

Brought to you by The City of Taneytown and Downtown Taneytown Main Street, Inc.

# Taneytown

# Record

A REVIEW OF NEWS AND EVENTS

FEBRUARY 2010  
Issue #36

## MAYOR'S 2009 STATE OF THE CITY REPORT JANUARY 15, 2010

I am pleased to present the annual "State of the City" report. It is a great honor and privilege that I serve as your Mayor. I am proud to serve you, one and all. In preparation of this report, I asked our department heads and city manager to summarize their department's accomplishments during the past year and ask for their thoughts on the year to come. I received quite a list of accomplishments and solid plans for continued progress. It is with a sense of pride in our staff and optimism in the year to come, I write this report. It has been said that the greatest asset we have as a nation, or a city, for that matter, is our people. I believe this is true. Your Council and your City's staff have but one purpose, and that is to serve you our citizens. In my monthly

*(Continued on page 3)*



## APPLAUSE TO A TOP TANEYTOWN VOLUNTEER

We are pleased to recognize Alice Unger as a valuable Taneytown volunteer. Alice has been vital in various organizations to help improve the town. Her service on the Heritage Committee, Taneytown Main Street Committee, Taneytowns Board and Design Committee and her involvement to restore the town clock and the Zeigler's Ice Cream Mural have been invaluable. Thanks again Alice for all your help.



## HENRY HEINE COUNCILMAN

Henry has been married 33 years to his wife, Linda, and they have been residents of Taneytown since 1977. They have two children, Michele and Cathy and one grandchild. Henry is a graduate of Loyola College and employed as an engineer with the Maryland Transit Administration. He has served the City of Taneytown for over 25 years. He has served as Mayor, Mayor Pro Tem, Council Member, and Ex-Officio to the Taneytown Planning and Zoning Commission, member of the Taneytown Comprehensive Planning Commission and served as Chairman of the Taneytown Board of Zoning Appeals. In addition to his role with the City of Taneytown, Henry has been active at the county, state and national level.

## WATER BILL

The late notice for water bills with the 10% penalty fee added will be sent out on February 1st. Payment needs to reach us no later than February 16th. Water shut off will begin on Wednesday, February 17th. There is a \$50.00 fee to re-connect your water service.

## Look Inside ...

<i>City News ....</i>	<i>Pages 1-3, 20-23</i>
<i>Main Street News ..</i>	<i>Page 4, 13</i>
<i>Chamber of Commerce News .....</i>	<i>Page 5</i>
<i>Church News .....</i>	<i>Page 6-7</i>
<i>Taneytown News .....</i>	<i>Pages 8-10, 12, 14-19, 24</i>
<i>Library News .....</i>	<i>Page 11</i>

Editor

## The Taneytown Record

Phone: 410-751-1100

Fax: 410-751-1608

[nbmccormick@taneytown.org](mailto:nbmccormick@taneytown.org)

*Send, email or drop off items  
c/o City Office*

*Nancy McCormick*

*17 E. Baltimore Street  
Taneytown, MD 21787*



## What's Happening In Taneytown! (See inside for details)

- |   |  |
|---|--|
| Feb. 6 Valentines Day Dance - UBFD          | Feb. 21 Downtown Fitness               |
| Feb. 6 Basket Bingo - TVFD Activities Bldg. | Feb. 21 Augustana Choir                |
| Feb. 12 Taneytown Business Breakfast        | Feb. 26 Evangelical Lutheran Church    |
| Thunderhead Bowling Center                  | Feb. 26 Fish Fry- St. Joseph's         |
| Feb. 12 Classic Country Music               | Feb. 28 Turkey & Oyster Dinner - UBFD  |
| American Legion Lounge                      | Mar. 4-6 Portraits with Bunnies        |
| Feb. 14 Public Breakfast - UBFD             | Fine Portraiture by Michele            |
| Feb. 14 Country Style Breakfast Buffet      | Mar. 5 Fish Fry - St. Joseph's         |
| St. Joseph's                                | Mar. 6 Oyster, Chicken & Ham Supper    |
| Feb. 19 Fish Fry- St. Joseph's              | Grace United Church of Christ          |
| Feb. 20 Fitness Open House                  | Mar. 12, 19, 26 Fish Fry- St. Joseph's |



# City of Taneytown

## City of Taneytown

17 East Baltimore Street  
Taneytown, MD 21787  
Phone 410-751-1100  
Fax 410-751-1608  
www.taneytown.org

### Mayor

**James L. McCarron**

Ext. 52—jlmccarron@taneytown.org

### Mayor Pro Tem

**Jacquelyn J. Boisvert**

Ext. 52—jjboisvert@taneytown.org

### Councilmembers

**Henry C. Heine, Jr.**

Ext. 52—hcheine@taneytown.org

**Carl E. Ebaugh**

Ext. 52—e.ballusm@verizon.net

**Diane A. Foster**

Ext. 52—dafoster1@comcast.net

**Angelo A. Zambetti**

Ext. 52—anameri37@gmail.com

### City Manager

**James Schumacher**

Ext. 21—jlschumacher@taneytown.org

### Clerk/Treasurer

**Linda S. Quinn**

Ext. 14—lsquinn@taneytown.org

### Economic Development

**Nancy B. McCormick, Director**

Ext. 20—nbmccormick@taneytown.org

### Public Works Dept.

**Richard J. Weaver, Director**

Ext. 15—rjweaver@taneytown.org

### Zoning & Code

#### Enforcement

**James A. Wieprecht, Director**

Ext. 19—jawieprecht@taneytown.org

### Parks & Recreation

**Bob Mitchell, Director**

Ext. 16—rsmitchell@taneytown.org

### Design, Layout & Printing

**Design Associates**

daprinting@yahoo.com • 410-756-2060

## STREET SWEEPING

On Tuesday, February 16, 2010, the following streets will be swept: East and West Baltimore Street, Frederick Street, York Street, Fairground Avenue, Geneieve Drive, Carnival Drive, Village Drive, Gate Drive, Fourth Street, and Cambridge Court. Vehicles should not be parked on these streets until after they have been swept. Streetscape construction areas will not be swept. Sweeping occurs between the hours of 7:00 am and 3:30 pm. In the event of inclement weather, sweeping will take place the following Monday.

## TRASH & RECYCLING

There are no changes to the trash and recycling collection schedule during the month February.

## RECYCLING UPDATE

The City recycled 19% of the total household garbage collected dur-

ing the month of December. Thank you for your efforts and let's continue to recycle as many allowable items as possible.

## SANITARY SEWER CONNECTIONS

According to City Code, no person shall discharge or cause to be discharged any storm water, surface water, spring water, groundwater, roof runoff, subsurface drainage, building foundation drainage, cellar drainage or drainage from roof leader connections into the sewage system. Property owners must disconnect any of the above connections to the sewer system. Older homes in the City may have floor drains or sump pumps connected to the sanitary sewer. Should the public main sewer pipes become blocked or overloaded, wastewater could backup and be forced up through a floor drain or sump pump into your basement, causing damage and contamination issues. The property owner is responsible for any cleanup and damage that may occur. Basements floor drains that are not disconnected, should be properly plugged and sealed, and if necessary a sump pump installed and discharged through the foundation to ground level.

## SANITARY SEWER BACKUPS

The City of Taneytown makes every effort to be responsive to a resident's needs and concerns when a sewer backup occurs. As with many other municipalities, the City cannot assume responsibility for sewerage and water damage for sewer backups. The City routinely cleans and televises sewer mains. Unfortunately, because a sewer is not a closed secured system, many things put into the sewer can clog the system. Factors that can cause backups are: grease, disposable diapers, tree roots, and other foreign items disposed of through the sewer system. These items should be discarded in your household garbage.

Should you experience a sewer problem, please call the City Office at 410 751-1100. After normal business hours you will reach a recording, please leave your name, address, phone number, and a brief message describing the problem on the water and sewer emergency line. The public works department will be notified and someone will return your call. We will dispatch a maintenance crew to your address to find out if the stoppage is in the City's sanitary sewer main or your private line (sewer lateral). If the sewer main is found to be clear, it is the responsibility of the property owner to call a licensed plumber or sewer/drain service to correct the problem. Check your Yellow Pages or Business White Pages. If the stoppage is in the City main we will fix it as quickly as possible and keep you informed about what is being done. You should immediately arrange for a thorough, professional, sanitized cleanup of your affected property.

What is a sewer lateral? A sewer lateral or house lateral is the pipeline be-

*(Continued on page 19)*

# Taneytown City News

## MAYOR'S STATE OF THE CITY REPORT

*Continued from page 1*

comments I often refer to the importance of citizen involvement. Your involvement in various committees, civic, neighborhood and church organizations are essential. Thank you for your involvement.

During this past year we have continued to work on our "Master Plan". This plan will guide your city government for the next several years and outline how we will grow, what services we will provide and what we will look like as a community. It is an important and daunting task. Taneytown is unique in its heritage, in its character and place. It is our desire to reflect that uniqueness in all we do. The final draft of our Master Plan (AKA Comprehensive Plan) was presented at a public hearing held in Council Chambers on January 25th. Thank you for your comments. The comments received will be reviewed and considered for inclusion in the final plan. The plan from this point will go through further review by those agencies, state and county involved in this process. Final adoption will be later this spring. Your help and support in developing this plan was appreciated. Your involvement was essential.

Leading the comprehensive planning effort is Zoning Administrator Jim Wiprecht. He also has charge in seeing that codes and statutes of the City are followed. His department issued 109 zoning certificates last year. This was down from 223 issued in 2008. This is a vivid reflection on the downturn in the economy we are experiencing. No zoning certificates were issued for new homes. I anticipate 2010 will tell a different story. We have several new developments in the works, Meade's Crossing, Creekside and a new section of Meadowbrook look forward to better times in 2010 and beginning construction this coming year. Two annexations were completed in 2009; Havilah Village and

Cranemaster. Several site plans were approved including a 42 unit assisted living expansion at Lorien of Taneytown and an office expansion at Evapco. Jim reports that over 81 code violation cases have been resolved.

The State of Maryland dealt local governments a significant blow when Highway User Revenues (this is money the state returns to us from the gasoline tax collected to improve our streets) were cut 90%. Additionally, the State cut Police Aid by 30%. These reduced funds are significant and cuts of this magnitude this year will severely impact our budget. The early estimates from the Governor's office, are that we can expect more of the same. Your council is about to begin the 2011 budgeting process. We had a rather austere budget in 2009. I know further belt tightening and expense control will be much a part of this year's new budget.

As our City grows, we are faced with decisions that impact the lives of everyone. Since August of 2008 we have been in the midst of a major renovation of our main streets. Streetscape (or Taneyscape as it has been named) will revitalize our town, from the circle to Harney Road and north and south on York and Frederick Streets. In addition to the cosmetic value of improving the look of our town we are replacing and renovating old infrastructure including storm water lines, water lines, valves and installing fiber optic communication lines. The project is 61% completed. It is with great anticipation that we all look forward to these renovations being complete. The construction has caused inconvenience for everyone. Not only have traffic delays and rough streets been a burden, our businesses located along our main street have suffered from not only the construction but the weak economy. I encourage all to patronize our home town businesses. I know they will appreciate it. On the upside, when these renovations are complete we will have a city that will

*(Continued on page 20)*

# valentine's day



SUNDAY,  
FEBRUARY 14



## Every Bloomin' Thing



### HAS EVERYTHING COVERED

 ROSES

 FRESH ARRANGEMENTS

 JEWELRY

 TEDDY BEARS

 CHOCOLATES

 BALLOONS

*All in our 1896 Carriage House*

VALENTINE'S DAY HOURS

FRIDAY, FEB 12 - SATURDAY, FEB. 13: 10-5

DELIVERY

SUNDAY, FEB 14: 10-1

PICK-UP ONLY

2 Locations 1 Stop Shopping

## Boutique & Florist

16 West Baltimore Street • 9 York Street

Taneytown, Maryland

410-756-1900 • 410-765-1823

*Parking Lot in Rear off Church Street*

Hours: Monday-Friday 10-5 • Saturday 10-4

(Boutique Closed on Mondays)





# Downtown Taneytown Main Street

c/o City of Taneytown  
17 East Baltimore Street  
Taneytown, MD 21787

Phone 410-751-1100  
Fax 410-751-1608

## 1ST ANNUAL VOLUNTEER RECOGNITION AWARDS

**PEOPLE WORKING TOGETHER  
TO MAKE A DIFFERENCE**

The City of Taneytown wants to acknowledge and recognize volunteers who have made a difference in an organization, committee or neighborhood. We are asking people in our community to nominate individuals who, in the past or are currently volunteers in Taneytown that have made an impact on a project, event, or a persons life. To show our gratitude for their achievements, the City of Taneytown will be hosting a Volunteer Recognition Day on Saturday, April 24, 2010 at Roberts Mill Park to honor these special volunteers.

It has often been stated that the true meaning of a community is "people working together to make a difference"; it is a thankless job, but we want to showcase these special people and recognize their efforts. We feel that Taneytown is great because of its people and how they care for others.

We have created a nomination ap-

plication for you to nominate your selection(s) of volunteer. Please try to follow the guidelines listed below:

- One name per category
- Contact information is necessary for nominee
- You may fill out more than one name on the ballot
- If the category is not listed, please fill in the name of the new category
- The winners will be selected from the nominations received.
- The "Taneytown Volunteer of 2010" will be selected from the person with the most votes in all categories.
- If there is not enough room for your comments, you may enclose an additional piece of paper.
- If you have any questions, please contact Nancy McCormick at the City office at nbmccormick@taneytown.org or 410-751-1100x20.
- Nomination applications are available on our Web site @ www.taneytown.org under Docu-

*(Continued on page 13)*

### *Myers-Durboraw Funeral Home, P.A.*

136 East Baltimore Street  
Taneytown, MD 21787

**JUSTIN R. DURBORAW**  
Funeral Director

(410) 756-6688  
Fax (410) 756-6508

[www.myers-durborawfuneralhome.com](http://www.myers-durborawfuneralhome.com)

#### TANEYTOWN BUSINESS BREAKFAST

**Date:** Friday, February 12, 2010

**Time:** 7:30 AM Breakfast/Networking  
8:15 AM PROGRAM

**Place:** Thunderhead Bowling Center  
4337 Old Taneytown  
410-751-1750

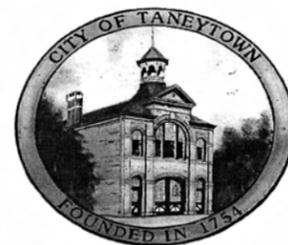
**SPEAKER: KEVIN MCLEOD—SILVER OAK ACADEMY**

**TOPIC: MISSION OF THE SILVER OAK ACADEMY**

**COST: \$8.00 AT DOOR**

**ALL BREAKFASTS ARE OPEN TO THE PUBLIC.  
RESERVATIONS ARE NECESSARY TO ACCOMMODATE FOOD AND SEATING  
PLEASE CALL 410-751-1100 x 20 OR EMAIL: nbmccormick@taneytown.org**

**IN CASE OF INCLEMENT WEATHER: PLEASE LISTEN TO WTTR 1470 AM  
FOR CANCELLATION**



**IN A WORLD OF CHOICES WE STAND OUT FROM THE CROWD**

# Taneytown Chamber of Commerce

P.O. Box 18  
 Taneytown, MD 21787  
 Phone: 410-756-4234  
[www.heck-consulting.com/chamber/index.html](http://www.heck-consulting.com/chamber/index.html)



## AREA PHOTOGRAPHER ATTENDS NATIONAL CONFERENCE

Michele Jones, owner of Fine Portraiture by Michele, was one of several hundred top professional photographers who met in sunny Florida recently to share information and ideas with one another. The annual convention of Senior Photographers International was held on Captiva Island, January 5 through 8, 2010.

Michele and members of her staff

joined photographers from all over the country who specialize in High School Senior Portraits. The convention featured nationally known speakers, discussing the very latest in portrait techniques.

Senior Photographers International was founded to bring together the top senior photographers in the nation in order to share ideas and expertise among one another. Member studios are dedicated to maintain the highest standards of photography, customer service and business practices.

Fine Portraiture by Michele is a valued member of Senior Photographers

International and has been serving the local area for 15 years.

For additional information contact:  
 Fine Portraiture by Michele

61 Frederick Street  
 Taneytown, MD 21787  
 410.756.4551

### SMILE!! February is Pet Dental Health Month!



#### Pets Need Dental Care, Too.

Do you nudge your pooch away because of his "doggie" breath or take your cuddly feline off your lap because her breath smells like she just ate a can of tuna? If your precious friend has bad breath, the problem is most likely due to a dental problem since 95% of all dogs and cats will have dental disease in their lifetime. Left untreated, dental disease will progress to periodontal disease, which is very painful, and can then lead to other serious health issues such as kidney, liver, and/or heart disease. Our team knows what a vital role oral health plays in keeping pets healthy and living longer lives. Keeping YOUR pet healthy and feeling great is our top priority. If you call by February 28, 2009 to schedule an appointment to have a professional dental cleaning at anytime during the 2009 year, you will receive a 10% discount off of the procedure. Similar programs will continue throughout the year. Please call our office at 410-751-0091 to have a helpful staff member answer any questions you may have regarding dental disease and to schedule your pets' appointment! Pet owners who take an active role in their pet's dental health can help ensure a healthy life for their canine and feline companions. That's worth smiling about!

[www.antrimveterinaryhospital.com](http://www.antrimveterinaryhospital.com)  
 520 E. Baltimore St Ste 200  
 Taneytown, MD 21787  
 410-751-0091

## Central Maryland Sunrooms

5241 Taneytown Pike \* Taneytown, MD 21787  
 410-751-1512 \* 410-775-7644



Owned, Operated & Installed By:  
**KISER & SONS CONSTRUCTION, INC.**  
 A Family Owned Business Since 1975  
 MHIC #3991 ~ PA015304

Start Planning  
 For Spring  
 2010!

[www.centralmarylandsunrooms.com](http://www.centralmarylandsunrooms.com)

### SUNROOMS

- ALL~SEASON SUNROOMS
- THREE~SEASON SUNROOMS
- EXISTING PORCH ENCLOSURES
- THREE~SEASON SCREEN ROOMS

Serving The  
 Community  
 For  
 35 Years!

### HOME IMPROVEMENTS

Replacement Windows, Siding, Soffit  
 Gutters, Shutters & more...

### DOORS

Entrance Doors, Surround Kits  
 Railings & Post

### DECKS

Timber Tech Decks  
 Railing, Post  
 Deck Lite Lighting & Dry Space

VISIT OUR  
 SHOWROOM,  
 DISPLAY ROOMS  
 ON SITE!

### \$500 OFF

A TOTAL SUNROOM  
 PACKAGE. ONE  
 COUPON PER ROOM  
 NOT VALID w/PRIOR  
 PURCHASES  
 OFFER EXP. 03/31/10

**SHOWROOM HOURS:** Tues.-Fri. 10am to 5pm \* Sat. 10am to 1pm \* Closed Sun. & Mon. \*After Hours Call For An Appointment

**RT. 140, JUST OUTSIDE TOWN LIMITS, ACROSS FROM THE TANEYTOWN PARK & FOOTBALL FIELD**



# Church News



## TRINITY INSTALLED TWO NEW PASTORS!

If you haven't heard, Trinity Evangelical Lutheran Church here in Taneytown just installed their two new

pastors! In October of last year, Trinity decided to call Pastor Joshua and Pastor Rachel Semovoski. We here at Trinity would like to introduce them to the community.

Pastor Joshua comes from a military family, having grown up with both parents in the Air Force. He is from Haymarket, VA where his parents currently reside. Pastor Joshua attended Marshall University in Huntington, West Virginia where he received a Bachelor's degree in History. After attending Marshall University Joshua enrolled at The Lutheran Theological Seminary at Gettysburg and received a Master of Divinity degree.

Pastor Rachel is the daughter of a

Lutheran pastor. She spent most of her life in New Jersey. Rachel obtained a Bachelor of Arts degree in Literature from Richard Stockton College of NJ. After attending Richard Stockton, she enrolled at the Lutheran Theological Seminary at Gettysburg and received a Master of Divinity. Our pastors are young, energetic and very happy to be part of the Trinity Lutheran Church family. They are also excited to be residents of this historical town of Taneytown, MD.

Come join us for Worship on Sunday mornings! Our services are 8AM and 10:15AM. Our pastors will be leading Bible Studies every Wednesday, at 10AM and 6PM.

## AUGUSTANA CHOIR CONCERT TOUR

One of the nation's top college choirs will perform next month in Taneytown. The Augustana Choir, from Augustana College in Rock Island, Illinois is a collegiate choir which the New York Times has called "one of the finest in the country". Recent tours have taken the Choir to China, Sweden, and across the U.S. Its upcoming spring tour will bring the choir to Taneytown's Evangelical Lutheran Church. The concert is open to the public free of charge.

The Augustana Choir will perform a concert of sacred and secular music, including classical, folk, and spiritual arrangements. Please come and enjoy this wonderful event on Sunday, February 21st, at 3:00 P.M.



When you need fast and convenient blood work or other laboratory tests  
**Taneytown Med Lab**  
is here to help.

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

**REISTERSTOWN MED LAB**  
113 Westminster Rd., Ste. 103  
Reisterstown, MD 21136  
Phone: 410-526-2164  
Fax: 410-526-5145

**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**  
Manchester Med Lab  
4175 Hanover Pike, Suite A  
Manchester, MD 21102  
Phone: 410-374-0226  
Fax: 410-374-3225



## Church News

### FISH FRY FRIDAYS

St. Joseph's Parish Center  
44 Frederick Street, Taneytown

Where Friends and Families  
Are Always Welcome

Dinner served from 4:00 - 7:00 P.M.

2010 Fish Fry Schedule

February 19, 2010

February 26, 2010

March 5, 2010

March 12, 2010

March 19, 2010

March 26, 2010

(Carry-out available)

We hope you have enjoyed our past  
Fish Fry Fridays and welcome you to  
dine with us again this year.

Dinner Platters Served 4:00 -7:00 P.M.

Choice of Kettle Fried Catfish or  
Pollack

Baked Catfish or Tilapia or Homemade  
Salmon Cakes

Kettle Fried Potato Wedges

Choice of Two Vegetables

Succotash, Stewed Tomatoes

Green Beans, or Applesauce

Roll and Beverage

Adults \$10.00 Children (6-10) \$5.00

Child Plates for age 5 and under (Free)

Group reservations - 410-775-7500

### BREAKFAST BUFFET

**WHAT:** Country Style  
Breakfast Buffet (All you  
can eat):

**WHERE:** St. Joseph's  
Catholic Church Social  
Hall, 44 Frederick St. ,  
Taneytown , Md.

**WHEN:** Sunday, February  
14, 2010, 7 A.M.- Noon.

Cost: Adults \$6.00, Chil-  
dren 7-10, \$3.50, (6 & un-  
der Free).

**EARLY BIRD SPE-  
CIAL:** 7 A.M. to 8 A.M.  
Adults: \$5.00 Children (7  
- 10), \$3.00.

**Menu:** French Toast,  
Scrambled Eggs, Bacon,  
Sausage, Pan Cakes, Pota-  
toes, Hominy, Sausage  
Gravy, Chip Beef, Toast,  
Fruit Cup, Orange Juice,  
Tea, & Coffee.

Sponsored by: Knights of  
Columbus, St. Joseph  
Taneytown Council 11631.



### OYSTER, CHICKEN & HAM SUPPER MARCH 6, 2010, 12:00 Noon - 5:00 PM

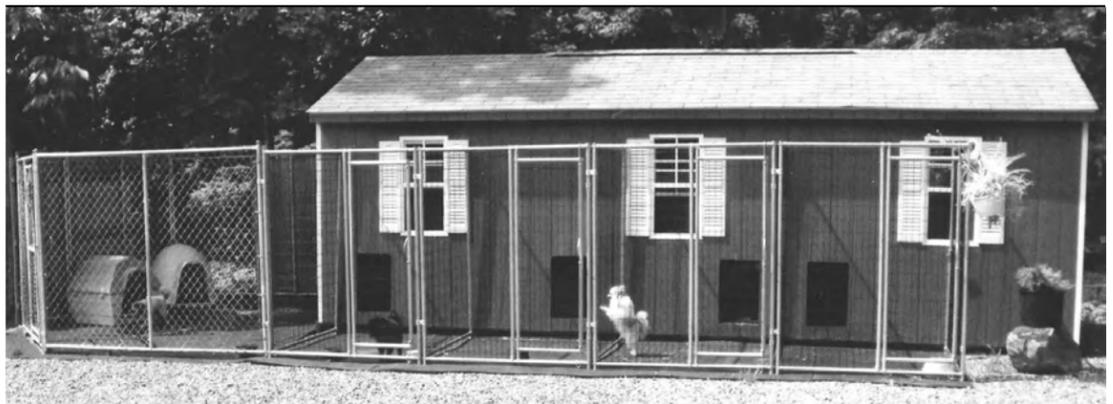
TANEYTOWN ACTIVITIES BUILDING



**MENU:** Fried Oysters, Fried Chicken, Fried Ham,  
Parsley Potatoes, Corn, Green Beans,  
Beets, Applesauce, Pepper Slaw, Roll, Cake

Please check the church website in February for additional information  
[www.graceucctaneytown@verizon.net](mailto:www.graceucctaneytown@verizon.net)

Sponsored by  
Grace United Church of Christ  
49 W. Baltimore Street  
Taneytown, MD  
410-756-2302



**TWINCREEKS KENNELS**  
Complete Grooming and Boarding Services  
with Heat and Air Conditioning  
5136 Teeter Road • Taneytown, MD 21787  
(410) 756-4580 twincreeksf@yahoo.com

# Taneytown News

## RUNNYMEDE ANNOUNCES THEIR 12TH ANNUAL WALK

On April 23, 2010, Runnymede Elementary School will conduct its 12th Annual Walk to benefit Carroll County Food Sunday. This walk offers an opportunity for community participation in what has become a major event for the entire Runnymede Elementary community of administrators, teachers and students.

The Runnymede Elementary School Annual Walk to raise money for Carroll County Food Sunday presents an opportunity for individuals and businesses to score a home run in their charitable contributions while helping to feed our neighbors. Make a contribution when asked by a Runnymede student in April. Businesses or organizations contributing \$100 or more will be listed on the walk tee shirt worn by every student along with a link on the Food Sunday web site. Business or organization Super Sponsors contributing \$500 or more will have their logo and name printed on the walk tee shirt and a link on the Food Sunday web site. Your contribution to the Annual Walk benefits hungry neighbors in Taneytown and is tax deductible. The 11th Annual Walk, held in April 2009,

## AMERICAN LEGION OLDIES & GOODIES MUSIC

Hesson - Snider American Legion

Post 120 would like to invite you to an evening of Oldies & Goodies and Classic Country music. Join DJ Joe Ebaugh in the American Legion lounge for a walk back through time.

When: Friday Feb 12th from 7 pm until ?????

Sandwich's, snacks and refreshments available

Members and Guests welcome

No Admission, No Cover

raised \$6109.63.

To learn more about how to volunteer and help Runnymede Elementary School in this community effort contact Susan Routson (strouts@k12.carr.org) or John Code (jncode@k12.carr.org) at Runnymede Elementary School (410-751-3203). To learn more about Food Sunday, visit their web site [www.cfoodsunday.org](http://www.cfoodsunday.org). We urge you to consider partnering with Runnymede Elementary on this community project to help our neighbors in need.

If you have any questions feel free to contact me at the following phone numbers. Thank You, Rich Frazier, Chairman, Bar Committee 410-596-7378 cell 410-756-2278 home.

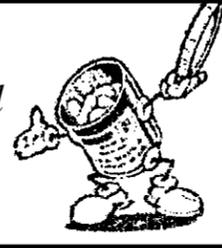
# TANEYTOWN PHARMACY



**Hassle-Free  
Prescription Transfer**

Compounding & Durable Medical Equipment  
 All Major Credit Cards Accepted  
**Participating in Most Prescription Plans**

*Your prescription  
for friendly, helpful  
neighborhood  
service...*





**Natural Hormones  
Available**

**417 E. Baltimore St., Suite A • Taneytown, MD 21787**

## 410-756-5240

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






**Quick Facts About  
Reverse Mortgages**

- No Income or Credit Qualification
- You or Your Heirs Keep Remaining Equity—Not The Bank
- Home Title Stays in Your Name (provided insurance and property taxes are maintained)



**Jim McCarron**  
james.mccarron@genworth.com  
(410) 756-5006  
(877) 756-5006

Contact your local Advisor for additional information!

© 2008 Genworth Financial, Inc. All rights reserved.



# Taneytown News

## ALL ABOUT FURR

My name is Angela Thomas; I run a small grooming shop out of my home on Crouse Mill Road, just outside of town. I groom all breeds of dogs and cats. I have been grooming for over 10 years now. I started out in a small shop learning from a self taught professional groomer. When she retired, I decided to move on as well. I joined a friend at a veterinary hospital and when they hired a new groomer with real training from a prestigious grooming academy, she taught me everything else I know about grooming basics. From there I went on, fine tuning my skills and managing my own salon for a major corporation. However the drive to Owings Mills became far too much to handle with having two children at the time, so I relocated to the other major corporation when they opened their store in 2005. I was also their salon manager for a couple of years.

When all was said and done I just was not happy working for someone else, that's when I finally took that leap and opened this shop. With just 10 customers back in 2007 and now having around 143 customers, with more than 200 pets, business is steadily growing. Most of my business is from referrals and repeat customers. This is exactly how it should be. Quality over quantity.

Professional grooming is not just about the pets' looks, however. It is largely a part of the pets' health and well being. After all, I see most pets more often than the vet does. With every groom I perform a routine check of the ears, nails, skin, coat and

teeth, making my customer aware of any concerns I may have. I am not a Veterinarian so I NEVER try to diagnose a problem or recommend treatments, but parents are always grateful that I have brought my concerns to their attention so that they may take the pet to the vet if needed.

Regular grooming is extremely important to ALL pets; long or short haired. A bath in a quality shampoo will keep the coat clean and allow the skin to breath, reducing the chances of skin infection, as well as loosening up dead coat which helps reduce shedding at home, not to mention a pet that smells good is always more inviting to be around. Along with a good bath, all pets that come to my shop will have their ears cleaned and nails trimmed. These two services should be done on a monthly basis.

Nails have a quick in them which is the vein that runs the length of the nail. As pets toenails grow so does this quick. Trimming the nails every 2-4 weeks will help the quick to recede, creating shorter nails which will make life for the pet much more comfortable. Too many times I have trimmed overdue toenails that were beginning to cause the pets toes to twist as they walked, and in a few extreme cases the nails grew around and back into the pads of the feet, causing extreme discomfort for the pet, especially during the removal.

Filing the dogs' nails is another option. This service is highly beneficial if you have a dog that jumps, someone in the house with sensitive skin or if you have hardwood floors. Filing also allows me to get closer to the quick without risk of making the nail bleed. A nail trim can also be done as a service by itself. If your pet does not require monthly grooming make sure you are having the nails done at least once a month. It only takes five minutes and does not cost much. For those who find it difficult to make appointments with their busy schedule, I offer to come to their home

*(Continued on page 10)*

# Auto insurance

**Great coverage and  
superior service**  
(that's easy on your wallet)

**Barnes Drager Insurance**  
[info@barnesdrager.com](mailto:info@barnesdrager.com)

**410-751-0001**



Erie  
Insurance®

S1272G © 2009 Erie Indemnity Company

## BREAKING NEWS

*Time is ticking on the Home Buyer Tax Credit!* If you are a first time home buyer or owned a primary residence for more than 5 years than you maybe eligible for a tax credit up to \$8,000. Call today to see if your eligible!

*Looking for a Home or interested in sales in your neighborhood?* Search the entire Maryland MLS database at [www.tourmdhomes.com](http://www.tourmdhomes.com). TourMdHomes.com allows you to create a free account, search targeted areas, save listings, email alerts when new properties hit the market or reduce in price, and much more.....

*Never hesitate to contact a hometown agent!*

**RE/MAX**  
Outstanding Agents.  
Outstanding Results.



Vince Stonesifer

**RE/MAX** Sails

Associate Agent  
410.814.2403 - Office  
443.340.2824 - Cell  
[vince@mris.com](mailto:vince@mris.com)

# Taneytown News

## ALL ABOUT FURR

*Continued from page 9*

to do nail trims, and I offer pick up and drop off service with a grooming appointment (additional charges apply).

Frequency of a pet's grooming depends on many factors including; breed, coat type and length as well as owners' personal preference. Breeds with an undetermined hair growth (hair will continue to grow) such as: Poodles and Shitzus need to be groomed every 4-6 weeks. Breeds with a longer determined hair growth (hair is long, but it stops growing after a certain length) such as Pomeranians, Collies and Golden Retrievers can go longer between grooming, more like 6-12 weeks, and yet other pets that are in full coat may need to be done every 1-2 weeks, all this of course based on how often the pet is being brushed at home, and if the parent is cleaning the ears and trimming the nails regularly. I offer repeat discounts for customers that bring their pet on a regular basis.

These are just a few tips to help pet parents make educated decisions on the care of their own pets. I always offer a free consultation to any pet parent that may have questions re-

garding their pets' specific needs and requirements. I am also always happy to educate any one on how to properly care for their pet in between grooms by showing them the appropriate brushes and combs that are best for their pet's coat type.

(410) 756-3336 Hours are Tues-Fri 7am-5pm. By appointment only.



DOMSER & PLUMMER  
PHYSICAL THERAPY  
*'HELPING YOU TOWARDS BETTER HEALTH'*

## Taneytown Physical Therapy

a

**Domser & Plummer  
Rehabilitation Facility**  
222 E. Baltimore Street

New Windsor Professional Center

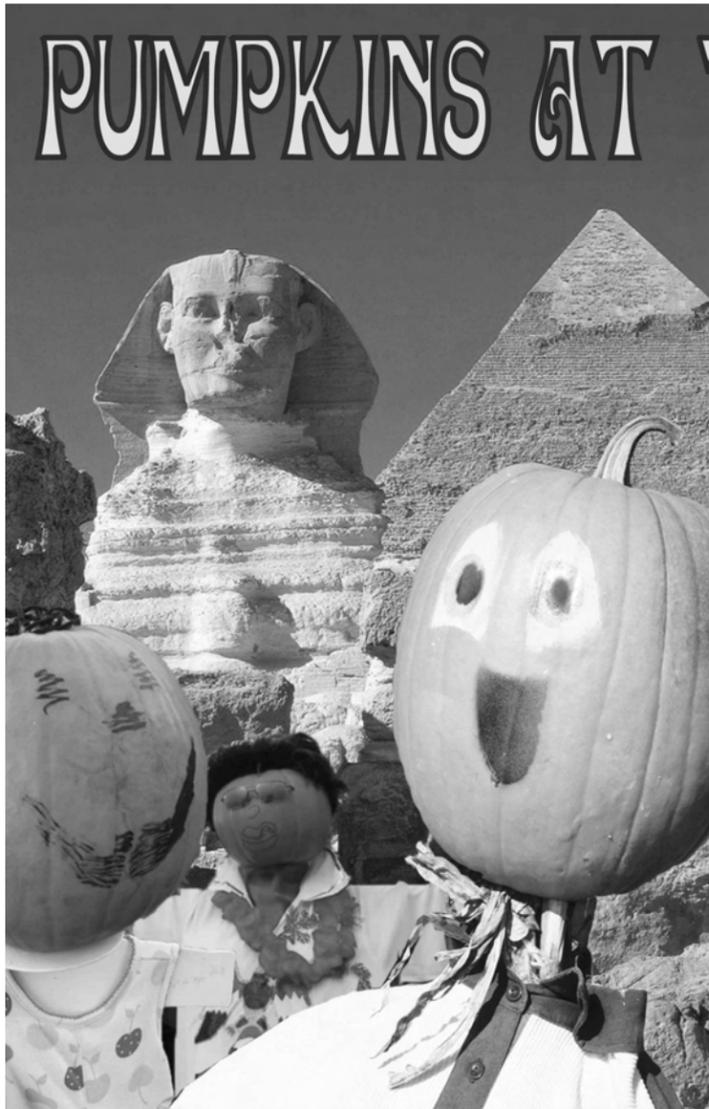
*Serving Carroll County for 24 Years*

**Taneytown**

**Central Office**

**410-756-1562**

**410-848-8628**



# PUMPKINS AT THE PYRAMIDS

TO:  
Residents of Taneytown  
Taneytown, MD 21787  
U.S.A.



Having a great time travelling the world! The pyramids are HUGE. Lots of camels. Hear it's been super cold there... not here! Next time you should come along. Well, looking forward to being back home in Taneytown once Streetscape is complete.

**Wish You Were Here!**

*The Pumpkin People*

# Library News

## LIBRARY EVENTS

Taneytown Branch Library  
 Programs For All Ages  
 Evening Storytime  
 For all ages

End your day in a special way! This storytime, open to all ages, introduces stories through books, songs and activities. Children 3 and under must be accompanied by an adult caregiver.

Program Dates and Times

Wednesday, 2/3/2010, 7:00 PM - Splish, Splash! I Was Taking a Bath  
 Wednesday, 2/10/2010, 7:00 PM - Getting Dressed  
 Wednesday, 2/17/2010, 7:00 PM - Be My Valentine  
 Wednesday, 2/24/2010, 7:00 PM - Mouse Tales

Gung Hay Fat Choy!  
 For all ages

It's the Year of the Metal Tiger! Learn about Chinese New Year celebrations in the U.S. and around the world. Refreshments will be served. Children 3 and under must be accompanied by an adult caregiver.

Registration for this program begins 1/30/2010.

Program Dates and Times

Saturday, 2/13/2010, 11:00 AM - A Chinese New Year Celebration

Saturday Storytime  
 For all ages

A theme-based storytime featuring interactive and age-appropriate stories, songs, fingerplays and activities. Children 3 and under must be accompanied by an adult caregiver.

Program Dates and Times

Saturday, 2/6/2010, 11:00 AM - Splish, Splash! I Was Taking a Bath  
 Saturday, 2/13/2010, 11:00 AM - Special Program: A Chinese New Year Celebration. Registration required. Refreshments served.  
 Saturday, 2/20/2010, 11:00 AM - Be My Valentine -

Year-Round Family Storytime  
 For all ages

An open invitation! This weekly storytime, open to all ages, introduces stories through books, songs, and activities. Children 3 and under must be accompanied by an adult caregiver.

Program Dates and Times

Thursday, 2/4/2010, 9:45 AM - Splish, Splash! I Was Taking a Bath!  
 Thursday, 2/11/2010, 9:45 AM - Getting Dressed  
 Thursday, 2/18/2010, 9:45 AM - Be My Valentine -  
 Refreshments will be served  
 Thursday, 2/25/2010, 9:45 AM - Mouse Tales



**ANDREW A. QUINN, JD, MBA**

*Attorney At Law*

PO Box 101

Taneytown, MD 21787

Phone 410-259-5969 • Fax 443-927-8924

www.quinn-legal.com

**Practice Areas:**

Business/Corporate

Equine

Construction

Real Estate/Planning/Zoning

Wills/Trusts/Estates

*Getting ready for your Spring Wedding?*

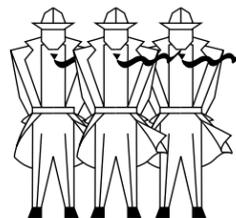
**NAPKINS, PROGRAMS, WEDDING FAVORS,  
 AND ALL YOUR ACCESSORIES**



**Come in to see...  
 DESIGN ASSOCIATES  
 410-756-2060**

**LOW COST GUARANTEE  
 WE GUARANTEE THE LOWEST  
 COST OF ANY PRINT JOB WE DO!!**

**EMAIL US FOR A QUICK  
 QUOTE - NO OBLIGATION  
 AND WE'LL SAVE YOU \$\$  
 daprinting@yahoo.com**



**DESIGN ASSOCIATES  
 PRINTING**

*LOW COST, QUALITY PRINTING*

410-756-2060

Fax: 410-775-7100

email: daprinting@yahoo.com

7 York Street • Taneytown, MD 21787

**10% OFF  
 YOUR  
 WEDDING ORDER  
 UPS SHIPPING  
 COPIES**  
*With This coupon  
 Minimum Order \$100.00 on  
 Wedding Orders  
 Expires 2/28/10*

**34¢  
 COLOR  
 COPIES**

*With this coupon  
 Expires 2/28/10  
 Can't use with any other  
 coupon or special*

# Taneytown News

## MAKE YOUR NEW YEAR'S FITNESS RESOLUTION A REALITY

It's the New Year and every individual on the planet is making a New Year's resolution. You will hear the usual plans floating around the office; I am going to drop a dress size, I'm going to quit smoking, I am going to get back in shape.

If you are reading this article then you have already made up your mind as to what your New Year's resolution is and you are interested in finding the right tools to aid you in making your New Year's resolution a reality.

Goal setting is a very important psychological tool when it comes to mak-

ing your resolution a reality. Without goals, what is there to strive for? Identify your goal; it can be to lose weight, gain some muscle, run a 5k or even a marathon. It may even be to bench press more this year than you have ever done in your life before.

The important factor to consider is that you need to make your goals attainable. If your goals are too far out of reach then this may lead to discouragement and in turn, result in the failure of achieving your end goal.

So for example, if your long-term goal is to lose 30lbs in 12 weeks then you should have smaller goals along the way for instance at the 4 week mark (lose 10lbs) and the 8 week mark (lose 20lbs). These smaller more attainable goals will serve as a motivating tool and keep you

(Continued on page 14)



## Designer's Edge

Haircutting • Hair Coloring • Highlights  
Manicures and Pedicures • Skin Care  
Tanning • Body Waxing

WALK-INS WELCOME

We Carry Paul Mitchell and Redken

215 East Baltimore St., Taneytown, MD

410-751-1962

KATRINA MARTINDALE, RMP

Nationally Certified in Reflexology & Massage

**MANICURE & PEDICURE \$45.00**

**BODY WAXING: \$15.00 OFF**

Call for more information

## THE HITCH MAN, INC.

"GOOD OL' FASHIONED SERVICE"



Truck Accessories, Trailer Sales, Parts, & Service

**(410) 756-2430**

115 York Street Taneytown, MD 21787

www.thehitchmaninc.com



Diamo



NITTO  
EXTREME STYLIN



## Wheels & Tires

Suspension Lift/Lowering Kits

Diesel Performance

Exhaust Systems

Air Intakes

Performance Chips

Trailer Hitches & Wiring

Truck Caps

**& MUCH, MUCH MORE !!!!**

# Taneytown News

## 1ST ANNUAL VOLUNTEER RECOGNITION AWARDS

Continued from page 4

ments, Taneytown Record or at the City Office.

- Nominations may be mailed or dropped off at the City office
- Deadline for nominations is April 13, 2010. Nominations received after that date will not be counted.



### 1<sup>st</sup> ANNUAL NEIGHBORS HELPING NEIGHBORS

Volunteer Recognition Ceremony  
 Saturday, April 24—11 a.m. until 2 p.m.  
 Rain Date – Saturday, May 1, 2010  
 Roberts Mill Park

Please submit your nomination using this page to vote for your favorite volunteer. As a result of your balloting we will select a volunteer from each category and present them with special recognition awards thanking them for their efforts. Additionally, we will select from the names presented, an individual who will be named Taneytown Volunteer of the Year and be awarded a special prize.

#### **City Volunteers**—Those who help on city committees and boards,

Name of Nominee: \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email: \_\_\_\_\_  
 Name of Committee/Board \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_

Person(s) Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

#### **Civic Volunteers**—Those who help with various civic organizations, Lions Club, American Legion, Taneytown Athletic Association, Heritage Committee, Taneytown History Museum, Chamber of Commerce, Scouts, Taneytown Volunteer Fire Department, etc.

Name of Nominee \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email \_\_\_\_\_  
 Name of Organization \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_

Person Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

#### **Other County & State Committees & Board Volunteers**—Such as library, schools, Commission on Aging, county zoning, Adopt a Highway, Meals on Wheels, etc.

Name of Nominee \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email \_\_\_\_\_  
 Name of Committee/Board \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_

Person Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

#### **Church Sponsored Volunteers**—such as church councils, Sunday school teachers, Caring & Sharing Ministries, Marriage Resource Center, etc.

Name of Nominee \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email \_\_\_\_\_  
 Name of Church or Church Based Organization \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_

Person Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

#### **Neighborhood Volunteers**—neighbors helping neighbors.

Name of Nominee \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email \_\_\_\_\_  
 Neighborhood Area \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_  
 Person Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

#### **Youth Volunteer** – Individual or part of a committee or organization

Name of Nominee \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_

Person Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

#### **Other Volunteers**—Those who may not be associated with any particular group or organization

Name of Nominee \_\_\_\_\_  
 Address of Nominee \_\_\_\_\_  
 Contact Number/Email \_\_\_\_\_  
 Reason for Nomination \_\_\_\_\_

Person (s) Nominating \_\_\_\_\_  
 Contact Number \_\_\_\_\_

Mail or drop off your completed nomination form to: Nancy McCormick at the City of Taneytown, 17 E. Baltimore Street, Taneytown, MD or use City drop box in front of City Hall... You may find the application online at [www.taneytown.org](http://www.taneytown.org)  
 Deadline for submission of nomination forms is April 13, 2010.

# Taneytown News

## MAKE YOUR NEW YEAR'S FITNESS A REALITY

Continued from page 12

on track to achieving your ultimate goal of losing 30lbs, or whatever your individual goals may be. During this goal setting stage, it is important to give yourself a time frame, but also remember to keep this time frame realistic. Although it is possible to lose or gain a large quantity of weight in a relatively short period of time, it is not recommended! It takes time to burn fat and any rapid weight loss will be water and even some precious muscle. Also, when attempting to gain, building muscle is no easy task. This also takes time and when one gains rapidly, there is most likely a lot of water and fat, which nobody wants!

You have your goals set, you have your time frame set, and you know where you want to be in your progress at certain periods in the calendar to ensure that you are on track. All that's left to be done is to design a training program and a diet plan so that you can set forth on achieving your goals.

Of course once you have decided on a gym then you need to make a decision regarding the type of guidance you need to keep you on the right track. Choosing a personal trainer is one of the most important decisions you will make in your quest for optimal fitness.

Getting the right guidance can be the difference between achieving your goals and falling short, and a good trainer is the right place to start.

Find out if your trainer is certified with a recognized organization or if they have a university degree. Do they look like they practice what they preach, in

other words, are they in shape? I wouldn't buy a car from an individual that didn't drive, would you?

Much like exploring your options before committing to a gym, I would advise the same when choosing a trainer, interview several before making a financial investment in your health.

Once you are comfortable in your decision about where you are going to train and who you are going to have guide you, you will have both managed to design a training plan that should be focused on achieving the goals that you have laid out for yourself.

As you execute your plan ensure that you track and record all of your progress. Taking measurements of body weight, body fat, and body limb circumferences are all great ways to ensure that you are staying on track and that you are on the right road to achieving your goals.

This is also a time when individuals get discouraged, as they can pay more attention to the scale than to either of the other two methods of body composition measurement.

Remember, as you begin working

out you are sure to gain some muscle the first few weeks of training; sometimes people do not see a change in weight because of this muscle gain and are discouraged.

However, when you take note of your body fat this will have most likely decreased along with the body measurements. This should illustrate just how much you are actually progressing towards achieving your goal.

All progress should be recorded in a journal so that when the going gets tough, you can look back and see the progress that you have made and should serve to further fuel and motivate you on your quest for a fit and healthy life.

Success is ultimately in your hands, and only you can motivate yourself to achieve and push yourself beyond that which is normal for you. Downtown Fitness has two certified personal trainers that are ready to help you with your fitness goals. You can call us today at 410-756-2060 to get started. Downtown Fitness is open 6:30am to 10:30pm, 7 days a week and is located at 3 York Street, Taneytown. See our ad on this page.



# DOWNTOWN FITNESS

OPEN 6:30AM TO 10:30PM  
410-756-2060 • 443-824-9545  
OPEN 7 DAYS A WEEK • 7 YORK STREET, TANEYTOWN



*valentine's day*  
**DEALN'**



Join with your Sweetheart and Your Sweethearts

**1ST MONTH IS FREE!!**

## NEW YEAR'S RESOLUTION SPECIAL

Only  
**\$19.95** per  
**MONTH\***

*\*For First Year  
Requires a \$59.95 Initiation Fee  
Valentine's Day Specials good through  
Feb. 28, 2010*

## OPEN HOUSE

FEBRUARY 20TH - 10AM - 2PM  
STOP IN FOR A FREE WORKOUT!

JOIN FEB. 20 FROM 10-2  
AND GET **1<sup>ST</sup> WEEK FREE!!**

PERSONAL TRAINER AVAILABLE FOR QUESTIONS EACH TUESDAY AND THURSDAY FROM 11:30AM TO 12:30PM  
**SENIOR DISCOUNTS**

**FREE MONTHLY TRAINING CLASSES\***

Downtown Fitness features a variety of state-of-the-art exercise equipment along with **FREE WEIGHTS** and a **COMPLETE CARDIO CENTER**, which ensures an effective workout for people of all fitness levels.

**REGULAR MEMBERSHIPS ARE \$29.95 PER MONTH FOR SINGLES AND \$24.95 FOR AN ADDITIONAL FAMILY MEMBER. FAMILY DISCOUNTS AVAILABLE**

# Taneytown News

## PUBLIC BREAKFAST

Sponsored by Union Bridge Fire Company  
8 West Locust St, Union Bridge, Md  
7 -12 noon  
Sunday February 14th  
Adults \$7.00 - Children 6-12 \$3.50  
under 6 Free  
All you can eat - Pancakes, French Toast, Scrambled Eggs, Sausage, Sausage Gravy, Hominy, Puddin, Potatoes, Biscuits, Muffins, Fruit, Orange Juice, Tea & Coffee  
If snow emergency plan is in effect event will be cancelled

## TURKEY & OYSTER DINNER

Sponsored by the Auxiliary to the Union Bridge Fire Co  
8 West Locust St, Union Bridge, Md  
Sunday, February 28th 2 PM to 6PM  
Adults: \$15.00; 6 years to 12: \$12.00;  
5 years and under is Free;  
Carry out \$16.00  
Menu: Roast Turkey, Fried Oyster, Dressing, Gravy, Mashed Potatoes, Sauerkraut, Green Beans, Dessert and Beverage  
Contact for Information  
410-775-2509 or 410-775-2872

## ERRANDS BY CYNDI

Just when you are about to be snowed under by life, a helping hand appears to pick up your load. Errands by Cyndi to the rescue. Errands by Cyndi owned by Cyndi Wantz is now in operation. Her specialties include: stress relief, de-clutter of your schedule and adding hours to your day. You could spend more time with your family instead of going to the store, have someone check in on a love one, enjoy peace of mind knowing someone is minding your house while you are on vacation. Errands by Cyndi is here for you. Multi career families as well as the senior population benefit directly from these services. A sampling of services include: grocery/ gift shopping, wait for a repairman, drop off your vehicle for service, emission test errand, housesit while you are out of town. We are here to make your life easier and more fulfilling. The hours of operation are by phone 410-596-2922 8am - 9 pm or email [errands@errandsbycyndi](mailto:errands@errandsbycyndi) anytime. Check often on the web for special offers at [www.errandsbycyndi.com](http://www.errandsbycyndi.com). Gift certificates are available for all those special occasions.



**NovaCare**<sup>TM</sup>  
REHABILITATION

*"Quality physical therapy here in Taneytown!!"*

417 E. Baltimore Street, Suite E  
Taneytown, MD 21787  
410-756-5880

Open 5 days a week, including evenings  
Most insurances accepted

## ALL ABOUT FURR

Professional Pet Grooming  
by Angie



SINCE 1999  
PROFICIENT  
IN ALL BREEDS  
DOGS & CATS

DISCOUNTS INCLUDING:  
MULTI-PET, REFERRAL,  
RESCUED PET & SENIOR

ONLY 3 MILES FROM TANEYTOWN SQUARE  
BY APPOINTMENT (443) 929-2056

# LIQUOR BARN

FINE WINE-LIQUOR-BEER  
TANEYTOWN SHOPPING CENTER

(410) 751-1566

**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

# Taneytown News

## BASKET BINGO

Taneytown Area Youth Basketball will hold a Basket Bingo on Saturday, February 6, 2010 at the Taneytown Fireman's Activity Building. Doors open at 5:00 and games will begin at 7:00. There are several brand new style baskets and all are filled with lots of goodies. There will be 20 regular bingo games and 3 special games. Also, raffle baskets and a 50/50 raffle. Food, refreshments, and bake sale items will be available. Tickets \$12.00 in advance and \$15.00 at the door. Hope to see you there! Please call Kathy Garvis (410) 756-4595 for tickets and/or information.

## VALENTINE'S FIRE COMPANY DANCE BY STICKTIME

Sponsored by Union Bridge Fire Company  
 8 West Locust St, Union Bridge, Md  
 Saturday, February 6, 2010  
 8PM to 12 Midnight  
 Must be 21 to attend  
 \$15.00 per person Beer, Soda & Set-Ups included BYOB  
 For tickets and Information call:  
 Cheryl Keeney 410-775-7780  
 If snow emergency plan is in effect event will be cancelled

## J.R. LeFaire Construction Company Inc.

Kitchens  
 Bathrooms  
 Additions  
 Windows  
 Design  
 Sunrooms  
 Basements  
 Decks  
 Custom Homes  
 and More!!



Remodeling  
 Magazines  
 "Big 50"  
 National Award

"Designing & Building Dreams For Over 32 Years"  
 Find out how you can add value to your home  
 even in today's economy **Call Today 410-751-1375**

OR  
 Check out our NEW website!! You can view hundreds of pictures, find information on remodeling and design, and much more! Find us today at [www.lefaivre.com](http://www.lefaivre.com).

MHIC#17126

MHBR#565



CERTIFIED  
 GREEN  
 PROFESSIONAL™

NAHBR  
 REMODELERS



# Save Time~Bank Online

## Banking has never been easier!



Quick

Convenient

Secure

Member FDIC

Visit us at  
[www.NewWindsorBank.com](http://www.NewWindsorBank.com)



# Taneytown New



## DR. KEVIN BREWSTER D.O.

As a Respiratory Therapist for 14 years, Dr. Kevin Brewster D.O. decided that there was something missing to life, even though he was helping others in his profession. He knew that he enjoyed helping people and decided at the age of 36 to begin the journey to medical school. He started medical school at the ripe old age of 40 and worked as an Internist specializing in Geriatrics before opening up

his own practice at 1 Kings Drive here in Taneytown in 2008. Right after graduating from Medical school, Dr. Brewster traveled to the jungles of Belize, in Central America, where jungle people brought him a young boy with an infected leg.; after assessing the wound, it was decided that this young man would eventually lose his leg, if not treated. With no anesthetic to give the boy, he proceeded to open and drain his leg and both the boy and the leg were saved. Dr. Brewster realized that his decision to go to medical school was the link that was missing. He still continues to go to Central America and now takes medical supplies so that he is more prepared to tend to a patient in need of assistance.

Dr. Brewster's mission is to provide his patients with suggestions for healthy living and, if needed, directions with preventative medicine. His staff has the same friendly demeanor as Dr. Brewster and

they make sure that a new or existing patient is comfortable on their first and ongoing visits. It is a team effort that has paid off with current patients.

His goal is to open a travel clinic for people who plan on traveling on cruises, or to other countries. The purpose is to provide all the necessary health check-

ups and information needed before their departure, along with suggestions and information to stay healthy during their time away from home.

Doctor Brewster is welcoming new patients to his practice at 1 Kings Drive. For information on hours call 410-756-5323.



**Karen M. Palmer, CLU**  
Agent\*



**New York Life Insurance Company**

Licensed Agent

111 East Baltimore Street

P.O. Box 2

Taneytown, MD 21787

Tel.: 410-751-1836 Fax: 410-751-1836 Res: 717-359-7804

karenpalmer@ft.newyorklife.com

*The Company You Keep\**

Registered Representative offering securities through NYLIFE Securities, Member NASD/SIPC, an affiliate of New York Life Insurance Company  
210 W. Pennsylvania Ave. Ste 260, Towson, MD 21204 T410 321 6161



## DR. KEVIN BREWSTER

*Internal Medicine*

*Compassionate Adult Medical Care*

1 Kings Drive  
Taneytown, MD 21787  
Phone: 410-756-5323  
Fax: 410-756-5326

*“Modern Medicine with an Old Fashioned Approach”*

Our hours are; Mon and Thurs 10:30am-6:30pm (Expanded evening hours)  
Tues and Wed 8:30am-4:30pm and Fri 8:30am-12:30pm

# Taneytown News

## NOTE OF THANKS

The Gary Hardman family wishes to extend our heartfelt gratitude to the community for all the support given to our family during the recent loss of our son and brother, Thomas.

Knowing that he was loved and that so many people cared about our family has been a blessing to all of us. We, in return, realize that other people are hurting due to losses in their families too and we are here for them as well. God bless you all for your kindness and support during our trying times.

Gary and Kathy Hardman

## ALERT

Please be advised someone impersonating a State Highway Administration (SHA) employee is calling Taneytown residents and businesses requesting information on the structural integrity of buildings. He wants to know if the buildings are leaning, doors and or windows are warped and foundations eroding. He has left messages on answering machines indicating he wants to access the buildings and does not leave a return phone number. Calls are identified through caller ID's as RESTRICTED. Please disregard these calls. SHA DOES NOT HAVE ANY PERSONNEL MAKING THESE CALLS. If you have any questions or concerns, please contact Nancy McCormick at the City Office at 410-751-1100 or Geoffrey McCammon at SHA at 301-624-8131

## "Take a break" at Deep Creek Lake



### Enjoy Hilltop Hideaway!

- 5 minutes from lake, WISP, golf
- Privacy with large yard, covered deck, fire-pit
- Pets welcome • Newly furnished with warm ambiance and fireplace
- Perfect for romantic get-a-ways or family outings

Period	Weekly	Weekend	X/Night
12/11/2009-02/25/2010	\$895	\$520	\$108
02/26/2010-05/23/2010	\$815	\$458	\$95
05/24/2010-06/18/2010	\$845	\$470	\$100
06/19/2010-09/10/2010	\$945	\$510	\$116
09/11/2010-12/10/2010	\$870	\$480	\$104

Ask reservationist for details about cost saving options

**Call Offlake Rentals at 877-389-9740 for more information**

## Victory Restaurant Taneytown

(formerly Richie's Diner)  
502 E. Baltimore Street  
Taneytown, Maryland

**410-756-1600**

Hours:

Monday - Saturday: 7am - 8pm  
Sunday: 7am - 1pm (serving breakfast only)



**Taneytown**

Owners Chef Tom Shutt and Steve Hersh take seriously the responsibility of ensuring that your family enjoys a great breakfast, lunch or dinner.

[www.victorypa.com](http://www.victorypa.com)

## Victory Restaurant Hanover

918 Carlisle Street  
Hanover, Pennsylvania

**717-637-1495**

Hours:

Monday, Tuesday, Wednesday: 7am - 3pm  
Thursday, Friday, Saturday: 7am - 8pm  
Sunday: 8am - 1pm (serving breakfast only)

VICTORY CATERING MEANS SATISFACTION AND SERVICE  
REUNIONS, BRIDAL SHOWERS, RECEPTIONS. ANY EVENT, LARGE OR SMALL.  
DELI TRAYS TO FORMAL SIT DOWN BANQUETS  
WE SHOULD BE YOUR CHOICE.

VISIT OUR WEBSITE FOR MORE DETAILS AND MENU IDEAS.

We thank our new friends in Taneytown for making us feel so welcome. We are most thankful to be here. Truly homemade, homecooking is what we do best. Chef Tom and his kitchen staff create regional and traditional favorites. Tom prepares fresh seafood, beef and chicken dishes with a flair. Reasonably priced, our clean facility offers friendly service and a wide variety of tasty menu and special selections. Stop in and let us know what you think! If you are in Hanover visit The Victory, Landmark of Hanover. For almost 70 years the Victory means true tradition.

# Taneytown News

## FOOD SUNDAY ANNOUNCES PARTICIPATION TO FIGHT HUNGER

Carroll County Food Sunday is participating in the Feinstein Foundation Challenge during the months of March and April, 2010. The Feinstein Foundation has pledged \$1,000,000 to be divided proportionally among food banks nationwide based on donations received during March and April 2010. Donations received by Carroll County Food Sunday during this challenge period will be increased to the extent we share in the total pool of funds. This will give us the opportunity to receive Feinstein funds and increase the value of your contribution. Any non perishable food or mon-

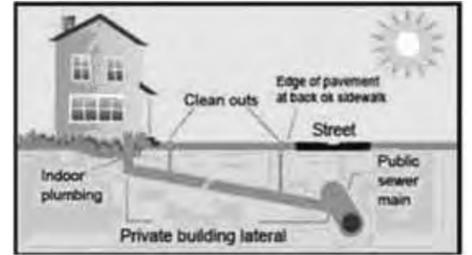
etary contribution given to Food Sunday from March 1 to April 30, 2010 will help our efforts to provide food to hungry families in the Taneytown area of Carroll County. Your help is important during this challenging economic time, and with the Feinstein Foundation giveaway, we have a chance to add to any contribution Food Sunday receives. For further information visit our web site [HYPERLINK "http://www.ccfoodsunday.org"](http://www.ccfoodsunday.org) (click on 'How To Help') or contact us at 410-857-7926.

Carroll County Food Sunday  
P.O. Box 2160  
Westminster, Md. 21158  
410-857-7926  
[www.ccfoodsunday.org](http://www.ccfoodsunday.org)

## SANITARY SEWER BACKUPS

Continued from page 2

tween the City's sanitary sewer main and the property's building or home. Possible causes of a backup in your lateral could be from items that the line is not meant to handle, such as kid's toys, underwear, towels, diapers, paper products (other than toilet paper) keys and even false teeth. To avoid flushing these items, remember to close the toilet lid. What you flush down your toilet may not affect you, but it might cause problems for your neighbors! Tree roots and damaged pipe could also cause a backup.



Many homeowners' insurance policies exclude damage resulting from sewer backups. However, insurance companies do provide sewer backup coverage. If you are concerned about the possibility of a sewer backup and want to insure that you are covered, the City urges you to check with your home insurer regarding the availability of sewer backup insurance.

*Pristine Antiques  
Collectibles & Gifts*

*Located at 27 East Baltimore Street • Taneytown, Maryland*

*410-756-9090*

*In Historic Downtown Taneytown*

Open Wednesday - Sunday:  
10:00 a.m. - 5:00 p.m.

*(We will soon be open early for  
Coffee, Hot Chocolate & Tea)*

We now have Pastries, Chocolates,  
Old-Fashioned Candy, Gum & more!

We have also expanded across the  
street to 14 East Baltimore Street  
located in Downtown Taneytown,  
where we feature loads of Antique  
Furniture, small tables and a variety  
of floor and table lamps!

Our big promotion of the month is  
"ICE WEDDINGS"  
and Valentine's Day, Romantic  
"DINNER FOR TWO"!  
We take care of your every need!  
We offer a variety of candles and  
floral silk arrangements  
for your Wedding or  
Romantic Evening!  
Kreig's Country Candles and  
"Those Girls Down South"  
can design and customize any  
wedding favor, table centerpiece  
or bouquets!  
Both Dealers can meet with you and  
create any design you desire!

**WE NOW FEATURE 15 DEALERS  
THAT SHOWCASE THEIR WARES!**

We plan to open on weekends  
by March 1, 2010

Kreig's Country Candles also offer a  
wide variety of Occasion or Theme  
Party Candles: Intimate Anniversary,  
Beach, Margarita & Martini Candles,  
are made with the finest themware,  
that once the candle is gone, it can  
be re-used. Kreig's Candles uses  
only the highest quality gel, wicks,  
and imbeds to create one of a  
king originals!

*Don't forget, that Pristine offers a  
variety of Gifts, Jewelry, Stenware,  
Dishware, High-end Crystal Vases,  
Pottery, Lamps, etc. We have  
everything you need to decorate your  
home or help with your party needs!*

Don't Forget "Guys", Valentine's Day  
is coming soon!

**EXPLORE, DISCOVER AND  
LEARN WITH JT'S TREASURES**

*We offer a unique variety of fun  
educational toys in which children  
can enjoy learning through imagina-  
tive play, scientific discovery and  
exploration of hands on activities.*

## SCOTT'S COMPUTER SERVICE

**Scott Ricketts  
Computer Specialist**

84 York Street • Taneytown, MD 21787

E-mail: [ricketts4@verizon.net](mailto:ricketts4@verizon.net)

Custom built Pc's, PC Optimization, Free Estimates

- VIRUSES REMOVED
- DATA BACKUP AND RESTORE
- PC TUNEUPS
- HARDWARE INSTALLS
- SOFTWARE INSTALLS
- SOFTWARE TRAINING AVAILABLE
- OPERATING SYSTEM REINSTALLS
- WINDOWS ME,2000,XP,VISTA
- CUSTOM BUILT PC TO YOUR SPECIFICATION
- NO HOURLY CHARGES
- FLAT RATE FIXED FEES
- 10 YEARS EXPERIENCE IN THE IT FIELD
- LICENSED ,BONDED and CERTIFIED

**SERVICE CONTRACTS AVAILABLE**

**410-756-2169 7AM-3PM**

**CELL 443-487-1158 AFTER 3PM**

# Taneytown City News

## MAYOR'S STATE OF THE CITY REPORT

*Continued from page 3*

shine. Plans are being made to recruit new businesses for Taneytown. Our main streets will be THE place to locate a small business in Carroll County. The committees and volunteers we have in place are eager to see our town reborn. Taneytown's "new face" will serve our community for years to come. We look forward to revived "downtown", where people can live work and shop. Taneytown is blessed with an abundance of industrial land, much of which is yet to be developed. We continue to encourage responsible industrial growth. I mentioned earlier a new business has recently come to town, Cranemaster, located on the Littlestown Pike. This has expanded our industrial base and we look forward to new industrial growth. The City's Economic Director, Nancy McCormick over sees this effort. We have added new business to our city, despite our renovations, Verizon Wireless, and new gun & welding shops have located on Frederick Street, Victory Diner has established itself as a new meeting spot for many. Our economic development efforts have resulted in obtaining over \$27,000 in facade grants to help improve the looks of downtown businesses. To follow though with the new face Streetscape will bring, we are considering maintenance standards that will require property owners to maintain proper upkeep of buildings in town.

It is the desire of Council to provide not only our citizens with a place to call home, but also provide places to work. To help achieve this goal we are diligently working on a major project that will extend Antrim Blvd around the city (to the south and west). While this project has been talked about since the sixties, it hasn't received much traction, at least until now. This project has been priori-

tized by the county government, a major step in our ability to move forward. We have completed initial planning of this route and are actively seeking funds from federal as well as private, state and county sources. We are in process of meeting with land owners that will be affected and will benefit from this new route to secure their cooperation and support. When this project is accomplished the goal of creating more jobs by giving better access to undeveloped industrial land will be achieved. Not only will this road open up job opportunities, it will redirect truck traffic from our town square (junction of Rt's 140 & 194), thereby enhancing the opportunities for new downtown businesses.

Some of the things we often take for granted, are the essential services we all have come to expect. Services such as water and sewer service, waste water treatment, street maintenance and snow plowing, street cleaning, maintaining our parks and other public facilities. These jobs are the responsibility of Utilities Department Head, Rick Weaver and his staff. A major addition to our City's water supply was the addition of a new well located on Sell's Mill Rd. The well has proven to yield significant amounts of new water that will serve us into the future. Additionally we were able to drill deeper, our existing well #12 and increased the production of this well by 15%. This past year the Utility Department has televised the City's sewer mains. We do this to check and repair any leaks and prevent storm water from entering our waste water treatment plant. We have replaced a collapsed sewer main on Commerce St. as a result. Standing water issues have been remedied on Gate Dr. and Third St. In Taney Heights and Taney Dr. two new storm water inlets and drainage pipes have been installed. Rick reports that we have improved our recycling efforts (slightly) up this year from 12.6% in '08 to 15.8% in '09. While any im-

*(Continued on page 21)*

## Bunnies Quick Takes

Children's Portraits with Live Bunnies

**March 4th, 5th, 6th**

*Limited Number of Appointments Available  
\*Age 12 and under*

**\$59.00**

Includes Session Fee

1 - 8x10, 2 - 5x7's  
8 Wallets

Call to Schedule your Child's Appointment

Fine Portraiture **410-756-4551**

by *Michele*

Our New Location  
61 Frederick Street  
Taneytown



### **SWING INTO SPRING IS ALMOST HERE**

**SATURDAY, MAY 22, 2010  
MEMORIAL PARK**

**CRAFTERS, HOME AND GARDEN ITEMS  
FOOD, MUSIC, CHILDREN'S ACTIVITIES**

**FISHING DERBY**

**SILVER FANCY GARDEN CLUB**

**ANYONE INTERESTED in PARTICIPATING  
AS A VENDOR**

**CONTACT NANCY MCCORMICK  
CITY OF TANEYTOWN  
410-751-1100 X20**

**EVENTS SPONSORED  
BY**

**TANEYTOWN MAIN STREET  
CITY PARKS AND RECREATION**

# Taneytown City News

## MAYOR'S STATE OF THE CITY REPORT

*Continued from page 20*

provement is a positive, we can do better. I encourage you to keep up your recycling efforts. The tax money we save by recycling is money we can use for other services. The City continues to explore ways to make recycling more efficient. Next year promises to be a busy one for the Utilities Department. We hope to begin construction on the much needed replacement of the York Street Pumping Station. We will bring the new well on Sell's Mill Road "on line" and begin construction of a new water main on Mill Ave.

One of the true sources of pride for all the citizens of Taneytown is our parks system. Bob Mitchell is our Parks & Recreation Department Head. Many up-

grades have been accomplished over the past year, despite the tough economic times. We constructed a playground at Roberts Mill Park, and added a new pavilion and storage building. This building will allow the soccer and lacrosse programs to have someplace to store their equipment. Improvements to our existing park equipment continue. Renovation will begin on the grandstand area in Memorial Park. We will also be adding a new "snack shack" as well as adding new playground equipment there. The especially exciting news is that Council has approved phase one construction of a new practice field and parking area at Memorial Park and the beginning of development of Bollinger Park as a "nature park" complete with walking/jogging/cycling trails and picnic areas. Bob has done a good job in securing funds to allow us to expand and enhance all of our parks.

One of the greatest assets the citi-

zens of Taneytown enjoy is a police force that is second to none in our County, and I would venture to say, the entire state. The professionalism and dedication our Chief and our officers exhibit can be experienced every day by our citizens. The Chief had two primary goals last year for his force: 1) Keep in check the criminal element that is part of any city, including Taneytown, and 2) Establish better communications with the citizens in order to find out what is impacting their quality of life. I am pleased to report that these goals have been reached. As evidence of the accomplishment of the first goal, calls for service have been reduced. This was done by creating a higher visibility of the police force when patrolling our streets. We have conducted investigations in a precise and professional manner, and promoted a "no tolerance" atmosphere in areas that require a higher volume of calls. The second goal, im-

proved communications, has resulted in several warrants and arrests. Still there are some challenges. The Streetscape construction has presented new opportunities to the police in regard to traffic control, relocation of school bus stops and the addition of new stop signs on routes that have seen more traffic as a result of detours. The department has gone the extra mile in reaching out to our youth. They have implemented programs to promote bike safety, spent time at the middle school encouraging safety and explaining how the police are there to serve. The department has provided station tours for various groups including the Boy Scouts and Girl Scouts and other youth groups. Working one on one with youth leaders has developed valuable contacts. Our officers have been exposed to various levels of higher training including working with the MD State Police

*(Continued on page 22)*

# INFINITY

# GLOBAL TRAVEL, INC.

Celebrity **X** Cruises™



Hours:

8:30 a.m. - 6:00 p.m. Mon-Fri

5151 Allendale Lane,  
Taneytown, MD 21787

*located in the  
EVAPCO building*

**SAIL FROM BALTIMORE ABOARD  
CELEBRITY MERCURY ON JANUARY 24, 2011**

12 Night Eastern Caribbean Cruise

Inside Cabins From - \$993.57

Ocean View Cabins From - \$1,193.57

Veranda Cabins From - \$1,773.57

*Per person based on double occupancy, includes all taxes & port charges*

**410-756-4450 • Toll Free: 1-877-448-5151**

# Taneytown City News

## MAYOR'S STATE OF THE CITY REPORT

*Continued from page 21*

CID unit to provide on site crime scene training. We even have one officer that is certified to participate in the county's SWAT team. As we continue to grow the police will assume an ever important role in keeping our town safe.

What keeps the City running and manages the day to day affairs that are part of City Government is our office staff. City Manager Jim Schumacher supervises all departments. It is his job to see that all departments work together and that the Mayor & City Council is kept up to date on all issues affecting our City. This is a challenging task and requires not only a high level of professionalism but dedication and support from all. All of the things I have mentioned end up on Jim's desk, sooner or later. With all that

is going on in town, our city manager as well as our Clerk/Treasurer Linda Quinn are responsible for the fiscal well being of the town. Finding the funds, grants and low cost loans to provide for the many necessary projects is a daunting task. This requires many hours of research and planning before these proposals can be brought before Council for action. An example of this is a \$15M bond sale used to fund new water and sewer projects. Many of these are projects mandated by the State without any funding included. Our capital program itself requires many hours of his attention. A significant milestone was reached this past year when Jim as a member of the Carroll County Water Resources Coordination Council completed a draft of the water resources element of the County's master plan. This will help Taneytown and the whole county meet the never ending challenges imposed by Maryland Dept. of Environment in regard to our water supply.

We face a bright future but a future with challenges. To remain fiscally strong and to provide required services has never been more difficult. State budget cuts, lower tax revenues, new environmental challenges are in the forefront. We are fortunate to have a staff with the dedication and experience to see us through these tough times. Your Council and myself as Mayor have only your best interest at heart as we guide your City. We welcome your comments and suggestions. We are thankful that many of you, when called upon, have volunteered your time and talent to help with these issues. The more involvement we have for our citizens the better decisions we can make.

We have accomplished much during the past year, we have much more to accomplish and we still have some challenges before us. As I have previously said, I have asked each department to do their part in keeping unnecessary costs down, reducing overtime and planning group purchases through state purchas-

*(Continued on page 23)*

## THE HAVILAH INN

The Havilah Inn has a proud tradition that goes back to 1975 when it was first established by the Fitzgerald family. Joe and his wife Bonnie used beams and boards from old barns in the vicinity to build the Inn. The surrounding community helped with donations, and became loyal customers when the Inn opened. Irish for "Rolling Hills and Valleys", the Havilah Inn was known for quality steaks, seafood and homemade goodness. Bonnie, Joe and their children worked at the Inn and treated their guests as members of the family. Amy and Gene Andrew and their family are happy to return to the proud traditions established by the Fitzgerald family, and look forward to welcoming you back to the Havilah Inn.

5525 Taneytown Pike  
Taneytown, Maryland 21787

# HAVILAH INN

410-756-2424

Hours: Monday, Wednesday, Thursday, Friday, Saturday: 11:00am to 1:00am; Closed Tuesday; Sunday- 10:00 am to 11:00 pm

*Steak and seafood fare in a family atmosphere.*

*Will open first part of February*

### APPETIZERS

Applewood Smoked Bacon wrapped BBQ Shrimp \$9  
Havilah Wings \$7  
Chesapeake Crab Pretzel \$7.99  
Slider Combo \$10  
Jumbo Lump Crab Dip \$10  
Mini Crab Cakes \$12  
Crispy Calamari \$8  
1/2-Pound Steamed Shrimp \$10  
Chicken Jammies \$6

### SOUPS

Cream of Crab Soup \$4/Cup \$6/Bowl  
French Onion \$5  
Soup of the Day \$2/Cup \$4/Bowl

### SALADS

Steak and Fries \$9  
Caesar \$4  
House Salad \$4  
The Crab Cake Salad \$12

### BURGERS

Bloody Mary Burger \$8  
Earth and Turf Burger \$9  
BBQ Bacon Burger \$8  
Buffalo Burger \$8  
All American Cheese Burger \$7

### SANDWICHES

Jumbo Lump Crab Sandwich \$12  
Buffalo Chicken Sandwich \$8  
Reuben \$8  
Flat Iron Steak Sandwich \$10  
Beer Battered Fish Sandwich \$8  
The Classic Ham & Cheese \$5  
Shrimp Salad \$6

### SEAFOOD

Jumbo Lump Crab Cakes  
Brown Sugar BBQ Shrimp and Potatoes  
Fish & Chips  
Seafood Pot Pie  
Jumbo Fried Shrimp  
Seafood Platter

### ENTREES

Havilah's Chicken Chesapeake \$12  
Fillet of Sirloin \$12  
New York Strip \$18  
16-oz. T-Bone \$18  
Havilah Shepherds Pie

### SIDES

Crab Mac-n-Cheese \$6  
Homemade Potato Chips \$3  
Mashed Potatoes \$3  
French Fries \$3  
Loaded Baked Potato \$3  
Vegetable of the Day \$2

### DESSERTS

Caramel Apple Pie \$5  
Chocolate Brownie Sundae \$4  
Chocolate Mousse Pie \$5  
Peach Cobbler \$4

### KIDS DINNER

Chicken Tenders \$4  
Fried Fish \$4  
Grilled Chicken \$4  
Hamburger or Cheeseburger Sliders \$4

# Taneytown City News

## MAYOR'S STATE OF THE CITY REPORT

*Continued from page 22*

ing contracts in order to take advantage of quantity buying opportunities. As in all times of hardship, from the very beginning of this great nation, we have always overcome adversity by working together. No other form of government is more unique in its ability to respond to citizen need than is municipal government. Let us know what you think. We value your opinion.

This new year of 2010 begins a new decade. What it will bring is yet to be realized. I look forward to the opportunity to serve each of you and look forward to another year of progress. We have a lot to do but, we have done a lot, together. As always, you are the ones that make Taneytown: Maryland's Premier Small City, "The Small Town with the Big Heart." Thank you for your support.

## IN THE MIRROR

Recently, while perusing a copy of Healthy Carroll magazine, I was presented with the following statistics. In Carroll County, approximately 50% of us are overweight or obese with 25% reporting that they do not exercise. Now this information is far from earth shattering, in fact, I would wager that we have all heard this or some variation of these statistics to the point where we want to throw-up. But if you look at the statistics closely, one question becomes glaringly obvious. If 25% of people claim they don't exercise, this means that 75% of people claim that they do exercise. So, if 75% of people claim they exercise, why is the overweight/obesity rate at 50%?

Without getting into eating habits, processed foods, trans-fats, high fructose corn syrup, and portion size, the hideous truth is that the statistic is wrong. An associate of mine, Dr. Jason Tate, puts it this way, "not everyone smokes and not everyone has poor eating habits, but nobody exercises." While this statement may seem harsh and overtly inclusive; once you consider his profession, it is of a necessity true. From his point of view "nobody" exercises, from my point of view I would say that "few" people exercise.

Yet, why should this be?

Exercise yields its' own rewards, however, the arguments/excuses against it are persuasive. "I'm

*(Continued on page 24)*

## SOCIAL SITTER:

Business owners need a kind, energetic individual to help with transportation, babysitting and light housekeeping.

Must have valid driver's license, references and at least 15 hours per week available.

Call (240) 505-0375.

## SERENITY MOVING

The Peaceful Way to Move

Joseph Wolf 4th  
Owner

Taneytown, MD  
Serving Carroll County  
Baltimore & surrounding counties  
410-756-4742  
cell 443-370-9105

joseph@serenitymoving.comcastbiz.net  
 www.Serenitymoving.net



## Alpha Omega Fitness Training

In Conjunction with Downtown Fitness  
Patrick Phillips, NASM-CPT  
Phone: (410) 984-9184  
pphillips67@gmail.com

From the novice to the advanced, we can help:  
Improve flexibility  
Improve stability  
Increase muscular strength  
Aid in weight loss or weight management  
Improve endurance  
Provide sport or activity specific conditioning

A free fitness evaluation is included with  
first training session

Sessions are \$40.00 per hour

## LINDA M. ZINN INCOME TAX SERVICE

Income Tax Preparation  
Electronic Filing & Rapid Refunds

Payroll Preparation  
W-2 & 1099 Preparation

Call For An Appointment  
410-756-2402

222 E. Baltimore Street Suite 102  
Taneytown, MD 21787

# Taneytown News

## IN THE MIRROR

*Continued from page 23*

too busy", "I'm too tired", and other such statements are common denominators in our sloth. I even use them myself. However, I would suggest that such statements are a symptom; and in order to find the root cause of the problem we need look no further than a mirror. I am the reason that I don't exercise.

Get in touch with your doctor or

medical professional and ask them about exercise. Your doctor doesn't like to "nag", and in fact, I will bet that you find that they are genuinely concerned about your well-being. They can help. After that, look in the mirror and then get going. After all, if something becomes important to you, you will find the time to do it. *By Patrick Phillips of Alpha Omega Fitness, 410-984-9184. For more information see my ad on page 23.*

*Linda Jones, LMT, NCMTB*

4 York Street, Unit 4

Taneytown, MD 21787

443-791-2406 • 410-756-9355

Please Call Ahead For Appointment



### My Professional Mission:

To provide you with a unique therapeutic massage to decrease stress, calm the nervous system, increase circulation, and experience how and why massage will benefit your health and wellbeing.

### Menu:

Swedish, Myofascial Release, Stretching, Deep Tissue, Neuromuscular Massage, Muscle Energy Techniques, Pregnancy, Comfort Touch/Geriatric

	½ Hr.	\$45
	1 Hr.	\$65
	1-1/2 Hr.	\$85
Hot Stone Therapy	1-1/2 Hr.	\$95
Dry Skin Brush Therapy, Facial Massage, Foot Massage	Additional 1/2 Hr. Session	\$15
Seated Chair Massage	20 Min.	\$20

### Incentives:

\$10 off Your First Session

\$10 off For New Referrals

\$10 off Birthday/Anniversary Month

\$10 off First Hot Stone Massage

Receive 3 Massages, Get 4<sup>th</sup> at ½ the Price (Excludes Chair Massage)

Gift Certificates Available for Purchase

Arthur L. Schroen

Master Electrician



*A & C Schroen Electric*

Residential/Commercial

5 Taney Court  
Taneytown, MD 21787  
Licensed/Insured

410-707-2493 Office  
410-756-5485 Fax  
arthurschroen@hotmail.com

**NOW OPEN SATURDAYS !!**

**Taneytown Chiropractic and Wellness, LLC**  
**4 YORK STREET, UNIT 4**

**\$200 OFF any  
TEMPUR-PEDIC MATTRESS  
plus  
\$100 OFF A PAIR OF ORTHOTICS!!**

### CALL FOR NEW Office Hours

- Neck Pain?
- Shoulder Pain?
- Back Pain?
- Headaches?

We CAN HELP YOU!! There is no need to live with your pain! We now take CAR ACCIDENT (PI) cases with no out of pocket expense to you. Get rid of your pain with one phone call.

Get PAIN FREE  
And LIVE  
PLEASURE FULL

USE THIS ADD FOR A FREE EXAM AND CONSULTATION PLUS \$200 OFF ANY TEMPUR-PEDIC MATTRESS AND \$100 OFF ANY PAIR OF ORTHOTICS FOR YOUR FEET!!



**410-756-WELL (9355)**

CITY OF TANEYTOWN  
17 EAST BALTIMORE STREET  
TANEYTOWN, MD 21787

CAR-RT-SORT

U.S. POSTAGE  
PAID  
TANEYTOWN, MD  
21787  
PERMIT NO. 12

**POSTAL CUSTOMER**