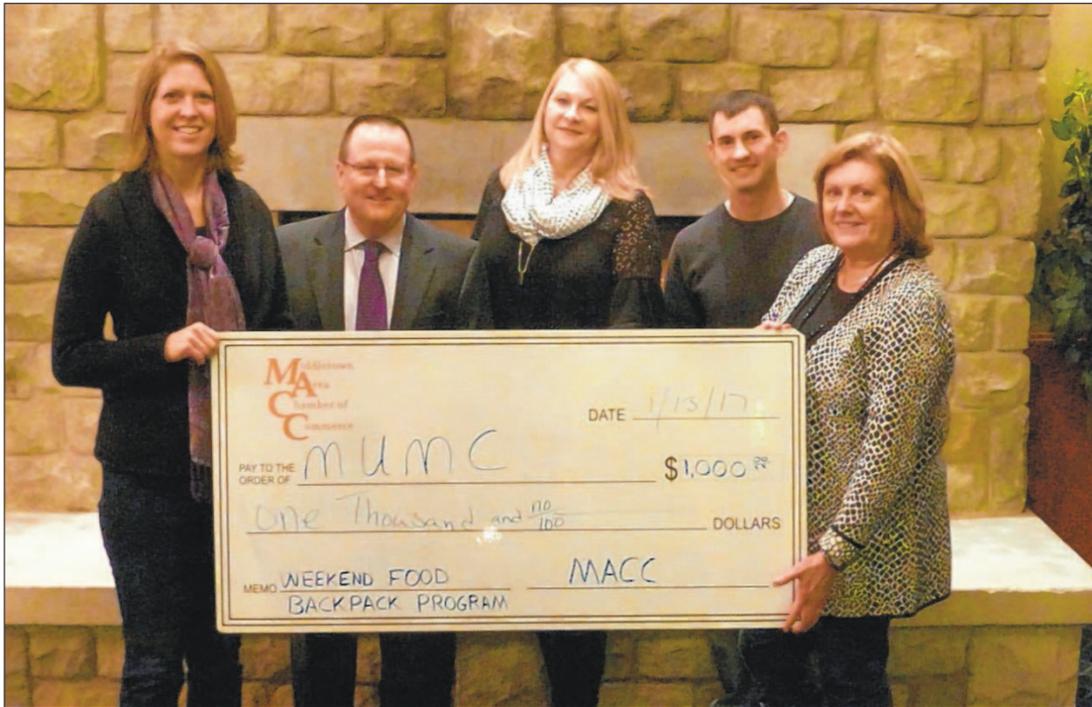


MACC donates to Weekend Food Backpack Program



Courtesy photo

For the third consecutive year, the Middletown Area Chamber of Commerce has donated money to the Weekend Food Backpack Program. The program's mission is to provide weekend food during the school year to school-age children in food-challenged situations in the seven schools in Middletown, Myersville, Jefferson and Wolfsville. The program currently supports about 110 kids year-round. Pictured from the left are Kim Klemencic, program chairperson; Brad Myers, Edward Jones Investments; Leesa Otis, Keller Williams; Sean O'Keefe, O'Keefe Legal Services; and Susan Slaughter, Presidential Bank Mortgage. For information on how you can support the program or get involved, email office@mtownumc.org. For more information on MACC, visit www.middletownacc.org or email info@middletownacc.org.

Glade Valley Lions Club awards five \$1,000 Scholarships to Walkersville High School graduates



Courtesy photo

At the June 15 meeting of the Glade Valley Lions Club the scholarship winners and their parents were honored. The five scholarship winners were Hannah Chavez, Madison Hommey, Megan McGee, Harshi Patel and Ethan Welty. Each graduate told the club members about their activities and goals. For more than 70 years, the Glade Valley Lions Club has served the Glade Valley area. Besides scholarships, the club donates to Glade Valley Community Services Inc., provides glasses to those in need, donates to Leader Dog, Wilmer Institute and recently made a \$10,000 donation to the new Walkersville Branch Library. Pictured from left to right are President Vonnie Crum, 1st Vice President Bob Peters, Megan McGee, Harshi Patel, Hannah Chavez, Ethan Welty, Madison Hommey, Past President Dave Schrodel and 2nd Vice President Jim Corley.

Integrace Buckingham's Choice leads Yoga for A.L.L. classes



Courtesy photo

Integrace Buckingham's Choice, a forward-thinking life plan community in Adamstown, presented a free public event in Frederick that promoted the benefits of yoga as exercise for seniors at all living levels and their families. Yoga for A.L.L. (All Living Levels) took place on June 10 at the Baker Park Bandshell in Frederick. The event began with a presentation by Dr. Nicole Absar, the medical director of the Senator William and Ellen Proxmire Memory Clinic at Integrace Copper Ridge. Her presentation focused on the health benefits of yoga for individuals with Alzheimer's disease and other dementias. Absar's presentation was followed by a one-hour Yoga for A.L.L. class, led by registered yoga instructors from Integrace. Integrace representatives at the June 10 Yoga for A.L.L. from left to right are Lenora Tooher, MS, professor, Montgomery College; David Tooher, RYT 200 yoga teacher, director of health and fitness at Integrace Buckingham's Choice; Dr. Nicole Absar, neuropsychiatrist, behavioral neurologist, E-RYT 200 yoga teacher and medical director, Integrace Copper Ridge; Sally Jones-Rooy RYT 200 yoga teacher, Integrace Buckingham's Choice; and Sandy Morrell, RYT200 yoga teacher, Integrace Buckingham's Choice.

THURMONT & EMMITSBURG COMMUNITY SHOW

Plans for 61st event underway

FOR THE FREDERICK NEWS-POST

The 61st annual Thurmont & Emmitsburg Community Show will be held on Sept. 8, 9 and 10 at Catoclin High School, 14745 Sabillasville Road, Thurmont.

Entry of exhibits will take place 6 to 9 p.m. Sept. 7 and 8:30 a.m. to 11:30 a.m. Sept. 8 in the new gymnasium and in the agriculture department area. Judging will begin at 12:30 p.m. Commercial exhibits may be entered 3:30 to 5:30 p.m. Sept. 8. The show will open to the public at 6 p.m.

The 2017-2018 Catoclin FFA Chapter Ambassador will be announced the evening of Sept. 8. In addition, this year's program will honor the 50th anniversary of St. John's Christian Preschool and the 50th anniversary of WTHU Radio. The baked goods auction will begin immediately following the program (approximately 8 p.m.) and the grand champion cake, pie and bread will be sold at 9 p.m.

On Sept. 9, the show opens 9 a.m. to 10 p.m. Activities include a Market Goat, Beef, Sheep and Swine Fitting & Showing contest from 8 a.m. to 2 p.m. at the Ag Center at the school.

The Pet Show will be held at 10:30 a.m. outside the front of the school. Categories include cat with prettiest eyes; cat with longest whiskers; cutest cat; best trained pet; dog with wiggliest tail; prettiest dog (25 pounds and under); prettiest dog (26 pounds and over); best costumed pet; pet with most spots; largest pet (by height); most unusual pet; and smallest pet. A petting zoo, farm animals display, face painting and pony rides will be held from 10 a.m. to 3 p.m. At 4 p.m. there will be a martial arts program in the old gymnasium.

The Thurmont Grange will serve its roasted turkey and country ham buffet dinner in the school cafeteria from 3 to 7 p.m. Sept. 9. Entertainment will be performed in the auditorium by the Catoclin Mountain Boys from 6 to 7 p.m. and from 7 to 9 p.m., by the Taylor Brown "Elvis Show." There will be no admission charged for the entertainment.

The 43rd annual Catoclin FFA Alumni Beef, Sheep & Swine sale will begin at 7 p.m. in the Ag Center area on Sept. 9 night. There will be approximately eight goats, nine steers, 22 hogs and 10 lambs for sale by 4-H and FFA members. Buyers are welcome to come to support these individuals and their livestock projects.

Activities begin at 9 a.m. Sept. 10 with the Goat Show, followed by the Dairy Show and Decorated

Animal Contest. The decorated animal contest will begin at noon.

The petting zoo, farm animals display, face painting and pony rides will be held from 10 a.m. to 3 p.m.

At noon, the Catoclin FFA Alumni chicken barbecue will be held in the cafeteria. At 1 p.m. and 2 p.m., there will be a martial arts program in the old gymnasium. The 38th annual Robert Kaas horseshoe pitching contest will begin at 1 p.m. and the log sawing contest will be held at 1 p.m. under the tent in the ag shop area. Another new and fun feature is a pedal tractor contest for kids, which will be held at 1:30 p.m. in the Ag Center area. Prizes will be awarded.

The Catoclin Mountain Boys Band will perform in the auditorium from 12:30 to 1:30 p.m. and from 1:30 to 3 p.m. and the Taylor Brown "Elvis Show" will be performed.

There will be no admission charge for the entertainment.

Exhibits must be removed from 3 to 6 p.m. Sept. 10.

The community show booklets can be found in local Thurmont, Emmitsburg and surrounding area businesses in late July or early August. New residents of the community are urged to enter and be a part of the Community Show, the largest in the state. There are changes to the photography department in the junior, youth and adult categories this year and other minor additions and deletions will be made in some of the departments. Departments include Fresh Fruits, Fresh Vegetables, Home Products Display, Canned Fruits, Canned Vegetables, Jellies & Preserves, Pickles, Meats, Baked Products, Sewing & Needlework, Flowers and Plants, Arts, Paintings & Drawings, Crafts, Photography, Corn, Small Grains and Seeds, Eggs, Nuts, Poultry & Livestock, Dairy, Goats, Hay, Junior Department and Youth Department. There is no entry fee. For updated information, visit www.thurmontemmitsburg-communityshow.webs.com or pick up a booklet when available in early August. Entry tags will also be available for exhibitors to complete and bring with their entries at the Thurmont Regional Library, Eyley's Flea Market, Thurmont Feed Store and the Thurmont Economic Development Office located in Thurmont and at EPlus and Zurgable Hardware in Emmitsburg.

The Community Show is sponsored by the Thurmont Grange, Catoclin FFA Chapter, Catoclin FFA Alumni, the Maryland State Grange and the Maryland State Agricultural Fair Board.

Submissions for Neighbors

Submit news for the Neighbors pages by email to community@newspost.com or by mail to Neighbors, The Frederick News-Post, 351 Ballenger Center Drive, Frederick, MD 21703. Include a daytime phone number in case we have questions.

The Neighbors pages are for noncommercial use by civic groups, charities, clubs and other nonprofit groups.

For upcoming events, submit items at least two weeks before the event. For recognition of past events, submit items within three

weeks after the event.

Event photos should be clear and in focus. The people in the photo should fill the frame. Candid photos are preferred over posed photos. Identify everyone in the photo from left to right, by row, as well as who shot the photo.

Photos sent by email must be a separate attachment. Any photo embedded in a document cannot be used.

The Frederick News-Post reserves the right to edit all submissions.



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