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...

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, Taneytown 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.

(Continued on page 3)

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 Executive Officer 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 ...

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

Editor
The Taneytown Record
Phone: 410-751-1100
Fax: 410-751-1608
nbmccormick@taneytown.org
Send, email or drop off items c/o City Office
Nancy McCormick
17 E. Baltimore Street
Taneytown, MD 21787
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 of February.

RECYCLING UPDATE

The City recycled 19% of the total household garbage collected during the month of December. Thank you for your efforts and let's continue to recycle as many allowable items as possible.

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 between...
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 is 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 it’s heritage, in it’s 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 Wieprecht. 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. Initial reports that over 81 code violation cases have been resolved.

The State of Maryland dealt local governments a significant blow when the upsurge in local gasoline taxes, 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)
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 application 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-
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
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.

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.
Chuch 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
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, Potas-
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.graceuccmanteytown@verizon.net

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

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
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, Potas-
toes, Hominy, Sausage
Gravy, Chip Beef, Toast,
Fruit Cup, Orange Juice,
Tea, & Coffee.

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

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

The Taneytown Record Page 7 February 2010
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 website. 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 website. Your contribution to the Annual Walk benefits hungry neighbors in Taneytown and is tax deductible. The 11th Annual Walk, held in April 2009, 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 website www.ccfoodsunday.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.

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

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

The Taneytown Record Page 8 February 2010
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 breathe, 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)
to do nail trims, and I offer pick up and drop off service with a grooming appointment (additional charges apply).

Frequency of a pets 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 Shihtzus 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 brushd 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 regarding 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 pets coat type.

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

**ALL ABOUT FURR**

*Continued from page 9*

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 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!!**

**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

---

The Taneytown Record  Page 11  February 2010
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 making 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)
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 af-
ter that date will not be counted.

Taneytown News

11° 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(s) 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(s) 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(s) Nominating Contact Number

Neighborhood Volunteers—neighbors helping neighbors.
Name of Nominee: ________________________________
Address of Nominee: ________________________________
Neighborhood Area: ________________________________
Reason for Nomination: ________________________________

Person(s) 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(s) 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.
Deadline for submission of nomination forms is April 13, 2010.
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.
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 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, emmission test errand, house sit 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 any time. Check often on the web for special offers at www.errandsbycyndi.com. Gift certificates are available for all those special occasions.

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

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
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.

Save Time~Bank Online
Banking has never been easier!

Visit us at www.NewWindsorBank.com
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: 717-369-7804
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

The Taneytown Record Page 17 February 2010
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

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

<table>
<thead>
<tr>
<th>Period</th>
<th>Weekly</th>
<th>Weekend</th>
<th>X/Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/26/2010-05/23/2010</td>
<td>$815</td>
<td>$458</td>
<td>$95</td>
</tr>
<tr>
<td>05/24/2010-06/18/2010</td>
<td>$845</td>
<td>$470</td>
<td>$100</td>
</tr>
<tr>
<td>06/19/2010-09/10/2010</td>
<td>$945</td>
<td>$510</td>
<td>$116</td>
</tr>
<tr>
<td>09/11/2010-12/10/2010</td>
<td>$870</td>
<td>$480</td>
<td>$104</td>
</tr>
</tbody>
</table>

Ask reservationist for details about cost saving options

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

"Take a break" at Deep Creek Lake

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)

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

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.

www.victorypa.com

The Taneytown Record Page 18 February 2010
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 monetary 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/” www.ccfoodsunday.org HYPERLINK “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

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 WEDDING” 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 be for your Wedding or Romantic Evening!

Krieg’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 themeware, that once the candle is gone, it can be re-used. Krieg’s Candles uses only the highest quality gel, wicks, and imbeds to create one of a kind originals!

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

Krieg’s Country Candles also offer a wide variety of Gifts, Jewelry, Stemware, 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, that Pristine offers a variety of Gifts, Jewelry, Stemware, 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 imaginative play, scientific discovery and exploration of hands on activities.
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 oversees 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. 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 Utilities 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)
MAYOR'S STATE OF THE CITY REPORT
Continued from page 20

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 trials 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 citizens 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, improved 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)
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 project we 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 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 purchases.

(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

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 Wraps $7
Chesapeake Crab Pizzet $7.99
Slider Combo $10

Jumbo Lump Crab Dip $10
Mini Crab Cakes $12

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
Filet of Solom $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

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.
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)
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, 410-984-9134. For more information see my ad on page 23.