



TRIPP LAINO/THE GAZETTE

(From left) St. John Regional Catholic School fifth-graders Chris Weaver, 10, Isabella Nartker, 11, Bridget Scherer, 10, and Kevin Cottrell, 11, create rose pens to be given to the retired nuns living at St. Catherine's Nursing Center. The students were part of the 584 students participating in 12 projects for local nonprofit organizations.

Catholic school students find rewards in service day

■ Projects help others during weeklong program

BY TRIPP LAINO
STAFF WRITER

Although icy weather caused a two-hour delay Monday morning, students at St. John Regional Catholic School in Frederick still participated in day-of-service projects.

The projects, part of national Catholic Schools Week, were chosen by the eight parishes the school serves, said Sheila Evers, the director of development and marketing for the school.

The school — located on the north side of Frederick, with 584 students in pre-kindergarten through eighth grade — participates in the week each year through a variety of events, including the service day, a student appreciation day and spirit nights.

"This year, we went and reached out to our eight parishes — one representative to each one of those churches," Evers said. "We grouped the tasks age appropriately and deliver what needs to be delivered to representatives on Friday."

In addition to the day of service, Monday was also silly tie and sock day, Evers said, so the halls of St. John were filled with vibrant colors among the uniformed students.

Students in pre-kindergarten through the eighth grade each participated in projects, such as collecting school supplies, food or diapers as well as a hands-on activity, such as making rose pens by attaching an imitation rose to a pen for retired nuns at St. Catherine's Nursing Center in Emmitsburg.

Fifth-grade religion teacher Cheryl Churilla's class was hard

at work Monday morning making the rose pens, which would be given to the nuns, along with a rosary representing all of the continents of the world and some homemade baked goods.

She said she enjoyed watching the students participate in the event and help make such a nice gesture for the retired nuns.

"It makes me feel good to see them (helping out)," Churilla said. "We're trying to teach the kids that it's nice to do something like this for people who've dedicated their life to the church."

The students were enjoying the activity, too. Kevin Cottrell, 11, said he enjoys the annual service project in his classes.

"It feels good to help in different ways," Kevin said. "I love helping people that maybe need

a little more help."

Classmate Chris Weaver, 10, agreed.

"If you know they're in need, and you can help, it makes you feel good — almost jumpy," Weaver said, laughing and bouncing in his seat for emphasis.

Classmates Isabella Nartker, 11, and Bridget Scherer, 10, both said they liked how happy it made them to help out the retired nuns.

"It makes you happy to help those around you," Isabella said.

Meanwhile, eighth-grade classes were participating in the Holy Family Parish Backpack program, which will donate backpacks with food for weekend meals for Frederick County Public School students who qualify for free and

reduced-price lunches.

Students helped collect pudding cups and other foods for the backpacks and spent part of their class time Monday making prayer cards to be included with the food and backpack.

The students wrote a prayer on the foam cards and foam crosses and then decorated them before including them in the backpacks.

Angel Haller, 13, said she loves the annual service project and likes knowing it has an effect on the recipients.

"I like the variety," Angel said. "We're not just helping people close by, we're making people happy somewhere. We don't know who they are, but we know they're out there."

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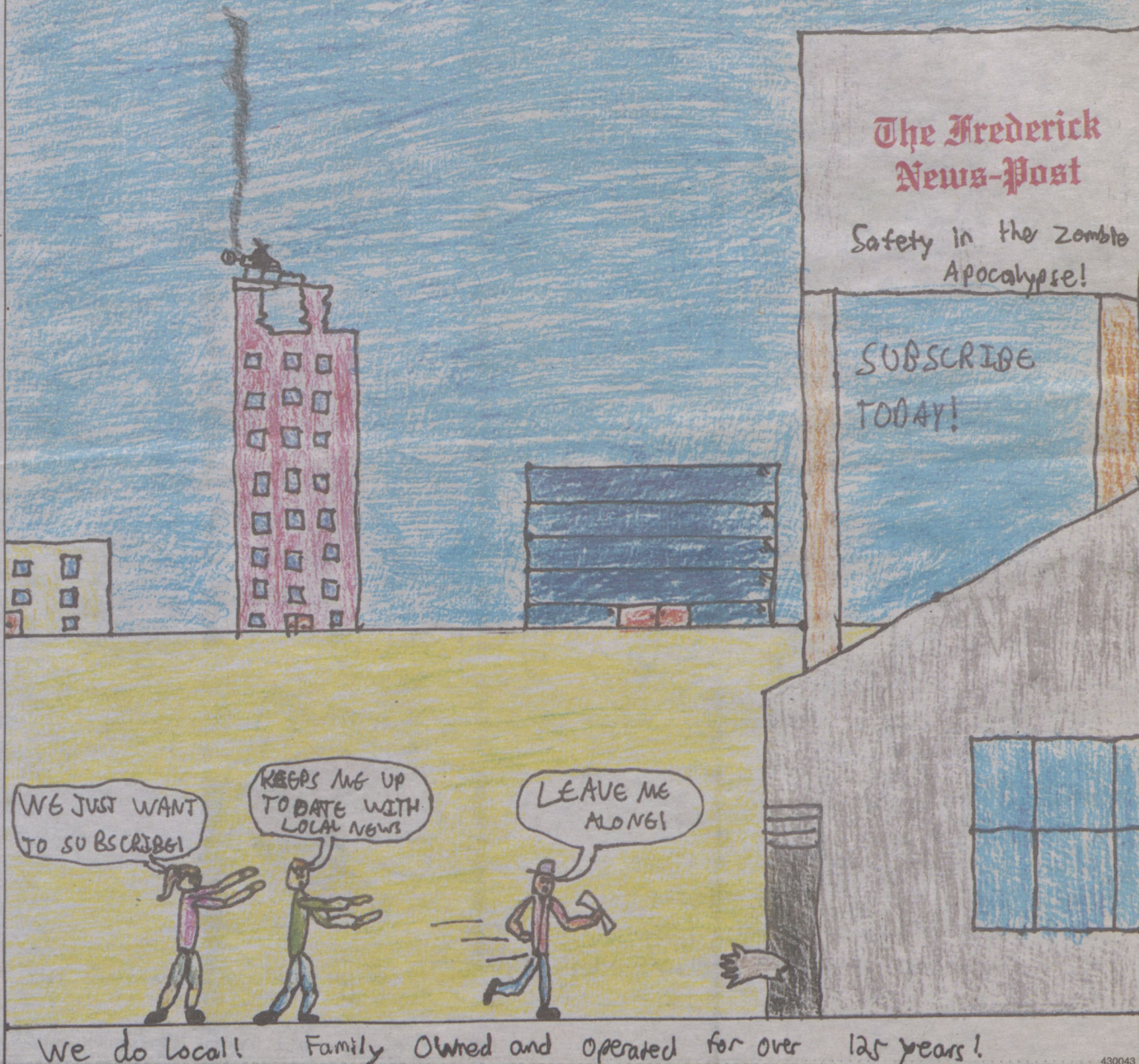


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Mr. Ralph Franklin Wachter

Ralph Franklin Wachter, 94, lifelong resident of Frederick, passed away November 12, 2012 at Homewood at Crumland Farms.

Born on March 6, 1918, Mr. Wachter was the son of Charles N. Wachter and Lucy E. Wachter, (nee Neidhart). In the 1920s the family resided at 108 East 2nd Street, near St. John the Evangelist Catholic Church where Ralph was a faithful member his whole life. He also attended both St. John's Elementary and High Schools.

After graduating from St. John's in 1935, Mr. Wachter attended Notre Dame College in Indiana and soon became a loyal fan of Notre Dame football. He graduated from Notre Dame with honors and was accepted at Catholic University where he received his Master's degree in Chemistry.

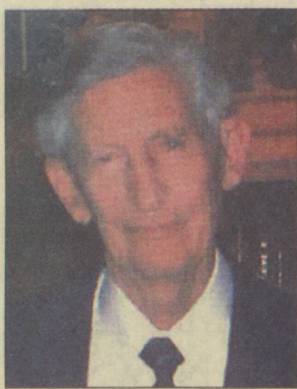
In 1943 Mr. Wachter enlisted in the United States Army and served during WWII on a hospital ship as the ship's sanitation officer responsible for maintaining high levels of cleanliness and doing frequent chemical testing of the drinking water. After the war, Mr. Wachter joined the Army Reserves and by 1962 had risen to the rank of Lt. Colonel. All told, he served honorably for 30 years.

After returning from the war, Mr. Wachter married Medora M. Harrison also of Frederick. When Mr. Wachter was accepted into a Ph.D. program at Purdue University, the young couple temporarily relocated to Indiana. Upon receiving his Ph.D. in Bio-chemistry, Mr. Wachter, his wife, and baby daughter returned to Frederick. He found good employment at Ft. Detrick, first in the Virology Department, and later at USAMARID. Ralph and Medora went on to have two more children- sons Philip, and David. All three children followed in their father's footsteps and graduated from St. John's High School.

As a boy, Ralph enjoyed collecting stamps, riding his bicycle, fishing, and occasionally riding along with his father in the car to take orders and make deliveries for the family wholesale business, Wachter Brothers. Sunday mornings Ralph often served mass as an altar boy and resumed being an altar boy after retiring.

While at college, Ralph took up tennis, and soon became quite a good doubles player. He enjoyed tennis so much that he played once or twice a week, nearly every week of his life, weather permitting, until he was 88.

Besides tennis, the other great pleasure for both Ralph and Medora was spending time with friends. Ralph and a large group of close childhood friends socialized every Saturday night. They also vacationed each summer in Ocean City, MD. At the annual Christmas party the "Saturday Night Crowd"



always exchanged funny gifts that were accompanied by a humorous, rhyming verse.

Over the years Mr. Wachter volunteered in many capacities for his beloved St. John's Church and schools. In 1972 he was the first President of the Board of Directors of St. John's High School at Prospect Hall on Butterfly Lane. On June 3, 2005, Ralph F. Wachter was presented with the Distinguished Graduate Award honoring his years of generous service to Catholic Education and his lifelong accomplishments as a graduate of St. John Regional Catholic School. Additionally, Mr. Wachter found time to volunteer one afternoon a week at the food bank.

In the end a strong religious faith, a love of tennis, and a love of family and friends were the core of Ralph Wachter's life and the secret of his long life. He was grateful for all that he had in this life, and all who knew him were impressed by both his kind heart and his sharp mind.

Mr. Wachter was predeceased by older brother, Holmes Wachter at age 7, niece Theresa Unglesbee, and wife Medora in 1995. Mr. Wachter is survived by his three children and five grandchildren: Victoria Wachter Seward and her sons Alex and Andrew; Philip Neidhart Wachter, and David Harrison Wachter with his wife Mary Baker, and their three children, Amanda, Benton and Zachery who reside in Wolfsville. Also surviving are Mr. Wachter's sister, Mary Caroline Unglesbee, age 102, niece Martha Figlioli and husband, Ken in California, and nephew, Holmes Unglesbee, and his wife, Glenna, who reside in Libertytown.

The family will receive friends at the Keeney and Basford Funeral Home at 106 E. Church Street in Frederick on Sunday, November 18th from 2-4 p.m., and from 6-8 p.m. A Roman Catholic Funeral Mass will be celebrated at 11 a.m. on Monday, November, 19, 2012 at St. John the Evangelist Catholic Church, 112 E. 2nd Street. Internment with military honors will follow at St. John's Cemetery.

In lieu of flowers, memorial donations may be made to St. John's Catholic Prep for scholarships or to support construction at the new Buckeystown campus.

Online condolences may be expressed at keeneybasford.com.



Artwork by Francesca James
Age 6, Grade K
Category: K-2nd Grade



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K-2ND GRADE

Popular reading suggestions

Chloe and the Lion

Mac Barnett

E BARN

Meet Chloe. She's on her way to ride the merry-go-round when a huge lion leaps out in front of her. Wait. I'm sorry. It's a dragon! No wrong again. It's a...well, you'll just have to see for yourself!

Z is for Moose

Kelly Bingham

E BING - CONCEPTS

Moose is so excited for his turn in the alphabet production, he almost can't control himself! When his page finally appears, moose is devastated to find he has been replaced by a mouse. Moose proceeds to behave very badly until zebra offers a solution resulting in a happy ending.

I'm Bored

Michael Ian Black

E BLAC

Meet a young girl who thinks being a kid is boring. When she meets a potato who also thinks kids are boring, the young girl becomes determined to prove just how much fun a kid can have on her own.

Wedgieman: A Hero is Born

Charise Mericle Harper

E HARP

- BEGINNING TO READ

Veggieman has a dream—he wants to help kids make healthy choices. Sounds nice, right? Too bad the kids think his name is Wedgieman and they refuse to be convinced otherwise, especially after seeing Wedgieman give himself a wedgie!

This is Not My Hat

Jon Klassen

E KLAS

While a much bigger fish is sleeping, a tiny fish steals his stylish blue hat. As he swims away, wearing the hat, the tiny fish is convinced that he has gotten away with his crime. Little does he know that the big fish is on to him!

Up! Tall! And High!

(But Not Necessarily in that Order)

Ethan Long

E LONG

Three short stories help emergent readers explore as they describe which bird is tall, which one goes up, and how high they go.

Lucky Ducklings

Eva Moore

E MOOR

Lucky Ducklings is the true story of a summer day when five little ducklings fell into a storm drain and became trapped. The mother duck anxiously watched as the townspeople worked together to set them free.

Creepy Carrots

Aaron Reynolds

E REYN

Jasper Rabbit loves carrots! He especially loves the fat, crisp, orange ones in Crackenhopper Field...that is until they start to follow him everywhere. How will Jasper keep the creepy carrots away?

For a complete selection of titles from the Collaborative Summer Reading Booklist, visit fcpl.org/summer



4 Former SJRES STUDENTS!

Courtesy photo

From left, back row, are Troop 792 Eagle Scouts Zack Flinchbaugh, Matthew Brown, David Werner, Hayden Barrick and Charlie Hanner; front row are Matt Erculiani, Micah Anderson, Chris Gillis and Joey Gallo.

Nine Scouts in Troop 792 attain Eagle rank

FOR THE FREDERICK NEWS-POST

Nine Frederick County teens from Boy Scout Troop 792 in Frederick earned the rank of Eagle in 2012, Scouting's highest rank.

To attain Eagle, Scouts must earn 21 merit badges and complete a service project in addition to other requirements. The charter organization for Troop 792 is Calvary United Methodist Church in Frederick.

The troop, led by Scoutmaster Tom Dumm, was honored to welcome Eagle Scouts 48 through 56 to the troop's Eagle Scout roll. The following Scouts completed service projects in 2012.

Joey Gallo, 16, a sophomore at St. Maria Goretti High School, set boundary markers, built wildlife shelters and created trails for the Izaak Walton League.

Hayden Barrick, 17, a senior at Tuscarora High School, cleaned and restored a portion of the gardens on the

grounds of the Frederick Historical Society. He also created a map identifying the new plantings. Hayden plans to attend college this fall.

Micah Anderson, 16, a junior at Tuscarora High School, renovated a large storage shed, adding an access ramp, a new roof and altering the existing storage shelves. The shed will be used by the theater department at New Life Christian School.

David Werner, 15, a sophomore at Tuscarora High School, organized and ran the hydration stations for the Frederick County Department of Social Services' 5K Crib Crawl. *Class of 2012*

Charlie Hanner, 14, a freshman at Urbana High School, renovated the riser and built a new altar, two offering tables and a lectern for the secondary chapel at St. John the Evangelist Church.

Matthew Brown, 14, a freshman at Urbana High School, cleared, planted and painted a low-maintenance flower and plant garden at Carroll Manor Fire

Co. Station 28.

Zack Flinchbaugh, 17, a senior at Tuscarora High School, designed and constructed tee signs for the Middletown Disc Golf Course at Middletown Park. He hopes to attend James Madison University or the University of Pittsburgh this fall. *Class of 2009*

Matt Erculiani, 17, a senior at Urbana High School, led a floor-to-ceiling cleaning, painting and upgrade of a room in the St. John's Community Center at St. John the Evangelist Church. He hopes to attend the University of Maryland this fall.

Chris Gillis, 14, a freshman at St. John's Catholic Prep, restored the grounds and access to an old lime kiln at Heritage Farm Park in Walkersville. He also built a covered sign explaining the significance of lime kilns for farms and industry.

Troop 792 meets on Monday nights at New Life Foursquare Church in Frederick.

Class of 2012

Special Olympian has won several medals

BY ERIN BOLLING
USAMMDA

In the early 1960s Eunice Kennedy Shriver noticed that many special needs children did not have the support or opportunity to participate in physical activities. This inequality encouraged Shriver to open a summer camp that provided children with intellectual disabilities a place to simply be a child and take part in the physical activities that other children their age enjoyed. This summer camp was the foundation for what is known today as the Special Olympics.

Since then, the Special Olympics has become a venue for more than four million athletes, from over 170 countries around the world with intellectual disabilities to compete in athletic games. For Zack Reeves, a 41-year-old with a developmental disability, the Special Olympics has also become a catalyst for physical competition and has given him the strength to not just compete, but also to win.

Zack Reeves is the son of Dr. Marie Reeves, quality assurance specialist at the U.S. Army Medical Materiel Development Activity at Fort Detrick, Md.

Dr. Reeves said Zack began competing in the Special Olympics, due to "Zack's brother, who is three years older and was a very good athlete," said Dr. Reeves. "[Zack] was always athletic from being dragged to things by his brother."

Zack has been competing in the Special Olympics since he was 15 years old, beginning in Charlottesville, Va. With over 32 sports offered for competition by the Special Olympics, Zack



Zack Reeves with some of his medals won in various competitions in the Special Olympics. *Courtesy Photo*

competes in several events throughout the year including softball, bowling, weight lifting, and alpine skiing.

If you ask Zack how many medals he has won, you may as well wait for someone to recite the Declaration of Independence, it would take less time. Through the many years of competition, Zack has won over 120 medals in various events. "I have more gold medals than Michael Phelps," said Zack.

Currently, Zack lives with his mother in Frederick, Md. and is preparing for the next competition. The Special Olympics

offers year round training and competition, to help promote a sense of empowerment to the disabled community. It is this sense of empowerment that has helped Zack manage two jobs, volunteer work, training, and competing.

"I like Special Olympics because it lets me see how I can get better at bowling, or skiing or softball, every year," said Zack.

He has plans to pursue coaching for the Special Olympics, and to "help my friends in the games."

"His personal goal is to bowl a perfect game, a 300, and keep working at St. John's and Giant. He is very involved with Community Living and the ARC of Frederick County where he both gives and receives support," said Reeves. "Eventually Zack will live in his own home with a care giver to prepare him for life without me."

[Editor's Note:] Thanks to Shriver, Zack and millions of others with intellectual disabilities can compete in an equal atmosphere, where they may forget about their disabilities and focus on what they can personally accomplish. The Special Olympics gives individuals with disabilities a chance to push themselves, and know the joy and pride in winning, as well as the sorrow and pain of defeat. It is these basic emotions that make every human and is a "special" thing to give disabled individuals the sense of normalcy. For over four million athletes with disabilities, the Special Olympics is a place where they are not defined by their disability, but by what they can achieve.

AROUND TOWN | ST. JOHN'S FIRST DAY



The parking lots at St. John Regional Catholic School were full of activity Tuesday morning as 585 students gathered outside before going inside for their first day of classes for the school year. Pictured are first- and second-graders.

Staff photo by
Sam Yu

(Continued from A-4)

Suarez's first day on active duty, when he turned up for officer training at Fort Sam Houston. Friday's dual ceremony had the feel of a wedding, Victor Suarez said, as he thanked his wife for supporting him in his career. Kate Suarez served 12 years on active duty before entering the reserves to raise her family.

"You inspire me to be a better person, a better father," Victor Suarez said to his wife.

U.S. Army Medical Research and Materiel Command Maj. Gen. James Gilman said Friday's dual promotion and frocking ceremony was the first he'd ever witnessed. He presided over part of it.

"It's indeed an honor to be here," Gilman said.

The couple married in 2001, after dating long distance for five years while they were assigned at posts in different states. They were assigned to Fort Detrick and settled in Frederick in 2005, though Victor spent a few years also at the Pentagon, where he was an aide to the Army surgeon general. Both have also been active volunteers at Detrick and with the Maryland Business Roundtable for Education's Achievement Counts program, through which they speak to high school students about the importance of receiving an education.



Staff photo by Adam Fried

Lt. Col. Kate Suarez, right, and Lt. Col Victor Suarez use a sword to cut a cake Friday during their shared promotion ceremony at Fort Detrick.

Kate Suarez's volunteer services include work with the Army Community Services office at Fort Detrick. She "is always there and ready to help with a smile," be it with the office's Family Advocacy Program or with Operation Happy Holidays, Pam Tucker, program manager for the office's Financial Readiness and Army Emergency Relief Program, said.

After Friday's ceremony, the couple cut a cake with a special

medical officer's sword that Kate had given to her husband. They used it to cut the cake at their wedding, Victor told the crowd, which included the couple's sons, Alex, 10, and Jayden, 5, and parents.

Victor Suarez's father, Tony, flew in from California for the event. As a former infantry soldier who served in the Army in Vietnam, Tony Suarez inspired his son to join the Army and has taught him how to treat his

fellow soldiers. Tony Suarez administered the oath of office to his son and daughter-in-law.

"It was exciting," Tony Suarez said.

Victor's commander, Col. Michael Talley, called his promotion "well deserved."

As the drawdown in troops from Afghanistan and Iraq continues, "there is no better leader to bring us home than Victor Suarez," Talley said.



Staff photo by Travis S. Pratt

St. John Regional Catholic School learning lunch program members, from left, Marcos Pierce, Casey Beins, Arden Ireland, Bethany Lipscomb, teacher Erin Kelly and Brendan Kelly reassemble a Rubik's cube mosaic of Anne Frank.

St. John Regional students create Rubik's cube collage

By BLAIR AMES

News-Post Staff

bames@fredericknewspost.com

St. John Regional Catholic School eighth-grader Marcos Pierce can solve a Rubik's cube in about one minute and 50 seconds.

But it took Marcos and fellow St. John students a bit longer to decipher another puzzle.

Over four weeks, Marcos and four sixth-graders arranged 100 Rubik's cubes just right to complete a mosaic of Holocaust victim Anne Frank.

Students met once a week for 40 minutes to configure the cubes. Marcos did his work at home because his schedule didn't allow him to meet with the rest of the team.

The Rubik's cube activity is part of St. John's learning lunches program where students can skip recess to participate in activi-

“IT'S NOT THAT HARD, it just takes a lot of patience.

BETHANY LIPSCOMB,
Sixth-grader at St. John Regional Catholic School

ties they're interested in, but don't have time for during the school day, according to Erin Kelly, who coordinates the program.

“They're really popular,” she said.

Prior activities have included outside experts visiting to discuss topics including bracelet making, Greek culture, origami and sharks with students.

The Rubik's cube activity involved

(See COLLAGE A-2)

St. John Regional Catholic School learning lunch program members from left, Brendan Kelly, Bethany Lipscomb, Arden Ireland, teacher Erin Kelly, Marcos Pierce and Casey Beins stand with a portrait of Anne Frank the group fashioned out of Rubik's cubes.

Staff photo by Travis S. Pratt



Collage

(Continued from A-1)

students' problem-solving ability while teaching patience and persistence, Kelly said.

“If you make a mistake, it's not an easy or quick fix,” she said. “It's a lot of trial and error.”

The students chose to complete the Anne Frank puzzle because of all the kits available, Frank was the most notably visible when completed, Kelly said.

Students said the project was frustrating and time-consuming, but in the end not that difficult.

“It's not that hard, it just takes a lot of patience,” said sixth-grader Bethany Lipscomb.

Fellow sixth-graders Arden Ireland, Brendan Kelly and Casey

“If you make a mistake, it's **NOT AN EASY OR QUICK FIX.**

ERIN KELLY,
who coordinates the program

Beins also worked to complete the project.

“It took forever to get it all together,” Brendan said.

While this project took four weeks to complete, students have their eyes set on a bigger prize.

They're trying to persuade their teacher to allow them to complete a larger puzzle involving 300 to 500 mini Rubik's cubes.

“We'd like to do another, maybe of Einstein,” Bethany said.

Mark Hoke dies at 76

Originally published January 12, 2013

By Ike Wilson
News-Post Staff

With Mark Hoke's death, Frederick lost one of its most distinguished, caring citizens, former Frederick Mayor Paul Gordon said Friday.

Hoke died Thursday at Frederick Memorial Hospital. He was 76.

The two men spoke many times when Hoke was commander at Fort Detrick and Gordon was mayor, Gordon said.

"He was always willing to listen and make suggestions," Gordon said.

Their relationship went back many years before that, Gordon said, because he knew the Hoke family when the two were growing up in Frederick.

"He was a charming person, although he was not afraid to express his true feelings, even if we differed," Gordon said.

When the city replaced the Bentz Street bridge over Carroll Creek, then-Mayor Gordon offered Hoke a plaque from when the bridge was built.

"He was enthralled to receive it since the bridge had been built by his father's company, but more than that, it was part of Frederick's history," Gordon said.

Hoke cherished being a Fredericktonian, and he loved the city and the people in it, Gordon said. Hoke was concerned for residents' welfare and used his Army command authority to help them when he was able.

The Fort Detrick commander, who later served two terms as a county commissioner, was praised in a statement released Friday by Commissioners President Blaine Young for his dedication to the county and the nation's military:

"On behalf of the Frederick Board of County Commissioners, we mourn the passing of Mark Hoke, a Frederick native who proudly served the citizens of Frederick County as Vice President and President of the Board," the release stated.

"He was a great Commissioner and a role model for us all in his military service as a U.S. Army Colonel and Commander of Fort Detrick. He did what he said he was going to do and never beat around the bush.--

"He helped shaped Frederick County in many ways, including his service in the military and as

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Staff file photo

Retired U.S. Army Col. Mark Hoke.

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commander of Fort Detrick. The Board of County Commissioners extends our deepest sympathies, thoughts and prayers to the Hoke family. Col. Hoke will be greatly missed by all."

At Young's request, Frederick County flags at county facilities were to be flown at half-staff from today until sundown Monday in Hoke's honor.

Former state Delegate Paul Stull remembered Hoke as a problem solver, friend and community leader with an outspoken nature.

"I've known Mark all his life and always had a great admiration for his intellect in analyzing problems," Stull said. Hoke was a county commissioner when Stull served as delegate.

"He was a great friend and a great community leader. He might have been outspoken -- he didn't mince words -- but when he told you something, you could take it to the bank," Stull said. "I enjoyed working with him for the betterment of the citizens of Frederick County."

Hoke, who graduated from eighth grade at St. John Regional Catholic School in 1949, was a cornerstone supporter of Catholic education, said Sheila Evers, director of development at the school.

Hoke was instrumental in starting an alumni association at the school and, to ensure its success, he worked tirelessly to get others to join, Evers said.

"He never missed a meeting, even when he was not feeling very well," Evers said. "We can largely thank Colonel Hoke for the success of our committee. The committee meetings will never be the same (without) his wit and his overwhelming dedication to Catholic education at the school."

"I am privileged that I had a chance to meet and befriend such an amazing individual," Evers said.

In 2008, St. John honored Hoke with its Distinguished Graduate award.

Caroline Pugh, executive director of Friends of Catholic Education, said Hoke's love of country, faith and family was unshakable.

Hoke attended Frederick High School, Washington College and Central Michigan University. He enlisted in the Army, rising to the rank of colonel. After 28 years in the military, he was selected in 1983 to become the 27th commander of Fort Detrick, where he served until 1986.

He was then elected to the Board of County Commissioners and served a four-year term as vice president of the board. Hoke left public office in 1990 but returned in 1994 to serve as commissioners president until 1998.

Hoke has been described as the man who led the formation of the Fort Detrick Alliance, which facilitates communication between agencies at Fort Detrick and the community and helps local businesses learn about contracting opportunities with the military installation.

"The efficacy of such an alliance is blatantly obvious," Hoke said in June 2003. "There was a lack of communication between the community at large and the military base."

Hoke was later honored with the Volunteer of the Year Award for his leadership of the alliance.

Born March 25, 1936, in Frederick, Hoke was the son of the late LeRoy Austin and Ruth Naomi Ford Hoke. He is survived by his wife of 54 years, Janet Marie Felton Hoke, and three children.

The family will receive friends from 2 to 4 p.m. and 7 to 9 p.m. Sunday at the Keeney and Basford Funeral Home in Frederick. Funeral services will begin at 11 a.m. Monday at St. John the Evangelist Roman Catholic Church in Frederick. Burial with military honors will be in Mount Olivet Cemetery.

Longtime barber called community historian

By IKE WILSON

News-Post Staff
iwilson@fredericknewspost.com

When longtime Frederick barber Thomas "Frosty" Hill died Thursday, the community lost a historian.

"That's what I remember about him," Frederick resident Linda Shern said. "Every time we met at a community event, he would talk about things that happened back in the day.

"We considered him our community historian. He always had a story to tell, and he loved Frederick and the people. You could always count on him for a good story."

The Elks Lodge on All Saints Street was the venue for many events in the black community, said Shern, 63.

"We would all frequent the Elks Lodge, and I would give him a ride back to his house on Madison Street," Shern said, adding that Frosty was a friend for many years.

Hill, 67, was a barber for 42 years. He ended his hair-cutting career at his West College Terrace shop in Frederick about six months ago, according to his brother, Watu Mwariama.

Frosty's barbershop was the source for many conversations involving history, Frederick resident John Chaney said.

"The thing I remember the most was his



News-Post staff file photo

Thomas 'Frosty' Hill, a former All Saints Street barber, died Thursday.

Hill

(Continued from A-5)

extensive knowledge of the history of the black community in Frederick and how it relates to the county as a whole," Chaney said. "He talked of the Shab Row community when it was an all-black community, of All Saints Street's importance in our history where most black businesses existed, ranging from barber to medical doctor and everything in between."

Hill also talked about the Tivoli Theater, now the Weinberg Center for the Arts, when it was segregated, and the Weinberg family's contributions to the community, Chaney said.

Hill was a promoter at one time, versed in all aspects of the entertainment business, said Chaney, 46, owner of Chaney Entertainment LLC.

"He supported me in my business with advice, encouragement, and offered me a place to advertise comedy and my shows," Chaney said. "Whenever you went to his shop, you knew you were going to get good educational conversation at some point."

Frosty's barbershop was the spot for haircuts before the big Frederick and Gov. Thomas Johnson high school basketball games, Chaney said.

"And most of the time, the haircuts would be on the house. He would give all the kids their choice of a piece of

candy when they came in, and that nice jazz music on 96.6 FM radio would always be playing," Chaney said.

"He was always about the kids and always had encouraging words for them," Chaney said. "And it was not just lip service, because he belonged to groups that gave back to the community."

Frosty's goal was to help some of the children in the community who wanted to become barbers but didn't have the means, Chaney said.

"Since we know all students are not meant to go to college, in his name, we will make sure that at least one person realizes that dream" by establishing a scholarship named for Thomas "Frosty" Hill, Chaney said.

"Frosty was a great man and the one and only barber I ever went to," said Dale Herbert, 46.

"But if you had something on your mind or you needed to take things off your mind, Frosty's barbershop was the place to be," Herbert said.

A lot of sports news was discussed at Frosty's barbershop. "It was awesome, and he was an adamant Oakland Raider(s) football fan," Herbert said, "but the most important thing I remember about Frosty was he was a very neat man."

"Everything was in order, and his shop, the shop was

always clean, and he was a well-dressed man," Herbert said.

Even after Gary Rollins moved to Baltimore, he would come to Frosty's barbershop for his haircuts, he said.

"I remember he was in charge of a band, and he helped the young kids a lot," Rollins said.

Frosty did a lot for the community, son-in-law Elvin Addison said, "whether it was free haircuts for kids who were new to the community, sponsoring basketball teams or organizing tournaments."

"He was just an overall good guy," Addison said, "and an active member of the Elks Lodge."

Whenever Robin Washington took her two boys to Frosty for their haircuts, he made them comfortable, she said.

"He was very involved in the community — a caring man, and I will always cherish his smile," Washington said. "He was just a very fine, loving and caring person."

Snowden Funeral Home in Rockville is handling arrangements. Tentative plans are to hold the service Dec. 29 at Jackson Chapel United Methodist Church in Frederick.

Top stories

Advanced science educator

St. John teacher completing fellowship

By BLAIR AMES

News-Post Staff

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Laura Donaldson started out in public relations, but while volunteering with autistic students, she decided teaching was the career for her.

Donaldson is in her third year of teaching science at St. John Regional Catholic School since

graduating from Mount St. Mary's University with a master's degree in elementary education.

Now, with the help of the National Science Teachers Association, she can further her teaching experience.

Donaldson was one of 220 middle and secondary science teachers from across the country selected to

(See SCIENCE A-8)



From left, St. John Regional Catholic School science teacher Laura Donaldson passes out samples of water to students Cole Grieser, Anirah Louketis and Tom Keenan during class Wednesday.

Staff photo by Travis S. Pratt

Science

(Continued from A-5)

take part as fellows in the 2011 NSTA New Science Teacher Academy.

The yearlong professional development program is designed to promote quality science teaching, enhance teacher confidence and classroom excellence, and improve teacher content knowledge.

The opportunity is open only to second- and third-year teachers.

"I could not have asked for a better experience," Donaldson said. "It was certainly a long shot that I would get this, and it was a

very nice surprise in September."

Since the program started in October, Donaldson has been participating in online seminars as well as Skype sessions with a mentor, who has 30 years' experience teaching high school.

Donaldson applied for the program last year after hearing about it from Principal Karen Smith.

The 2011 fellows represent 34 states and the District of Columbia. They were selected on the basis of several criteria, including showing evidence of a solid science background and dis-

playing a strong interest in growing as a professional science educator.

Each fellow receives a NSTA membership package, online mentoring with trained mentors who teach in the same discipline, and the opportunity to participate in a variety of Web-based professional development activities — including Web seminars.

Donaldson will also receive a free trip to the NSTA's 2012 National Conference on Science Education in Indianapolis.

She plans to focus on STEM (science, technology,

engineering and mathematics) education sessions at the conference to bring back more information for St. John teachers. The school was recently named a STEM school by the Archdiocese of Baltimore.

St. John formed a STEM committee to develop a three-year plan to enhance STEM education at the school.

"If you look at reports that they put out about our education in the U.S. compared to other countries, those are the areas that we really are behind in as a country," Donaldson said.



St. John Regional Catholic School fifth-graders William Gouker (left) and Lexi Stewart (right) help Paula Gray, manager of the Norwich, Vt.-based King Arthur Flour Company Life Skills Bread Baking Program in a bread-baking demonstration Sept. 28. (Elizabeth Lowe | CR Staff)

Students rise to the occasion, baking bread for the homeless



HOME » NEWS » LOCAL NEWS

By Elizabeth Lowe

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Twitter: @ReviewLowe

FREDERICK – Donning aprons nearly as long as they are tall, Lexi Stewart and William Gouker were pint-sized bakers, stirring ingredients and kneading dough during a bread making demonstration.

With help from a baking pro, Lexi and William, fifth-graders at St. John Regional Catholic School (SJRCs), showed nearly 250 of their peers in grades four through seven how to make bread.

Students each received four pounds of flour, a recipe booklet and a yeast packet, among other items, to make two loaves of bread over the weekend – one for themselves and the other for the Frederick Rescue Mission, which offers meals and shelter to those in need.

Paula Gray, manager of the Norwich, Vt.-based King Arthur Flour Company, Life Skills Bread Baking Program, was at SJRCs Sept. 28 to teach students how to make bread and share in the joy of baking.

"The donation piece is very important," said Gray, who noted materials are paid for by King Arthur Flour.

Gray incorporated math and science skills into the demonstration, including fractions, hypotheses and estimating.

"A recipe is just an equation," Gray said. "When you bake you have to be exact."

Gray also showed students how to make pizza dough and cinnamon rolls.

"You'll know how to bake bread forever," Gray said, "which is a really great skill."

Lexi and William were ecstatic to know one of their loaves of bread will help someone in need.

"It's really good ... to know they're cared for and know they're OK," Lexi said.

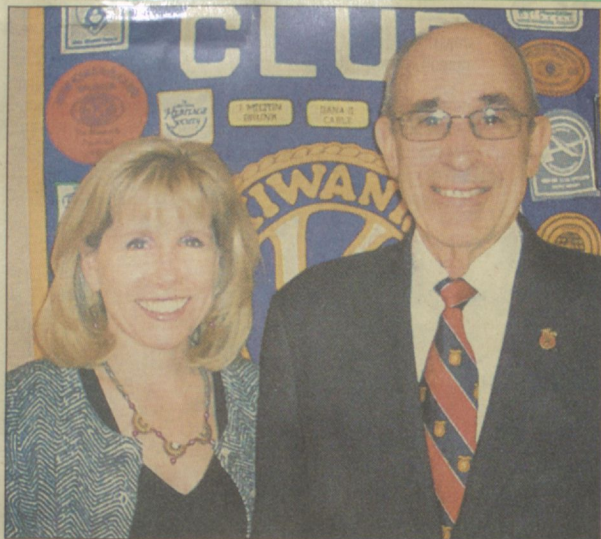
William echoed her sentiments.

"It helps people by just letting them know that Catholics and other religions are taking a stance and helping them get their daily needs," William said.

Karen Smith, principal of SJRCs, said students "learned a valuable life skill about baking bread."

"It was a good connection," Smith said. "The seventh- and eighth-grade science teacher was very happy."

On Sept. 27, Gray put on the same demonstration for 250 students in grades four through seven at the parish school of Church of the Resurrection, Ellicott City.



Courtesy photo

Kiwanis speaker

The Kiwanis Club of Frederick recently hosted retired Col. **John Fer**, right, of the U.S. Air Force. Fer discussed his time in Vietnam, his flight patterns as a pilot and the day he was shot down. He talked about his capture and the six years he spent imprisoned at the infamous Hanoi Hilton. The prisoners communicated by knocking quietly on walls using a system made up of only 25 letters, dropping the K. He told a humorous story where other inmates thought a message translation was "Fer faces blindness," but it was actually "Fer fakes blindness." Faking blindness helped him avoid heavy interrogations. Pictured with Fer is Consie Meyers, past president of the Kiwanis Club of Frederick. For membership details, call 301-663-4523.

Communicating with parishoners



Staff photo by Graham Cullen

St. John Regional Catholic School third-grader Collin Kelly gets some help Monday from Carrie Michaels, a parent volunteer, as he and his classmates write letters to be given to parishoners who receive communion at home and cannot attend Mass. Students of each grade were completing service projects as part of Catholic Schools Week.

Thurmont man receives Purple Heart

Army captain wounded in Afghanistan is 2004 Catoctin High graduate

By COURTNEY MABEUS

News-Post Staff
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Army Capt. David Burrier remembers the noise from the blast but not the actual explosion. The rest is a blur.

In April 2010, Burrier, a 2004 graduate of Catoctin High School, was on a mission to clear a road in Afghanistan of explosives when a 200-pound roadside bomb blew up about 30 feet away from him.

“

You just hope
and pray that
**EVERYTHING'S
OK.** He can be
pretty stubborn,
so I think there's
**ROCKS IN (HIS
HEAD).**

BARBARA BURRIER
Army Capt. David
Burrier's mother

He was about five months into a yearlong deployment with the 2nd Platoon, 264th Engineer Clearance Company, 20th Engineer Brigade out of Fort Bragg, N.C.

Burrier felt the shockwave and suffered a mild concussion. His troops got checked out and treated, but Burrier had a big mission the next day, so he filed his report instead.

Burrier was to receive a Purple Heart for his actions the following day.

He and his troops were about 20 miles into a mission on a tight road with mud walls on each side. His troops were fanned out, sweeping for bombs.

Suddenly, a rocket embedded in one of the mud walls exploded.

"It was probably about 10 feet away," Burrier said.

Burrier doesn't remember much about what happened. Shrapnel ripped into his left forearm.

"It felt like a bee sting," Burrier said.

Video from a camera mounted on one of the Army vehicles showed him wandering in a daze through a cloud of smoke, he

(Continued from A-1)

said.

Burrier's platoon leader had to stop him when he started toward the spot where the bomb had exploded.

No one was killed in the blast, but five or six of Burrier's soldiers were hurt. After he came to and got his arm bandaged, Burrier went back to work.

His platoon was about 300 meters from a company operating post where they could take injured soldiers to be treated, but first they had to clear the way. The soldiers then had to turn around and clear the road again on the way back. It is not unheard of for new bombs to be placed in a cleared road, and the soldiers uncovered one on their return, Burrier said.

"Those five minutes I was out of it," Burrier said of his reaction to the blast. "The rest of the day, I had a pretty severe headache from it and my arm hurt."

Burrier suffered a severe concussion in the blast, he said. He was given two days off to rest and recuperate.

"The Army's pretty good about it because they have a lot of people with (traumatic brain injury)," he said.

Burrier received his Purple Heart in March during a ceremony in Louisville, Ky. He also received a Bronze Star at the end of his serv-



Photo courtesy the U.S. Army Corps of Engineers, Louisville District

Army Capt. David Burrier received a Purple Heart for his service in Afghanistan.

ice in Afghanistan.

Barbara Burrier, David's mother, said she did not know the details of the blast that injured her son until six months after it happened, and then she learned more from a local newspaper story in Paducah, Ky.

"You just hope and pray that everything's OK," Barbara Burrier said. "He can be pretty stubborn, so I think there's rocks in (his head)."

David Burrier, a 2008 graduate of The Citadel, is now stationed with the Army Corps of Engineers in southeastern Illinois and lives in Paducah with his wife, Hunter.

Burrier said he enjoyed watching war movies when he was younger, but the terrorist attacks of Sept. 11, 2001, prompted him to join the military out of a sense of duty.

As a high schooler, he said, he found a mentor in Army 1st Lt. Robert Seidel III, who had graduated from Catoctin High in 2000 and attended West Point. Seidel was killed by a roadside bomb in May 2006, during a routine patrol in Baghdad. Burrier was friends with Seidel's brother.

Burrier plans to earn a master's degree in civil engineering. He wants to stay in the military until "my wife tells me she's had enough or the Army tells me they don't need me any-

Until then," he said, "I'll keep chugging

Students learn about future careers at Bechtel

Members of Junior Achievement of Central Maryland hear of need for engineers

Originally published September 23, 2012

By Ed Waters Jr.

Bechtel Power Corp. recently opened its doors for four days to show students the career possibilities in engineering and other fields.

Fifty students from Baltimore-area schools came to the company's Westview Drive offices Friday to learn firsthand about the need for engineers and other skilled workers, said Sarah Wilson, vice president for education and outreach for Junior Achievement of Central Maryland.

It was the first such local project with Junior Achievement, Wilson said. On the other three days, students from St. John's Regional Catholic School attended a career fair and presentations by Bechtel personnel.

One of those was Summer Potts, an electrical engineer and five-year Bechtel employee. She helped set up the AT&T cellphone network, and she explained to students how cellphones work. Potts said it was important that students see a woman in an engineering position.

"I had a lot of support when growing up in math and science," Potts said. "Girls can get derailed from studying math and science and engineering."

Bechtel is a great place for someone to grow, Potts said. "You are not stuck in one position. Being an engineer opens a lot of doors."

Students at the middle school level are the most affected, Wilson said. At that age, many are formulating their future goals and careers and thinking about what studies to pursue in high school and beyond.

Victor Frich, assistant project manager in the Renewable Energy section at Bechtel, coordinated the student visits.

He has been working on a solar thermal project for Southern California.

"Bechtel is doing these programs with Junior Achievement around the U.S., in Canada, Chile, Dubai, United Arab Emirates, and other places," Frich said.

Frich said it is important for Bechtel to be part of the community, wherever the company is working on a project. "Locally, we support Celebrate Frederick and we are working on the Habitat (for Humanity) house and have the ACE (architecture, construction and engineering) program for students. When we are on a project, away from home, the best thing we can do is help the community, from building a school to drilling a well."

Sonia Taylor, communications manager at Bechtel Power Corp., said there is a definite need for engineers in the future. Bechtel has supported STEM (science, technology, engineering and math) education around the world.

"And there are many positions in Bechtel, not just engineers," Frich said.

These include teachers to instruct employees, biologists to check wildlife and plant life before a project starts, archaeologists to ensure the preservation of areas that could be affected, and real estate and legal professionals to help with permits and regulations.

Frich said it is important to tell students, some of whom may be future Bechtel employees, that the company is concerned about the environment, has a social conscience and looks at sustainable development in its projects.

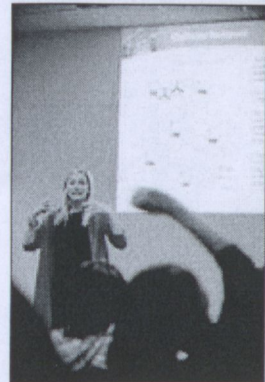


Photo by Travis Pratt

Bechtel electrical engineer Summer Potts gives a presentation about cellular networks to a group of students from Baltimore on Friday afternoon at the Bechtel Corp. offices in Frederick.

Young journalists relate experiences from the fair

By ED WATERS JR.

News-Post Staff

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Budding journalists get a chance to hone their journalistic skills with Media Core, a program coordinated through the fair officials and *The Frederick News-Post*.

Middle and high school students meet at the Media Core trailer, just inside the main gate at The Great Frederick Fair, and decide what stories each will cover.

Much like a real newsroom, students designate one person in the group as an editor, who keeps track of the stories.

On Sunday, six students from St. John's Regional Catholic School completed stories for the GFF Daily, which is available at the fair information center.

Susan Summers, who coordinates agricultural education at the fair, gives each participating student a media pass and a T-shirt showing they are part of the Media Core crew for that particular day.

"We let you do your own thing," Summers said. She advised them to prepare as a reporter would, by having



Staff photo by Sam Yu

Media Core reporter Ariana Bennett, 11, a sixth-grader at St. John Regional Catholic School, interviews Carolyn Maher about the horse programs Sunday at the Great Frederick Fair.

some questions prepared, taking photos and checking spellings of names of the people they interview.

Ariana Bennett, 11, a sixth-grader at St. John's, chose to cover the draft horse competition held at the infield of the fairgrounds.

"A reporter should be polite, not bother someone when they are busy and always thank them," Ariana said before heading to the infield.

Ariana interviewed Carolyn Maher, Earl Harrison and Chistie Harrison who

breed percheron and Belgian draft horses.

Ariana traveled from the horse ring to the dairy show ring, where Maher was helping take registrations for the dairy show, then back to the horse ring for interviews and photos.

John Urban, who was editor for the group Sunday, interviewed Becky Brashers, general manager of the fair, on the complexities of not only running this year's fair, but preparing as much as two years ahead for fairs to come.

Simon Kadell, who with

his family raises chickens, wrote about the many different types of chickens and what judges look for in poultry competition. The chicken exhibit, Simon noted, is one of the noisiest of the animal areas as the chickens, ducks, geese and others constantly make noise.

Amelia Scherer talked with folks preparing cows for competition from breed judging to pretty cow contests. Shelby Platner wrote about goats, from milk to cheese. Sarah Grace McElwain talked with race car driver Bunny Burkett.

On Friday, Linganore High School students talked about why they had chosen to participate in Media Core.

Brooke Evans and Holly Gambrell, doing their third and fourth Media Cores, respectively, said they want to major in journalism in college.

Justin Fraumeni said he participated because it was "something different" from many of the other classes he could choose from at Linganore.

Other schools participating this week include Midletown High School, Oakdale, Urbana and Frederick High School.

St. John music teacher a leader in class, song

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Travis S. Pratt

St. John music teacher a leader in class, song

Peggy Frazier has served as a cantor and member of the St. John Evangelical Church adult choir for more than 25 years. She became its head director in early 2013 after working as its assistant director for more than 17 years. Staff photo by Travis S. Pratt

Posted: Tuesday, July 2, 2013 2:00 am

By Rachel S. Karas News-Post Staff | 0 comments

Peggy Frazier's voice has taken her as far as Carnegie Hall, but there's no place like home.

St. John Regional Catholic School's beloved music teacher is marking nearly 10 years of teaching at her alma mater and more than two decades of leading St. John's choirs.

Frazier, 43, has served as a cantor and member of the St. John the Evangelist Roman Catholic Church adult choir for more than 25 years. She was the adult choir's assistant director for nearly two decades before recently becoming its head director.

She also directed the church's youth choir for more than 17 years, and oversees the school's chorus and bell choir.

Learning about different musical styles is transformative, Frazier said.

Music "triggers something within (people) and you can't take that away," she said. "Finding a love of a particular composer or genre is something they'll own forever."

St. John Regional Catholic School honored Frazier with this year's Distinguished Graduate award at its commencement ceremony on May 31. The award is given to alumni who are experts in their field and enrich the school and larger communities, according to Sheila Evers, St. John development and marketing director.

Frazier was also chosen as the 2013 Friends of Catholic Education Teacher of the Year, an honor she long hoped to achieve.

Every day with the choirs is a joy, she said.

"There's such a great sense of community, humor ... every kid is there because they want to be there," Frazier said. "They have a love of music and we share that."

The second-generation Frederick resident graduated from St. John, which teaches pre-kindergarten through eighth grade, in 1983. She then attended Gov. Thomas Johnson High School and Frederick Community

College before earning her bachelor's degree in psychology from Mount St. Mary's University.

Frazier's youth was filled with music. Her parents exposed her to an array of styles growing up and played American standards in pickup bands throughout the 1970s, Frazier said.

Frazier, a pianist and flutist, performed with her schools' bands. But it was because of a few influential teachers that she took up singing as a teenager.

She later married bagpiper Stuart Frazier, and gave birth to two sons: a trumpeter and a pianist.

After working with computers, at the World Bank and in marketing, Frazier realized her calling was in the classroom. Teaching combines her passion with the need and talents of the community, she said.

"To me, it is so important that children are exposed to all aspects of the world, rather than just what their career will be," Frazier said of music's role in education.

Music makes other subjects, such as history and math, accessible as well, she said.

Frazier creates a warm classroom environment and motivates students to want to learn, Evers said.

"She makes a difference in the school environment through her leadership, sense of humor, and most importantly, her dedication to her students and the SJRCS community," Evers said.

Frazier called religion her guiding force and said God led her to music.

"I've been taught to find my gifts and use my gifts," Frazier said. "I thought I had my life planned out and ... God showed me the path."

That path includes a professional training workshop at Carnegie Hall in 2004 and performances at a number of special occasions. Frazier once sang at a wedding where the organ caught on fire, leaving her to lead the occasion a cappella.

She looks forward to finishing her master's degree in teaching at Mount St. Mary's but is already searching for her next big project. Perhaps she will perform as a soloist more often, she said, a favorite hobby since she was 14.

"So many of my dreams have come true that I need to come up with new dreams," Frazier said. "I'm unbelievably blessed."

COMMUNITY NEWS

Boy Scout wins national essay honor

FOR THE FREDERICK
NEWS-POST

Michael Hepburn, a local Boy Scout from Troop 1812, won national honors with his recent essay titled, "How I Can Show My Patriotism in My Community." Hepburn won the Americanism Essay Contest Award for the Eastern Division - Class III of the American Legion Auxiliary, which is the highest award possible in the nation for his age group.

Hepburn, who attended Boy Scouts of America's National Youth Leader Training this past summer, discussed the meaning of patriotism and how one can act on it within their community. In his winning essay, he noted that, "patriotism is caring about your country and community, and committing to make America a better place." His essay also talked about how Scouting has helped him with his understanding of patriotism by teaching him how to respect others and how to serve the American flag.



Michael Hepburn

An assistant senior patrol leader for his troop, Hepburn won a cash prize for his essay and donated half of it to Friends of Scouting. The FOS program provides scholarships for kids to attend camp who otherwise couldn't afford to, along with training materials and programs that allow the Boy Scouts to provide activities and experiences to youth.

For details about Scouting, visit www.BeAScout.org or contact John Boyd, Appalachian Trail District executive, at 240-422-0706 or john.boyd@scouting.org.

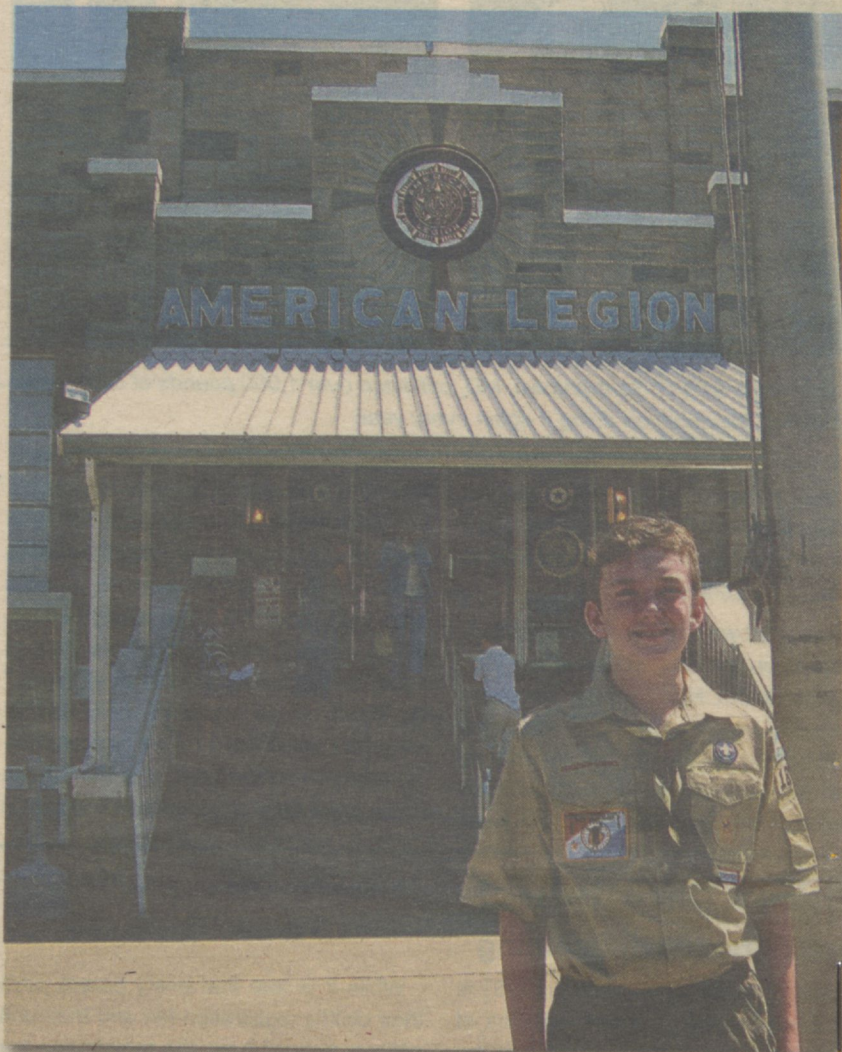
Appalachian Trail District

Area Boy Scout Wins National Honor for Essay

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Michael Hepburn, winner of the the Americanism Essay Contest Award for the Eastern Division – Class III of the American Legion Auxiliary.

Frederick private school to offer fee-based bus service this year

■ Middle-school students at St. John's also to use iPad's in class

BY MARGARITA RAYCHEVA
STAFF WRITER

St. John's Regional Catholic School will provide busing for more students this year when the private school starts a bus service for students from the western part of the county.

The bus line will begin in Jefferson County, W.Va., and will serve students coming from Charlestown, W.Va., Brunswick, Jefferson and Middledletown.

Until now, the school has offered limited busing for students from Mount Airy and Urbana. The service was available through a partnership with St.

John's Catholic Prep High School, 889 Butterfly Lane, Frederick, said Sheila Evers, director of marketing and development.

The bus line marks the school's first independent attempt to provide transportation for students and officials are hoping to use it as foundation for creating a transportation network throughout Frederick County.

"We are very excited to have that this year," Principal Karen Smith said. "We have been working on that for a while."

St. John's Regional Catholic School, 8414 Opossumtown Pike, educates 600 students in prekindergarten through eighth grade, who come from seven regional parishes in Maryland, Virginia and West

Virginia.

This year families will pay about \$1,500 per year for busing on the new line, which is just enough to support the service, Evers said. Tuition at the school is \$6,400 per year.

"We didn't want to have parents not choosing Catholic education only because they cannot provide transportation," Evers said.

The bus service is just one of the new initiatives at the school this year. This fall, St. John's Regional also is moving ahead with its one-on-one computing initiative, which aims to equip every middle school student with an iPad tablet by the 2014-15 academic year.

As part of that effort this year, the school will purchase iPads for all seventh-grade stu-

dents. Students will be able to use the iPads in class and transfer their work to their home computer using an application called eBackpack.

The one-on-one computing program — which is the first of its kind in Frederick County — started last year, when a \$38,740 grant from the Marion I and Henry J. Knott Foundation allowed the school to install a wireless Internet connection and purchase individual iPads for its 60 eighth-graders.

The effort continues this year as the school spends \$30,000 on purchasing 51 additional iPads for all seventh-graders.

The idea is to use a teaching tool that students recognize and enjoy, Assistant Principal Paul Fer said.

"It definitely engages them," he said.

When the school started the initiative last year, it helped lighten students' backpacks, reduce paper waste and save \$30,000 from purchasing electronic instead of paper textbooks.

"It's a new teaching strategy," Fer said.

The iPads have allowed at least one teacher to go entirely paperless in her classes.

The school plans to expand the program to sixth graders next year, Fer said.

In the spring, St. John's Regional Catholic School also is applying for a green school certification from the Maryland Association for Environmental and Outdoor Education.

The nonprofit provides

support, resources and networking opportunities for educators and schools that take an interdisciplinary approach to environmental friendly practices.

In Frederick County, 10 public and private schools have received green certification at least once.

To obtain certification, schools have to show they use eco-friendly practices and teach environmental responsibility, among other things.

According to Fer, St. John's Regional is basing its application on green initiatives, which include the school's recycling program, its composting efforts and a recent grant-based effort to expand the school's tree canopy.

mraycheva@gazette.net



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Eduardo Castro-Vidal	Cody Fabiszak	Carson Jones	Jade McAuliffe	Rebecca Pazzanese	Summer Villarosa
Amelia Clark	Calli Feudale	Molly Kelly	Celeste McEwan	Christopher Pliszak	Isabelle von Lazar
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Never one to back down from a challenge, Kyle Knapp passed the Navy SEAL physical test that included requirements for push-ups, sit-ups, pull-ups, swimming and running.

Knapp set to dive into SEAL training

Urbana swimmer signs contract to begin training for special ops force

By JOHN CANNON

News-Post Staff
jcannon@fredericknewspost.com

URBANA — Urbana swimmer Kyle Knapp doesn't plan to compete at the collegiate level, but his swimming ability should help him with his future plans.

Knapp plans to be Navy SEAL, a special operations force that includes sea, land and air teams. The 17-year-old has signed a contract to start the training curriculum at the Naval Special Warfare Prepara-

tory School in Great Lakes, Illinois in August.

"I've been swimming my whole life and I've been running half marathons since about middle school. I put the two things together. I wanted to do something very active as a profession," Knapp said. "And I read a book called 'Lone Survivor' by Marcus Luttrell and it put everything almost in perspective of what I wanted to do."

To receive a SEAL contract, Knapp had to score well on a physical test. The test included: a 500-yard swim in at least 12

minutes 30 seconds; a minimum of 50 push-ups, 50 sit-ups and 10 pull-ups; and a 1.5-mile run in at least 10 minutes, 30 seconds. After taking his first test in June, he signed his contract in December.

"I was trying for awhile, so I was sort of eager," he said. "I was happy for it to happen."

About 1,000 sailors each year are given the opportunity to attend SEAL training, according to the SEAL-Special Warfare Combatant-craft Crewmen website. While those who knew Knapp didn't necessarily doubt

his ability to make the cut, Knapp said they realized what a big task it was for a 17-year-old.

Knapp has never been one to shy away from a challenge, though. When Urbana needed another diver this season, Knapp decided to give it a try. His father dove and was a gymnast, and Knapp was always doing flips.

"And since I stopped doing club swimming, some time opened up for another aspect of swimming," he said. "I've always

(See KNAPP B-2)

STARS
class of
2009!

Knapp

(Continued from B-1)

wanted to do something like that, and the team needs it. I can help the team out as a captain and I get to do some flips and stuff — it's pretty fun."

He won his share of regular season diving competitions this season, and he placed sixth at Thursday's county championships. Knapp will often have to shuttle from diving practice at Middletown High School to swim practice at Frederick High. On top of that, Knapp has to do workouts that help prepare him for

SEAL training. He might do 300 to 400 push-ups, bicycling or running and as many pull-ups as he can do.

When it came to earning a contract, swimming was no problem. Ditto for push-ups — Knapp set an Urbana High record (123) for push-ups. But pull-ups were problematic.

"Swimmers don't really do too many pull-ups," he said. "So the first time I went, I did seven, which is nowhere near what you need. So then I worked up to about 16, and they still want to see a number about 20, 20-plus. But I'm working."

The running portion of the test was also challenging, even though he's a marathon runner.

"A mile and a half's a completely different race," he said. "You run that, you get your time and they tell you, you did horrible because, basically, you did. You try three or four times and once you get a good enough score, they put you in a draft and then you get picked up or you don't."

Some of Knapp's friends assume he's already started his SEAL training. Not so. He's just done the testing that allows him to be eligi-

ble for intense training.

"They have a pipeline where you see how long you make it through the pipeline," Knapp said. "Your job is to be training for Navy SEALs, but if you drop out, you just go into the fleet and you become a sailor until they think you're ready to come back. Or sometimes if you hurt yourself, you can't really come back."

When Knapp and his Basic Underwater Demolition/SEAL class arrive at Great Lakes, they'll go through regular boot camp and do additional training to maintain levels required of

SEALs. There's an indoctrination course for SEALs. Eventually, they'll go to San Diego for BUD/S training.

In the meantime, Knapp's been enjoying his senior season at Urbana. At Saturday's county swim meet, he swam on the Hawks' winning 200 medley relay team. When asked about his favorite memories this season before the county meet, Knapp didn't choose one of his own highlights. He recounted how teammate Kevin Nam pulled out a hard-fought win in the 200 IM.

"He works his butt off,"

Knapp said. "On the last 50, he came up and won it. I really liked working with him on our club team, working hard, and it was good to see all the hard work pay off."

Knapp doesn't just support other swimmers — he's donned the Hawk mascot costume for football and basketball games. He likes watching high school hoops and enjoys being the Hawk, although many might not know he's the one in the mascot suit.

"It's better that people don't know," he said with a laugh.

STUDENT-ATHLETE

St. John's grad shoots for the moon

Heading to Cornell, wants to work for NASA

BY ELIZABETH LOWE

elowe@CatholicReview.org

Chris Pliszak credits his years of Catholic schooling with instilling in him values he will carry through life.

"It's helped me learn about my own faith and the history of Christianity," said Pliszak, who attended St. John Regional Catholic School in Frederick before St. John's Catholic Prep in Buckeystown. "It's helped me get my own set of values that I'm going to be taking to college and using for the rest of my life. It keeps me in check between having fun and playing sports."

Pliszak, who graduated from St. John's May 24, was the school's co-salutatorian and one of 60 seniors – three from each



Chris Pliszak

Archdiocese of Baltimore – honored by the Department of Catholic Schools at the 21st Distinctive Scholars Convocation April 23.

"Academics are my strongest side and it meant a lot to see all the hard work pay off," Pliszak said.

The 17-year-old, who took advanced placement and honors courses and graduated with a nearly 4.3 GPA, is a National Honor Society member.

The parishioner of St. Peter the Apostle in Libertytown will head in the fall to Cornell University in Ithaca, N.Y., where he plans to major in physics or a math-related field. He is considering a career as an astrophysicist and aspires to work for NASA.

"He is the type of student I talk about with prospective families," said Christopher Cosentino, principal of St. John's. "He is definitely a leader among his classmates. He epitomizes what we want in our students – his commitment to academics, athletics, being helpful to others."

Pliszak ran on the Vikings' cross country team throughout high school and on

the track team his sophomore, junior and senior years.

He also played junior varsity basketball his freshman and sophomore years, junior varsity lacrosse his freshman year and varsity lacrosse his junior year.

Pliszak, a captain of the cross country and track and field teams his senior year, took up running at St. John's.

"Initially I decided to run cross country to stay in shape," he said. "I liked it a lot – it became one of my favorite sports. I ended up liking it more than basketball and lacrosse."

For the past couple of summers Pliszak has volunteered as a referee at a summer basketball camp at St. John's.

He credits his busy athletic schedule with keeping him focused on his studies.

"If you're working before practice, you have a lot less to do afterward," Pliszak said.

"He's very genuine, always smiling, always willing to help out," said Silas Cheung, athletic director and basketball coach at St. John's. "He's what St. John's stands for." ●

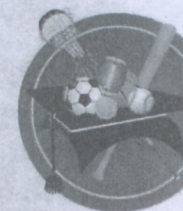
CHRIS PLISZAK

St. John's
Catholic
Prep

Senior

CREDENTIALS:

Parishioner of St. Peter the Apostle in Libertytown; co-salutatorian, Distinctive Scholar, member of the National Honor Society; ran cross country and track, also played basketball and lacrosse; will attend Cornell University



Giving it a twirl at the all-county band festival



class of 2010!

BILL RYAN/THE GAZETTE

A Linganore High School twirler, junior Domenica Locco, performs Monday with the school's marching band at the 2012 Frederick County Public Schools' All-County Marching Band Festival held at Oakdale High School. For more photos, see Page B-7.

Congratulations

To the Mount Saint Joseph High School Scholarship Recipients

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A FAMILY HONOR



Staff photos by Adam Fried

ABOVE: Lt. Col. Kate Suarez, left, and Lt. Col. Victor Suarez are helped by family members Friday during their shared promotion ceremony at Fort Detrick. **BELOW:** Kate and Victor take their oaths Friday during their promotion ceremony.



Detrick couple share promotion ceremony

By COURTNEY MABEUS

News-Post Staff

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Kate Suarez had a bit of a tough time pinning the shoulder boards to her husband Victor's Army dress blues to show his new status as a lieutenant colonel.

"It's a lot different than slipping a ring on your finger," Suarez said, garnering laughter from a standing-room-only crowd gathered Friday at Fort Detrick.

Kate Suarez could have pulled rank. As a reservist in the Army Medical Service Corp, she was promoted in August to lieutenant colonel, but she chose to wait until Victor, an Army support operations officer with the 6th Medical

Logistics Management Center at Fort Detrick, could be "frocked" to complete the ceremony marking their dual rise in rank.

Frocking allows Victor Suarez to wear and assume the new rank until his official promotion date, which will come when a vacancy occurs. He leaves in January to take command of a medical supply depot in Qatar that covers 20 countries, including Afghanistan. The pre-emptive raise in rank allows him to take that command "without any confusion in theater," Victor Suarez said.

Being able to share the ceremony made it that much more special.

The couple met on Victor

(See SUAREZ A-5)





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