



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

Taneytown



A REVIEW OF NEWS AND EVENTS

JUNE 2010
Issue #38

MAYORS MESSAGE

Always do right. This will gratify some people and astonish the rest.

Mark Twain

It has been a while since I last wrote you in April and a lot has gone on in your city since then. In an effort to save some tax dollars we have elected to publish the Taneytown Newsletter online (www.taneytown.org) rather than mail it. Please visit our web site during the month between the publication of the Taneytown Record to keep abreast of the latest happenings around town.

Your comments are welcome. Your council has been working with the 2011 budget (begins 7/2010) and I think we'll be in pretty good shape considering the large cuts in anticipated state funding. We have made a decision not to begin any new capital projects next year in order to conserve the funds we do have. All of the department heads turned in very realistic and conservative budgets. With

(Continued on page 3)



CITY OF TANEYTOWN HONORS THE "PEOPLE WHO MAKE IT HAPPEN"

On Saturday, April 27, 2010 at Roberts Mill Park, the City of Taneytown held a celebration to honor those special people who have given so much and who expect so little, our volunteers! Without their time, expertise and talents, many of our City programs and our organizational programs and events could and would not happen. Each volunteer was nominated by those of an organization or individuals; the top volunteer in each category had the most votes. It was a day meshing volunteers who have been involved for many years along with new volunteers

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CARL EBAUGH COUNCILMAN

Carl was born in Hanover, PA and has lived in Maryland, Bad Kreuznach, Germany and Pennsylvania. He has lived in Maryland since 1980 and in Taneytown since 1993. Carl and his wife, Barbara, have two children, Lt. Col. Kurt G. Ebaugh and Heike E. Mills. Carl has been blessed with three grandsons. Carl is retired from a 43 year career in sales, the last 24 spent in automotive sales here in Taneytown. He can still be found as a

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Editor

The Taneytown Record

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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)

- May 31 - Memorial Day Ceremony
Taneytown American Legion
- June 4 - Taneytown Auto Gathering
Thunderhead Bowl Parking Lot
- June 5 - Strawberry Festival
Trinity Lutheran Church
- June 5 - CC Cannons Football Playoff
- June 5 - Relay For Life - Carroll Vista

- June 11, 18, 25 - Farmers Market
Trinity Lutheran Church
- June 14 - Flag Day 7pm. Taneytown
American Legion and Scout troops
will retire old US Flags, Ceremony
at Roberts Mill Park
- June 14-19 - Taneytown Firemen's
Carnival at Carnival Grounds by
Memorial Park in Taneytown,

- Food, Fun, Rides
- June 19 - Movie in the Park -
Taneytown Memorial Park
- August 14 Summer Blast 9am-3pm
Non Profits working together,
Food, bake sales, crafts, yard
sales, all around town. Park at
Kennies ride the CAT Bus for
FREE or drive yourself around.
- August 21 Basket, Bags and Baking
Bingo Doors open at 5pm
Pheasant Valley Fire Station,
Food Fun. Prizes

part-timer at Food Lion because he feels that contact with the community helps keep him informed of local issues. Carl was a 1961 graduate of Taneytown High School and he then spent one year at Western Maryland College before enlisting in the US Army. He has been active in the Lions Club and the American Legion. Carl was on the Zoning Board of Appeals for a number of years and most recently had been a member of the Taneytown Planning and Zoning Commission.



City of Taneytown

City of Taneytown

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Zoning & Code Enforcement

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Ext. 19—jawieprecht@taneytown.org

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Bob Mitchell, Director

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Design, Layout & Printing

Design Associates

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PUBLIC WORKS DEPARTMENT

Rick Weaver, Public Works Director

STREET SWEEPING

On Monday, June 21, 2010, the following streets will be swept: East and West Baltimore Street, Frederick Street, York Street, Roth Avenue, Baumgardner Avenue, Divern Street, Monocacy Circle, and Bancroft Street. Vehicles should not be parked on these streets until after they have been swept. Sweeping occurs between the hours of 7 a.m. and 3:30 p.m. Should inclement weather prevail, sweeping will take place on the following Monday.

On Monday, July 19, 2010, the following streets will be swept: East and West Baltimore Street, Frederick Street, York Street, Church Street, West View Drive, Roberts Mill Road, Carroll Heights Drive, Bankard Terrace, and Canoe Court. Streetscape construction areas will not be swept. Vehicles should not be parked on these streets until after they have been swept. Sweeping occurs between the hours of 7 a.m. and 3:30 p.m. Should inclement weather prevail, sweeping will take place on the following Monday.

TRASH & RECYCLING SCHEDULE CHANGE

Due to the Independence Day Holiday, collection will take place on Thursday, July 8, 2010 instead of Wednesday, July 7, 2010.

In addition to your home and business recycling efforts, please remember to recycle when you are in

Memorial Park for picnics and recreation. There are designated recycling containers at each pavilion that are labeled "recycling items only." Please do not place trash in the recycling containers.

MOSQUITO CONTROL

The City is again included in a cooperative mosquito program for the 2010 season. The Department of Agriculture (MDA) will implement a mosquito control plan based on principles of integrated pest management (IPM). The IPM plan will consist of surveillance of the mosquito population, stocking of mosquito-larvae eating fish where appropriate, use of larvicides, and/or application of mosquito adulticides. Property owners are encouraged to remove any unnecessary water-holding containers.

STORM WATER DRAINAGE INLETS

Please do not sweep or blow grass and debris into the street. This practice can block storm water pipes and inlet grates, causing water to backup into the street, creating flooding conditions.

Also, please report anyone seen dumping materials into the storm water drainage system to the Taneytown Police Department (410-751-1150) or the City Office (410-751-1100). It could be a threat to our environment.

STAFF RETIREMENT

Ron Corbin retired from his position with the City on April 13, 2010. Ron had worked for the City for over ten (10) years. A small luncheon was held in his honor. Should you see Ron on the street, please give him a pat on the back for his service to Taneytown.

CARROLL COUNTY SINGLE STREAM RECYCLING PROGRAM ACCEPTABLE ITEMS

All of the following materials can be placed in your recycle bin:

Plastic

Wide-mouth containers such as empty peanut butter, margarine/butter tubs, yogurt, cottage cheese, sour cream, mayonnaise, whipped topping, and prescription medicine bottles (note that the lids and caps do not need removed).

Narrow-neck empty plastic containers with plastic resin identification code 1 through 7 (no motor oil or transmission fluid bottles, please!)

Metal

Any empty metal food and beverage containers, including aluminum or other metals

Aluminum foil and aluminum pie pans

Aerosol Cans, empty only

Glass

Glass containers such as empty jars and bottles, all colors accepted

Paper

Juice and broth boxes

Milk and juice containers, including gable top cartons

Cardboard and paperboard boxes (including cereal boxes without liners)

Office paper (including typing, fax, copy, letterhead, NCR) and

Envelopes

Newspapers (including all inserts)

Magazines and catalogs

Junk mail

Books (including paperbacks, textbooks, and hardbacks)

Brown paper bags (Kraft paper)

Corrugated boxes

Telephone books

Non-metallic wrapping paper

Computer printouts

No Styrofoam, please!



Taneytown City News

MAYORS MESSAGE

Continued from page 1

significant savings realized in the medical benefit plan we provide our employees and our savings in electricity costs, we will be able to provide services at about the same level as last year, without any tax increase. Still, it will require diligence on the part of all city employees to hold the line on spending and require good management to maintain our fiscal strength. The public hearing for the budget will be held at the June Council meeting (June 14th). On a positive note we have been notified that we (Carroll County) have been approved for federal disaster funds to help us cope with the Februarys snow storms (seems like just a bad memory, now). I don't have the details at this writing, but any help will be appreciated.

Our Streetscape project is moving along at the scheduled pace. I know it might not seem like it but we are about 80% complete. Hopefully by next summer we will be able to see the final results of our struggles. Construction is about to move into the downtown area and as it does, areas now cordoned off with jersey walls will be opened up and traffic flow will improve in those areas. We did have a recent set back in that many of the new water connections that were installed during the Streetscape construction were found to be leaking. This has been remedied, mainly due to faulty parts used during the connections.

A few weeks ago we held the first annual volunteer recognition day at Roberts Mill Park. It was a great day and we

had a good crowd. It was a real pleasure to be able to recognize some of the many volunteers that make Taneytown the great city that it is. I hope everyone had a chance to visit Swing into Spring, another annual event. This year we held it in Memorial Park, which really gave us room to spread out. I want to thank the many volunteers and vendors that make this day so special. Speaking of Memorial Park, at May's Council meeting we approved a new merry-go-round to replace one that has been in service for many years. I know every time I go to the park I always notice how much fun the kids seem to be having on this piece of playground equipment. I think the new equipment will be a real step up. Make sure you bring the kids (& grandkids) down to the park so they can give it a try. The new merry-go-round should be installed by the end of June.

Recently the Council took action to replace our City Manager. At the same time they appointed me as acting City Manger and I must say I have new appreciation for the many tasks that come to this desk. We are seeking to replace the City Manger as soon as possible with a target date of July 1st. We have advertised for experienced candidates to submit their resume to council before June 18th. The council will evaluate these candidates and select the right one for the job. In the mean time staff, and myself will be at your disposal on any issues of concern.

With the coming of summer, we stop and remember those who have served in

(Continued on page 27)

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Phone 410-751-1100
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"PEOPLE WHO MAKE IT HAPPEN"

Continued from page 1

in our community who also want to continue to bring quality of life to our community and people our carnival, our park events, our church socials, dinners, our youth activities and athletic programs; without these valuable people, we would not have these functions.

There is no way to put a value on what volunteers contribute and some of them prefer to not be recognized.

The following people were honored:

City: Board/Committee Volunteers:

Cynthia Lamirande - Main Street, Chamber and Museum

Bob Sokolowski - Main Street Economic Restructuring

Mike Paxton - Main Street Board and Economic Restructuring

Betsy Baker - Main Street Committees and Community Volunteer

George Naylor - Econ. Dev., Museum, Planning and Zoning

Jim Parker - TT Planning and Zoning

Ron Bollon - Main Street Board and Econ. Restructuring

Civic Volunteers:

Don Lawyer - TT Lions Club

Bob Miller - TT Chamber

Doug Heck - TT Chamber & Museum

Jean Brown - Heritage Committee

Alice Unger - Main Street - Heritage Committee

Anna Motter - Main Street - Heritage Committee

Elaine May - American Legion - Hesson-Snyder Post

Ethel Leffingwell - American Legion

Earl Lookingbill - Taneytown Volunteer Fire Company

Linda Lookingbill - Ladies Auxiliary - TT Vol. Fire Co.

Mike Clapsaddle - TT Vol. Fire Company

Nancy Eyler - TT Museum

Nancy Keefer - TT

Museum

Helen Gorman - TT Museum, Heritage Committee and TT Historian

Jim Wieprecht - Taneytown Cub Scouts

Pam & Clayton Robinson - TT Boy Scouts

County, State & Other Committees:

Barbara Lyons - TT Library

Virgie Hoffman - TT Senior Center

Rebecca Brown - Taneytown Senior Center

Fairy Flickinger - Dept. of Aging

Jackie Boisvert - TT Chamber, Museum, Media Center

Tim Copenhaver - Athletic Coach

Church Volunteers:

Peggy Windsor - TT Baptist Church

Larry & Linda Webster - St. Joseph's Catholic Church

Sandy Crouse - Grace United Church of Christ

Jean Harman - TT Presbyterian

Neighborhood Volunteers:

Joe Wood - White Birch

Bob Flickinger - All neighborhoods

Judith Archie - W. Baltimore, TT Main Street

Amy Murphey - Meadowbrook Neighborhood Assoc.

Pat Christopher - Carroll Vista Help-

ing Hands

Youth Volunteers:

Matthew Schuyler - TT Public Library

April Miller - Helping the Needy

TANEYTOWN BUSINESS BREAKFAST

Date: Friday June 11, 2010

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

**Place: NORTHWEST MIDDLE SCHOOL
99 KINGS DRIVE
TANEYTOWN, MD 21787**

Directions: From Westminster—MD 140 to Antrim Blvd
At Circle—to Trevanion—turn right on Kings Drive.
School is at the end of Kings Drive

SPEAKER: GOVERNOR BOB EHRlich

**Cost at door: \$8.00—Continental Breakfast
Proceeds will go to the Character
Education Program**

**RESERVATIONS ARE NECESSARY TO ACCOMMODATE SEATING
AND FOOD—CALL: CITY OFFICE AT 410-751-1100 or EMAIL:
nbmccormick@taneytown.org or awilliamson@taneytown.org**



Taneytown Chamber of Commerce

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



TANEYTOWN BASEBALL AND SOFTBALL LEAGUE GAINS SUPPORT!

The Taneytown Baseball and Softball League will be receiving monies and equipment through the Chevrolet Youth Baseball Team program created by Chevrolet. Wantz Chevrolet, Inc, a local dealership and member of the Taneytown Chamber of Commerce, will sponsor the Taneytown League in this program. The league is a part of the Cal Ripken Association and encompasses ages kindergarten through high school.

Each sponsored league will take part in The Chevy Youth Baseball Double Play Giveaway which is a fundraiser that can earn each league up to \$10,000! The Chevy Youth Baseball Double Play Giveaway features a grand prize of a 2010 Chevy Equinox, in addition to other great prizes such as HD Televisions, courtesy of the local Chevrolet dealership. Wantz Chevrolet will offer a raffle of the 2010 Chevy Equinox and all proceeds will go to the Taneytown League. For more information call Wantz Chevrolet 410-751-1200 or visit www.wantzchevrolet.com or e-mail Sheila@wantzchevrolet.com

Another great opportunity for the League is the Diamonds and Dream program. Vote for the Taneytown Baseball and Softball League every day until July 16, 2010 and the league could earn a new ball field! Visit www.chevybaseball.com and vote!

TANEYTOWN CHAMBER OF COMMERCE OFFERS ENERGY CO-OPS SIGN UPS ON-LINE

Taneytown Chamber of Commerce has recently made changes to their website to allow for sign up on-line for both Commercial and Residential Energy Co-ops. Sign-up will be available throughout the year.

Commercial Energy Co-op cost is \$250 for new business customers or non-profits per location and \$150 for Renewal per location for those using our current Energy Co-op and whose contracts are ending. Membership in our chamber is required for each year of their contract.

Residential Energy Co-op has now waved the \$37.50 co-op sign up fee. Going forward sign-up for joining the Residential Energy Co-op will be free. However, continued membership in our chamber is required for each year of their contract or for the business or non-profit whose employee, owners, and other eligible participants who have joined via that relationship. Also instead of one year contracts only, going forward 1, 2, 3 year contracts will be available.

For more information visit us on line at www.taneytownchamber.org or call 410-756-4234 or visit 12:30 am to 4 pm Tuesday-Friday.

TANEYTOWN CHAMBER MEMBERS GET A DISCOUNTED REGISTRATION FEE OF \$29 TO ATTEND THE CARROLL'S SMALL GIANTS SUMMIT!

On Friday June 4th, "Carroll's Small Giants: Successful Business Secrets," will be held at Carroll Community College and will be presented by the Miller Entrepreneurial Institute and Start-Up Carroll. This summit is designed to help small business owners find new opportunities, new approaches and new resources that will lead to breakthrough results in 2010! Those present will hear from proven small business leaders from right here in our Carroll County community and learn from them the strategies to increase revenues, control costs, generate profits and achieve dreams. This event is for small business owners and those just starting their businesses.

The keynote speaker is Karen Barbour of the Barbour Group (2008 Maryland Small Business Person of the Year). Karen will speak on how a business grows beyond Carroll County and how women can move into the non-traditional areas of business in our county and beyond. Other speakers are: Al Betz of Outfluence; Kurt Nilsson of Turf & Dirt; John Beakes, Jr. of Operational Performance Solutions; Debbie Thompson of Tristar Martial Arts and Richard Waganer of Waganer Digital Video. Each presenter will share their amazing story and provide distinct strategies for others to apply to their own businesses.

Registration is by phone to 410-386-8100 or online at www.carrolltraining.com.

TANEYTOWN CHAMBER ANNUAL BINGO

Taneytown Chamber of Commerce will be holding their annual Bingo August 21, 2010 at the Pleasant Valley Fire Hall, Pleasant Valley, Westminster, MD beginning at 5:30 p.m. This year the title is Basket/Bags/Baking Bingo since a variety of Longaberger Baskets, Vera Bradley Bags, Pampered Chef, Tastefully Simple and more products will be featured. Tickets are now available \$12 in advance or \$15 at the door. Raffles, jackpots, door prizes, 50/50, jars. Food will be provided by the PVFD Ladies Auxiliary. To support our community we will be collecting non-perishables for the local Caring & Sharing Food Pantry at our Bingo event. For more information call 410-756-4234. Reservations are being accepted at 443-398-1654.

Taneytown News

AMERICAN LEGION TO RETIRE ANY US FLAGS

American Legion will be having a ceremony to retire any US Flags on June 14th at 7pm in Roberts Mill Park. The public is welcome.

Or you may drop your flag to be retired at the American Legion in Taneytown. For further information you may contact Scotty at 410-591-0499 or e-mail him at scotty219@comcast.net.

CANNONS ECFA PLAYOFF

Event: Carroll County Cannons Minor League Football Team ECFA Playoff Game

Date: June 5th, 2010

Time: 7 PM

Location: Cecil - Lee Field @ Taneytown Memorial Park

Admission: \$5 (12 & under free)

More Info: www.cannonsfootball.com

AMERICAN LEGION MEMORIAL DAY CEREMONY

On behalf of The American Legion, Hesson -Snider Post #120, you are cordially invited to attend a Memorial Day ceremony in honor of all those from our military services who have sacrificed their life for their country.

The program is free and open to the public. Please pass to everyone in your organization the date and time of this event, it would be a pleasure to see many of our community leaders and citizens of Taneytown in attendance.

This ceremony will be held on Monday, May 31, 2010 at 2:00 pm at our Post Home on 9 Broad Street in Taneytown. There will be refreshments following the ceremony. Respectfully, Lewis F. Wood, Commander.

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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



Church News

BAUST (EMMANUAL) UNITED CHURCH VACATION BIBLE SCHOOL

Baust (Emmanuel) United Church of Christ invites all children to go to the edge this summer for Vacation Bible School . CAMP E.D.G.E.: EXPERIENCE + DISCOVER GOD EVERYWHERE is an extreme adventure camp taking kids on exciting Bible treks to experience and discover God everywhere, every day. The fun begins June 21st, 2010 and ends June 25th, 2010 from 6:30 to 8:30 Monday - Friday at Baust (Emmanuel) United Church of Christ at 2950 Old Taneytown Rd , Westminster , Md (410) 751-1237 or visit our web site: ebucc.com

STRAWBERRY FESTIVAL

At Trinity Evangelical Lutheran Church
38 W. Baltimore St., Taneytown, MD

Saturday, June 5, 2010
4:00 - 7:00 PM

Featuring live country music by
The Carroll County Ramblers

Fresh strawberries and ice cream
Hot dogs, sauerkraut, barbecue
Ham sandwiches, etc.

Admission is free.
Food will be for sale.

(Event will be held in the parking lot
behind the church and in the social hall
if it rains.) For more information, call
the church office at 410- 751-1203.



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June 27th - July 2nd
(date and time)

Taneytown Baptist Church
(church name)

4150 Sells Mills Road, Taneytown MD 21787
(church address)

For more information, call: Church Office 410-756-4444
(name and telephone number)

e-mail: taneytownbaptist@verizon.net Web site: www.taneytownbaptist.net

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Taneytown News

EVELYN FLICKINGER MEMORIAL GOLF CLASSIC TO BENEFIT LUNG CANCER ALLIANCE

Virginia Evelyn Flickinger, who passed away from lung cancer in January 2010, was the beloved wife of Taneytown/Harney resident Larry D. Flickinger. She was a supporter of community efforts including the Taneytown Police Department, Harney Fire Department, and local publication The Sports History of Carroll County authored by Don Haines. Join us for Evelyn's first annual Memorial Golf Classic to celebrate her life and continue her fight against lung cancer, the leading cause of cancer deaths (one out of every three) in the United States. ALL proceeds will benefit the Lung Cancer Alliance, the only national non-profit organization dedicated exclusively to providing patient support and advocacy to those living with or at risk for the disease.

Thursday, September 16, 2010
P.B. Dye Golf Club*, Ijamsville, MD
*Ranked #11 in state of Maryland by Golf Digest

- Single Player entry fee: \$100
- Sponsorship Opportunities available
- In Kind and Silent Auction Donations greatly appreciated

SCHEDULE OF EVENTS

8 a.m. Registration - Practice Facilities open - Breakfast Served
9 a.m. Shotgun Scramble
Beverage carts, On-course contests, Hole in ones
3 p.m. Reception & Awards - Silent Auction

CONTACTS

www.tournevents.com/efmgc
Mary Hudgins, Event Producer, 301-748-9401
mhudgins@carpediemeventproductions.com
Charity Finnerty,
e_makeupartist@yahoo.com

CHOOSING A REVERSE MORTGAGE: IS A FIXED-RATE HECM RIGHT FOR YOU?

A reverse mortgage is a type of loan that allows homeowners age 62 and over to convert their home equity into cash. And unlike other types of home equity-based loans, monthly mortgage payments are not required.* Most reverse mortgages have adjustable interest rates that vary according to market conditions. But many consumers don't realize that fixed-rate reverse mortgages are also available.

With a fixed-rate reverse mortgage, you lock in an interest rate for the entire life of the loan - so you don't have to worry that it may increase. This option may be preferable to borrowers who wish to receive their reverse mortgage loan proceeds in a lump sum, and want the certainty of a stable interest rate.

Jim McCarron, CSA, a reverse mortgage consultant with MetLife Bank, suggests that consumers consider a few important questions when choosing a reverse mortgage. "It's important to ask yourself not only, Do I need a reverse mortgage? but also What are my particular needs, and which type of reverse

mortgage best meets those needs?"

Explains Mr. McCarron, "A fixed-rate reverse mortgage may be suited, for example, to older homeowners who

would be more comfortable knowing that their interest rate will not change,

Continued on page 20

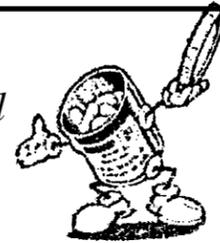
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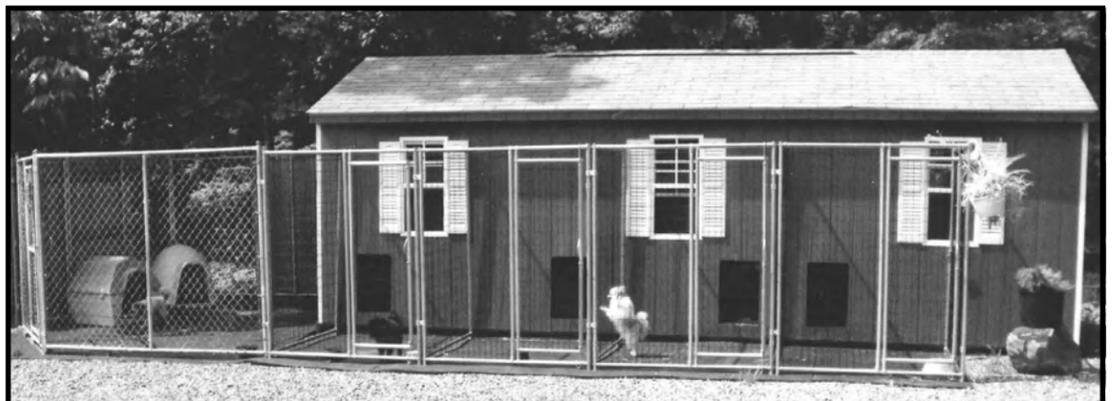


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The Law Office of Andrew A. Quinn will be serving the Taneytown and surrounding areas in Carroll and Frederick Counties. The practice focuses primarily on business organization, real estate, equine matters, and estate planning.

Mr. Quinn has been a Carroll County resident for more than 30 years and currently resides in Taneytown. He attended the University of Baltimore School of Law and was admitted to the Maryland Bar in 2006. In addition to his law degree Mr. Quinn also has an MBA, also from the University of Baltimore, and has worked in several large organizations in both financial and legal roles. He has significant experience with large transactional work as well as helping new companies get started.

If you have a legal question related to one of our practice areas please do not hesitate to call the office. We will provide a free initial consultation to discuss the issue.

Please visit our website for more information at www.Quinn-Legal.com



THE SILVER FANCY GARDEN CLUB COMPLETES SPRING PROGRAM

The Silver Fancy Garden Club completed their Spring Program at the Taneytown Library with 12 students ages 8 to 12 years of age. Two projects were completed. First each participant learned about terrariums. A lidded glass container was used starting with a layer of gravel, next a layer of charcoal, then planting soil and a plant of their choosing, with a few pieces of moss that was so abundant in most of our yards this year. The second project was a greenhouse made from a clear plastic glove where a dampened cottonball with three seeds was placed into each finger slot. Blowing air into the glove and using a twisty tie the students can each start their own mini garden that will produce pumpkins, string beans, radishes, corn, and bird house gourds. The goal is to learn and have fun at the same time and to teach us to be good stewards of our land. This project was conducted by Silver Garden Club member Jackie Kegel, and assisted by Jane Purdie, a visiting garden club member.

JOIN THE AMERICAN CANCER SOCIETY AT A RELAY FOR LIFE IN TANEYTOWN

Join the fight against cancer and the movement to create a world with more birthdays, by participating in the American Cancer Society Relay For Life of Taneytown on Saturday, June 5 at Carroll Vista, starting at 10:00 a.m. This inspir-

ing event unites the entire community in celebrating those who have had cancer, remembering loved ones lost, and providing an opportunity to fight back against the disease. Relay For Life supports the Society's mission to save lives by helping people stay well, by helping people get well, by finding cures and by fighting back. To register, or for more information, visit www.RelayForLife.org/taneytown, call 410-781-4316, or e-mail jen.burdette@cancer.org.



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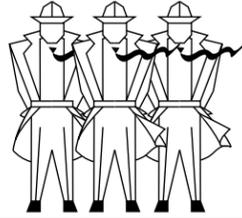
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Taneytown News



Members of Taneytown Daisy Troop 56 pose with their leader, Lynn Smith, at the Taneytown Library after their award ceremony on April 15. Pictured from left to right are: Kaden B., Maddy H., Laura G., Molly B., Bree H., Leah F., Melinda H.



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Taneytown Family Life

POLICE NEWS

Summer is here! With the warm weather there will be more citizens out and about. Please be aware of all cross walks within the City. Pedestrians have the right of way. Please stop and let people cross safely on all streets. Also there are more children playing outside. So please be on the lookout for them.

Once again we would like to remind everyone the City has a helmet law. Anyone 17 years of age and under must wear a helmet while riding a bicycle, skateboard, or scooter on any city street or in the skate park. The fine is \$100.00 and confiscation of the bicycle, skateboard or scooter. So please have your children wear their helmets while riding.

The City has a curfew law that states that a person under the age 17 must be off the streets from 11:00 PM on any Sunday, Monday, Tuesday, Wednesday, or Thursday until 6:00 AM of the following day and one minute after 12:00 AM until 6:00 AM on any Friday or Saturday. Unless the person is accompanied by the minor's parent or guardian; on an errand at the direction of the minor's parent or guardian, without any detour or stop; in a motor vehicle involved in interstate travel; engaged in an employment activity, or going to or returning home from an employment activity, without any detour or stop; involved in an emergency; on the sidewalk abutting the

minor's residence or abutting the residence of a next-door neighbor if the neighbor did not complain to the Police Department about the minor's presence; attending an official school, religious or other recreational activity supervised by adults and sponsored by a civic organization or another similar entity that takes responsibility for the minor, or going to or returning home from, without any detour or stop, exercising First Amendment rights protected by the United States Constitution, such as the free exercise of religion, freedom of speech and the right of assembly; or married or had been married or had disabilities of minority removed in accordance with law.

There is a City Ordinance, Chapter 112 Firearms that states that no person shall discharge or shoot off any gun, pistol, air rifle, air pistol, bow and arrow, crossbow or similar device within the corporate limits of the city. The penalty for a violation shall be \$50 for each initial offense and \$100 for each repeat offense.

Taneytown Police Department

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Taneytown News

BACK PAIN

Back pain has a number of causes, but one of the most common happens to be what I'm doing right now and, most likely, what you're doing as you read this article: Sitting. If you spend a lot of your time sitting, you probably have the same problem I do - frequent back pain. Since sitting isn't something we're going to stop doing (at least not completely), we have to look for other ways to manage this kind of chronic back pain and exercise is just one of them.

For many people with back pain here's what their experience has probably been like: They probably went to their family doctor first, or a chiropractor.

Their visit likely only lasted 15 minutes or so... they poked around and confirmed that you do have back pain and gave you a prescription for the pain. Now before we go any further, let me ask you this: how in the heck is a prescription drug going to fix a physical problem like back pain?

Doctor visits, chiropractic adjustments, physical therapy, pain relievers, anti-inflammatories, new mattress, rub on creams, and the list goes on... I'm sure you've tried several or maybe even many on that list yet your back still hurts.

The treatments aren't working because of the approach. Most, if not all, of the treatments people receive for back

pain are flawed from the start. Medicines just mask the pain and don't get to the root cause of the muscle atrophy.

Here are 3 steps towards improving your back pain:

Step one: First, you must understand that pain is your body's way of telling you something is wrong...don't ignore it! And in order to fix it or get rid of it, you must first know what's causing it.

Step two: Be open-minded. In order to find a solution you'll need to be willing to learn and please don't be afraid to look for and/or ask for help.

There are thousands of sources of information in the world on upper back pain, lower back pain and back pain in general, but if you don't know how to sort

through all that information it will be useless to you.

Step three: Take action now, you're going to do it! You do not have to live with low back pain, upper back pain, sciatic pain, or any back pain for that matter and you can feel great again.

The two options that you are left with are:

- 1) Leave it up to your doctor or chiropractor and hope it gets taken care of...
- OR
- 2) You can take control of your back care yourself to ensure it gets cared for.

You may be feeling like there's NO solution and maybe you've even resigned yourself to the fact that you'll have back

(Continued on page 21)



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Taneytown News

TANEYTOWN LIBRARY

It's summer and that means fun time at the library! Come sign up for our summer reading club; there's one for every age. Birth-age 3 can join "Read to Me," a reading program specially designed for the tiniest ones. Ages 4-10 are invited to "Make a Splash! Read." Ages 11-17 may join the Young Adult program "Make Waves." Adults can share their opinions of books in their version of "Make a Splash! Read" program. The CCPL systemwide goal is to reach one million hours of reading this summer. You can help make that happen!! Some terrific programs will be held at the Library during June. Adults, mark your calendars for these: Taneytown Book Club: A Thousand Splendid Suns by Khaled Hosseini will be discussed Thursday, 6/17 at 6:30 pm. Free Blood Pressure Screenings will be provided by the Carroll County Health Department from 9:30-11:30 am on Monday, 6/28. Adults, please check under "Teen" listings for more programs open to both teens and adults. For teens: Plarn Beach Totes (ages 14-adult) Monday, 6/14 at 6:30 pm Come to this fun crochet class using your recycled plastic bags (plarn). We'll show you how to make plarn, then how to make a beach bag. Bring a Q crochet hook and a bag full of plastic bags. Gyo-taku Remix (ages 10-adult) Tuesday, 6/15 at 2 pm Gyo=fish, taku=rubbing which is an art form created by Japanese fishermen in the 1800s. Traditionally a real fish was used, along with high quality ink and rice paper. We'll adapt this along with our imaginations. If you like, bring a t-shirt or your favorite stationery. Taneytown Ink (ages 13-17) Friday, 6/18 at 3 pm Learn to use simple materials and techniques to give yourself and friends amazing temporary tattoos and body art. Movies Made EZ: Be the Director (ages 11-Adult) Friday, 6/18 at 5:30 pm Interested in making movies? Want to create a submission for the Summer Shorts contest? Join filmmaker Paul Oakes as he explains the basics of movie making from the first storyboards to the final cut. A demonstration of how to edit and share

your movies using Windows Movie Maker will be given. Let's Play Wii (ages 8-17) Tuesday, 6/22 at 2 pm Two hours of fun. Individual game time will be limited by the number of participants. Games rated E, E-10+, and T. Witness to War: The Families of Monocacy Junction (ages 12-Adult) Tuesday, 6/22 at 6:30 pm Barbara Justice, Park Ranger will share the stories of those who fought in the Battle of Monocacy, as well as the families whose farms became the battleground. This program will be a good introduction to the Monocacy National Battlefield reenactment, scheduled for July 9th. Food Art (ages 13-17) Wednesday, 6/23 at 3 pm Ketchup and mustard have never been quite this much fun! Experiment by blending food to form unique forms of art. Library Lock-In (ages 13-17) Friday, 6/25 at 5:30 pm The library closes at 5 and the party begins at 5:30! Games, food and fun til 11pm. Spaces limited and permission slips will be required. Classical Guitar (ages 11-adult) Tuesday, 6/29 at 7 pm Come for an evening of music performed by Ben Sherman, a classically trained, award-winning musician with over 30 years of experience performing solo guitar in Baltimore and surrounding areas. Musical selections will appeal to every taste. Sponsored in part by a Community Arts Development Grant from the Carroll County Arts Council. Death by Chocolate (ages 13-17) Wednesday, 6/30 at 3 pm Taste-testing experience featuring the ordinary to extraordinary in chocolate. Make your own chocolate treat. WARNING: Some products contain nuts or peanuts. Special programs for kids: Summer Reading Kick-off Celebration For kids of all ages.* Wednesday, 6/16 10 am-2 pm Fun activities including face painting, crafts and games. Little Red Riding Hood Puppet Show For kids of all ages.**, ** Thursday, 6/17 9:45 am, and 1 pm Fun fairy-tale romp! Dairy Days @ Your Library** For ages 7-11. Thursday, 6/17 3:30 pm Learn about life on a dairy farm at this interactive event presented by the Carroll County Farm Bureau. Learn how to make ice cream! Lego Party: Make a Splash! For ages 5-adult Saturday, 6/19 at 11 am The li-

(Continued on page 23)



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Taneytown News

INFOPATHWAYS INTERN HELPS TO UPGRADE NETWORK AT TANEYTOWN POLICE STATION

InfoPathways intern Emily Thompson assisted in the installation and set-up of several new computers and a new server at the Taneytown Police Station, Taneytown, MD. Thompson, a senior at Francis Scott Key High School, has been interning with InfoPathways since February 2010 and will complete her internship this June. As a member of the network team, Thompson is gaining experience in proper network design and providing support to a variety of clients both in person and remotely. She often joins network experts Thom Bethune and Jovan Nikolovski in the set up of new computers and servers and participates in onsite network support. "When dealing with technology, you have to expect the unexpected, and I have gained a greater appreciation of the flexibility this career demands." I have already learned a lot about the networking field and myself and I cannot wait to see what else I am able to learn over the next two months of my internship", Thompson shared.

Taneytown's Police Station ben-



efited immediately from their technology updates; it all winds down to greater productivity. InfoPathways is thankful to the station and city for their willingness to give Thompson, and hopefully future interns, the opportunity to experience such a project. Chief Bill Tyler arrived just as the team began the upgrade; "InfoPathways once again shows how community oriented they are. By teaming up with the local high school, they are giving students the opportunity to explore technology from some of the finest experts in the field."

Jennifer Adcock, the career counselor at FSK High, helped Thompson arrange her internship with InfoPathways. "The Career Connections Program is a win-win partnership for the students and employers involved. The students get a chance to 'test drive' their career while attending

high school. In addition to being a cost effective recruitment strategy, the employer gets an opportunity to work with young talent and help develop their skills in a particular career field. We are very thankful for the support of our business partnerships, like with InfoPathways. Their time and efforts benefit the workforce of the future." Hopefully more businesses will continue to open doors and share their knowledge



(Left to Right) Chief Tyler, Emily Thompson (Intern, InfoPathways), Jovan Nikolovski (InfoPathways, Network Engineer), Jennifer Adcock (FSK High School Career Counselor)

with future aspiring students.

For more information about Francis Scott Key High School's Internship Program, contact Jennifer Adcock at 410-386-4589 or JLADCOC@k12.carr.org. To contact the Taneytown Police Station, call 410-751-1150. To contact InfoPathways, call (410) 751-9929.



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Taneytown News



Sister Mary Catherine Warehime, D.C., Provincial Councillor, speaks to a packed house at the Bicentennial Opening Ceremony at Mother Seton School on Friday, April 18. Also on stage with the students are (l to r) Sister Mary Catherine Conway, D.C., Principal 1996-2006, Sister Mary Gilbert, D.C., Principal 1983-1987, Dr. Ron Valenti, Superintendent of Catholic Schools for the Archdiocese of Baltimore, and behind, Sister Joan Keating, D.C., Principal 1987-1989. Sister Mary Catherine Warehime was a former teacher and Principal at MSS 1991-1996.



Sunday SJK with Reavers: Sister Joan Keating, D.C., former Principal of Mother Seton School 1987-1989, visits with Helen Reaver and Susan Reaver during the reception held after the Bicentennial Celebratory Mass held at the Basilica of Saint Elizabeth Ann Seton. The celebration was standing room only.

MOTHER SETON SCHOOL CELEBRATES 200 YEARS OF CATHOLIC EDUCATION WITH BIG BICENTENNIAL WEEKEND.

Mother Seton School was buzzing

with excitement during the weekend of April 16 - April 18 as students, parents, former teachers, and alumni gathered to celebrate 200 Years of Catholic Education in Emmitsburg.

"The Bicentennial Celebration was a weekend of joy and gratitude. The spirit of St. Elizabeth Ann Seton permeated the

festivities, and obviously, also permeated the environment in which hundreds of not-so-young and young have been and are being educated," said Sister Joan Keating, D.C., former teacher and Principal at MSS from 1987-1989.

Opening festivities on Friday, April 16 included a "Walk Down Memory Lane" with visitors reminiscing through old school memorabilia, touring the classrooms and meeting former colleagues and students. Some visitors had never seen the addition to the school that was

completed in 2002. "The new main entrance was stunning! At first I did not realize that it was an entirely new wing and not merely a reconstruction of the old main entrance," said Peter Fitzpatrick, 1983 MSS graduate and current lawyer located in Frederick, MD.

Many former principals and teachers returned for the celebrations and opening ceremony. As part of a well crafted play, each principal spoke to "current students" (and audience members)

(Continued on page 18)



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Taneytown News

MOTHER SETON SCHOOL CELEBRATES 200 YEARS

Continued from page 17

about their special memories and thoughts about Mother Seton School. Visiting Principals included Sister Natalie McCubbin (1973-1979), now retired and residing at the Villa St. Michael, Emmitsburg, MD; Sister Patricia Anne Bossle (1979-1983), President of Seton Keough High School, Baltimore, MD; Sister Mary Gilbert (1983-1987), Provincial Secretary, Emmitsburg, MD; Sister Joan Keating (1987-1989), Provincial Councillor, Emmitsburg, MD; Sister Mary Catherine Warehime (1991-1996), Provincial Councillor, Emmitsburg, MD; and Sister Mary Catherine Conway (1996-2006), Teacher, St. Ann's Infant and Maternity Home, Hyattsville, MD.

Dr. Ronald J. Valenti, Superintendent of Catholic Schools for the Archdiocese of Baltimore also attended and participated in the Opening Ceremony. "To be part of Mother Seton School's 200th anniversary was a momentous occasion. It was a defining moment in realizing that St. Elizabeth Ann Seton's vision continues to be alive and well. Years have gone by, but her mission remains strong and deeply rooted," said Dr. Valenti.

Saturday, April 17 brought MSS Alumni back home to visit their alma mater with a Homecoming Social. Mother Seton School, a direct descendant of Saint Elizabeth Ann Seton's Free School of 1810, was built in 1956 and then relocated to the current location in 1965. Graduates from every decade celebrated and enjoyed reuniting with former classmates and teachers.

Visitors to the Shrine of Saint Elizabeth Ann Seton were surprised to find

standing room only at her Basilica in Emmitsburg on Sunday, April 18. A Eucharistic Celebration, celebrated by Msgr. Martin Feild, pastor of St. Joseph's Church in Taneytown, and concelebrated by local parish priests from all over Frederick County, attracted hundreds of families and friends associated with Mother Seton School. Current MSS students proudly wore their school uniforms and actively participated in much of the celebratory mass. Adrianna Bussey and Vanessa Witmer, both third graders at Mother Seton School and both ribbon dancers for the celebration shared how exciting it was. "It was pretty cool because it was such a special occasion," said Adrianna. Chorus students, led by Music Teacher, Cheryl Carney, sang "Hymn to St. Elizabeth Ann Seton" and provided hand bell accompaniment to the recessional hymn. Afterwards, refreshments, music, and a moon bounce were provided by the MSS Home School Association so that all could linger in the excitement of the celebration a little longer and say their farewells to each other. "Words cannot fully express the joy, energy, and gratitude experienced these past few days by so many alumni, friends, benefactors, students and parents," said Sister JoAnne Goecke, D.C. and current Principal at Mother Seton School. Remembering a quote of Saint Elizabeth Ann Seton "Oh! The goodness of our God in everything," Sister JoAnne stated, "God has been good to us this Bicentennial Year."

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Taneytown News

WASHING YOUR VEHICLE WITHOUT WATER

Do you remember when the fastest means of communication was rushing home to make a phone call? Today, almost every person between the ages of 10 and 100 have a handy little phone attached to their side 24/7. How about writing to someone? You had to sit down and hand write a letter and pay 30+ cents only for it to make it to its destination a week later. Now we have the quick and free convenience of Email. Where am I getting with all of this? Technology! Technology has, and will continue, to change our lives forever. Technology brings new ideas to simplify daily tasks as well as make them more efficient.

Another example of technology is waterless car wash products. Actually, waterless wash is not all that new. In fact, many companies have been manufacturing them since the late 90's. However, many of you may have never heard of such products due to skepticism or just the fact you never imagined such a product could exist. Washing your car without water may simply sound ridiculous to some. How does it not scratch the paint? Doesn't it just push the dirt around rather than remove it? These are just some of the questions I receive everyday since the opening of my waterless mobile detailing company. At first, I found myself repeating the same answers over and over again only to have the person no more convinced than when they approached me. Now, I'll give them a quick and general answer and then offer them a demo. Thus far, I have yet to come across a single person who isn't amazed at the results. During one demo, I had an "old school" car enthusiast lay on the ground just to make sure he wasn't missing a scratch somewhere due to the direction the sun was shining. Shortly after his more than thorough exam, he stated "WOW, it really does work good".

Since I can't show you with words, I will quickly explain the process of how you wash a car without using water. We at Maryland Mobile Detailing use a prod-

uct line called Ultra Luster. Ultra Luster is a Jacksonville, Florida based company that specializes in complete waterless wash technology. After doing a ridiculous amount of research and testing of several waterless wash brands, I decided the Ultra Luster line would work best for us and the climate here in Maryland. The way the product works is it is chemically formulated to LIFT the dirt from the paint and has microscopic lubricants that encase the dirt to ensure a smooth removal. Not only does it remove the dirt, but it also leaves an acrylic polymer polish on the clear coat protecting your vehicle from harmful UV rays and other elements.

The process is simple. The product comes in an eco-friendly "atomizer" which you manually hand pump about 3 or 4 times to build pressure. You spray the product on the car (no need to pre-rinse the vehicle), take a terry cloth towel and spread the product and remove the dirt (you will literally see all of the dirt that was on the vehicle, now on your towel), then use a microfiber towel to buff the area and activate the polishing process. That's it! You will have a clean and polished vehicle in a third of the time it would take you with a bucket of water and sponge. Best of all, there is no need to meticulously dry the vehicle only to still have frustrating water spots and streaks.

Aside from ease, waterless washing is the best way to wash your vehicle because it is so eco-friendly. Every time a vehicle is washed with traditional soap and water, 100-200 gallons of water are wasted. Not to mention the runoff of chemicals into local soil and water drains. Every year, more and more local governments are cracking down with water restrictions. All of our services are eco-friendly and do not involve any harmful aerosol cans or cleaners and, of course, are waterless.

Technology has brought us some of the greatest inventions to make our lives easier and better. Waterless washing is just one of those. I predict it will be the future of all vehicle washing. Do your part to help the planet and consider making your next wash, waterless. I'm sure you'll be happy with the results and will want to toss the old bucket and sponge!

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Taneytown City News

CHOOSING A REVERSE MORTGAGE: IS A FIXED-RATE HECM RIGHT FOR YOU?

Continued from page 8

and who also want to receive their proceeds as a lump sum, so they can immediately use the money to pay off any existing debts, make needed home improvements, or adapt their home to their current needs."

With all reverse mortgages, the borrowers continue to own their home, and can continue to live in it as long as they want. The loan doesn't have to be repaid until they permanently leave or sell the home. However, they are still responsible for paying homeowner's insurance and property taxes, and maintaining the home in reasonable condition.

The vast majority of reverse mortgages - approximately 90% - are Home Equity Conversion Mortgages (HECMs). These are the only reverse mortgages insured by the Federal Housing Authority (FHA).

All reverse mortgages include fees and closing costs, the amount of which varies by lender. MetLife Bank was the first national lender in the industry to announce the elimination of the origination and monthly servicing fees from its fixed-rate HECM, available in all 50 states. This pricing option reduces the cost to homeowners and enables them to receive

additional loan proceeds.

Notes Mr. McCarron, "MetLife Bank also offers the highest principal limit allowed in a fixed-rate HECM reverse mortgage. And although you can choose from among several different payment options to receive your proceeds, by choosing to take the loan proceeds in a lump sum at closing, you can receive MetLife Bank's lowest interest rate."

For consumers who may be considering a reverse mortgage, MetLife Bank offers free educational materials, including a comprehensive information kit and video, without obligation. For more information about a MetLife Bank Fixed-rate HECM or other reverse mortgage products, contact Jim McCarron at 410-756-5006.

*Although there are no monthly mortgage payments, interest accrues on the portion of the loan amount disbursed.

All loans are subject to property approval. Appraised property value may affect loan amount. Certain conditions and fees apply. Mortgage financing provided by MetLife Bank, N.A., Equal Housing Lender. © 2010 METLIFE, INC. R0410104282exp0411 All States DC



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At MetLife Bank, we're dedicated to helping our customers maintain their financial independence, so they can focus on what's most important in their lives. Should you decide that a reverse mortgage is right for you, I will work with you through every step of the loan process.

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Taneytown City News

BACK PAIN

Continued from page 14

pain for the rest of your life. I hope that's not the case because you do have the power and ability to eliminate it.

If you choose option one, leaving your back health in the hands of someone other than yourself, at least educate yourself enough to know what questions you need to be asking.

The next time you go to the doctor or chiropractor, bring a pen and paper along with the list of questions below:

1. What is the cause of the pain? (Not the symptom, but the actual cause)
2. Is it muscular or structural? (involving the bones of the spine)
3. If it's muscular have the doctor, chiropractor, physical therapist, etc name exactly which muscles may be involved.
4. Do I need an X-ray, CT-scan or MRI?
5. Did I have a predisposition for the injury based on my life style and daily postures?
6. Do I have muscle imbalances that created this condition over time?
7. Will I have muscle imbalances still after your treatment?
8. Will it heal 100%?
9. Are there specific exercises or stretches to do for my condition?
10. Which muscles should I stretch and which muscles should I strengthen?
11. Will I do more harm than good if I don't do the right activities?
12. Will the physical therapist you are sending me to have the time to spend one on one with me to effectively work with

me?

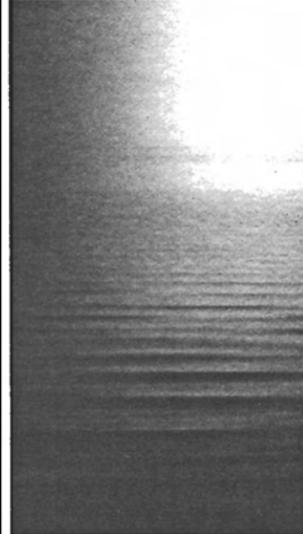
13. Will Ultra Sound and Electrical Stimulation correct my muscle imbalances?

If you and your doctor have determined that your back pain is caused by lifestyle habits continue reading. If your back pain is caused by a more serious condition consult your doctor.

BACK PAIN ACTION PLAN

Managing and preventing back pain isn't easy, but it can be done as long as you're willing to make some changes in how you live. Your first step is to determine what's causing your back pain and if you have a condition that needs special treatment.

Back pain, whether it be chronic or acute, is one of the most agonizing experiences one could endure. Ask anyone who has any



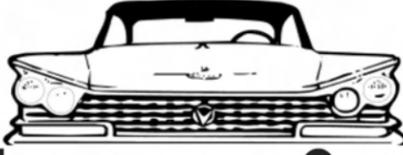
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51**

Saturday **July 17** at dusk
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*Free Movies in the Park will be shown every 3rd Sat. of the Summer, weather permitting

Movie-time snacks for purchase at FSK Concession Stand

Taneytown City News

TANEYTOWN LIBRARY

Continued from page 15

Library supplies the legos, you supply the creativity! Bring your dad or mom and build together! Summer Drop-in Crafts For kids of all ages.* Mondays, 6/21 and 6/28 10 am-1 pm and 6:30 pm-7:30 pm Make great summer crafts. Adventures with a Princess and a Frog For ages 3-7.* ** Tuesday, 6/22 11am TACTICC (The Arts Coming Together in Carroll County) presents this hilarious show about a princess, a frog, and a promise. Play games, sing along, and experience the joy of stories! Food Art** For ages 7-12. Wednesday, 6/23 1 pm Ketchup and mustard have never been this much fun! Blend foods to form unique works

of art. Pirate Party* ** For kids of all ages. Thursday, 6/24 at 11 am and 1 pm Come enjoy stories, music, pirate crafts, a treasure-hunting adventure and pirate snacks. Costumes are welcome. Captain Jack Sparrow (character impersonator) will be in the library from 12-1 pm for a swashbuckling good time! Be sure to bring your camera for your very own pirate photo!! Death by Chocolate ** For ages 7-12. Wednesday, 6/30 at 1 pm Taste-testing experience featuring the ordinary to extraordinary in chocolate. Make your own chocolate treat. WARNING: Some products contain nuts or peanuts. Regular storytimes include: Read and Play for ages birth-24 months with an accompanying adult caregiver. Wednesdays 11 am; Story Pals for ages

2-3 with an accompanying adult caregiver. Tuesdays, 11 am: On My Own for ages 3-6 (adult caregivers welcome) Wednesdays 9:45 am; Year-Round Family Storytime for kids of all ages.* Thursdays 9:45 am. *Children age 3 and under must be accompanied by adult caregiver. ** Registration required. Reg-

istration begins 2 weeks prior to each program. Phone 410-386-4510, stop by the Information Desk, or log onto library.carr.org, click on Programs and News and follow prompts to register. Teens can earn Library Bucks for attending this program.



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Taneytown City News

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We have a new Dealer featured in April who offers eco-friendly, recycled items for sale. Come and check her out!

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Featured this month is

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located at 14 E. Baltimore Street also known as "The Lamp Dealers".

Bill & Joanne have been in the Antiques Business since 1986 in the Reisterstown area and have now relocated to Taneytown!!! Also known as Dealer #9, they sell an abundance of Crystal Pottery, Vases, unusual collectables, Antique Furniture and lots and lots of Lamps!!!! These dealers "WILL" meet your every need!

Also featured this month is

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Taneytown City News

BACK PAIN

significant degree of back pain, and they will attest to the restrictions it presents: limited range of movement, reduced mental focus, a sense of helplessness and even severe depression can result from a back injury.

While any form of back pain should be assessed by a qualified medical practitioner, certain exercises can greatly reduce pain, enhance range of movement and improve quality of life. However, before engaging in any type of exercise program, it is strongly advised that one gain approval from their physician.

By working the main supporting muscles, back pain can be prevented, lessened, and, in some cases, healing is facilitated. The key supporting muscles of the back include the entire back musculature (the erectors in particular), abdominal region, glutealis (muscles of the backside), and the obliques (on the sides of the body), and a wide range of specific exercises can be used to target these areas.

The back and glutealis muscles are called the extensors, as they are used to straighten the back, and lift, extend and abduct (move away from) the hip. The abdominal muscles are often referred to as the flexors, as they are used to bend and support the spine from the front, while the obliques stabilize the spine in an upright position.

The obliques also help to maintain correct posture and spinal curvature. Training all these muscles in the correct

manner, with the right exercises, will keep the back functioning as it should, and help to correct any problems from which pain occurs.

To reiterate, the main benefits to exercising the back and abdominal muscles include:

Injury protection: stronger muscles respond better to a wide range of stressors.

Reduce the likelihood of chronic or acute back pain. Enhance healing after spinal surgery or back injury.

CHOOSING THE RIGHT EXERCISES FOR ACUTE OR CHRONIC PAIN

The types of exercises to control back pain, or prevent it from occurring in the first place, vary, depending on the specific stage one is at. One is advised to begin with a few basic exercises to address acute pain, and progress to a larger number of more advanced movements after pain has subsided, or due to the nature of the pain, use exercise selected for either the acute or chronic phases.

Finally there are those exercises that can purely be used for prevention.

(Continued on page 26)

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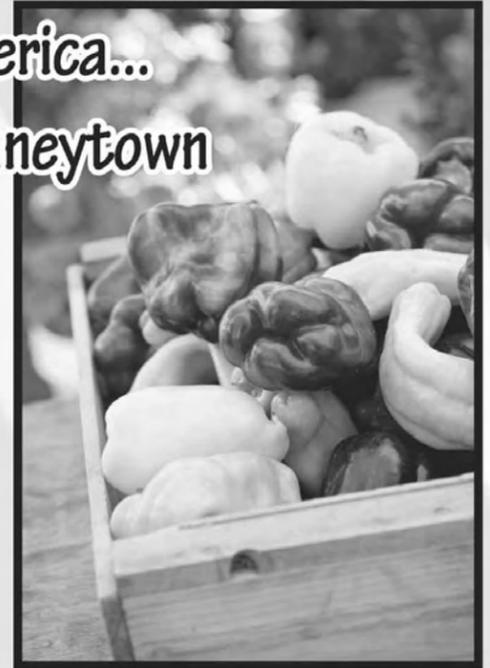
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TIME: 3:30 PM – 6:30 PM

WHERE: Trinity Lutheran Church Parking lot



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Taneytown City News

BACK PAIN

Continued from page 25

With all exercises, stop if pain increases. Do not continue exercise! It is advised that exercises are attempted with the blessing of ones physician.

For best results, perform relevant exercises, grouped into a session, three-times-per-week with one day off in between. These exercises can also be done at the end of a regular gym workout.

SQUATS:

Squats are deemed the king of all exercises, and for strengthening of the lower back and hips, they are unsurpassed. For preventative purposes, squats will help to build thickness into entire lower trunk region, thus providing structural support.

Ideally squats will be performed with weights, which will be increased in line with improvements in strength. However, for the purposes of this article, squats will be done without any weight initially - weight will be added as one progresses.

To perform, stand with feet shoulder width apart, and pelvis tucked in and hands placed on opposing shoulders. Then, bend at the knees and descend until buttocks are slightly below knee level. Push back to starting position. Maintain a straight spine through movement.

LEG EXTENSION:

Squats should pretty much take care of leg strength, if done correctly. However, leg extensions will help to add strength

to the frontal thigh (quadriceps) from a different angle. Coupled with leg curls, they will help to add total development and add to leg stability.

To perform, sit on bench, while placing feet under pads. Then, bring lower legs forward to achieve a full contraction. Lower slowly and repeat for at least 10 repetitions.

LEG CURLS:

Leg curls will strengthen the buttocks and back of leg

(hamstrings), and are essential for balancing out leg development, which will

help to ensure greater stability for the
(Continued on page 28)

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Taneytown City News

MAYORS MESSAGE

Continued from page 3

our armed forces on Memorial Day. Each year we mark this event with a ceremony held at our Hesson-Snyder Post of the American Legion. This is quite a moving event, one that I am proud to say I have attended and participated in for many years. I wonder each year though, why more of our citizens don't come out for this time. I encourage you to try to attend this year. This is a great way to teach our children about the many sacrifices that have been made to ensure their freedom. The event will begin at 2 PM at the Legion on the corner of Broad St. and Roberts Mill Rd. No tickets or reservations are needed, just show up! It doesn't take too long, but it's worth every minute.

In June, summer begins! It's time for cook outs and vacations, picnics and parties. It's also a time for Flag Day, an often forgotten holiday (June 14th) Let's all try to fly "Old Glory" on that day. It's also a time for graduations and weddings and I want to offer my special congratulations to our graduates and wish them every success in their future. Congratulations to those who will be married during this traditional "wedding month". The family is the heart of our City, our nation, and our society. Today, when there are so many challenges facing the family, it is reason to celebrate those who step out together to carry on our traditions and culture. Thanks!



"PEOPLE WHO MAKE IT HAPPEN"

Continued from page 4

Alyssa Klein - TT Public Library
Roland Cooney - TT Main Street

Other Volunteers:

Kevin McLeod & Silver Oak Academy Students

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George and Marilyn Brooks - Adopt-A-Road

Audrey Cimino - Community Foundation of Carroll County

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Taneytown News

BACK PAIN

Continued from page 26

lower back.

To perform, lie on leg curl bench and place heels under pads. Curl legs to the buttocks, to achieve complete contraction. Slowly lower, and repeat for at least 10 repetitions.

PASSIVE EXTENSION FOR NECK:

This exercise is useful during the acute phase of neck pain. It strengthens rear neck muscles, and provides help to enhance correct alignment of the spine, and posture.

To perform, lie on back on a soft surface, with shoulders resting on the edge. Head should be supported by the hands and positioned over the edge of surface. Then, lower head gently, while breathing out.

Let the hands take the weight of the head as it falls back. Eventually lower the head all the way back to a full extension, and remove hands. Try holding for up to one minute. Progress to a longer period as neck becomes stronger.

FINAL THOUGHTS

Back pain management is almost becoming essential in today's world of obesity, lowered physical activity and increasing injury stemming from sitting for long periods and the like.

Back pain can, in fact, be one of the most debilitating experiences. Fortunately, there are a variety of effective ways in which to manage acute, and chronic, back pain, with exercise being one of the most easily accessible and proven methods.

The exercises featured in this article are all effective in treating the specific problems highlighted.

However, there are many more beneficial movements which enhance back strength, stability and postural alignment, and these will be the focus of a future article.

As mentioned, it is advised that one contact their physician to get a second opinion on

whether the advice in this article will benefit them.

Downtown Fitness has all the machines necessary to do the above mentioned exercises and more. Call 410-756-2060 to get started on relieving that back pain now.

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