



A Small Town with a Big Heart

THE **T**aneytown

Record

A REVIEW OF NEWS AND EVENTS

SEPTEMBER 2012
Issue #52

MAYORS MESSAGE

A #2 pencil and a dream can take you anywhere.

Joyce A. Myers

"School Days, School Day dear old Golden Rule days" so the song goes. It is hard to believe we are approaching Fall and the ending of another summer. I am always sorry to see summer end but I hope your summer was a good one and I hope you are planning for a fine autumn. I know we have had a busy summer in Taneytown, quite a remarkable summer

it has been. "Hats off" to our Main Street Event Committee! They have provided a summer full of family fun. I hope you have had a chance to participate in some of this summer's events. We had a great time at the Wine and Art Festival downtown in June, and that was followed by a very enjoyable, though a little damp, BBQ Buffet Evening in the park with the Nautical Wheelers band, Maryland's #1 beach party band. I had a great time. If you like beach music, or the Jimmy Buffet style, you will enjoy the Nautical Wheelers. If you missed them in July, don't worry they are coming back for a Labor Day celebration at Gunner's Grill

on September 2nd. I'll see you there! The kid's have enjoyed the movies in the park, the many team sports available to all ages and the fishing derby was a big success too. I hope everyone had a chance to share your unwanted treasures with your neighbors in the Taneytown Community Yard Sale, held in August. Folks it doesn't stop. We have a big fall planned too, September celebrates our four footed family members, with Tails of Taneytown, pet parade, contest and show. This event will be on September 15th in the Memorial Park so give Fido a bath and fluff up Fifi and come on down! In October, our friends the Pumpkin People will be com-

ing back to town and will be hanging around for the entire month.

Besides having all this fun we have been busy with City business too. The completion of the new, York Street pumping station was finally realized. We are installing new water lines in York & Frederick Streets, replacing lines, some of which go back to the early fifty's. We have also accomplished new sewer line installations on Mill Ave and in the vicinity of New Windsor State Bank. We are about to begin the upgrading of our waste water treatment plant to help improve water quality that flows into the

(Continued on page 2)

Tails of Taneytown Parade & Event

SATURDAY, SEPTEMBER 15 • 11am - 4pm
Old Creamery Parking Lot (behind Taneytown Police Station)

Bring Your Pet for a Fun Filled Event - It's FREE

All pet owners/handlers must read & sign the waiver the day of the event.

Contests, Prizes, Pet Basket Raffles, Vendors, Etc.
All pets must be well mannered and on a non-retractable leash
Please clean up after your pet

- 11:00am.....Registration
- 12:00pm.....Pet Parade
- 1:30pm.....Contests
- 3:00pm.....Raffle Drawings
- 3:30pm.....Photo Shoot of Winners

Hosted By: Taneytown Main Street Events Committee
SPONSORED IN PART BY:

BENEFITS:
We will be collecting nonperishable pet food and treats

PETS in NEED

For more information, call Nancy McCormick at 410-751-1100 or visit www.taneytown.org



City of Taneytown

City of Taneytown

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Taneytown, MD 21787
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17 E. Baltimore Street

Taneytown, MD 21787

For the latest news, alerts, events, and announcements relevant to our community:

Follow us on 

twitter.com/TaneytownMD

Official account of the City of Taneytown 

PUBLIC WORKS DEPARTMENT

TRASH & RECYCLING

Due to the Labor Day Holiday, collection will take place on Thursday, September 6, 2012 instead of Wednesday, September 5, 2012.

REMINDER

There will be NO bulk trash event this fall.

STREET SWEEPING SCHEDULE:

Monday, September 17, 2012

From 5AM to 10AM (no parking allowed):

- East & West Baltimore Streets
Huntinghorn, Street, Huntinghorn Court, Kenan, Street (Copperfield), Bentley Street, Bison Street, and Morning Frost Street will also be swept.

Monday, October 15, 2012

From 5AM to 10AM (no parking allowed):

- East and West Baltimore Streets
Kenan Street (Meadowbrook), Colbert Street, O'Brien Avenue, Blarney Court, Hammersham Court, and Musket Court will also be swept.

LEAF PICK-UP

Curbside leaf pick-up will be provided once again this fall. This service will take place weekly on Tuesdays, from October 30, through December 4, 2012. Please pack the leaves in plastic bags only and place them at the curb by 7:30 a.m. Bags should not weigh more than 30 pounds each, providing the bags are strong enough to support that weight when lifting. Please limit bag size to 50 gallon. Leaves will be taken to local farms and used as compost, allowing the

use of plastic bags. Bags must be tied, and contain leaves only. No grass, tree branches, sod, or trash will be picked-up. DURING THE LEAF PICKUP SCHEDULE (Oct. 30 - Dec. 4) Grass clippings will be collected without scheduling for pick-up, but paper kraft bags are still required for grass clipping disposal.

MAYORS MESSAGE

(Continued from page 1)

Chesapeake Bay. A new City well will soon be online. Located on Sells Mill road, Well #17 will soon provide additional water supply to our City. New businesses are ready to open too. The newly remodeled McDonalds sparkles, Peebles Department Store is coming to the shopping center as well as a new Tobacco Shop. Construction is nearing for a new Sheetz, a Dollar General Store and Lorian Heath Care is planning to expand their facility. Also very exciting news, is that we have issued two building permits (at this writing) for new homes. This first we have issued in about five years.

This summer too we have been working on a new "Mission Statement" for the City to better reflect who we are and what we want to be. This has been an eye opening exercise and one that really makes one appreciate all Taneytown has to offer. We are truly fortunate to live in a community like Taneytown. This is surely a special place. Thank you for being part of it!

Taneytown City News

TANEYTOWN IS OPEN FOR BUSINESS AND ENJOYMENT FOR ALL

If you haven't been to one of our new or existing events, you really have missed a lot of fun and friendship.

Since Memorial Day, Parks and Rec has sponsored the successful Farmers Market. It is not only a place to buy your fresh produce, herbs and flowers, but now a weekly place to "meet and greet" others and share a cup of coffee and conversation. A thank you to Laverne Sokolowski and her team of vendors for a wonderful year

We had our first successful Wine and Art Festival in June with attendees coming from as far away as Hagerstown and Altoona, Pennsylvania. In July, we partnered with the Parks and Recreation Department to showcase the Nautical Wheelers, a tropical musical act with a little bit of nostalgia thrown in. People

brought their lawn chairs, blankets along with their friends and family to bring back a "sense of place" for our great community. We definitely were "somewhere after 5" with all the smiles and foot tapping.

September will bring our first Tails of Taneytown: where our little and big critters can have their day. We will have a pet parade, awards along with informational booth for our pets. Pictures will also be taken with your family pet on site. October is the time again for our PUMPKIN PEOPLE Contest which has really expanded to our residential neighborhoods as well as our community business districts; people come from far and near to tour our town for this event and now other municipalities are looking to do a contest similar to ours. October is also the month for our Harvest Fest at Memorial Park. We have a wide variety of craft, produce and informational vendors for your enjoyment along with a wide variety of food such as soul food, Filipino fare, alligator sausage and lot of different variety of foods for all your pal-



ates. We will be showcasing our local talent with our community chorus along with ethnic dancing and other genres.

All of the above could not have happened if it had not been for the compassion and dedication of the various volunteers, there are not enough words to say an appropriate "thank you". It has been through the hard work of the Main Street Promotion Committee along with the Parks and Recreation Department that we have been able to bring these free events to you and our visitors. I really must also say a warm thank you to our Utility Department staff who makes sure that everything is just right for these events along with our wonderful Police Department that ensures our events pro-

vide a safe and healthy environment for all. To also our adopted Taneytown family of Silver Oak, thank you for the students and staff who help us with all of these events. To the Mayor, Council and staff who have shown their support in many ways - Thank you to all for your great efforts that helped make this a successful year.

Don't forget the Holiday of Trees in December at the History Museum and of course our annual Christmas Tree Lighting which not only brings out the spirit of Christmas, but also the spirit of our people.

Have you noticed the construction activity at the shopping center? McDonald's has turned into a McCafe, Peebles Department Store will be taking one half of the old Kennies, a cigar store will be opened shortly also at the shopping center. More new businesses are in the works for the edge of town and we are also planning activities in those areas to draw people to these areas. Because of your patience during Streetscape and your continued local support, new and existing businesses are looking to either locate or upgrade here in town.

THANK YOU ALL FOR BEING A PART OF THIS WONDERFUL COMMUNITY; WE ARE STILL THE SMALL TOWN WITH A GREAT BIG HEART. Nancy McCormick, Economic Development Director



School News

COMMUNITY ADVISORY COUNCIL AT FSK TO CONTINUE SUPPORT FOR STUDENTS TAKING AP TEST

The FSK advisory council supports the success of the FSK students by building relationships with the surrounding community, showcasing all of its students, and harnessing the resources of the community.

Composed of a group of interested community leaders, business owners, parents, students, and educators, the council strives to help students succeed by encouraging and supporting students to participate in the Advanced Placement (AP) Program.

The AP program is a curriculum sponsored by the College Board which offers standardized courses to high school students that are generally recognized to be equivalent to undergraduate courses in college. Each spring, students are eligible to take a rigorous comprehensive exam for each AP course they finish. Participating colleges grant credit to students who obtained high enough

scores on the exams. Qualifying scores also allow students to compete more favorably for college admission and scholarship opportunities.

Statistically, Francis Scott Key High School continues to have the lowest number of students taking the exams in Carroll County, but the school is making dramatic strides in improving AP program participation. Two years ago approximately 45% of the students (152 of 338) enrolled in AP classes went on to take the exams. Last year approximately 66% of students (259 of 390) enrolled in AP classes went on to take the exams. The FSK Community Advisory Council contributed to this dramatic increase by awarding 25 AP test scholarships.

One goal of the FSK Community Advisory Council is to support the further increase in test participation by increasing the number of AP test scholarships for the 2012-2013 school year. To help meet this goal the Advisory Council will be sponsoring a Partnership Reception at Gunner's Grille in Taneytown at 7:00 PM on Monday, October 29th. Tickets will be \$25 a person and can be purchased by calling the school at 410-

751-3320 or contacting any member of the Community Advisory Council.

Membership on the FSK Advisory Council is open to any student, parent, teacher, administrator, business leader, government official, feeder school rep-

resentative, service organization member, religious leader, alumni, or booster member interested in furthering the stated purpose of the council. For further information contact lesdoug@netzero.com



TANEYTOWN BUSINESS BREAKFAST



Date: Friday, September 14, 2012
Friday, October 12, 2012

Time: 7:30AM – Networking and Buffet Breakfast
8:00 AM – Program

PROGRAM

SEPTEMBER 14: Ed McDonough – MD Emergency Mgt (MEMA) Disaster Preparedness for Business and Home

OCTOBER 12: Senator David Brinkley Update: What is going in in Annapolis?

PLACE: Thunderhead Bowling Centre
4337 Old Taneytown Rd.
Taneytown, MD 21787
(410) 751-1750

Cost \$10.00
To be paid at the door
Checks payable to: Thunderhead Bowl

ALL BREAKFAST GATHERINGS ARE OPEN TO THE PUBLIC

Reservations are necessary to accommodate seating and food

Call 410-751-1100 or email :nbmccormick@taneytown.org

Taneytown News

BLOOD DRIVE

Wednesday, October 17th, 2012

The next Taneytown Community Blood Drive will be hosted by The Taneytown Lions Club on Wednesday, October 17th from 1:00 to 7:00 P.M. at The Firemans Activities Building Memorial Drive. For a brochure, more information or an appointment, please call: Ray Hartman at 410-756-6995.

Walk-ins are welcome. Child care will be available.

For Medicare Questions before the drive call: 1-800-733-2767.

Thank you for your continuing support.



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1 West Frederick St. Behind Walkersville Barber Shop WALKERSVILLE, MD (866) 430-9222

76 Frederick St. Dr. Tate's Medical Center TANEYTOWN, MD (866) 430-9222

Taneytown News

WHAT TO DO WHEN YOU ARE INVOLVED IN AN ACCIDENT

*GOOD ADVICE FROM
WANTZ CHEVROLET*

At a recent Taneytown Business Breakfast, Wantz Chevrolet offered some really good advice. The Company has produced a brochure to prepare individuals who may at some time be involved in an automobile accident. These are the steps to take after an accident:

1. Remain calm.
2. Stop your vehicle or move it out of heavy traffic if it is safe and legal to do so.
3. Switch off the ignition.
4. Turn on your hazard lights and set out appropriate markers to warn other drivers of your condition.
5. Notify police immediately if there are injuries, safety hazards or property damage.
6. Keep everyone clear of leaking gasoline or other dangerous auto fluids.
7. Exchange names, addresses and

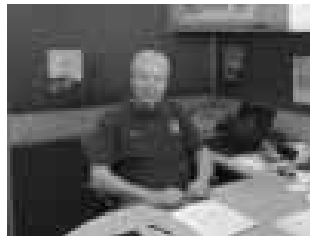
other pertinent information with other involved parties and witnesses before leaving the scene of the accident. Do not sign any document unless it is for the police or your insurance agent.

8. Write down as much information about the accident as you can, including date, time, weather conditions, make and model of cars involved, license numbers, name of police officer and his report number.

9. Take photos of the vehicles involved if possible, before they are moved.

10. Notify your insurance agent about the accident as soon as possible.

This information is available in brochure form at **WANTZ CHEVROLET, ONE CHEVRO DRIVE, TANEYTOWN, MARYLAND 21787** and at www.WantzChevrolet.com.



WANTZ CHEVROLET

Customer care. That's what it's all about. That's what Lloyd Haak believes is the key to his success in the automotive industry.

Solving problems and helping people is what Lloyd loves to do, and this philosophy has driven Lloyd in his forty years in automotive sales and service. Lloyd is a native of Maryland and earned

his bachelor's degree in Economics at the University of Tampa. Lloyd worked throughout his career in new and used car sales and service building relationships with customers. Today, Lloyd is proud of the fact that his customers bring their children, and now their grandchildren to him when they need a car. These long time customers have found that Lloyd is the only person to see for buying or servicing a car. The reason is a lifetime of sincerity, care, and trust.

Lloyd has been a Chrysler-Jeep and Dodge dealer in Harford County and on the Eastern Shore, and now brings this special brand of customer care to Carroll County, to Wantz Chevrolet, and to you. Come in, talk to Lloyd and see for yourself.



WANTZ CHEVROLET IS GROWING!





Please stop in and meet our new employees,
we are here to serve you!

**6th ANNUAL FALL CRAFT, VENDOR AND
YARD SALE EVENT**

SATURDAY, SEPTEMBER 15TH
7AM UNTIL 2 PM

CONTACT JEN STAUB OR SHEILA WANTZ FOR MORE
INFORMATION AT (410) 751-1200



Taneytown News

POLICE DEPARTMENT

REMINDER: The Police Department would like to remind everyone to please lock your vehicles when leaving them, especially at night. We have been having a problem with crimes of opportunity. When you leave your vehicle unlocked it is very easy for someone to just walk by and take anything that is left in your vehicle. The vehicles that are locked have not been damaged nor have anything missing. So let's make things harder for the thieves and lock your vehicles.

Also, when leaving your home, even for a short period of time, please lock all doors. Locking doors discourages people

from just entering your home.

Please do everything that you can that discourages thieves from entering your home or getting into your vehicles.

SCHOOL ZONES & BUS STOPS:

Schools are back in session so please watch your speed in all school zones. Please be very aware of all stopped school buses. When buses are stopped at a 4 way intersection with the red lights flashing the safest thing for the children is for every vehicle to stop until the bus turns off its lights and proceeds. Children are coming from all directions to get on a bus so proceed through neighborhoods with caution. Also, watch for children that walk to school. Let's make all children safe on their way to and from school.



Trike-A-Thon On Monday, August 6th, Grace United Learning Center. Students held a Trike-A-Thon, raising \$635.00, to benefit St. Jude Children's Research Hospital. St. Jude is unlike any other pediatric treatment and research facility. Discoveries made there have completely changed how the world treats children with cancer and other catastrophic diseases. Since opening 50 years ago, St. Jude research has played a pivotal role in pushing overall U.S. pediatric cancer survival rates from 20 to 80 percent. Grace United Learning Center has been participating in this fundraiser since 2007.



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Taneytown News

PROTECT YOURSELF FROM ID THEFT

by Barbara Karr

These days, criminals are very clever and identity theft is the number one crime. Here are a few tips on keeping your private information private. If you are looking for a job and applying at multiple companies during your job search, it is now perfectly acceptable to leave your social security number off your application until the company offers you a position. It is recommended that you write in that area of the application "number will be provided upon job offer". Unless you are applying for a job where you need to submit to a full background check, you can leave your social off until a job is offered to you. Whether you are 15 years old and just starting your first job or 70 and coming back into the job market as a part-timer, you can save yourself some potential trouble by not writing your social security number on the application. Parents should be telling their teens who are job searching to leave it off the application. There have been multiple incidences where people have been victims of ID theft by unscrupulous managers and from job applications that have been filled out in previous years. 301/874-1480 barbkarr@allshredmd.com

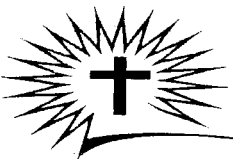
YOU MIGHT BE ON VACATION, THE IDENTITY THEIVES AREN'T PROTECT YOURSELF FROM ID THEFT WHILE ON VACATION

These days, criminals are very clever and identity theft is the number one crime. Here are a few tips on keeping your private information private while you are planning your vacation and taking that trip you've been waiting for. Here are a few scams that you can watch

(Continued on page 9)

out for: Many families like to vacation together and they'll rent a large house to share. Imagine arriving at your destination only to find that the house/condo you rented and paid for is a fake address or empty lot. There are ads placed in newspapers and online offering vacation housing at affordable prices. Those ads may even include some pretty pictures to help lure you in. We recommend that you rent from a realtor or rental agency that specializes in vacation properties or get referrals from friends on places they personally have rented. It may save you some heartache in the end. Imagine coming back to your vacation rental and finding a pizza flyer on the door. The flyer shows a delicious mouth-watering pizza and you are hooked. You're tired from a busy day on the beach and the picture of that pizza looks perfect. You call the number to order your pizza, give your credit card number to the person answering the phone and an hour later you are still waiting for pizza that will never be delivered. The thieves

now have your name and credit card info. We recommend that you order from a listing in the phone book or if you do choose to order from the pizza flyer, pay cash when the food is



THE BLESSINGS WAGON

Sponsored by New Hope Fellowship Church
(410)871-2777 - www.nhfchurch.org

WHAT IS IT?


It is a mission to assist those who live in the Taneytown area with some of the "basics" in life. Items which will be given out include paper goods, household goods, and personal care

WHO CAN COME? Anyone in need is welcomed - 4 items per family.

WHERE? The wagon will be located in the parking lot of the New Beginnings Christian Learning Center, 501 E. Baltimore St., Taneytown. It is located across from the Dunkin Donuts.

WHEN? Items will be distributed the 2nd and 4th Saturdays of each month from 9 to 11 am.

WHO ARE WE? We are a Christian non-profit group of local citizens devoted to volunteering our time to try to provide some of the daily basic goods that are not distributed through many of our other wonderful community services



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MWF 4-9p* Sat 8a-12p
Other hrs. by appt.

Taneytown News

PROTECT YOURSELF FROM ID THEFT

(Continued from page 8)

delivered. And our final scam. You've arrived at your hotel destination, checked in at the front desk and you are in your room. The phone rings and the person says "hi this is _____ from the front desk. When we ran your credit card for processing, there was an error. Can you please verify the number so I can resubmit the credit card to reprocess it?" If you read the number to them over the phone, guess what?? They got ya!! If you receive a call like that, tell them you'll be happy to come down to the front desk to get it taken care of. The person on the

phone may be very polite and suggest that they hate to bother you, or it is so late in the day and it needs to be taken care of quickly. Sometimes it is easy to fall victim to these scams because the scammers catch you off guard or they are very polite. It couldn't be a thief because they were so nice over the phone. GO, Enjoy your vacation and be aware of these predators. Our goal at ALL-SHRED, Inc. is to keep your private information private. Shred those important documents and like us on facebook to get regular updates. 301/874-1480 or 1/877-274-7333 Barbkarr@allshredmd.com Barbara Karr ALL-SHRED, Inc. 4831 Winchester Blvd. Frederick, MD 21703 www.allshredmd.com



DEADLINE FOR TICKET SALES: October 13, 2012
FUNDRAISER FOR THE TANEYTOWN CHAMBER OF COMMERCE

Taneytown Harvest Fest 2012
 10 AM to 3 PM
 Saturday, October 20, 2012

Barnyard Bingo
Starts at 1:00 pm

Farm animal will choose winners.

Held at Taneytown Memorial Park
 Taneytown, MD
 Tickets: \$5.00

First place - \$ 800.00
 (4) Second Places - \$ 100.00 each
 (4) Third Places - \$ 25.00 each

Barnyard Bingo tickets CANNOT be purchased the day of the event! You must buy them in advance!
Tickets for a 50/50 drawing will be sold the day of the event.

NEED NOT BE PRESENT TO WIN

FUNDRAISER FOR THE TANEYTOWN CHAMBER OF COMMERCE
Since 1976
 Phone: 410-330-4333 for tickets
 E-mail: info@taneytownchamber.org

MUST PURCHASE TICKETS BEFORE October 13, 2012

TICKETS AVAILABLE AT
 NWSB Branch in Taneytown,
 Liquor Barn & Chamber Office

Your ticket reserves you a space on the field that is your chance to win the \$5 prizes.



When you need fast and convenient blood work or other laboratory tests
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417 East Baltimore Street, Ste. B | Taneytown, MD 21787 | Phone: 410-751-1372 | Fax: 410-751-1348

Other convenient Med Lab locations:

WESTMINSTER MED LAB
 Richard N. Dixon Building
 291 Stoner Ave.
 Westminster, MD 21156
 Phone: 410-871-6966
 Fax: 410-871-7188

HAMPSTEAD MED LAB
 2111 Hanover Pike
 Hampstead, MD 21074
 Phone: 410-374-4521
 Fax: 410-239-1253

ELDERSBURG MED LAB
 South Carroll Medical Offices
 1380 Progress Way, Ste. 113
 Eldersburg, MD 21784
 Phone: 410-549-9285
 Fax: 410-552-1539

MANCHESTER MED LAB
 4175 Hanover Pike, Suite A
 Manchester, MD 21102
 Phone: 410-374-0226
 Fax: 410-374-3225

Taneytown News

MAYBERRY SPORTING CLAYS

Mayberry Sporting Clays is pleased to announce that we will be open to the public on the following dates in 2012: Sporting Clays: September 2nd, 2012 Sporting Clays shoots begin at 9:00am. The next scheduled shoot is Sunday, September 2nd, 2012. Cost is \$15.00 per 50 clay bird round. Hours are: 9:00am till 3:00pm with registration beginning 30 minutes before your scheduled appointment. Appointment times are available for the September shoot. Ground Hog Shoots: September 1st, 2012 9:00am October 6th, 2012 9:00am. 5 Stand: Shoots will resume in March and continue through September and be held every Tuesday, starting at 6:00 p.m. with the last squad starting at 9:00 p.m. When the daylight dims we will turn on our lighting system for you to shoot under the lights. APPOINTMENTS Sporting Clays appointment times are available for the entire 2012 season. Please contact us via email or phone if you wish to make an appointment. To contact via email reply to this email with a desired appointment time and you will receive a response as soon as possible. To contact via phone, call 410-756-4077. Please leave your name, phone number, and desired appointment time if you receive the answering machine. We will get back to you as soon as possible. The next scheduled shoot will be September 2nd, 2012, from 9:00am to 3:00pm. For those NEW to the list or those receiving a forwarded message, our range rules are as follows: Nothing larger than: 12 Gauge Shotgun 7 1/2 shot 1 1/8 oz. load 3 Dram Equiv. ** Eye & Ear Protection is Required ** *** Safe gun handling is required at ALL times. *** *** NO more than two rounds loaded at any time. ***

COUNTRY STYLE BREAKFAST BUFFET

An All You Can Eat Country style breakfast buffet will be held at St.

Joseph's Catholic Church Social Hall, 44 Frederick St., Taneytown, MD, Sunday, September 9, 2012 from 7 A.M. until Noon.

Cost: adults \$7.00, children 7-10, \$3.50, (6 & under free). Early bird special: 7 A.M. to 8 A.M. adults: \$6.00 chil-

dren (7 - 10), \$3.00.

Menu: french toast, scrambled eggs, bacon, sausage, pan cakes, potatoes, hominy, sausage gravy, chip beef, toast, fruit cup, orange juice, tea, & coffee. Sponsored by St. Joseph's Knights Of Columbus Council 11631



TANNEYTOWN
Harvest Fest 2012
Saturday Oct. 20, 2012 9am - 3pm • Rain or Shine
Memorial Park, Taneytown, MD

We Will Be Collecting Non-Perishables & Toiletries

Music • Crafters • Fall Flowers
Taneytown Fire Department Yard Sale
Pumpkin Painting • Dog Obedience
Astronomical Telescope
Antique Tractors • Food

Be Sure to vote for your favorite Pumpkin People
Display throughout town.
10/1/12 - 10/31/12
Details @ Information Table

Fun for the entire family!

Sponsored By: **TANNEYTOWN** Main Street
City of *Taneytown* Parks & Recreation
Taneytown Chamber of Commerce

For more info visit www.taneytown.org or call Nancy McCormick 410-751-1100

Our Story



Sharon & Ben Wolf

Ben, a second generation restaurateur started in the Family Business at a young age and learned all aspects throughout his career. Ben & Sharon met in a restaurant and have been working together ever since along with their children and their spouses. Sharon grew up in Westminster, Maryland and worked in the restaurant industry since age 14.

Ben & Sharon take pride in their **HOMEMADE COOKING** style. They roast their own turkeys and beef making the homemade gravy from the broth. They roll, cut and cook their own slippery pot pie. You can also be assured that all the soups are homemade as well. Their legendary Broasted Chicken is absolutely delicious and a daily regular item on the menu. The most popular entree is currently the Jumbo Lump Crab Cake with no fillers. They also offer Broiled Seafood which is rare in Family Restaurants.

With two generations of restaurant experience, great recipes, true caring for their customers, and willingness to work hard the Wolf's are determined to be the best Family Restaurant in Hanover.

So, come in and let us serve you whether it be on Fridays for our special Cream of Crab Soup or any day for our Broasted Chicken and delicious Crab Cakes.



Taneytown Physical Therapy

a

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Open Daily
7:00 am-8:00 pm
Monday thru Saturday

Sunday
7:00 am – 1:00 pm
Breakfast Only
Broasted Chicken Available
For Carry-Out

Mondays and Wednesdays
10% Off Total Bill



11 GRAND DRIVE TANEYTOWN, MD 21787 410-756-6166

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TUESDAY, WEDNESDAY, THURSDAY 9AM TO 7PM SATURDAY 9AM TO 5PM

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Start saving today! Pick up our list of about 200 medications!



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Receive \$10 off groceries with your first
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**KENNIE'S BAKERS DOZEN REWARDS
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EASY PRESCRIPTION TRANSFER
Bring in your bottle or call and we do the rest!

Our knowledgeable Pharmacists
are ready to answer all your
medication questions.
Stop in today!



**** CONVENIENT DRIVE-UP WINDOW ****

Just The FAQ's Seminars

You've got questions and we have answers. Join us for "Just the FAQ's" These *free* educational seminars provide information you need--without the sales pitch!

Seminar 1 Credit Scores: Tom Alessi, Attorney and Credit Analyst will explain what your credit score means, what lenders look for and things you can do to improve your score.

Wednesday, September 19 at 5 p.m. NWSB Taneytown Branch

Seminar 2 Computer Scams: Database Engineer, Doug Heck from InfoPathways, Inc. will explain how to detect and avoid scams on the internet.

Tuesday, October 23 at 5 p.m. NWSB Taneytown Branch

Seating is limited, so please register online or by phone

410-549-1414

www.NewWindsorBank.com



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EQUIPMENT REPAIRS

Sporting Clay FUNDRAISER



\$25 per person

The registration fee includes a walk through sporting clay range (50 rounds) and a five stand shoot (25 rounds) for those who wish to participate.

Date: Sunday, September 30th, 2012

**Location: Mayberry Game Prot. Association
2555 Mayberry Road
Westminster, MD 21158**

**Time: The first group starts @ 9a.m. (they can take groups up to 6)
call or email Rick Hess to schedule a time for you or your group
(410-756-4077) rhess7@verizon.net**

**Sponsored by:
Carroll County 4-H Hotshots
&**

Mayberry Game Prot. Association

Eye & Hearing protection required

Shells must be 2 3/4" and shot size NO LARGER than #7 1/2.

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Taneytown News

UNION BRIDGE FIRE CO EVENTS

BINGO BANQUET

8 West Locust St, Union Bridge MD Saturday,
September 8, 2012 Sponsored by the Union Bridge
Fire Co Doors Open at 4 PM, Dinner at 5 PM. Bingo
starts at 6:30 PM \$25.00 includes meal
For info call: 410-775-0001

SPORTSMAN'S DRAWING AND DINNER


Sponsored by the Union Bridge Fire Co 8 West Locust St,
Union Bridge, MD September 29, 2012 5:30 PM to 9:00
Doors open at 5:30 For more info call: Danny Keeney at
(410) 756-2613 or dbkeeney@gmail.com

MONTHLY \$ BINGO

Sponsored by the Ladies Auxiliary to the Union Bridge
Fire Co 8 Locust St, Union Bridge, MD Second Monday
of Every Month September 10, 2012 Doors open at
5:30PM, Games Begin at 7:00 PM 5 Early bird games
20 Regular Games, 3 Specials, 2 Split the Pots, Jackpot!
Jar & Pull tab tickets - Food will be available for pur-
chase Any inquiries Call 410-775-7891 or our website
www.ubfc8.org

125TH ANNIVERSARY CELEBRATION

Union Bridge Fire Company 8 W Locust St, Union
Bridge, MD This grand celebration will begin Saturday,
Sept 15, 2012 at 10 AM with opening ceremonies rededi-
cation and a memorial service. The rest of the day will be
an open house for everyone until 5 PM. On Sunday, Sept
16, 2012, we will again have an open house starting at 12
Noon. A Grand Parade will begin at 1PM at the intersec-
tion of MD Route 75 at Main Street. The parade route
will be south on Main St. to W. Broadway to Whyte St to
W Locust St and end in front of the US Post Office. After
the parade, everyone is invited back to the fire station for
the open house as well as the opportunity to get up close
to fire equipment and antique fire engines. We are very
proud to have provided 125 years of service to our
community and hope that you will come enjoy celebrat-
ing this milestone in history. For more info please contact
Cheryl Keeney 410-775-7780. You can always check out
website for more info. www.ubfc8.org



**GREAT
FOOD
GREAT
CAUSE**

\$25
**Heavy
Hors d'Oeuvres**
**House Beer
& Wine Included**

FSK Advisory Council Partnership Reception at

GG GUNNER'S GRILL
GUNNER'S
Grill at Taneytown
5525 Taneytown Pike, Taneytown, Maryland

Mon. October 29, 2012
7-9 pm

FSK
Advisory Council

PLEASE JOIN US
For tickets and details e-mail smhook@carrollk12.org OR call 410 751-3320



Taneytown Celebrates Harvest Fest

Saturday, October 20, 2012
9AM to 3PM

Registration Fee:
\$35 Single | \$50 Double

Join us as we fill Memorial Park with vendors for this "Rain or Shine" event!

Have you been a vendor or visitor in the past? We'd like your ideas and suggestions for making this event bigger and better!

Know someone interested in becoming a Harvest Fest vendor? New vendor forms are available at City Office, please contact Nancy McCormick 410-751-1100.

We're looking for:

- Crafters
- Small Business Owners
- Gardeners/Landscapers
- Garden Exhibitors
- Artisan/Artists

Registration Fee: \$35 Single | \$50 Double
First come-First served basis. Confirmations will be sent out approx. 10 days before the event.

Please return to:

Nancy McCormick
City of Taneytown
17 E. Baltimore Street
Taneytown, MD 21787
nbmccormick@taneytown.org
410-751-1100

Check boxes below if "yes":

- Do you require access to electricity?
Electrical access is limited.
- Do you need a large area?
- Do you have a tent or canopy? If yes, what size? _____

Name: _____

Address: _____

Phone: (____) - ____ - _____

Email: _____

Vendor type: _____

(craft, garden, product, etc.) Please specify your product name or type of craft.

Application and space fee deadline is October 12; please make checks payable to "City of Taneytown/Main Street Fund"

RALLY DAY COMMUNITY CARNIVAL WOULD

Rally Day Community Carnival. Would you and your family like to go to a carnival on Sunday? Then reserve Sun. Sept. 16 in the afternoon for such an event. Baust United Church of Christ will hold a Rally Day Community Carnival/Church Picnic at 12:30PM. The event is open to church members and the community. A picnic lunch will be served after worship. Families are asked to bring a covered dish to share. The church youth are planning games and contests for the afternoon. The event will take place in the Parish House and parsonage lawn. Worship at the church will return to the regular time and place on Sept. 9. Worship will be at 10:30AM in the church sanctuary. Sunday School will resume on Sept. 23 at 9:15AM with classes for children in the Parish Hall. The church is located at 2950 Old Taneytown Rd. (Rt. 832) in Tyrone, Md. For more info go to ebucc.com or call the church office at 410 751-1237.

PUMPKIN PEOPLE CONTEST

THEY'RE BACK: Dress up a scarecrow body with a pumpkin head. Be creative! And most of all have fun.

RULES:

- You can begin displaying your entry from October 1st. Your entry must be visible to the public as judging will be the week of October 24th.
- Your Pumpkin People display and theme MUST be in good taste and constructed to withstand weather. We do not accept any controversial social or political displays. We ask that you make your display "Family Friendly".
- You may fill out the application below or pick up at City Hall or on our website at www.taneytown.org.
- All applications must be postmarked no later than October 21st.
- Your display must be taken down no later than November 1st.
- All photos and entries will be displayed at the Taneytown Harvest Fest on October 22 at Memorial Park.
- Winners in the categories will be notified by mail and displayed in the Taneytown Record and Carroll County Times.
- Please enclose or submit a photo of your entry either with your application or by email to : nbmccormick@taneytown.org

APPLICATION

Full Name _____

Phone or contact number _____

Address _____

Email: _____

Name of your Theme? _____

Name of residential development/ business or organization _____

Any other information judges should have _____

CONTEST IS SPONSORED BY TANEYTOWN MAIN STREET

Library News

TANEYTOWN BRANCH LIBRARY

Looking for some Fall Fun? Look no further than the Taneytown Library! There's a fun and interesting program for everyone. Here's the lineup for September and October!

(Please check age restrictions for each program.)

FOR ADULTS

Cult Classic Movie Night -

Tuesdays, 9/4 and 10/2 at 6:30 pm

For ages 13 - Adult. Come watch some cult classics - movies that were either unappreciated in their time, or just so bad that they're fun to watch! Films will be rated PG or PG-13. Refreshments will be served.

Basic Computer Instruction -

Mondays at 7 pm

For Adults. Drop by the library this Fall for some basic computer instruction. You decide what you want to learn! Find out how to use a mouse, create an email account, surf the Internet, join a social network like Facebook, or whatever you'd like!

E-Reader Extravaganza -

Tuesday, 9/11 at 7 pm

For Adults. Have you recently bought an e-reader and are looking for books to read? The library has thousands of eBooks that you can check out through the Maryland Digital eLibrary Consortium and read on all the popular devices. Find out how!

Costume 101 -

Tuesday, 9/18 at 7 pm

For ages 12 - Adult. The witching season is approaching, so here's a treat for you! Costume expert Caitlyn Jones will be on hand to give tips and tricks on creating fantastic costumes. Learn inexpensive and no-sew methods to help you create the perfect costume!

Taneytown Adult Book

Discussion Group

Thursdays at 6:30pm

9/20: Room by Emma Donoghue

10/18: The Cellist of Sarajevo by Steven Galloway

For Adults. Come for a lively discussion of the month's book. Refreshments will be served.

Drop-in Knitting -

Tuesdays, 9/25 and 10/23 at 6:30 pm

For ages 12 - Adult. Share ideas, patterns, books, and projects. Beginners, please bring size 8 needles and light-colored worsted yarn - look for #4 on the label.

Book Art -

Tuesday, 10/9 at 6:30 pm

For ages 13-Adult. Learn how to turn a regular book into an awesome piece of art! Looking for a pumpkin decoration for Halloween, or an apple centerpiece for Thanksgiving, for example? The library will provide the supplies and instructions, you provide the talent.

Death by Chocolate -*

Saturday, 10/20 at 2 pm

For Adults. It's all about chocolate on the Sweetest Day! Taste-test different varieties from the ordinary to the extraordinary and try out a couple of candy coating activities. Some products may contain nuts or peanuts.

Ghost Hunting with MDPS! -

Thursday, 10/25 at 6:30 pm

For ages 13 - Adult. Members of the Mason-Dixon Paranormal Society will talk about their experiences in paranormal investigation. This group from Gettysburg and its surrounding areas have extensive experience with the paranormal and will have some of their equipment on hand for you to see!

(Continued on page 16)

KITCHENS

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jhgainor@gmail.com

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Bring this ad in for 10% OFF*

Of your next Liquor or Wine Purchase

MARYLAND LOTTERY AGENT PLUS

We can cash your winners up to \$5,000!

"Let us keep you in good spirits!"

*Sale and/or coupon items excluded

Library News

TANEYTOWN BRANCH LIBRARY

(Continued from page 15)

FOR TEENS

Cult Classic Movie Night - Tuesdays, 9/4 and 10/2 at 6:30 pm
For ages 13 - Adult. Come watch some cult classics - movies that were either unappreciated in their time, or just so bad that they're fun to watch! Films will be rated PG or PG-13. Refreshments will be served.

Teen Advisory Board (TAB) - Mondays, 9/10, 10/1 at 5:30 pm

For ages 12-17. Need service hours? Stop in and share your opinions with the library staff about books, music, movies, and programs that you'd like to see at the Taneytown branch. Refreshments will be served.

Costume 101 - Tuesday, 9/18 at 7 pm
For ages 12 - Adult. The witching season is approaching, so here's a treat for you! Costume expert Caitlyn Jones will be on hand to give tips and tricks on creating fantastic costumes. Learn inexpensive and no-sew methods to help you create the perfect costume!

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For ages 13 -Adult. Members of the Ma-

son-Dixon Paranormal Society will talk about their experiences in paranormal investigation. This group from Gettysburg and its surrounding areas have extensive experience with the paranormal and will have some of their equipment on hand for you to see!

Spooky Spectacular - Saturday, 10/27 at 1 pm
For ages 6-17. Happy Halloween! Come for a horrifyingly good time and make

spooky snacks and creepy crafts. Costumes welcome. Refreshments will be served.

FOR KIDS

LEGO Creations - Saturdays, 9/1 and 10/6 at 11 am
For ages 5-Adult. Build a castle, a spaceship, or something new and wonderful! Bring Dad or Mom and your creativity; the library will supply the LEGOs.

(Continued on page 17)

WE'LL HELP YOU "SPRUCE UP" FOR FALL!

During our Sept. 1-Sept. 15 "Streetscape Cleanup Event"

JUST \$180!

Regularly \$200

SPRING CLEAN WINDOW SPECIAL!

Up to 20 Windows Inside & Out! (Excluding Storms)

FREE Basic Screen Cleaning

FREE Frame and Sill Wipe-Down

Expires September 15, 2012

JUST \$225!

Regularly \$399

SPRING PRESSURE WASH SPECIAL!

Any Size Home! (Vinyl Only)

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Ask About Additional Super Specials!

Professional Carpet Cleaning
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YES! YOU'RE PROTECTED UP TO \$1,000,000!
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"I guarantee you will be completely satisfied with both the workmanship you receive, and your entire service experience with Longs Windows & More. You have my word on that."

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CALL FOR AN APPOINTMENT:
443.340.0150



Library News

TANEYTOWN BRANCH LIBRARY

(Continued from page 16)

Alphabet Train -

Wednesdays at 9:45 am

9/5: Awesome A;
9/12: Beautiful B;
9/19: Cheerful C;
9/26: Delightful D;
10/3: Excellent E;
10/10: Fabulous F;
10/17: Glorious G;
10/24: Happy H;
10/31: Incredible I

For ages 3-6. Climb aboard each week and explore a different letter of the alphabet through books, songs, and activities. Adult caregivers are welcome.

Growing Up Wild* -

Thursdays at 1:30 pm

9/6: Grow as We Grow
10/4: Animal Tracks

For ages 3-6 with accompanying adult caregiver. Help your child explore nature, wildlife and the wonders of the world around us through a wide range of activities and experiences. Refreshments will be served.

Come Learn With Me @ the Library* -

Fridays at 11 am

9/14: Narrative Skills
10/12: Alphabetic Principle
For ages Birth - 5 with adult caregiver. This playgroup is the perfect opportunity for children and their caregivers to learn and play together. Visit a variety of centers that allow time for reading, artwork, play, and surprises, all while building skill development and school readiness! Space is limited. Register children only, but an adult must attend with the child. In partnership with the Kiwanis Club of Westminster.

Drop-In Fall Crafts -

Monday, 9/17 at 10 am

For kids of all ages.** School is out, so drop in to the library between 10am and 1pm and join the fun creating fabulous fall crafts.

Out of School Movie Magic

Monday, 9/17 at 1 pm -

Muppet Treasure Island

Wednesday, 9/26 at 1 pm -

Lady and the Tramp

Monday, 10/8 at 1 pm - Monsters, Inc.

For kids of all ages.** Enjoy an exciting afternoon at the library. Movie fun and free popcorn for all who attend!

Preschool Science: Air* -

Friday, 9/21 at 11 am

For ages 3-6 with accompanying adult caregiver. Help your child discover the excitement of science through hands-on experiments.

Sloppy Saturday Drop-In Crafts -

Saturday, 9/22 at 11 am

For kids of all ages.** Need something fun to do with the kids? Drop in to the library and join the fun making crafts with leftover bits and pieces from storytime.

Math 4 Me* - Fridays at 11 am

9/28: Shapes

10/26: Sorting

For ages 3-6 with accompanying adult caregiver. Join the fun and try the hands-

on math discovery stations.

Arrrgghh! Pirates!* -

Friday, 10/19 at 1 pm

For ages 6-12. Ahoy, Mates! Come join the Teen Advisory Board as they throw a grand ol' pirate party. Costumes are welcome. Refreshments will be served.

Spooky Spectacular -

Saturday, 10/27 at 1pm

For ages 6-17. Happy Halloween! Come for a horrifyingly good time and make spooky snacks and creepy crafts. Costumes welcome. Refreshments will be served.

(Continued on page 21)

TANEYTOWN SENIOR CENTER



SPECIAL UP-COMING EVENTS



Monday	September 3	CLOSED	Labor Day Holiday
Tuesday	September 4	9:30- 10:30	Blood Pressure Screen
Saturday	September 8	11:30- 2:00	Mad Hatters Tea Party
Saturday	September 8	1:00- 2:00	Entertainment-Elvis
Tuesday	September 11	8:00- 10:00	Site Council Breakfast
Tuesday	September 11	10:00- 10:30	Flag Dedication Program
Tuesday	September 11	10:30- 11:00	Patriots Day Program
Wednesday	September 12	12:30- 4:00	Progressive 500 Cards
Thursday	September 13	12:30- 3:30	Nickel Bingo
Tuesday	September 18	11:30- 1:00	Luau
Tuesday	September 18	5:00- 8:00	Senior Game Night Out
Friday	September 28	2:00- 2:30	Site Council Meeting
Monday	October 8	CLOSED	Columbus Day Holiday

NUTRITION CHATS

Sept. 6(Thurs.) 10:30 am "Calcium How Much Does The Body Need"
Sept. 18 (Tues.) 10:30 am "Hidden Fat In Foods"

COMPUTER TRAININGS: Class size is small and there is no cost. Please contact Paul Garver, Center Manager, at 410-386-2700.

Taneytown News

TANEYTOWN FARMERS' MARKET

All the vendors and I would like to thank all of you who came and supported the Farmers' Market. In our second year at the market, we had the Lion's Club serving their great breakfast sandwiches, coffee, burgers and much more. Thank you for all your hard work and time. Thank you Brooke of Gunners' Grill for all your time creating your culinary delights and showing us how we can eat fresh, quick and healthy. Thank you to all our wonderful musicians who entertained us with their great talents. Thank you to all our vendors: Natural Key Farm, Wakefield Valley Nursery, Brennans Produce, Sweet Creative Designs, Langelo Farm, Peterson Flower Farm, Robins' Nest, Sewell Farm, Cupcakez Short and Sweet, Goat Soap Chalet, Carroll County Master Gardeners, and so many more who helped and gave of their time to make the market a success. If anyone would like to participate at the market, you can reach me at Ltsoko@comcast.net or 443-918-8100 We look forward to next year's market and your continued support. LaVerne Sokolowski, Market Manager



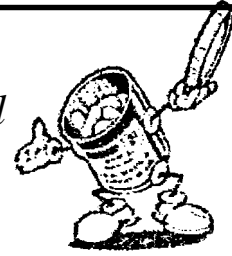
TANEYTOWN PHARMACY



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410-756-5240

Monday-Friday 9am-7pm-Saturday 9am-3pm
Closed Sundays & Major Holidays



Taneytown News

LORIEN RESIDENTS ENJOY VISIT FROM ROLLING CLOVERS

Members of the Rolling Clovers 4-H Club took some of their County Fair exhibits to the Lorien Home on August 6. They showed these exhibits to the residents. 4-H'ers who participated in the Fair

Show and Tell were Autumn and Amber Lippy, Jordan Lawrence and Julia Stonesifer. The club meets the 1st Monday of the month at Baust Church Parish Hall. For more information on the club contact the leader at 410-857-0416.



SUMMER SUN SAFETY

While a suntan is considered a symbol of good health and attractive looks, in reality too much sun can be very damaging causing dry skin, wrinkles and even skin cancer.

Following a few simple steps to protect your skin while allowing you to safely enjoy the outdoors!

- Avoid midday exposure. UVB rays, the most damaging rays, are strongest between the hours of 10am and 4pm.
- Cover up! Hats and light clothing are a great source of protection from the sun. 90% of skin cancers occur on parts of the body which are normally exposed to the sun like the nose.
- Wear sunglasses that block UV rays to give your eyes the protection they need. UV rays may contribute to the development of cataracts.
- Apply sufficient amounts of sunscreen and rub in well. Apply at least 30 minutes before exposure. Reapply often - at least every 2 hours and after swimming or excessive sweating
- The sun does not have to feel hot to cause skin damage. You can get a sunburn on a cloudy day and sun damage can occur all year long. Use

sunscreen year round.

• Our bodies produce melanin which acts as a natural sunscreen. The fairer your natural skin color, the less melanin your skin produces to naturally protect it. If you are fairer skinned use a higher SPF sunscreen and apply more often during sun exposure.

• SPF stands for Sun Protection Factor. The higher the SPF the greater the degree of protection from the burning effects of the sun.

WISHING YOU A SAFE SUMMER FROM YOUR KENNIE'S PHARMACY!

Pharmacy

Phone: 410-756-6166


Monday & Friday: 9am to 8pm

Tuesday, Wednesday, Thursday 9am to 7pm

Saturday 9am to 5pm

Fall Business Shaker

BUSINESS NETWORKING EVENT



TANEYTOWN CHAMBER OF COMMERCE
CITY OF TANEYTOWN
CROUSE FORD SALES~ TANEYTOWN




TUESDAY, OCTOBER 23RD, 2012
4pm to 6pm

CROUSE FORD SALES ~ TANEYTOWN
11 Antrim Boulevard
Taneytown, MD

FREE TO ATTEND!

Don't miss this great opportunity to promote your business!
Please RSVP to the Taneytown Chamber of Commerce at
410-756-4234 or biz@taneytownchamber.org

Contact the Taneytown Chamber of Commerce
For Sponsorship Opportunities



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When our surgeons aren't making rounds,
they're making history.



Pictured above: Michael Vitz, M.D., Medical Director of Minimally Invasive Robotic and Gynecologic Surgery

Introducing the region's latest breakthrough in minimally invasive surgery—only at Carroll Hospital Center.

Since performing the nation's first laparoscopic hysterectomy in 1991, Carroll Hospital Center has led the way in minimally invasive surgery. So it's no surprise that we're now the first to introduce the region's most advanced da Vinci™ Surgical System, the latest addition to our arsenal of leading-edge treatment tools.

Exclusively at Carroll Hospital Center, the newest da Vinci system allows us to perform surgeries through incisions as small as a dime. That means less pain, less scarring and faster recovery for our patients. Plus we offer state-of-the-art operating rooms and some of the best fellowship-trained specialty surgeons in the region. Add all of that together and it's easy to see why we're Maryland's #1-ranked hospital for patient safety in overall surgical care*.

Talk to your doctor about the minimally invasive surgical options available to you at Carroll Hospital Center.

Visit CarrollHospitalCenter.org/MySurgeryOptions to learn more about procedures available and our surgeons.



200 Memorial Avenue, Westminster, MD 21157
 410-848-3000 | www.CarrollHospitalCenter.org



www.facebook.com/CarrollHospitalCenter



FREE OPEN HOUSE

Meet our team and see our new da Vinci Surgical System
 Saturday, September 22

Carroll Hospital Center Main Lobby, 1 – 4 p.m.
 Space is limited—call **410-871-7000** to register.

Light refreshments will be served.

*As rated by CareChex®, a rating service of The Delta Group.

Library News

TANEYTOWN BRANCH LIBRARY

(Continued from page 17)

REGULAR STORYTIMES

Read and Play - Wednesdays at 11 am
For ages birth - 24 months, with accompanying adult caregiver. A storytime featuring lap games, tickles, bounces, and rhymes followed by a playgroup for meeting and mingling.

Story Pals - Tuesdays at 11 am
For ages 2-3, with accompanying adult caregiver. A theme-based storytime featuring interactive and age-appropriate stories, songs, fingerplays and activities.

On My Own - Thursdays at 1:30 pm (Begins 9/13)

For ages 3-6; all adult caregivers are welcome. A theme-based storytime for children who are ready for an independent, small group experience.

Evening Storytime - Wednesdays at 6:30 pm

For all ages **. This storytime introduces stories through books, songs, and activities.

Year-Round Family Storytime - Thursdays at 9:45 am

For all ages **. This storytime introduces stories through books, songs, and activities.

*Registration is required for this program, which begins 2 weeks prior to the program. Sign up at the Information Desk, phone 410-386-4510, or log onto library.carr.org, click on Programs & News and follow prompts.

**Children 3 and under must be accompanied by adult caregiver.

PLEASE NOTE: All branches of CCPL will be closed on Monday, September 3 for Labor Day.

FLAG DEDICATION & PATRIOTS DAY PROGRAM

WHEN: Tuesday, September 11, 2012 TIME: 10:-00 A.M. WHERE: Taneytown Senior Center, 220 Roberts Mill Rd. Taneytown, MD. The Taneytown Senior Center will begin the day with breakfast from 8:00 a.m. to 10:00 a.m. (cost is \$4.00) followed by a Flag Dedication/Patriots Day Program at 10:00 a.m. weather permitting the program will be held outside on the Roberts Mill Rd. side of the center. A luncheon will be held after the program at 11:30 a.m. cost for those 60 years and older is a donation up to \$3.35 - those under 60 years old the cost is \$3.35. Participants will need to make meal reservations (breakfast or lunch or both) by Tuesday, September 4, 2012. For more information and/or reservations call (410)-386-2700 and ask for Paul or Christy.

BUS TRIP

Taneytown Senior Center- Bus Trip to American Music Theater in Lancaster, PA. - Christmas Show Wednesday, November 7, 2012 the Taneytown Senior Center will have a bus trip to see the Christmas Show at the American Music Theater in Lancaster, PA. The cost of the trip is \$84.00 a person. The cost includes a family style meal at Good & Plenty restaurant, the Christmas show and the bus plus gratuity. The bus will leave the Taneytown Senior Center at 8:15 a.m. and return to the center at 4:30 p.m. Reservations need to be made by October 19th. For more information and/or reservations call 410-386-2700 and ask for Paul or Christy.



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410-568-1200 ext. 105

1-800-826-5974 Fax: 410-568-2631



INFORMATION MEETINGS:

There will be informal information meetings held at St Joseph's Church, in Taneytown (44 Frederick Street), this fall, for anyone who is interested in finding out more about the Catholic faith. These meetings are open to everyone, and there is no obligation or cost. All meeting will be held in the Church Hall.

September 12th, Wednesday, 7:30 PM
September 23rd, Sunday, 9:15 AM (after the 8:00 AM mass)
October 14th Sunday, 9:15 AM (after the 8:00 mass)
November 3rd, Saturday, 5:45 PM (after the 4:30 mass)
November 11th Sunday, 11:15 AM (after the 10:00 mass)

If none of these times are convenient, please call the church office @ 410-756-2500 or Jim McCarron @ 410-756-5006 (day) 410-756-4425 (evening)





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NOW IN TANEYTOWN



Terry's Tag and Title Service, LLC
www.tagsintenminutes.com

TEEN AND TWEENS CONSIGNMENT

Teen and Tweens Consignment is looking for gently used clothing for your tweens and teens? Can't find their sizes at a yard sale or consignment sales? You can solve these problems by coming to the Teen and Tweens Consignment Sale on Sat. Sept. 15. The sale will be held at 2940 Old Taneytown Rd. (Baust Church Parish Hall) from 7AM-12PM. Fall & winter items will be specific for these age groups. A special section will feature gowns to wear for Homecoming dances. The sale is sponsored by Rolling Clovers 4-H Club. If you want to consign please email slawr@hotmail.com. For more info call 410 984-2780.

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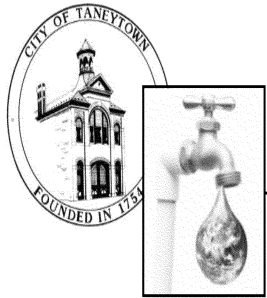


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Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies, Columbus, Ohio. Savings compared to standalone policy of each auto, home and life policy. Savings based on new customer data from May 2011. Not all Nationwide affiliated companies are mutual companies and not all Nationwide members are insured by a mutual company. Nationwide Insurance, the Nationwide logo, Nationwide Is On Your Side and Join the Nation are service marks of Nationwide Mutual Insurance Company. © 2011 Nationwide Mutual Insurance Company. All rights reserved. NR-05098 (03/11)



Annual Drinking Water Quality Report for 2011
City of Taneytown

June 26, 2012
 PWSID 0060012

The City of Taneytown – Public Works Department would like to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality of the water and services we deliver to you every day and to help you understand the efforts we make to continually improve the water treatment process and protect our water resources. Our constant goal is to provide you with a safe and dependable supply of drinking water. We are committed to ensuring the quality of your water.

Our water is supplied by seven wells located throughout the City, which draw from the New Oxford aquifer (or Formation). Each well has its own chlorine disinfection treatment system. The finished (treated) water from each well is pumped into a distribution piping system, which includes two storage tanks.

We have a Source Water Assessment Plan available from our office that provides more information such as potential sources of contamination. This plan is also available from Maryland Department of the Environment (MDE) or at the Carroll County Public Library.

We are pleased to report that our drinking water meets federal and state requirements.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk for infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Environmental Protection Agency's Safe Drinking Water (SDW) Hotline (800-426-4791).

If you have any questions about this report or concerning your water utility, please contact the City Office at 410-751-1100 between the hours of 8 a.m. and 4:30 p.m. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled Council meetings. They are held on the second Monday of each month at 7:30 p.m. at the City Office.

We have learned through our monitoring and testing that some contaminants have been detected in the City's drinking water supply. As water travels over the land or underground, it can pick up substances or contaminants such as microbes, inorganic and organic chemicals, and radioactive substances. All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. All drinking water, including bottled water may reasonably be expected to contain at least small amounts of some contaminants. The presence of

contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the SDW Hotline at 1-800-426-4791.

The City of Taneytown routinely monitors for contaminants in your drinking water according to Federal and State laws. The following table shows the results of our monitoring for the period of January 1st to December 31st, 2011. In this table, you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms, we've provided the following definitions:

Non-Detects (ND) - laboratory analysis indicates that the contaminant is not present.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Inorganic Contaminants						
Contaminant	Violation Yes/No	Level Detected	Unit Measure-ment	MCLG	MCL	Likely Source of contamination
Barium (2009-2010)	No	0.045 - 0.21 (range)	ppm	2	2	Erosion of natural deposits
Fluoride (2009-2010)	No	0.13-0.21 (range)	ppm	4	4	Erosion of natural deposits; water additive that promotes strong teeth.
Lead (distribution) (2008)	No	<5.0 (90% value)	ppb	n/a	15 (Action level)	Corrosion of household plumbing systems; erosion of natural deposits
Copper (distribution)	No	0.33 (90% value)	ppm	n/a	1.3 (Action level)	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Nitrate (as Nitrogen)	No	2.2 - 4.9 (range)	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Chromium (2009-2010)	No	ND-9.0	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits

Volatile Organic Contaminants						
1,1 – Dichloroethylene (2010-2011)	No	ND-1.8 (range)	ppb	7	7	Discharge from industrial chemical factories
Haloacetic Acids (distribution 2009)	No	1.29	ppb	0	60	By-product of drinking water chlorination
Total Trihalomethanes (distribution 2009)	No	16.1	ppb	n/a	80	By-product of drinking water chlorination
Trans - 1,2 – Dichloroethylene	No	ND	ppb	100	100	Discharge from industrial chemical factories
Toluene	No	ND	ppm	1	1	Discharge from petroleum factories
Radioactive Contaminants						
Adjusted Gross Alpha Activity (2009-2011)	No	2.2– 5.39 (range)	pCi/L	0	15	Erosion of natural deposits
Combined Radium (Radium 226 & 228) (2009-2011)	No	0.60-2.59 (range)	pCi/L	0	5	Erosion of natural deposits
Combined Uranium (Uranium 234, 235, & 238) (2009-2011)	No	2.4 –5.80 (range)	pCi/L	0	30	Erosion of natural deposits
Beta/Photon emitters (2008-2009)	No	1.5-4.0 (range)	pCi/L	0	50	Decay of natural and man-made deposits
Synthetic Organic Contaminants including Pesticides and Herbicides						
Di 2-ethylhexyl phthalate (2010-2011)	No	ND – 5.82 (range)	ppb	0	6	Discharge from rubber and chemical factories
Dalapon (2010-2011)	No	ND-.14 (range)	ppb	200	200	Runoff from herbicide used on rights of way
Dinoseb (2010-2011)	No	ND-4.51 (range)	ppb	7	7	Runoff from herbicide used on soybeans and vegetables
2,4,5-T	No	ND	ppb	50	50	Residue of banned herbicide
Unregulated Contaminants						
Sodium (2006-2008)	No	22.0-25.7	ppm	n/a	n/a	Erosion from natural deposits
Metolachlor (2009-2011)	No	ND – 1.05 (range)	ppb	n/a	n/a	By-product of chlorine disinfection
Bromodichloromethane (2010-2011)	No	ND	ppb	n/a	n/a	By-product of chlorine disinfection
Dibromochloromethane (2010-2011)	No	ND	ppb	n/a	n/a	By-product of chlorine disinfection

Note: Test results are for 2011 unless otherwise indicated; all contaminants are not required to be tested for on an annual basis.

Maximum Contaminant Level (MCL): EPA generally sets MCL's at levels that will result in no adverse health effects for some contaminants or a one-in-ten-thousand to one-in-a-million chance of having the described health effect for other contaminants.

Hardness: Water is a strong solvent that dissolves varying amounts of mineral substances. Calcium and magnesium are the principle mineral contaminants that cause water to be “hard.” The average hardness, system-wide, in Taneytown is 280 ppm (17.1 ppm = 1 grain). While not a health concern, high levels of hardness can cause other issues such as spots on dishes and the need to use extra soap for bathing, dishes, laundry, and hot water scaling.





Lead: If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Taneytown is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the EPA SDW Hotline at 1-800-426-4791 or at <http://www.epa.gov/safewater/lead>.

Nitrates: Levels above 10 ppm in drinking water is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activities. If you are caring for an infant you should ask advice from your health care provider.






Thank you for allowing us to continue providing your family with clean, quality water this year. In order to maintain a safe and dependable water supply we sometimes need to make improvements that will benefit all of our customers. These improvements are sometimes reflected as rate structure adjustments. Thank you for understanding.

Please call our office at 410-751-1100 if you have questions. We at the City of Taneytown work around the clock to provide top quality water at every tap. We ask that all our consumers, who are the heart of our community, help us protect our water because our way of life and our children's future depends on it.



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>8:00 am – 4:00 pm. *Computer Lab 8:30 am. Wii 9:00 am. Billiards Practice 9:30 am. Pinochle Games & Lessons 9:30 am. American Constitution Class 11:30 am. Lunch \$ donation for 60 years and older 12:30 pm. Better Health & Wellness Exercise Class \$25 – 12 weeks *CCC 12:30 pm. Pinochle 1 pm. Bridge Club</p> <p>MONDAY MONTHLY ACTIVITIES: 9/3, CLOSED Labor Day Holiday *Sponsored by Carroll Comm. College</p> 	<p>8:00 am – 4:00 pm. * Computer Lab 8:30 am. Wii 9:00 am. Billiards 10:00- 11:30 am. Computer Training 10:00 am. Line Dance \$30 Join anytime 11:30am. Lunch \$ donation for 60 years and older</p> <p>TUESDAY MONTHLY ACTIVITIES: 9/4, 9:30 to 10:30 am. Free Blood Pressure Screening 9/11, 8:00 to 10:00 am. Site Council Breakfast. If possible, make a reservation by 9/7/2012. Cost: \$4.00. 9/11, 10:00 to 10:30 am. 9-11 Flag Dedication 9/18, 11:30 to 12:30 pm. Luncheon featuring Pulled Pork lunch 9/18, 11:30 to 2:30 pm. Senior Game Night Dinner 5:00 pm Pulled Pork Dinner followed by Games at 6:00 pm to 8:00 pm. R.S.V.P. by: 9/11/2012 9/25, 9:30- 11:30 am. Jewelry Making Class Bracelet Cost: \$10.00.</p> 	<p>8:00 am – 4:00 pm. *Computer Lab 8:30 am. Wii 9 am. Billiards 10:00 am. Better Health & Wellness Exercise Class \$25 – 12 weeks *CCC *CCC 11:30 am. Lunch \$ donation for 60 years and older 12:30 am. Arthritis Foundation Exercise. You don't have to have arthritis to join this class 12:30am. Great Games Available</p> <p>WEDNESDAY MONTHLY ACTIVITIES: 9/12, 12:30 pm. 500 Card Party 9/12, 11:00 am. to 1:30 pm. Luncheon Trip. Fire Academy *Sponsored by Carroll Comm. College</p> 	<p>8:00 am – 4:00 pm. *Computer Lab 8:30 am. Wii 9:00 am. – Billiards 9:00am – 11am. Sewing & Things 9:30 am. – Better Health & Wellness Exercise Class. \$25-12 weeks *CCC 10:00- 11:30 am. Computer Class - will resume in April. 11:30 am. Lunch \$ donation for 60 years and older</p> <p>THURSDAY MONTHLY ACTIVITIES: 9/6, 10:30 to 11:00 am. Nutrition Chat 9/13, 12:30 to 4:00 pm. Nickel Bingo 9/27, 10:30 to 11:00 am. Nutrition Chat *Sponsored by Carroll Comm. College</p> 	<p>8:00 am – 4:00 pm. * Computer Lab 8:30 am. Wii 9:00 am. Billiards 11:30 am. Lunch \$ donation for 60 years and older</p> <p>FRIDAY MONTHLY ACTIVITIES: 9/28, 2:00 to 2:30 pm. Site Council Meeting</p> <p>(** Saturday, August 8th. "MAD HATTERS TEA" TEA AT 11:30 AM TO 1:00 PM. FOLLOWED BY ELVIS MUSIC SHOW AT 1:00 PM. R.S.V.P. BY SEPTEMBER 1ST. FOR RESERVATIONS AND/OR INFORMATION CALL 410-386-2700 AND ASK FOR PAUL OR CHRISTY.</p> <p>The Carroll County Bureau of Aging suggests that those interested in a physical activity program should consult with a medical professional before engaging in activities involving physical exertion or other implications that may be inappropriate for people with certain medical conditions. The Bureau of Aging may require program participants to sign an informed Consent Agreement.</p>
<p>* Computer Lab. When classes are not in session.</p>	<p>* Computer Lab When classes are</p>	<p>* Computer Lab. When classes are not in session.</p>	<p>* Computer Lab. When classes are not in session.</p>	<p>* Computer Lab When classes are not in session.</p>



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>8:00 am – 4:00 pm. *Computer Lab 8:30 am. Wii 9:00 am. Billiards Practice 9:30 am. Pinochle Games & Lessons 9:30 am. American Constitution Class 11:30 am. Lunch \$ donation for 60 years and older 12:30 pm. Better Health & Wellness Exercise Class \$25 – 12 weeks *CCC 12:30 pm. Pinochle 1 pm. Bridge Club</p> <p>MONDAY MONTHLY ACTIVITIES: 10/8, CLOSED Columbus Day Holiday *Sponsored by Carroll Comm. College</p> 	<p>8:00 am – 4:00 pm. * Computer Lab 8:30 am. Wii 9:00 am. Billiards 10:00- 11:30 am. Computer Training 10:00 am. Line Dance \$30 Join anytime 11:30am. Lunch \$ donation for 60 years and older</p> <p>TUESDAY MONTHLY ACTIVITIES: 10/2, 9:30 to 10:30 am. Free Blood Pressure Screening 10/9, 8:00 to 10:00 am. Site Council Breakfast. If possible, make a reservation by 9/7/2012. Cost: \$4.00. 10/16, 11:30 to 2:30 pm. Senior Game Night Dinner 5:00 pm Spaghetti Dinner followed by Games at 6:00 pm to 8:00 pm. R.S.V.P. by: 9/11/2012 10/23, 9:30- 11:30 am. Jewelry Making Class Necklace Cost: \$10.00.</p> 	<p>8:00 am – 4:00 pm. *Computer Lab 8:30 am. Wii 9 am. Billiards 10:00 am. Better Health & Wellness Exercise Class \$25 – 12 weeks *CCC *CCC 11:30 am. Lunch \$ donation for 60 years and older 12:30 am. Arthritis Foundation Exercise. You don't have to have arthritis to join this class. 12:30am. Great Games Available</p> <p>WEDNESDAY MONTHLY ACTIVITIES: 10/10, 9:00 am to 2:00 pm. "Seniors On The Go" Expo. at the Ag Center in the Shipley Building. vendors, lunch, door prizes, flu shots and much more. 10/10. SENIOR CENTERS CLOSED. 10/31, 11:30 am. to 1:30 pm. Manufactured Halloween Party Theme: "Phantom Of The Opera." *Sponsored by Carroll Comm. College</p> 	<p>8:00 am – 4:00 pm. *Computer Lab 8:30 am. Wii 9:00 am. – Billiards 9:00am – 11am. Sewing & Things 9:30 am. – Better Health & Wellness Exercise Class. \$25-12 weeks *CCC 10:00- 11:30 am. Computer Class - will resume in April. 11:30 am. Lunch \$ donation for 60 years and older</p> <p>THURSDAY MONTHLY ACTIVITIES: 10/4, 10:30 to 11:00 am. Nutrition Chat 10/11, 12:30 to 4:00 pm. Nickel Bingo 10/25, 10:30 to 11:00 am. Nutrition Chat *Sponsored by Carroll Comm. College</p> 	<p>8:00 am – 4:00 pm. * Computer Lab 8:30 am. Wii 9:00 am. Billiards 11:30 am. Lunch \$ donation for 60 years and older</p> <p>FRIDAY MONTHLY ACTIVITIES: 10/19, 2:00 to 2:30 pm. Site Council Meeting</p>  <p>The Carroll County Bureau of Aging suggests that those interested in a physical activity program should consult with a medical professional before engaging in activities involving physical exertion or other implications that may be inappropriate for people with certain medical conditions. The Bureau of Aging may require program participants to sign an informed Consent Agreement.</p>
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Church News



tation process is a long and comprehensive process which was capably handled by the Center Director, Katie Peregoy, and her dedicated staff. Program accreditation is

a process by which early care and education programs can significantly improve

the quality of the services they provide. Throughout the process, the program voluntarily pursues self-study, program improvement, and external program review in order to achieve and publicly confirm that it meets state quality standards. Program accreditation requires that the center move beyond mere licensing and regulatory requirements. Program accreditation represents the highest quality standards and reflects research-based, best practices in early childhood education.



GRACE UNITED LEARNING CENTER "10 YEARS OF EXCELLENCE" 2002-2012

Grace United Learning Center began their 10th year anniversary celebration in March, 2012 during the Grace United Church of Christ worship service. The original officers of the GULC Support Committee were recognized and the currently enrolled children participated in a song medley. In May, the GULC celebration continued with the dedication of two outside planter boxes which the students filled with beautiful flowers. A picnic for all followed in Memorial Park with many former students and staff attending. Another highlight to the Grace United Learning Center anniversary year is that the Center received Maryland State Department of Education accreditation status. The accredi-

JOIN US For a Celebration of 31 Years of Christian Learning



Reunion/Celebration

September 16, 2012

Trinity Evangelical Lutheran Church,
38 West Baltimore Street, Taneytown

10:15 Worship followed by potluck luncheon at 11:30
Program of pictures and memories 12:00 - 1:00

Everyone - parents, children, grandchildren - who has ever been involved with Trinity Christian Playgroup since 1981 or Trinity Christian Learning Program is invited to come celebrate!

Bring pictures and stories to share.

Call 410-756-6626 for more information.



RSVP
410-751-1626
lyndagail-nor@gmail.com

Bring the children!
Childcare provided



Come to the:

Parent Café

At the Parent Café, we share ideas that can help us take care of ourselves and our families and raise strong, happy children.

We'd love to have you join us!
The next Parent Café will be:

Date: Wednesday, October 10, 2012

Time: 5:30—8:00
(pizza dinner 5:30—6:00)

Location: Trinity Evangelical Lutheran Church

Address: 38 W. Baltimore Street
Taneytown, MD 21787

At the Parent Café, you can:

- Meet new people
- Make new friends
- Share ideas
- Get new ideas
- Share your hopes and dreams for your family

You've already got one of the most important things your children need - LOVE! Now come learn and share how you can keep yourself, your children and your family strong!

Children of Blessed Family Inc. www.cbfi.org

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800-738-0091

ANN M. BEAUDIN, D.V.M.
MYRON F. BRADLEY, D.V.M.



ANTRIM VETERINARY HOSPITAL

www.antrimveterinaryhospital.com

"Fall is just around the corner! Keep your pets protected against Heartworm disease, Lyme disease, fleas and ticks by giving monthly preventatives year round and having an annual heartworm test performed. Stop by today to make sure your pets are fully vaccinated and up to date with monthly preventatives! We will also be at Tails of Taneytown on Saturday, September 15th! Come visit us with your pet for a great time, tons of give-a-ways and raffles!"

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BACK TO SCHOOL LUNCH TIPS

Back to School Lunch Tips from your local Kennie's Market and Kennie's Pharmacy Children who eat nutritious foods do better in school and are more energized to learn. Coming up with healthy back-to-school lunch ideas that children will actually eat can be a challenge for many parents. A balanced meal consisting of carbohydrate, protein and fat gives children energy and prevents a drop in blood sugar for several hours. A healthy lunch combines nutrient-rich foods from several food groups. When packing your child's lunch foods like fruit, bread, crackers and juice provide carbohydrates, while milk, cheese, yogurt, lean meat and beans provide protein to balance kids' meals. Fat is found in nuts, peanut butter, meat and some dairy foods. Balance nutrition with your child's personal taste by getting him/her involved in the back-to-school lunch preparation process! Children who help select and prepare their meals are more likely to actually eat them. Lunch should contain food from all five main food groups: breads, fruits, vegetables, protein and dairy products. Nut butters make tasty sandwiches. For children who prefer an alternative to sandwiches try chicken tenders, hard boiled eggs, crackers with cheese or sliced veggies with yogurt dip. For a change of pace try warm lunch ideas (and most school cafeterias have a microwave) like mac & cheese, a rice bowl or soup. If lunches are not refrigerated, after about two hours the food can begin to grow harmful bacteria that cause food borne illnesses. Keep lunches cold by sending food in an insulated lunch box with an ice pack or a frozen 100 percent juice box. If your child likes to buy lunch at school go over the menu with your child ahead of time and talk about what's on the menu. Many schools have salad bars and single item purchase options that make healthier eating easy and fun! Learn more at the USDA Healthy Meals Resource Center (<http://healthymeals.nal.usda.gov>). See if your school is signed up for the Chefs Move to Schools program, a part of First Lady Michelle Obama's "Let's Move" initiative (www.chefsmovetoschools.org)

Resources: www.supermarketguru.com www.mealsmatter.org