys.

Additionally, burdock root is high in antioxidants and prebiotics, which are essential for effective detoxification.

Best Strategies

Additionally, dietary and lifestyle strategies are also a good idea to support blood cleansing.

Your diet is key to improving blood health and circulation. To support detoxification and blood cleansing, follow a blood sugar-stabilizing nutrition plan.

Remove inflammatory foods, such as refined sugar, refined oils, artificial ingredients, sodas, sugary juices, and overly processed foods.

Focus on nutrient-dense, antioxidant-rich, and anti-inflammatory foods, including greens, vegetables, sprouts, fermented foods, low-glycemic index fruits, grass-fed meat, pasture-raised

poultry and eggs, wild-caught fish and seafood, and wild game.

Prioritize your protein levels. Aim for 30 to 50+ grams per meal.

Your carbs should mostly come from fruits and vegetables.

You can use stevia or monk fruit for natural sweeteners that don't disrupt your blood sugar levels.

Focus on healthy fats, including avocados, grass-fed butter and ghee, coconut oil, MCT, olives, and extra virgin olive oil.

Regular Exercise and Movement. A sedentary lifestyle has many health risks. Regular movement and exercise are critical for healthy circulation, cardiovascular health, and detoxification.

Ten thousand steps a day is a good start.

You can also add stretching, walking in place, dancing to your favorite song, and playtime with your children and pets.

Exercise at least five times a week for 20 to 30 minutes each session. Incorporate both cardiovascular exercise and strength and resistance training.

Good Hydration. Good hydration is critical for cardiovascular function. It is also critical for good lymphatic drainage.

You may add some lemon juice, cucumber slices, basil, mint, other herbs, or berries for taste.

Prioritize Regular Bowel Movements. Bowel movements are one of the main ways for your body to eliminate toxins.

You want regular, normal bowel movements instead of struggling with constipation and digestive issues.

The best times to move your bowels are in the first 90 minutes after you wake up and shortly after meals. Good hydration is key for good, regular bowel movements.

It is helpful to drink warm beverages such as herbal tea or warm lemon water in the morning to help your bowels move. Taking a walk in the morning can also help.

Some people find that eating lots of probiotic-rich fermented foods, such as kimchi, sauerkraut, kefir, and kombucha helps move the bowels. Others find that prebiotic-rich foods, such as garlic, onion,

leek, Jerusalem artichokes, apples, and bananas, are helpful.

Prioritize Good Sleep.

Prioritizing good sleep is also important. Sleep supports your brain in flushing out toxins.

Develop a good evening routine that supports sleep and rejuvenation. Reducing electronic use at night, dimming all your lights, and using blue light-blocking glasses in the evening can be helpful. Also, keeping your room cool with an overhead fan running, if possible, can be very helpful for a great night's sleep.

Nasal Breathing. As humans, we have two ways to breathe: through our mouth and through our nose. While both ways take oxygen through your mouth into your lungs, there are some major differences. Nasal breathing offers more health benefits and poses less health risk than mouth breathing.

Nasal breathing may reduce diastolic blood pressure and improve parasympathetic factors in heart rate variability, supporting circulatory and cardiovascular health as a result.

Dry Brushing. Dry brushing is a great way to support your lymphatic system and brush away dead skin cells and toxins.

Dry skin brushing adds exfoliating benefits and strategic focus on lymphatic stimulation. Try to dry brush daily before your shower.

Use a brush with natural bristles. It is best to begin with light, gentle brushing, and over time, the skin will be able to handle brushing a little deeper.

The strokes should move toward the heart to improve lymphatic flow back through the venous system toward the heart.

When dry brushing the stomach, it is best to go in a clockwise motion as that works with the natural digestive flow.

Epsom Salt Baths. Epsom salt baths have been used by many different cultures for hundreds of years. Magnesium and sulfate are both readily absorbed through the skin and into the body's bloodstream.

Using a powerful mineral base such as Epsom salts in bathwater

creates a process called reverse osmosis, which helps your skin to absorb Epsom salt and eliminate toxins better.

This process can pull harmful toxins out of the body and allow the magnesium and sulfates to enter the body.

Consider Using an Infrared Sauna. Regular sauna use may offer many health benefits, including detoxification, cardiovascular health, skeletal-muscular health, and mental health.

Infrared sauna therapy uses Far Infrared Technology (FIR), which is a non-invasive light therapy that can penetrate your body as much as three inches. This process heats your muscle tissues and internal organs without heating the surrounding air.

This heat helps your organs and tissues detoxify by pushing toxins out of your bloodstream to be eliminated by perspiration or sweating.

Consider Getting a Massage. Getting a massage can also support circulation, healthy blood flow, lymphatic drainage, and detoxification.

It may reduce muscle tension, inflammation, and pain. You can get specific massages according to your needs.

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-optimal 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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Turn to Page 44!



Recipe of the Month

BY MAXINE TROXELL

If you're tired of the traditional Green Bean Casserole and looking for an alternative Thanksgiving side dish—or even just a lighter fall side dish—this is your ticket. Brussels sprouts and butternut squash can pretty much be served pretty plain. They just get better and better when roasted and develop a really great flavor. The honey adds some additional sweetness to the vegetables without being overly powerful. I hope you enjoy this recipe.

Honey Roasted Vegetable Medley

Ingredients

- 1 butternut squash
- 1 lb. brussels sprouts
- 2 tbsp. olive oil
- 1 tsp. pepper
- 1 tsp. salt
- 3 cups fresh cranberries
- 1½ cups pecans, shelled & halved
- 4 tbsp. honey

Directions

1. Preheat oven to 400°F.
2. Peel the butternut squash and cut in half (lengthwise). Remove the seeds and cut into small cubes.
3. Wash and trim brussel sprouts.
4. Add butternut squash and brussel sprouts to a large mixing bowl. Add in olive oil, salt, and pepper. Mix until well coated.
5. Pour squash and brussel sprout mixture onto a foil lined baking sheet.
6. Roast in the oven for 25 minutes.
7. Remove from the oven and add cranberries to the baking sheet, stirring the mixture.
8. Roast an additional 10 minutes.
9. Remove the baking sheet from the oven and add pecans. Return baking sheet to oven and roast an additional 5 minutes. Watch closely to prevent nuts from burning.
10. Remove the baking sheet from the oven, and while the mixture is still hot, drizzle with honey and mix to coat. Serve hot.

Enjoy!



eat well feel good



Recipe: <https://allthehealthythings.com>

The Best Healthy Pumpkin Bread

Soft • Fluffy • Flavorful

What You'll Need

- 1¾ cups white whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon pumpkin pie spice
- ¼ teaspoon salt
- ½ cup whole milk greek yogurt
- ¼ cup olive oil
- 1½ cups pumpkin puree
- ½ cup maple syrup (not pancake syrup)
- 2 large eggs
- ½ tablespoon vanilla extract
- ½ cup dark chocolate chips (plus more for the top)
- ½ cup walnuts, chopped



How to Make It

1. Preheat oven to 350 degrees. Prepare a 9x5 loaf pan with parchment paper.
2. Add the flour, baking soda, pumpkin pie spice, and salt to a mixing bowl. Stir until well combined.
3. To a separate mixing bowl add the greek yogurt, olive oil, pumpkin puree, maple syrup, eggs, and vanilla extract. Whisk until well combined.
4. Add the dry ingredients to the wet ingredients and stir until well combined. Next, stir in the walnuts and chocolate chips if using.
5. Transfer the batter to the prepared loaf pan.
6. Bake the pumpkin bread at 350 degrees for 55-65 minutes or until a toothpick, when inserted into the center, comes out clean. If the bread begins to brown too quickly you can tent it lightly with a piece of foil.
7. Transfer the bread to a wire rack to finish cooling completely. Once cool, slice and enjoy!



BY JAMES RADA, JR.

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

November 1926, 100 Years Ago

Apple Show At Thurmont Today

Interest is being shown throughout Thurmont and surrounding districts in the community apple show to be held in the Central Trust Company at Thurmont, Friday and Saturday, under the auspices of the Trust Company. The event will be participated in by residents of Thurmont, Catocin, Hauvers, Creagerstown and Emmitsburg. It has been arranged by Calvin S. Lohr, of the Thurmont Company, assisted by C. Thomas Summers, of the Central Trust Company, this city, and County Agent Henry R. Shoemaker, and has been looked forward to be exhibitors for some time.

— *The Frederick Post*, November 5, 1926

20 Injured As Western Maryland Mail Train Crashes Into Freight

Approximately 20 persons narrowly escaped serious injuries and 16 were hurt about 5:45 o'clock Monday morning when the Baltimore to Hagerstown fast mail train No. 1 met in head-on collision with train No. 900, a freight, a freight train of the Western Maryland R. R. one-half mile east of Thurmont. The majority of passengers of the mail train were later sent to Hagerstown on the same train with a new engine attached. 11 of those who suffered slight cuts and bruises having first been attended by Dr. M. A. Birely, of Thurmont. The accident, it was stated, was due to a switch being opened for eastbound instead of westbound trains.

— *The (Frederick) News*, November 9, 1926

November 1951, 75 Years Ago

Route 15 Relocation To Open

The Route 15 relocation just north of Harmony Grove, which includes a new bridge over Tuscarora Creek and has been under construction for more than a year may be opened to traffic late this week, it was reported yesterday.

L. R. Waesche and Son, Thurmont, the contractor for the \$143,000 project, has virtually completed the job except, for connections at either end of the relocation, some shoulder work along the new road and hand rails on the bridge. An official of the company indicated that the shoulder work and bridge rails could be finished up after the road is opened to traffic, while excavation for the so-called "tie-ins" at either end of the relocation is under way.

The project eliminates a dangerous temporary bridge, erected years ago when another structure at the same point on Route 15 was washed out by a flash flood, and also does away with several severe curves. The relocation covers slightly over half a mile and the new single span steel I-beam bridge is some distance upstream from the old bridge. The roadway is one of re-inforced concrete surfacing and the connections with the old road are to be of bituminous concrete.

— *Emmitsburg Chronicle*, November 2, 1951

Route 15 Scene Of Five Wrecks

Wet and slippery highways were contributing factors in five motor vehicle accidents in this section of Frederick County Friday afternoon. All occurred in a space of four hours and were investigated by State Trooper 1/c Kenneth Bond.

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Only two personal injuries resulted from the mishaps. Mrs. Jennie Hartman, 69, of Jamestown, N. Y., suffered a fractured arm and leg and her sister, Mrs. Victoria Schmock, 61, of Erie, Pa., a broken nose and left arm. Both were admitted to Frederick Hospital for treatment.

— *Emmitsburg Chronicle*, November 26, 1951

November 1976, 50 Years Ago

Charred Body Found

The charred body of an unidentified male was discovered on a remote logging trail near Kelbaugh Road on Nov. 2.

State Police reported the body was burned beyond recognition so even the race and approximate age of the victim were not known. The body was removed to the morgue at Frederick Memorial Hospital. An autopsy was to be performed on Nov. 3 at the state medical examiner's office in Baltimore to determine the exact cause of death. The State Police are handling the death as a homicide.

— *Emmitsburg Chronicle*, November 10, 1976

Staley Named Officer of the Year

Sgt. William C. Staley, of Thurmont, has been named Maryland's Outstanding Inland Division Officer of the Year. The award is presented annually by the Law Enforcement Section of the Southeastern Association of Game & Fish Commissioners.

Sgt. Staley who works in the Northcentral Section of the State has been with the Natural Resources Police for 15 years. Sgt. Staley was cited for his meritorious work in coordinating the activities of all Inland Division police assigned to the Northcentral section. His responsibilities were thrust upon him because of the illness of his commanding officer of that area.

The Inland Division is made up of 66 officers whose primary duties are enforcement of game & inland tidal fish conservation regulations. In addition, the Inland Division renders numerous assists to outdoorsmen every year and is responsible for the conduct of the highly successful hunter safety program in the state.

— *Emmitsburg Chronicle*, November 21, 1976

November 2001, 25 Years Ago

President and First Lady Honor Fallen Firefighters in Emmitsburg

On October 7th, at the National Fire Academy in Emmitsburg, President George W. Bush, with his wife, Laura, led the nation in paying tribute to 101 firefighters who died in the line of duty last year. "Laura and I are honored to be here with you today, as we remember the lives and sacrifices of your brave relatives," the president said.

Coming in the wake of terrorist attacks on the World Trade Center, which took the lives of more than 300 New York firefighters September 11, the President's appearance at the 20th Annual National Firefighters Memorial Service could not have come at a more opportune time. "Our Nation still mourns," the president said.

Although the recent tragedy has thrust firefighters and their heroism into the nation's spotlight, it had no bearing on the president's decision in July to accept the invitation. "The courage and loss we saw in New York we've seen in every community that has laid a firefighter to rest."

— *The Dispatch*, November 2001

Construction Begins on Seton Addition

Construction began early October 2001 on the \$1.7 million expansion project at Mother Seton School, a year after their September 14, 2000, ceremonial groundbreaking.

Bruchey Builders, Inc., of Frederick began site work for the new addition to the school, which was designed by Nelson Salabes Johnson, Inc., of Baltimore. Nevin Mauck, project superintendent for Bruchey Builders, said the foundation for the addition will be poured during late October or early November. The addition will include two kindergarten classrooms; a classroom for a future pre-kindergarten program; a state-of-the-art science lab; a large multipurpose room for art, music, band and chorus; centralized administrative offices; a larger staff room, and a two-bed health room. The building will also feature a new central front entrance, an extended driveway in front of the school; more storage space, an improved playground and an outdoor kindergarten play area.

— *The Emmitsburg Regional Dispatch*, November 2001

THURMONT SENIOR CENTER

BY TARA MILLER

806 E. Main Street • 301-271-7911

As we head into November, the Thurmont Senior Center has plenty of activities, opportunities to connect with friends, and delicious lunches planned to keep everyone busy throughout the month. From creative crafts and exercise classes to games, special events, and our annual Thanksgiving luncheon, there is something for everyone to enjoy!

Our weekly activities include Strength & Balance classes, Chair Dancing, Chair Yoga, Zumba Gold with Kellie Bevard, and our popular Craftin' in the Catoctins classes. This month's crafts include fall garland on November 5, teacup succulent gardens on November 10, and beaded plants with the Frederick County Public Library on November 17. These activities are a wonderful way to try something new, meet friends, and enjoy a little creativity.

If you enjoy games and friendly competition, join us for our 50/50 Bingo on November 4 and 18 at 1:00 p.m. We also offer Cards & Games throughout the week and our Aging Independently Peer Group on Tuesdays for those interested in sharing experiences and connecting with others.

Mark your calendars for a few special events this month! On Thursday, November 12, we will hold our Roy Rogers Fundraiser Night and Bake Sale from 5:00 to 8:00 p.m. Join us for dinner and homemade goodies while supporting the Senior Center. On Friday, November 13, we will celebrate our Veterans with a special Veterans Day luncheon. The



Photo by Tara Miller

October birthdays at the Thurmont Senior Center (from left): Sherry Stull, Helen Gelwicks, Barbara Roderick, Kaye Isanogle, Sabrina Massett, Pat Kreitz, Janet Motter, and Donna Miller.

cost of lunches for Veterans will be just \$3.50. Our monthly birthday party will take place on Friday, November 20, at 12:30 p.m., with complimentary pizza, cake, and ice cream. Everyone is welcome to join the celebration!

We will also host our annual Thanksgiving luncheon on Wednesday, November 25, at noon. It's a wonderful opportunity to enjoy a meal and spend time with friends before the holiday. Please remember that the Senior Center will be closed Thursday, November 26, and Friday, November 27, for Thanksgiving. No lunches will be served or delivered on those days.

Before looking too far ahead, we want to take a moment to say a heartfelt "Thank You" to everyone who helped make our Colorfest

Indoor Yard Sale such a success! Thank you to everyone who donated items, volunteered to set up, worked during the sale, helped clean up, came out to shop, and purchased raffle tickets. Your generosity, time, and support helped us reach our fundraising goal!

We are currently raising money to replace the flooring inside the Thurmont Senior Center, and every dollar brings us one step closer to making this much-needed improvement. Our center is a gathering place for friendship, activities, meals, and connection, and we want to keep it welcoming and comfortable for everyone who walks through our doors. We are so grateful to have a community that continues to show up and support us in so many ways.

The Thurmont Senior Center is located at 806 E. Main Street in Thurmont and is open Monday through Friday, from 9:00 a.m. to 3:00 p.m. Lunch is served daily at noon for \$7.00, and we ask that you call a day ahead to reserve your meal. We also provide free homebound lunch delivery within a six-mile radius for eligible seniors.

For more information about activities, meals, or upcoming events, call us at 301-271-7911, email ThurmontSeniorCenter@zoho.com, or visit our Facebook page.

We look forward to spending November with you, and we wish everyone a happy and healthy Thanksgiving!

■ Senior Centers continued on Page 59

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BY COURTNEY ALCON

Fall is in full swing at the Emmitsburg Senior Center! This season, we're all about gathering together—there are tons of trips to take, meals to share, and new experiences to try with friends and neighbors. Our Lunch Bunch has expanded to meet on both Mondays and Thursdays every week. November's menu features cozy favorites like turkey, Salisbury steaks, chicken casserole, and hearty soups. On Friday, November 13, we're celebrating Friendsgiving at the Carriage House! If you haven't already, give us a call or stop in to reserve your spot.

As we're gearing up for the holidays, we're getting crafty and trying out some new skills. If you've ever wanted to try your hand at furniture refinishing, check out Lynne's class at 10:00 a.m. on November 10. For a little something to hang on the tree, join us in making scented ornaments at 11:00 a.m. on Thursday, November 19. More of a painter? Join in on Dorothea's Harvest Still Life painting class on Tuesday, November 17.

Even as the weather gets colder, it's important to stay active. We have open gym time every Monday, Tuesday, and Friday, from 10:00 a.m. to 1:00 p.m. We also offer gentle video exercises every morning, as well as on a drop-in basis. If you're interested in structured group fitness, check out Christina's chair yoga class on Mondays at 1:00 p.m. Our new Drums Alive class is on Tuesdays at 4:30 p.m.

There are a couple of closures this month to be aware of. We will be closed on Tuesday, November 3, in observance of Election Day. On Wednesday, November 11, we will be closed in observance of Veterans Day. We are deeply grateful to all our beloved Veteran neighbors for their service. And, finally, our center will be closed on Thursday, November 26, and Friday, November 27, in observance of Thanksgiving.

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PET of the Month

Rebel



Rebel

Meet adorable and beloved Rebel.

"Someone dropped him off during a winter storm at my house in Taneytown. I own Tracie's House of Hair in Thurmont. I saved Rebel, and he saved me. I'm not a cat lover; I owned two Great Danes, but they passed away."

PET OF THE MONTH

SEND IN YOUR BEST PHOTO OF YOUR BEST BUDDY!

Pets make us healthier, they keep us active, they brighten our mood, and so much more! Send in your "best photo" of your "best buddy," and your pet could be "Pet of the Month" in a future issue! Make sure your photo is high resolution. PLEASE include pet's name, pet's owner's/family name(s), breed, age, personality traits, and any other fun details that you would like us to know about your best buddy!

send to: NEWS@THECATOCTINBANNER.COM

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What does the devil want from us? Does the devil need you to be as evil as possible to accomplish his goal of making you lose your soul? No. The Bible tells us that the devil is looking for any opportunity to prey on us. **1 Peter 5:8: Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.** This means he's not just after the wickedest people on the planet, he's after all of us. That means he's after the sweet grannies, the soup kitchen workers, and the charity organizers. Do you think he would bother with them if he needed them to be as evil as possible? No, he just needs to throw them a little off course.

Jesus said there would be many people who lose their souls despite doing great things. **Matthew 7:21-23: "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness.'"**

So how will the devil do it? Complacency. The devil just has to convince you that matters of this earth are more important than spiritual ones. He'll lead you to believe that you don't need to waste your valuable time looking into what God actually wants from you. He'll convince you that you are right with God, even though you've never actually studied the Bible to see how you become right with God. That's not righteousness. That's self-righteousness.

There's a simple way to avoid falling into this snare: read God's word. God has left us a way to have all that is needed for life and godliness: the Bible.

We study God's word all of the time! We hope you come to worship Christ

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OBITUARIES

*in loving
Memory*

May 17, 1968 October 4, 2026

**Robin Lynn
Willard**



Robin Lynn Willard, 58, of Sabillasville, MD, passed away peacefully at home on October 4, 2026, surrounded by loving family.

Robin was born on May 17, 1968, in Frederick, Maryland, to the late Mark Anthony Eyler and Margaret Alice Eyler.

Robin had a heart unlike any other. She carried a special passion and mission throughout her life: to love every person who crossed her path with the most genuine, unconditional love. She had a way of making people feel seen, accepted, and loved simply for who they were. Her kindness was not something she merely spoke about; it was something she lived.

Robin was the loving wife of Tim Willard, with whom she shared 30 years of marriage. Together they built a home from the ground up, raised a family, and shared many memories together that will last forever.

Surviving are her husband, Tim; her children, Samantha (Jeremy Hambrick), Sydney (Brandon Barber), and Michael (Keera) Willard; and her beloved grandchildren, Molly, Braxdon, Oliver, Braylee, and one precious grandchild on the way, Ruth; and her nephews, Carter and Chase Wilhide.

Outside of her family, Robin found joy in the simple things she loved most: sitting outside of the goat barn in the peace and quiet, snuggling with her dogs, taking road trips, and going to concerts with her family.

Robin was a fighter. Even through the hardest days of her battle with cancer, she continued to hold tightly to her faith that carried her through.

Above everything, Jesus was the center of Robin's life. Her faith in the Lord was steadfast. Even as she faced the unimaginable, she continued to trust in Him. Her faith did not disappear in the storm; it became even more evident. She faced her battle with a strength that came from something deeper than herself, believing in the Lord and holding onto the promise of his great love.

Her earthly battle is over. Her suffering is over. Her family finds comfort in knowing that she is now resting in the arms of her Lord and Savior, Jesus Christ, whom she loved so deeply.

A memorial service was held on Saturday, October 17, 2026, at 1:00 p.m. at Thurmont United Methodist Church, 13880 Long Road, Thurmont, MD 21788, with her former Pastor and close friend, Pastor Bob Hunter, officiating.

Family received friends one hour prior.

In lieu of flowers, memorial donations can be made to help offset the funeral cost via mail at 17054 Harbaugh Valley Road, Sabillasville, MD 21780. Or GoFundMe @ <https://gofund.me/4a99eea52>.

Arrangements were made by J.L. Davis Funeral Home, Smithsburg, MD, and online condolences may be offered at www.jldavisfh.com.



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In Home Christian Senior Care: Helping seniors live independently at home. Light cleaning, yard work, transportation, meal prep and more. Call 443-204-7222.

WANTED

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.

Wanted: Students for a free Bible study class for high schoolers. Class is held in Thurmont before school days with ride provided to CHS. For details & questions, call Brent 301.271.0721.

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

HELP WANTED

Part-time bartender wanted days & evenings. Experience preferred, but will train. Positive attitude required. American Legion Post 168, Thurmont. 301-271-4411, ALpost168@gmail.com.

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

YARD SALES

November 7, Indoor & Outdoor Yard Sale, 8 a.m.-1 p.m., Lewistown Volunteer Fire Company, Thurmont.

November 12, 13 & 14, Yard Sale, 9 a.m.-2 p.m., Elias Lutheran Church, Emmitsburg.



We are so thankful for your support! Wishing you and your family a Thanksgiving filled with many blessings, happiness, and time spent with loved ones.

Happy Thanksgiving from
The Catoctin Banner Team!

- 1.....All Saints Sunday, Weller UMC, 101 N. Altamont Ave., Thurmont. www.wellerchurch.com.
- 1.....Rocky Ridge Vol. Fire Co. Holiday Assistance Drive, 13527 Motters Station Rd., Rocky Ridge. Accepting donations (thru Dec. 13) of new unwrapped toys, holiday meal items & blankets. www.rockyridgeVFC.com.
- 2.....Served With Grace Free Dinner, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 5:30-7 p.m. www.gracehammoravian.org.
- 2.....Thurmont UMC Clothes Closet, 13880 Long Rd., Thurmont. 6-7:30 p.m.
- 4.....Queen of Hearts Drawing (Wednesdays), American Legion Post 168, 8 Park Ln., Thurmont. 7:30 p.m.
- 4.....Cornhole Tourn. (Wednesdays), American Legion Post 168, 8 Park Ln., Thurmont. Doors open at 5 p.m.; games at 7 p.m.
- 5.....Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 5.....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.
- 5.....Bingo (Thursdays), American Legion Post 168, 8 Park Ln., Thurmont. 7 p.m.
- 5.....Line Dancing (Thursdays), American Legion Post 168, 8 Park Ln., Thurmont. 7 p.m.
- 5.....Harriet Chapel Fundraiser at Kountry Kitchen, 17 Water St., Thurmont. 4-8 p.m. Dine-in or carryout. A portion of the proceeds will be donated back. www.harrietchapel.org. 301-271-4554.
- 6.....Celebrate Diwali with Main Street Thurmont. 5-8 p.m. Participating businesses will have lights in their windows, on their buildings, or in windows. Henna Tattoo Artist, Diwali children's performance, crafts for children. Bring whole family. More info.: Thurmont Main Street on Facebook.
- 6.....Bingo (every Friday night), Thurmont Event Complex, 13716 Strafford Dr., Thurmont. Doors open 5 p.m.; Bingo 6:45 p.m. Tip jars; food; jackpot up to \$1,000. Benefits Thurmont Community Amb. Sr. www.thurmonteventcomplex.com.
- 7.....Carroll Vista Annual Craft Fair, 1 Clubside Dr., Taneytown. A variety of crafts by local vendors. 10 a.m.-1 p.m.
- 7.....PRE-ORDER for Fall Soup & Sandwich Sale, Emmanuel Baust United Church of Christ, 2940 Old Taneytown Rd., Westminster. Soup (3 kinds): \$9/qt.; Sandwiches (3 kinds). Orders: Susie at sandys46@netscape.com or 410-857-0416. PICKUP: Nov. 14, noon-3 p.m.
- 7.....Indoor & Outdoor Yard Sale, Lewistown Vol. Fire Dept., 11101 Hessong Bridge Rd., Thurmont. 8 a.m.-1 p.m. Lots of vendors. Food available for purchase.
- 7.....Live Music at AMVETS Post 7: Firehouse DJ, 26 Apples Church Rd., Thurmont. 7-10 p.m. Open to public. No cover charge.
- 7.....Old Fashioned Bingo, St. Anthony's Shrine Upper Hall, 16150 St. Anthony Rd., Emmitsburg. Doors open 5 p.m. Games 6:30 p.m. Tip jars & raffles. Food & baked goods for sale.
- 7.....Cascade American Legion Post 239 Auxiliary Fall Craft Fair, 14418 MacAfee Hill Rd., Cascade. 9:30 a.m.-3:30 p.m.
- 7.....Community Tree Planting Day, Pleasant Acres Park, 36 Pleasant Acres Ct., Thurmont.
- 7.....Music by Whispering Creek Blue Grass, St. John's Parish Hall, 16923 Sabillasville Rd., Sabillasville. 5-8 p.m.
- 7.....Slippery Pot Pie & Country Ham Sandwiches Take-Out—Advance ORDERS DUE. Chicken Slippery Pot Pie: \$9/quart; Country Ham Sandwiches: \$5/each. Place orders: email lumcpotpie@gmail.com—indicate quantity, name, phone number, pickup time. PICKUP: Sat., Nov. 14, Lewistown UMC, 11032 Hessong Bridge Rd., Thurmont, 11 a.m.-4 p.m. Baked goods available.
- 8.....Veterans Breakfast, Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont.
- 8.....Blue Ridge Summit Library Silent Auction Fundraiser, Top Secret Tap Room at Fort Ritchie, 14332 Barrick Ave., Fort Ritchie. 3-6 p.m.
- 8.....Free Breakfast for Veterans, Sons of AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7-11 a.m. Buffet-style breakfast. \$10/non-veteran adults; \$5/ages 7-12; Free/ages 6 & under. Public is welcome.
- 8.....Veterans Day Celebration, Trinity United Church of Christ, 101 E. Main St., Thurmont. 10:15 a.m. Service recognizes living Veterans as well as deceased Veterans. Special patriotic music 10 a.m. Guest speaker: Retired Army Chaplain Jerry Sieg. All Veterans, families & general public welcome.
- 8.....The Cornerstone Mennonite, A Capella Choir, Apples United Church of Christ, 7908 Apples Church Rd., Thurmont. 5 p.m. www.applesucc.org.
- 10.....Gettysburg Community Concert Assoc. Presents Yu&I Duo, St. James Lutheran Church, 109 York St., Gettysburg, PA. 7:30-9:30 p.m.
- 12.....Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 12.....7 of Hearts Drawing (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. Open to the public. Must buy ticket by 6 p.m. 301-271-3371.
- 12.....Thurmont Senior Center Fundraiser Night & Bake Sale, Roy Rogers, Thurmont. 5-8 p.m.
- 12-14.....Yard Sale & Bake Sale, Elias Lutheran Church, 100 W. North Ave., Emmitsburg. 9 a.m.-2 p.m.
- 13.....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.
- 14.....Live Music at AMVETS Post 7: Hannah Ponce (Nashville recording artist and Frederick native), 26 Apples Church Rd., Thurmont. 7-10 p.m. Open to public. No cover charge.
- 14.....Bingo, Rocky Ridge Vol. Fire Co., 13516 Motters Station Rd., Rocky Ridge. Doors open 5 p.m.; games 7 p.m. Food for purchase.
- 14.....PICKUP Day for Fall Soup & Sandwich Sale Orders, Emmanuel Baust United Church of Christ, 2940 Old Taneytown Rd., Westminster. Noon-3 p.m.
- 14.....Oyster Platter Carryout, Graceham Moravian Church, 8231-A Rocky Ridge Rd., Thurmont. 11 a.m.-4 p.m. (or until sold out). www.gracehammoravian.org. 301-271-2379.
- 14.....Class of 2027 Catoclin Safe & Sane Sportsman's Dinner, Vigilant Hose Activities Bldg., 17701 Creamery Rd., Emmitsburg. Doors open 4 p.m. Dinner 5:30 p.m. \$40/person (includes dinner, soda, water, beer & entry into the Sportsman's Drawings). Tickets: <https://my.cheddarup.com/c/catoclin2027safeandsane/items>.
- 14.....Friends Giving, Weller UMC, 101 N. Altamont Ave., Thurmont. 5 p.m. With potluck. www.wellerchurch.com.
- 14.....St. Paul's Utica Fall Bazaar, 10621 Old Frederick Rd., Thurmont. 9 a.m.-2 p.m. Country ham & turkey sandwiches, homemade soups, hot beef & hot dogs.
- 15.....Vigilant Hose Company's Auxiliary's Big Cash Bingo, Activities Bldg., 17701 Creamery Rd., Emmitsburg. Doors open 11 a.m. Bingo 1 p.m. \$50/ticket. Tickets: Patty 717-752-0476; Jo Ann 240-367-0715; Karen 301-514-6683.
- 17.....AMVETS Post 7 Auxiliary Bingo, 26 Apples Church Rd., Thurmont. Doors open 5 p.m. Bingo starts 7 p.m. Food available to purchase.
- 17.....Thurmont UMC Clothes Closet, 13880 Long Rd., Thurmont. 10-11:30 a.m.
- 18.....Thurmont Lions Club Wreaths Across America Project Fundraiser. Dine in or carryout at Thurmont Kountry Kitchen at 17 Water St., Thurmont. A portion of the proceeds will be donated to the project.
- 19.....Bar Bingo (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 7 p.m. Open to the public. 301-271-3371.
- 19.....7 of Hearts Drawing (Thursdays), Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. Open to the public. Must buy ticket by 6 p.m. 301-271-3371.



december

- 20...Bingo (every Friday night), Thurmont Event Complex, 13716 Strafford Dr., Thurmont. Doors open 5 p.m.; Bingo 6:45 p.m. Tip jars; food; jackpot up to \$1,000. Benefits Thurmont Community Amb. Srv. www.thurmonteventcomplex.com.
- 21...Member Ham & Turkey Drawing and the Band "Two for the Road," Thurmont AMVETS Post 7, 26 Apples Church Rd., Thurmont. 6-9 p.m.
- 21...Thurmont Lions Club Holiday Bake Sale, Foyer of Mountaingate Restaurant, 133 Frederick Rd., Thurmont. 9 a.m.-2 p.m. Homemade goodies for your holiday table.
- 21...Country Style Breakfast & Butchering, Rocky Ridge Vol. Fire Co., Activities Bldg., 13516 Motters Station Rd., Rocky Ridge. 6-10 a.m. All butchering orders must be picked up during breakfast hours. **ORDERS DUE**

no later than Nov. 14. To Order: Helen 410-775-2758; Kelsey 240-397-0351; Paulette 240-674-4944; Deborah 240-446-8610. www.rockyridgevfc.com.

- 21,22... Thurmont Christmas Market Craft & Vendor Show, Thurmont Event Complex, 13716 Strafford Dr., Thurmont. 9 a.m.-3 p.m. Food available from the Thurmont Ambulance Co. and a visit from Santa.
- 23...Thurmont UMC Clothes Closet, 13880 Long Rd., Thurmont. 6-7:30 p.m.
- 28...Christmas Mart, Union Bridge Fire Co., 8 Locust St., Union Bridge. 9 a.m.-2 p.m. Over 30 vendors. Free admission & parking. Homemade food available.
- 29...Advent Celebration, Weller UMC, 101 N. Altamont Ave., Thurmont. 1-3 p.m. Crafts & snacks. www.wellerchurch.com.

- 3-6.S'mores with Santa, Frederick Co. Parks & Rec, Utica District Park, 10200-B Old Frederick Rd., Frederick. Gather around your own campfire, s'mores, hot cocoa bar. \$35/fire pit (registration is per family & includes one fire pit for up to 10 people. Registration required; space is limited. www.recreator.com or 301-600-2936.
- 5..... Books, Books, Books —Holiday Sale, Thurmont Regional Library, 76 E. Moser Rd., Thurmont.
- 5.....Breakfast with Santa & Christmas Bazaar, Mother Seton School, 100 Creamery Rd., Emmitsburg. 8 a.m.-Noon. Breakfast: \$10/person; \$50/family (5-8); Free/ages 2 & under. Admission is free to Bazaar. Now accepting vendor applications. www.mothersetonschool.org.
- 12... Emmitsburg Lions Club's Annual Children's Christmas Party, Vigilant Hose Co. Activities Bldg., 17701 Creamery Rd., Emmitsburg. 11 a.m.-1 p.m. Crafts, hot dogs, cookies, hot chocolate, music & a visit from Santa & Mrs. Claus (Noon).

- 13...PLACE ORDERS for Thurmont Lions Club Fudge Sale (by Dec. 13). PICKUP on Dec. 19: St. John's Lutheran Church, 15 N. Church St., Thurmont. 10 a.m.-Noon. \$17/one pound; \$9/half pound. Multiple flavors. Call 301-606-7873.
- 31...Vigilant Hose Company's New Year's Eve Bingo, 17701 Creamery Rd., Emmitsburg. Doors open at 10:30 a.m.; games start at 1 p.m. \$50 in advance; \$60 after Dec. 11. All-inclusive 9 pack, includes 22 games at \$300, 6 games at \$500 & 2 games at \$2,000. Ticket includes dinner platter. Snacks & refreshments available for purchase during breaks. Tickets: Pam 240-472-3484.
- 31...New Year's Eve Bingo, Thurmont Event Complex, 13716 Strafford Dr., Thurmont. Doors open 5 p.m. Bingo 8 p.m. Over \$17,000 in cash payouts. \$50/advance tickets; \$60/at door. Ticket includes meal. Cash bar & kitchen open during break. Proceeds benefit Thurmont Comm. Amb. Co. Tickets: eventbrite.com or 301-748-5359.



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YOUR PUBLIC LIBRARIES

THURMONT REGIONAL LIBRARY, 76 E. Moser Road, Thurmont

- 1..... Sunday Funday with 4H Tailwaggers. 2 p.m.
- 2..... Anime Afternoon!, (Ages 9-18). 5:30 p.m.
- 3..... America During Prohibition: How a Nation Kept on Drinking. 10:30 a.m.
- 4..... A Conversation on International Affairs with Shaun Donnelly. 7 p.m.
- 5..... DFS Family Support Specialist & the Seton Center. 10 a.m.
- 5..... Elementary Explorers: Who Would Win? Tyrannosaurus Rex vs. Velociraptor. 2 p.m.
- 5..... Teen and Tween Open Chess Play (Ages 9-18). 5:30 p.m.
- 5..... Creek ReLeaf Reforestation Program Open House. 5:30 p.m.
- 7..... Gentle Flow Yoga: A Beginner Yoga Class. Noon.
- 8..... Sunday Funday: Science and Surprise - Pumpkin Palooza. 2 p.m.
- 9..... Teen Dungeons and Dragons (Ages 13-17). 5:30 p.m.
- 10.... America During Prohibition: How a Nation Kept on Drinking. 10:30 a.m.
- 12.... Elementary Explorers: A Great Idea- Fred Rodgers. 2 p.m.
- 12.... Marbled Autumn Leaves: A Fall Art Adventure (Ages 9-13). 5:30 p.m.
- 12.... The Art of Hosting: Floral Centerpieces with Frederick Flower Farm. 6 p.m.
- 14.... Gentle Flow Yoga: A Beginner Yoga Class. Noon.
- 15.... Sunday Funday: America Recycles: Craft It! 2 p.m.
- 16.... Offsite: Pop up at the Thurmont Senior Center. 1 p.m.
- 16.... Teen Typography (Ages 13-17). 5:30 p.m.
- 16.... Junk Journaling Workshop. 6 p.m.
- 17.... America During Prohibition: How a Nation Kept on Drinking. 10:30 a.m.
- 18.... Stop the Bleed Training. 5:30 p.m.
- 19.... Drop- In Digital Learn. 10 a.m.
- 19.... DFS Family Support Specialist. 10 a.m.

- 19.... Elementary Explorers: Readin' & Ridin' Family Hoedown. 2 p.m.
- 19.... Tween Gaming Hour: Switch Edition! (Ages 9-13). 5:30 p.m.
- 19.... Understanding ERPOs: What Firearm Owners Need to Know. 6 p.m.
- 21.... Gentle Flow Yoga: A Beginner Yoga Class. Noon.
- 22.... Sunday Funday: R.E.A.D with WAGS. 2 p.m.
- 23.... Teen De-Stress with the GO Team Therapy Dogs! (Ages 13-18). 5:30 p.m.
- 24.... America During Prohibition: How a Nation Kept on Drinking. 10:30 a.m.
- 25.... Turkey Trot on the Story Trail! 2 p.m.
- 28.... Gentle Flow Yoga: A Beginner Yoga Class. Noon.
- 29.... Sunday Funday: Play and Puzzles- Tangram Tales! 2 p.m.
- 30.... Teen Bird House Decorating with Park and Rec! (Ages 13-18). 5:30 p.m.

EMMITSBURG LIBRARY, 300 S. Seton Avenue, Emmitsburg

- 3..... School's Out! Touch-a-Truck. 2 p.m.
- 3..... Student Service Learning Project (Grades 6-12). 5:30 p.m.
- 4..... Tween Piinecone Critters (Age 9- 13). 3:45 p.m.
- 5..... Elementary Explorers: Mini Golf. 6 p.m.
- 7..... Mini Pumpkin Arrangements. 2 p.m.
- 10.... "Oh Deer" - All About White-Tailed Deer (Ages 9-18). 5:30 p.m.
- 12.... Elementary Explorers: R.E.A.D with WAGS. 6 p.m.
- 17.... Imagination Station! Odd Socks Day. 2 p.m.
- 17.... Stop the Bleed Training (Ages13- Adult). 6:30 p.m.
- 18.... Yoga with Julie of Gettyoga - An Adult Adaptive Program. 11 a.m.
- 18.... Tween Terrariums (Ages 9-13). 3:45 p.m.
- 19.... Cinnamon Ornaments - The Spice of Life. 11 a.m.
- 19.... Elementary Explorers: Robot Rumble. 6 p.m.
- 25.... WonderLab: Flexible Fluids. 1 p.m.

ADS: alisha@thecatocinbanner.com 😊 VIEW: www.thecatocinbanner.com 😊 Your Paper, Your News!

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**WIN A \$250
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