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Photo by Lance C. Bell

Published by AAD-INC.

Spring - Summer 2012

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Sneak a Peek at Upcoming Features

Some of our upcoming issues of Mountain Discoveries will feature stories highlighting attractions in the scenic Laurel Highlands region of Western Pennsylvania, an area rich in history and cultural events (we'll still have our regular Western Maryland features as well). As the setting of the French & Indian War, its rugged terrain played a significant role in battles between the British and the French and their native American allies. Today, its mountains, hills, waterways and forests provide a variety of recreational opportunities year-round for the entire family. Popular family choices include resorts like Hidden Valley and Seven Springs that offer amenities and activities galore. And then there's the fantastic world of Idlewild Park, with wild rides, a water park, storybook characters and lots more.

Look for the following stories to come:

- ❖ The Lincoln Highway Centennial: America's first transcontinental road celebrates its 100th birthday in 2013.
- ❖ Fallingwater, Frank Lloyd Wright's architectural masterpiece built over a cascading stream.
- ❖ Laurel Highland River Tours and Wilderness Voyageurs, offering guided whitewater trips and more.
- ❖ Nemaocolin Woodlands Resort, for a fabulous, world-class vacation.

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INCLUDING FEATURES FROM GARRETT COUNTY, DEEP CREEK LAKE, MARYLAND AND SURROUNDING AREA!

Mountain Discoveries®

Mountain Discoveries is a FREE publication printed twice yearly—Spring/Summer and Fall/Winter. *Mountain Discoveries* is focused on the Western Maryland region including neighboring Pennsylvania, West Virginia and Virginia. The magazine features people, activities, places and articles of interest, and is written and produced by people in this area.

Mountain Discoveries web site (www.mountaindiscoveries.com) is an active part of this publication, and is used to communicate and showcase feature stories and our advertisers.

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Story suggestions are also welcome...human interest, activities, places, dining and shopping in this region will be considered. Please include your name, address, phone number and email (if available). We cannot promise the return of unsolicited materials, but we will make every effort to do so.

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Photography by **Lance C. Bell**



Deep Creek Lake Facts

Coordinates 39.5095354°N
79.3911531°W

Lake type Reservoir

Primary inflows Deep Creek

Shoreline..... 65 miles

Area of lake... approx. 3,900 acres

Average depth 26.5 feet

Maximum depth..... 75 feet

Surface elevation 2,461 feet



Located in Garrett County, Maryland, Deep Creek Lake is the largest freshwater lake in the state of Maryland. Like all lakes in Maryland, it is man-made. Ground was broken on November 1, 1923 with the purpose to provide hydroelectric power for the Pennsylvania Electric Power Corp. of Johnstown, PA. The outcome provided many opportunities for growth and development of the area as a destination for relaxation plus outdoor sports and entertainment.

Deep Creek Lake is home to a wide variety of freshwater fish, aquatic birds and countless variety of other wildlife. Swimming, fishing, and boating were early activities on the lake, as well as ice skating, ice fishing and ice boat sailing in the winter months.

Water skiing, jet skis, paddle boards and other water sports

have become popular over time. There are plenty of other activities around the lake for those who like to keep they're

feet close to the ground. Hiking, biking, golf, snow-mobles, and cross-country skiing are available for all, with the Wisp Resort close-by to offer downhill skiing, snow boarding, a mountain coaster, a canopy tour and many other activities for visitors and residents.

While the area became popular as a destination for recreation, the development of services such as lodging, food and shopping expanded to meet the needs of visitors to the area. Rental properties, from cabins to 9-bedroom luxury homes, are available for those visiting for a short

time, while repeat visitors often decide to invest in a second home in this scenic locale. Restaurants for fine dining, as well as restaurants for simple food and fun can be found around the lake, along with plenty of shopping for those looking for items from antique to unique. For a visit, a vacation, or a lifetime — Deep Creek Lake, Maryland's four season destination.



Centrally located between several metropolitan areas, Deep Creek Lake is approximately:

- 2 hours from Pittsburgh, PA, Hagerstown, MD, and Winchester, VA
- 3 to 3.5 hours from Washington, DC, Baltimore, MD, and Charleston, WV
- 4 to 4.5 hours from Wilmington, DE, Richmond, VA, and Cleveland and Columbus, OH
- 5 to 5.5 hours from Philadelphia, PA, and Cincinnati, OH

The town of Accident is home to a new bakery that has historical connections to Garrett County. Although the Mountain Flour Baking Company at 203 North Main Street opened in early 2012, the owner has drawn upon decades of family experience to create new products and better serve customers.



Owner Christine Cornish Lewis' passion for baking began more than 15 years ago when making candy in her kitchen at home. The enjoyment Christine experienced creating candy caused her to enroll in classes for

There's nothing like the fresh sweet smell of a bakery!

Written by **Dan Whetzel**
Photography by **Lance C. Bell**

the purpose of learning more about the baking process, particularly the creative aspects of cake baking and decorating. Years of classes, competitions, and business experience evolved into her new roles of teacher and entrepreneur.

Candy, cakes, pies, cupcakes, and other small treats were the primary offerings at her home bakery. During this time, Christine continued to attend classes, cake shows, and competitions, which provided new perspectives and refined the creative aspects of her work. According to Christine, "There is a 'cake world' that has become popular among bakers. I enjoy going to competitions and taking classes at shows because they offer so many new ideas and opportunities."

Christine's home bakery could not keep up with customers' orders. Christine recalled, "I asked Mom and Dad to help me find a new location for the bakery. The new location they found in Accident was the site of former bakeries. The Accident location also enabled the number of offerings to expand beyond what we offered at the home kitchen."



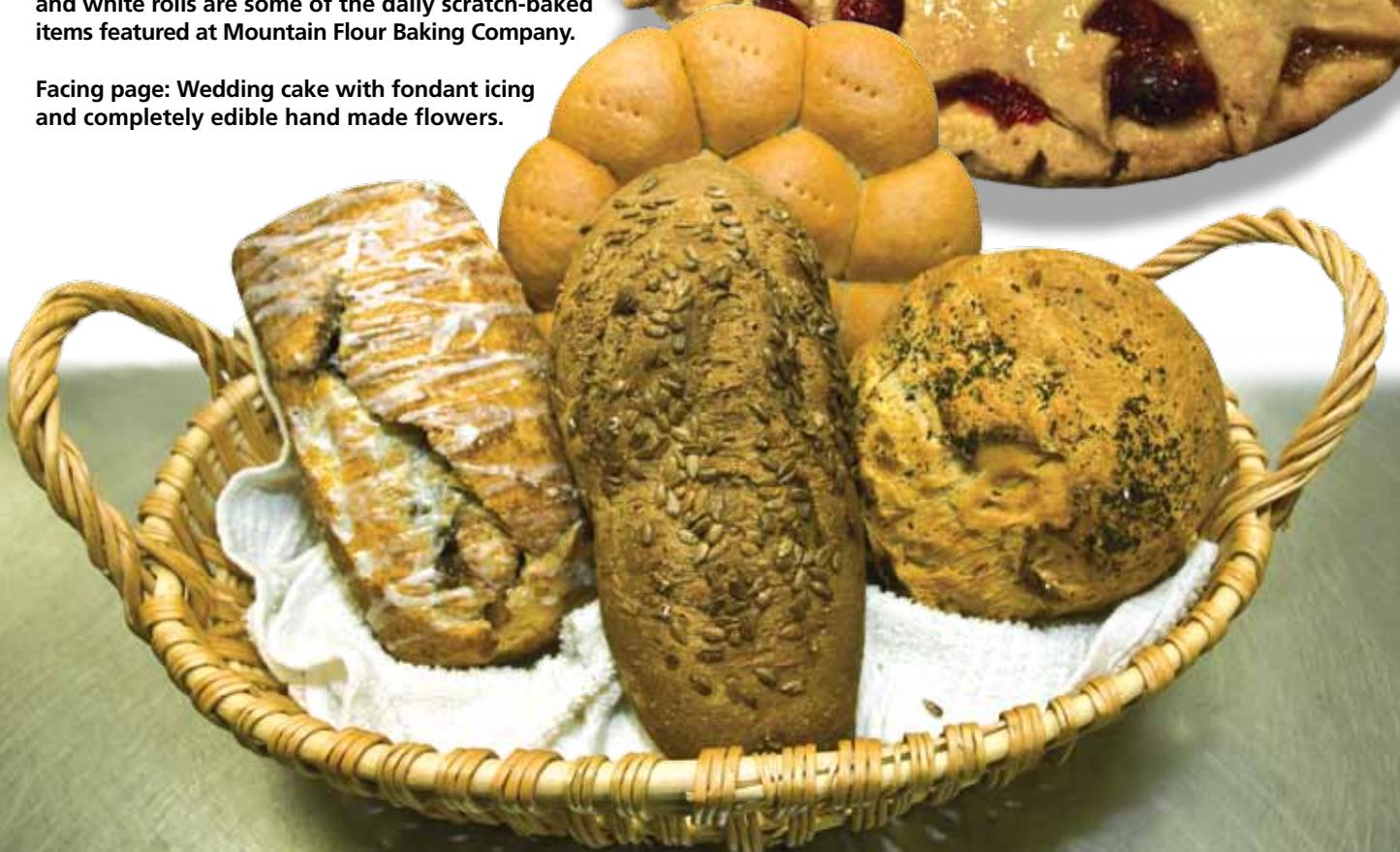


Christine Cornish Lewis, owner of Mountain Flour Baking Company (center), with her parents, Paul and Joy Cornish.



Peach cranberry pie (*right*), cinnamon raisin bread, pumpernickel bread, spinach/feta bread (*l to r below*) and white rolls are some of the daily scratch-baked items featured at Mountain Flour Baking Company.

Facing page: Wedding cake with fondant icing and completely edible hand made flowers.



The Mountain Flour Baking Company has a wealth of business experiences to call upon because Christine's parents, Paul and Joy Cornish, successfully operated Cornish Manor near Oakland and Pizza Pub at Deep Creek among other enterprises. Reflecting on additional family experiences, Christine noted that her grandparents opened the legendary Thayer's Barn along Deep Creek Lake when the recreational area was still being developed in the 1940s.

Christine's bakery involves more than purchasing ingredients and following recipes because artistic expression and innovation play a major role in her work, particularly with wedding cakes. "I work with customers on recipes, flavors, and ideas for decorating. Customers will present an idea and we work to develop it. Sometimes they bring photographs or drawings as a place to start the process. Wedding cakes are exciting to create but we also have fun making Halloween, birthday, sports, and other specialty cakes."

Cakes are not the only scratch-baked items offered at Mountain Flour Baking Company. According to Christine, artisan bread has

become an increasingly popular item that has created loyal customers. As the name suggests, artisan bread (also referred to as artisanal bread) is not mass produced on an assembly line. Instead, the loaves are crafted and baked in small batches. Fewer ingredients (no chemicals) and a return to the traditional bread-making process also set the loaves apart. Cheese, sun dried tomatoes, and olive oil are just a few of the flavors that may be added to artisan dough. But the key ingredient in the traditional process is the craftsman that carefully blends the ingredients to make the unique loaves. Christine commented, "Some of our customers will have a request or an idea about a new flavor of artisan bread and we work with them to produce it."

Christine is assisted in the bakery by her parents and Alverta Sines. Together, they form a team that strives to please customers. The goal of Mountain Flour Baking Company is to maintain high standards in the baking process. As Christine stated, "We are demanding when it comes to quality and it is an expectation that is going to stay with our business."



Top: Creating hand painted flower petals.

Bottom: Finished hand made, edible flowers.



Christine in the process of building a cake with fondant icing and handmade edible flowers.

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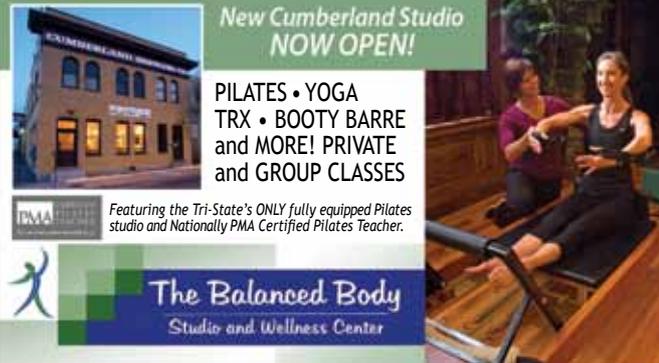


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Little Maryland

*"I've been working on the railroad,
all the live long day,
I've been working on the railroad,
just to pass the time away."*

Written by **Dan Whetzel**
New Photography by **Lance C. Bell**

Everyone knows the lyrics to the nineteenth century American folk song, but very few can say they have actually worked on a railroad just for fun. A Western Maryland family is the exception to the rule because one of their own not only worked on a nineteenth century railroad but also actually designed and manufactured one. Stephen Lafayette Pagenhardt, a gifted 16 year old from Westernport, Maryland, built an operating scale model steam engine that was featured at the Chicago World's Fair in 1893.

Little Maryland at its current home at the Garrett County Historical Museum, 107 South Second Street, Oakland, MD.

The scale model was based on a Cumberland & Pennsylvania Railroad locomotive that was probably familiar to the young Pagenhardt because the C&P, an Allegany County, Maryland, short line railroad, operated a passenger and freight station in nearby Piedmont, West Virginia. The C&P locomotive he selected to model, dubbed the Maryland, was originally built in 1865 at Norris, Pennsylvania, and later rebuilt in 1898 and 1902 at the Mount Savage, Maryland, C&P shops.

Stephen Pagenhardt's steam locomotive took three years to design and build, and according to a report published in 1892 was created as a hobby. The scale model's design was based on the C&P prototype's 4-4-0 wheel arrangement and built to operate on a 7-1/4 inch scale track. Intricate machine work and engineering skills were required to manufacture the locomotive's many moving parts and 23 one-half inch tubes. Two brass cylinders

powered a boiler that was supplied water from a three gallon tender. *Little Maryland* had a wheel base of 26 inches, a total length of 64 inches, and a weight of 190 pounds—an impressive machine by all accounts.

After the engine's completion, cast iron track and ties were installed behind the Pagenhardts' gunsmith shop in Westernport so that it could be operated and enjoyed. The locomotive was accompanied by several custom built cars that accommodated passengers, thereby making it the first operating model steam locomotive in Western Maryland. But the crowning achievement for the young engineer was a trip to the 1893 Chicago World's Fair where *Little Maryland* proudly represented Western Maryland and the Pagenhardt family.

Reports indicate that sometime after 1910 *Little Maryland* ceased to operate and was moved to a showcase at Hammond Street School in Westernport. A fire at the school nearly destroyed the locomotive after it fell from a stair landing to the floor below. The blaze melted the tender (except for the trucks and

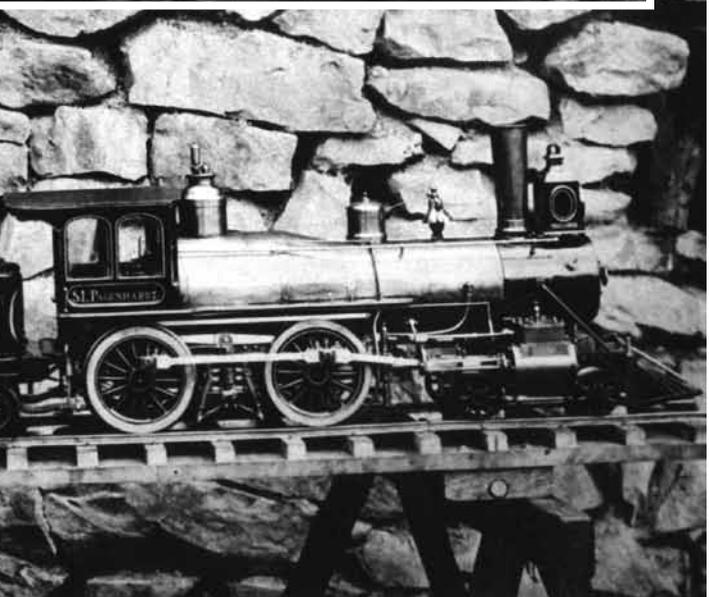


Stephen Lafayette Pagenhardt with the fully operating scale model *Little Maryland* steam engine he designed and built in the late nineteenth century.

a few other pieces), and the engine was made inoperable. There is no record of what happened to the passenger cars.

A coal shed hosted the engine for a number of years before Stephen's son, Richard Pagenhardt, undertook the job of cleaning and making minor repairs so it could be displayed at his law office in downtown Oakland. Ironically, Richard Pagenhardt's office was located immediately adjacent to the current home of *Little Maryland* at the Garrett County Historical Museum.

While *Little Maryland* remained a source of pride for the Pagenhardt family, the fire had obviously taken a toll. Monty Pagenhardt, son of Richard and grandson of Stephen, remembered, "My father decided to have it restored, so he and Mr. Richard Arnold met to look at the engine and discuss what it needed. Mr. Arnold agreed to complete the restoration."



Inset: The actual C&P locomotive *Maryland* Stephen selected as his model. It was built in 1865 in Norris, Pennsylvania and rebuilt in 1898 and 1902 at Mount Savage, Maryland.



Monty Pagenhardt, grandson of Stephen, shown with the *Little Maryland*.

Allegany County resident and master machinist Richard “Dick” Arnold had extensive experience in building and repairing live steam locomotives, including ones at his residence. He initially concluded that the restoration “would take me and my father four to six months to complete. Problems we encountered included bent rear drivers and axles, frozen cylinders, and missing parts. A new headlight and smokestack had to be made and the ring rivets around the boiler needed repairs so that it would hold steam.”

Mr. Arnold discovered the scale model suffered from the same deficiencies as the 4-4-0 prototype, thereby making it an amazingly accurate representation. In both cases, the cylinders were too large for the amount of steam that could be supplied. According to Dick Arnold, “That was a common problem in the 4-4-0s; there was too much cylinder and too little steam. The firebox couldn’t heat the water fast enough to keep the engine going. Sometimes the engineer would have to wait until the steam built up before he could continue the run.”

A display tender was built as a replacement for the original one destroyed at Hammond Street School. A



Inset photo: Scale model of a train lantern.

Above photo: The boiler of the *Little Maryland*.

Facing page: Dick Arnold, master machinist and restorer of *Little Maryland*, at home among his train memorabilia.

wooden frame covered with copper sheathing formed the basic tender outline. Rivet holes were drilled through the copper into the wooden frame where pins were inserted to simulate rivets. A galvanized metal tank was inserted in the wooden frame to hold the water supply. The original trucks were mounted to a custom built metal frame, thereby completing the project.

As work on the project progressed, Mr. Arnold came to understand that the skills required to build *Little Maryland* would have challenged a master machinist, but to realize





Photo by Gordon Roth

On *Little Maryland's* 90th birthday, Dick Arnold, restorer, fired up the boiler at a live steam event in New Jersey, June 1982.

the locomotive was crafted by a teenager makes it an even more remarkable achievement. According to Dick Arnold, the 1892 model was built “to specs so close to modern technology standards that it is uncanny.”

What originally was to be a four to six month project actually required one year. Finally, on *Little Maryland's*

90th birthday, Mr. Arnold fired up the boiler at a live steam event in New Jersey. Using a hand pump injection system, the locomotive powered down the track under its own steam as it had nine decades earlier with Stephen Pagenhardt at the throttle. The little engine that could was back on the track!

The significance of *Little Maryland* became apparent at the New Jersey steam event when enthusiasts learned of its origins. A British publication called *7-1/4 News*, subsequently published an article in the Summer 1982 issue suggesting that Mr. Pagenhardt's locomotive was the first 7-1/4 inch gauge locomotive produced in the United States and that it antedated the British 7-1/2 inch scale by more than one decade.

The newly outfitted *Little Maryland* made its way back to Garrett County and was presented to Richard Pagenhardt during the first day of the 1983 Autumn Glory Festival.

Following the passing of his father, Monty Pagenhardt stated, “The family thought the steam engine would be

continued on page 60

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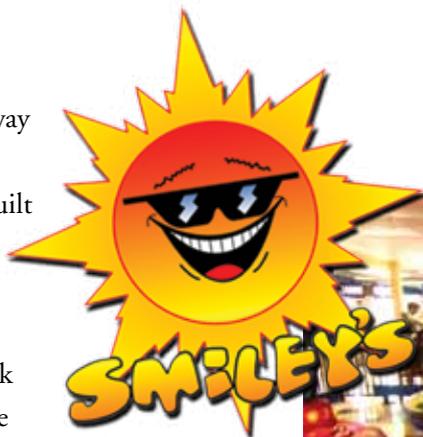
Smiley's is FUN, exclaims Noel.

Photography by **Lance C. Bell**

Deep Creek Lake is stowed away in the Appalachian Mountains of Western Maryland. The "Lake," built in 1925 as a FERC hydro power project was a vestige into "green energy" before it was cool. Garrett County boasts 90,000 acres of park and forestland where visitors have been escaping the hectic pace and heat of the cities for more than a century. Outdoor activities are king in the mountains. There are plenty of rivers to run, trails to hike, fishing, water skiing, camping, snow skiing, mountain biking, quiet wetlands to explore on kayaks and all surrounded by some amazing scenery.

Sooner or later everyone wants to clean up and meet some people for dinner and have some entertainment. Along the way a guy named Smiley answered the call of "where can we play and eat?" when they filled their "Fun Ticket" of outdoor adventure in the woods. The Fun Zone was opened with adventure style mini golf, arcade games and ice cream in 1991. Crowds came every summer and before long Smiley's Fun Zone & Pizzeria included a full service restaurant, two go cart tracks, batting cages, lazer tag, more arcades and bumper boats. Smiley's is more than just an amusement park, more than just a kid's pizza place, more than an average bar/restaurant...it is truly a community hot spot specializing in a more diverse product mix than you find in most highly developed cities.

Take a look at the menu at Smiley's Sport Bar & Grill today and you will find ridiculously fair prices for food/service that compares favorably to the neighborhood franchise restaurants. For two decades locals have sent guests to Smiley's for wings, cheese fries, hand made pizza, and great sandwiches but told you the wraps, pastas and one of a kind appetizers will also be tough to stay away from. Smiley's offers full bar service every day; happy hour is from 11 a.m. to 6 p.m. with terrific daily



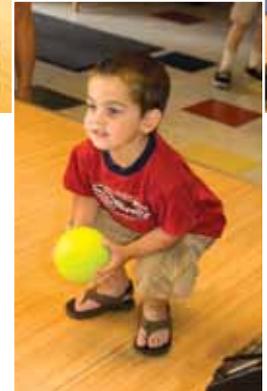
With a variety of action and arcade games to suit any age its no wonder everyone enjoys Smiley's and leaves happy, full, content and with a big smile on their face.

food and drink features. The newly expanded entrée selections like Medallions of Beef, Crab Cake dinner, Baby Back Rib dinner, Salmon dinner or the NY Strip Steak are sure to make the tummy smile and are all bargains at \$13 to \$17.

Now don't feel sorry for the proprietor because of the food prices... parents will tell you that there is a method to Smiley's madness. The fun stuff to do will have you spending more than lunch money. Bowling, Lazer Tag and Indoor Bumper Cars and all the hottest arcade games will put big smiles on everyone's face... especially yours. Smiley's has a promo that gives \$25 FREE Play value on the Fun Value Cards (FVC useable for all food & fun) just for buying a \$50 card (subject to seasonal changes). The Miles of Smiles Day Pass is another way to save big when you know that you want unlimited play!

In addition to Smiley's, the proprietors (and our awesome staff) are proud of developing, owning and operating Pine Lodge Steakhouse, The Lodges at Sunset Village cabin hotel and The Tourist Trap Gift Shop as answers to the age old question "what is there to do at Deep Creek Lake!" Please enjoy your visit and we hope to see you along the way. Please let us know what you like!

The new bar area with several HD TV screens is a perfect spot for locals and out-of-towners to catch up on your favorite teams while enjoying your favorite drinks and freshly prepared chicken wings, pizza or juicy sandwich selections.



Smiley's new arcade games are designed for all ages with many features for children as well as adults.



Pilates Studio

First in Deep Creek Lake and now in Cumberland, too!

Allegany County's first Pilates studio – complete with unique spring-loaded equipment and certified fitness instructor Karen Smith leading sessions – opened this fall in the historic Cumberland Brewery building at 711 North Centre Street.

The Balanced Body Studio/Cumberland serves as the satellite studio of the Deep Creek Lake-based business, owned by Master Pilates teacher-trainer Jennifer Christophel, who has taught Pilates, fitness and dance for more than 15 years in the Western Maryland region. “We’re looking to complement fitness operations already in Cumberland,” Christophel said.

“Non-impact, core-conditioning Pilates exercises build strength, flexibility and overall health for anyone, age 10 to 100, provided they are instructed and taught by a properly trained and certified teacher,” according to Jennifer Christophel. Pilates can help people lose inches,

Written by **Jennifer Christophel**
Photography by **Lance C. Bell**



Inset photo: Certified fitness instructor Karen Smith (left) and Master Pilates teacher-trainer and studio owner, Jennifer Christophel.

offers toning and develops core strength by working the four true core muscles. It restructures and restores posture, helps prevent back problems and builds long lean muscles. Pilates exercises are performed on a mat and on specially designed spring-loaded resistance equipment. Many have misconceptions about Pilates; they think it's just done on a mat, but it's much more than that. The equipment provides resistance to the user that deals with the range of motion in the entire body. It vastly improves flexibility without straining the joints or muscles. Pilates stretches every muscle group of the body and can be performed by anyone, from the athlete who wants to enhance their sports skills, to those needing rehabilitation for chronic back pain, muscle degeneration, muscle strain or joint pain. "Pilates helps you do the things you love to do, only better," says Jennifer. "It is so different from any other fitness program out there."

Jennifer is delighted that Karen Smith, who holds numerous fitness certifications and a B.A. degree in dance from the University of Arizona, is working with her at the new Cumberland location. Karen will be doing the teaching at the new studio, however, Jennifer will be available for post-therapy exercise planning and health and wellness consultations at the Cumberland site.

"Pilates is a way to integrate mind and body," said Karen, who also serves as treasurer for the non-profit Wellness Coalition. The Coalition includes a diverse group of wellness practitioners from Allegany County, who promote individuals' journeys to better health and well-being. Karen said teaching at the new Pilates studio seemed a perfect fit with her background and wellness philosophy.

Karen maintains group fitness certifications through Mad Dogg Athletics, the Arthritis Foundation and Silver Sneakers. She is also certified through the Road Runners Club of America as a running coach and is a marathon competitor. A dancer since age 4, she views Pilates as a "gratifying return to the study of body and movement" since she began training under mentor and Pilates teacher, Jennifer Christophel.

The new studio will offer private, duet and small group sessions by appointment or schedule. Along with offering classically based Pilates Equipment Classes, the studio also offers the only TRX Suspension Training® Classes taught by Certified TRX Instructors in Allegany County. Originated by the U.S. Navy SEALs and developed by Fitness

Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. The studio also plans to add Booty Barre and several forms of Yoga to its class schedule this spring.

The new studio has free client parking and is equipped with classic Pilates apparatus in spacious quarters with refinished hardwood floors and paneling. We are really trying to get outside the "gym" atmosphere and mentality and create not only a destination of both serenity and wellness but also fun and fitness." says Jennifer. "We are a small, personalized studio and plan to maintain this mind-body approach in all our classes in order to help clients create balance in their busy, sometimes hectic lives. That is something hard to find now days."

For more information, to schedule a time to stop by and see the studio or to sign up for sessions, contact the Balanced Body Studio at their central office number of 301-387-7585.



Karen Smith demonstrates some of the new Pilates equipment at Balanced Body Studio's satellite location at 711 North Centre Street, Cumberland, Maryland.

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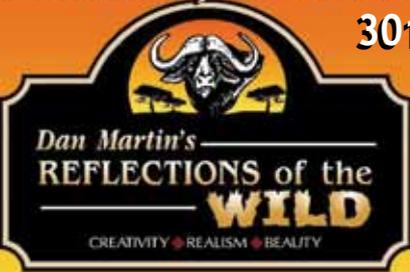
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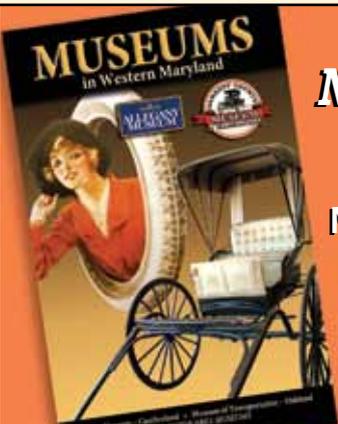
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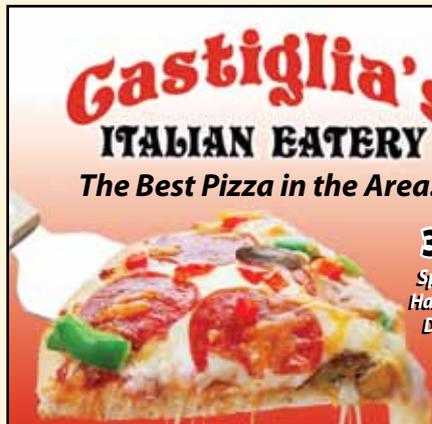
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Written by **Dan Whetzel**
 Photography by **Lance C. Bell**

The Kelly-Springfield Tire Company's origins can be traced to Edwin Kelly's solid rubber carriage tire that he developed in Springfield, Ohio. The quiet riding tire was a welcome relief to passengers who had long endured the noisy and rough riding wheels that were typically placed on the horse-drawn vehicles. Carriage manufacturers quickly adopted Kelly's new tire and business grew. While other company's manufactured similar tires, it was Kelly's company that went on to achieve worldwide notoriety in the manufacture of automobile tires.

The Kelly-Springfield Tire Company benefitted from the booming automobile industry of the early twentieth century. Carriage wheels became quaint memories as pneumatic tires supported the new mode of transportation. The Kelly factory in Akron, Ohio, was selling tires as fast as they could be produced, so a decision was made to look for an additional location to build a new manufacturing facility. Kelly-Springfield's two professional teams researched and reported on 53 cities that competed for the new factory. Fortunately for Allegany County residents, none of the original 53 cities was awarded the contract to build a new plant; instead, Cumberland, Maryland, walked away with the grand prize in September 1916 when an agreement was reached between the tire company and the city. How the city came to win the prize is both interesting and unusual.

Phillip Blake, secretary of the Cumberland Development Company (forerunner of the Chamber of Commerce) was said to have overheard a conversation between two

Features The Kelly-Springfield Tire Company

passengers on a Baltimore and Ohio passenger train. The passengers' conversation referenced a tire company's search for a location to build a new plant. Upon return to Cumberland, Blake wrote to several tire companies in hopes that one would be the company referred to in the train conversation.

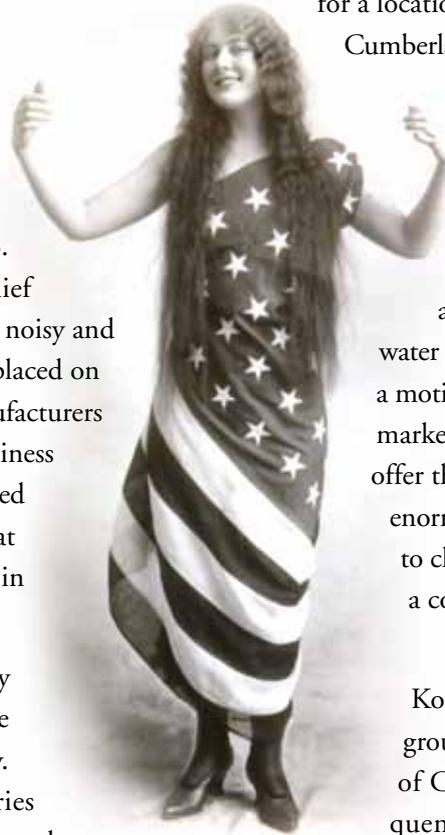
Mr. Blake received one reply—Kelly-Springfield Tire Company.

The city of Cumberland touted its advantages to the tire company: a stable water supply, rail service, abundant fuel supplies, a motivated labor force, and proximity to major markets. Cumberland was also the only city to offer the tire company \$750,000 in cash—an enormous sum of money in 1916 and enough to close the deal. The cash was raised through a community fund raising drive.

In 1917, Cumberland Mayor Thomas Koon and Kelly-Springfield officials broke ground for the new factory on the West Side of Cumberland and the first tire was subsequently produced in 1920. The company and Allegany County prospered as the locally produced tires gained global market share. In fact, Kelly-Springfield grew to become one of the largest tire manufacturers in the world. When the corporate offices also located in Allegany County, Cumberland proudly proclaimed that it was home to the Worldwide Headquarters of Kelly-Springfield Tire Company!

Unfortunately for Allegany County, the Kelly-Springfield plant had become outdated by the 1980s. Modern plants proved to be more efficient and capable of producing the increasingly popular and technologically advanced radial tire.

A corporate decision was made to close the local plant and the last tire rolled off the assembly line May 14, 1987, thereby ending nearly eight decades of work at the site. Kelly-Springfield's World Wide Headquarters remained in



Cumberland for more than ten years until a gradual transfer of employees to Goodyear Headquarters (the parent company of Kelly-Springfield Tire Company) in Akron occurred starting in 1998.

Today, the Kelly-Springfield Tire Company legacy lives on at the Allegany Museum on Pershing Street in Cumberland, Maryland, where an extensive display of artifacts and memorabilia are featured.



Facing page: An early Kelly-Springfield advertising promotion.

Above: "Miss Lotta Miles" illustration promoting Kelly-Springfield tires.

Right: The original Kelly-Springfield museum display of artifacts and memorabilia is now housed at Allegany Museum with a small part represented in this photo.

\$200,000,000

LUKE MILL ECONOMIC IMPACT

2011

Total Employment	866
Employee Wages and Benefits	\$ 76,733,000
Employee State Payroll Taxes	
Maryland	\$ 2,243,000
West Virginia	\$ 1,210,000
Pulpwood Purchases	\$ 62,353,000
Energy Purchases	\$ 37,478,000

Note: \$200,000,000 includes other expenditures which are not shown in this breakdown.



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Landscapes for Life

Halian & Associates

Spring is here, and it's high season for landscaping companies like Halian & Associates Landscapes of McHenry, Md. With more than 25 years' experience in his field, and a team of skilled co-workers, Brian Branthoover has established a strong reputation in the Deep Creek Lake area and beyond for innovative, functional landscape design and construction.

"We do residential and commercial landscape design and installations, from the foundation all the way out," Brian says. "It's really soup to nuts, with everything imaginable. We do small to large projects." Many are broken down into phases, often seasonal, for optimal results.

A native of Blacklick, Pa., Brian enjoyed weekend visits to Deep Creek Lake with his family while growing up. After completing a Bachelor's of Technology degree in Landscape Design and Construction, and two additional degrees in Floriculture Production and Nursery Management, he returned to the area and set up a landscaping business. Seven years later, a tempting offer from a company in the northern Virginia area prompted him to move and sell his business. After another

seven years, he returned to Garrett County, in 2006, with his present company, Halian & Associates Landscapes.

Brian's primary goal is developing innovative designs that meet his clients' landscaping needs. "We specialize in functional designs for lower maintenance," he says. Each project begins with Brian's design team. He works on each design, assisted by graphic artist and design associate, Jeffrey Maule, and Kari Upchurch, a recent West Virginia University graduate with a degree in landscape architecture. All three work in the field performing thorough site analysis, consultation and sales.

"I'm the operations guy," he says, overseeing three hardscape installation crews, a masonry crew and three softscape crews during projects. Hardscape includes inanimate elements like stone, wood and pavement, while softscape refers to plants. Brian and his installation staff hold multiple certifications from both national and international organizations for concrete paver stone installation, segmented wall construction and modular block wall construction.

"We push teamwork, teamwork, teamwork," Brian says of his employees, rooted within the local community. "They are wonderful young men and women with strong Christian values. They are conscientious and trustworthy, they have a strong work ethic, and they understand the importance of



attention to detail during design and installation.

He notes a challenge that he says has become an industry-wide problem. “The deer population limits our creativity somewhat,” he says; “so we focus on deer-proof landscaping.” As an active member of five trade and nursery associations, Brian stays current with new developments in his field, and encourages continuing education with his staff.

With clients ranging from Western Maryland, Western Pennsylvania, Morgantown, West Virginia, Northern Virginia, and various points in between, Halian & Associates Landscapes is thriving.

“We pursue intelligent growth,” Brian says. “It’s all about perseverance. I’m an optimist, and keep plugging away.”



Photo above: The Halian “Team.”

Other photos reflect the team’s expert stonework and landscaping skills in a pristine environment in the Deep Creek Lake, Maryland area.



Photography by: Lance C. Bell



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George Washington Slept Here!

Really!



Written by **Dan Whetzel**
Photography by **Lance C. Bell**

George Washington's Headquarters in Riverside Park at 38 Greene Street, Cumberland, Maryland.

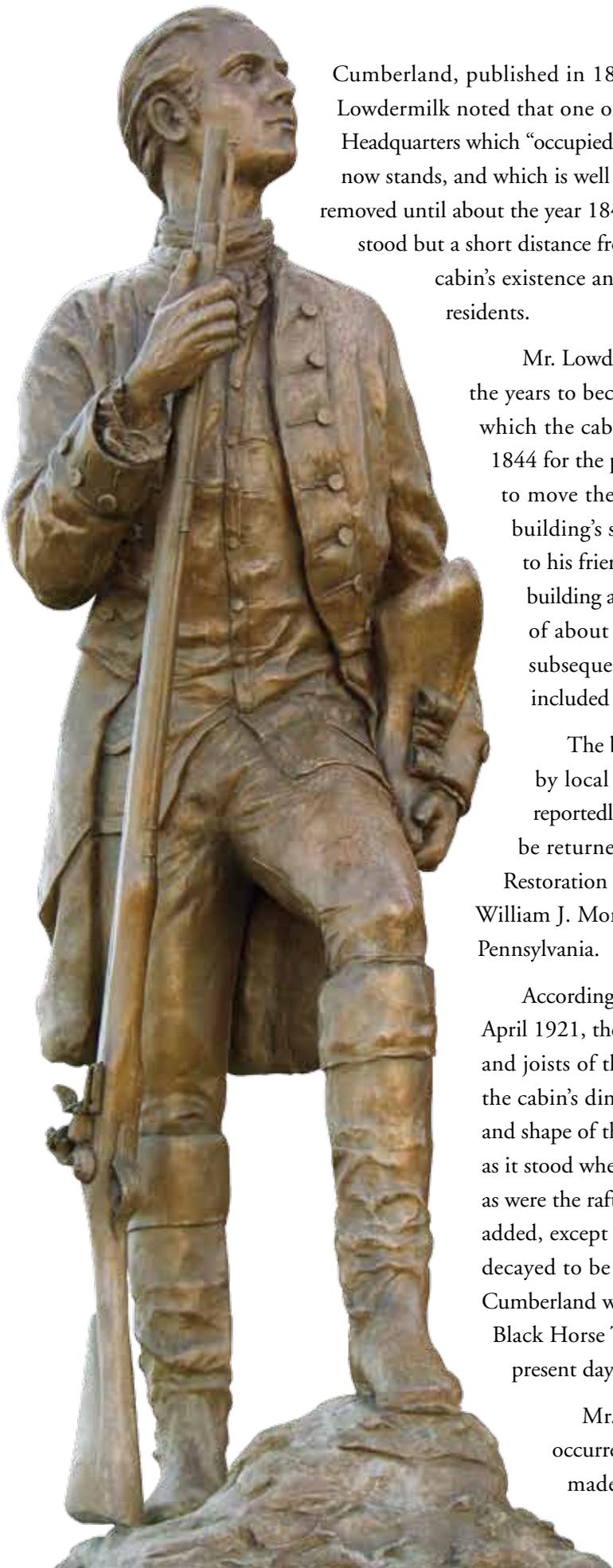
George Washington really did sleep here! In fact, he spent many nights at the confluence of Will's Creek and the Potomac River during the mid to late eighteenth century. George Washington's introduction to Western Maryland began as a young surveyor in 1748 and ended as Commander-in-Chief in 1794, book ends of time that made him a familiar figure to those associated with colonial Western Maryland. One present day reminder of his service in the area is located at Riverside Park in Cumberland, Maryland, and referred to as George Washington's Headquarters. The cabin structure is a familiar landmark to residents and a destination point for visitors. How the cabin came to be located at Riverside Park, however, is a story decades in the making.

A Maryland State Roads Commission historical marker located at Prospect Square on Washington Street informs visitors that George Washington's Headquarters

Facing page: Statue of young George Washington at the site of Fort Cumberland; currently the location of the Allegany County Courthouse at 30 Washington St., Cumberland, MD.

and Fort Cumberland, structures built in 1755 as part of Great Britain's military buildup during the French and Indian War (1754-1763), were located nearby. Although George Washington had previously been close to Cumberland in 1748 as a surveyor and in Cumberland during 1753 and 1754 as a Lieutenant Colonel from Virginia, it was not until 1755 that General Edward Braddock's men erected the cabin and fort complex overlooking Will's Creek that associated the man with the log cabin headquarters. The building would have probably been situated on a lot adjoining the present day historical marker and occupied by Washington in 1755, 1758, and 1794.

The boundaries of Fort Cumberland have been documented by historians, but Washington's Headquarters does not appear in time period maps or manuscripts. The most authoritative source referencing the cabin's existence and location appeared in Will H. Lowdermilk's History of



Cumberland, published in 1878. In a survey of historic Cumberland houses, Lowdermilk noted that one of the most venerable was known as Washington's Headquarters which "occupied the ground on which Mr. O.C. Gephart's residence now stands, and which is well remembered by hundreds of citizens, as it was not removed until about the year 1844. It was contemporary with Fort Cumberland and stood but a short distance from the parade ground." Subsequent reports of the cabin's existence and location were corroborated by several long time residents.

Mr. Lowdermilk noted the original cabin was modified over the years to become a one and a half-story dwelling. The lot on which the cabin set was purchased by Judge Thomas Perry in 1844 for the purpose of building a residence, so plans were made to move the historic structure. Judge Perry appreciated the building's significance and, according to Lowdermilk, sold it to his friend, George Blocher. Mr. Blocher disassembled the building and moved it to a farm on Bedford Road, a distance of about one mile. Lowdermilk noted the building was subsequently repaired and occupied by John Baker. Repairs included weather boarding and the addition of a slate roof.

The building remained on Bedford Road until purchased by local historian James Walter Thomas. Mr. Thomas reportedly sought to purchase and restore the cabin so it could be returned to a location near the site of Fort Cumberland. Restoration was subsequently placed in the hands of contractor William J. Morley who rebuilt a similar structure at Valley Forge, Pennsylvania.

According to a *Cumberland Evening Times* report published in April 1921, the restoration required that the original sills, plates, and joists of the old building be re-laid to accurately determine the cabin's dimensions. Replacing the rafters provided the pitch and shape of the roof. The report stated, "The entire groundwork as it stood when occupied by Washington was intact and was used, as were the rafters, plates, and binders, and nothing new has been added, except the best tile roof obtainable." Where logs were too decayed to be replaced, those from the next oldest building in Cumberland were substituted. The substitute logs came from the Black Horse Tavern located along South Mechanic Street, near present day Canal Place.

Mr. Thomas' purchase and restoration of the cabin occurred in concert with city of Cumberland officials who made a formal request that he donate and place it at

Riverside Park, a location in view of the site where the fort once stood. Mr. Thomas agreed to the proposal and plans were made to dedicate and name the building “George Washington’s Headquarters.”

Unfortunately for Mr. Thomas, Cumberland Mayor Thomas Koon, and city officials, an objection was raised against the dedication of the building. Mr. A.K. Hummelshime, Police and Fire Commissioner, wrote a sarcastic letter attempting to discredit the claim that the log cabin was used by George Washington. He further stated that the logs used in the building were collected from various locations over a period of 150 years and were being assembled in 1921 for the first time as George Washington’s Headquarters.

Commissioner Hummelshime’s communication was challenged by Mayor Koon at the March 14, 1921, city council meeting. When pressed on the charges against the cabin, Mr. Hummelshime did not offer specific facts and admitted the letter was based on hearsay. City officials cited Mr. Lowdermilk’s work and related testimonies about the cabin before making the unusual moves of refusing to accept the letter and of striking Commissioner Hummelshime’s remarks from the official minutes.

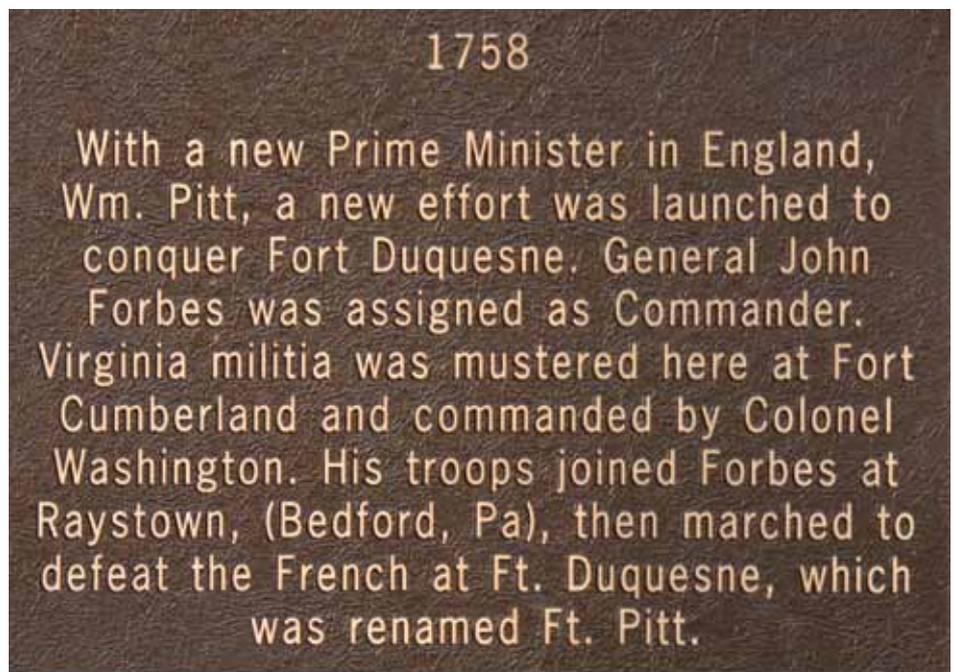
Apparently, both city officials and Mr. Lowdermilk were unaware of another source of information that offered some support as to the cabin’s authenticity. The April 1857 issue of *Harper’s Weekly* published



Portrait of Colonel George Washington during his command at Fort Cumberland.

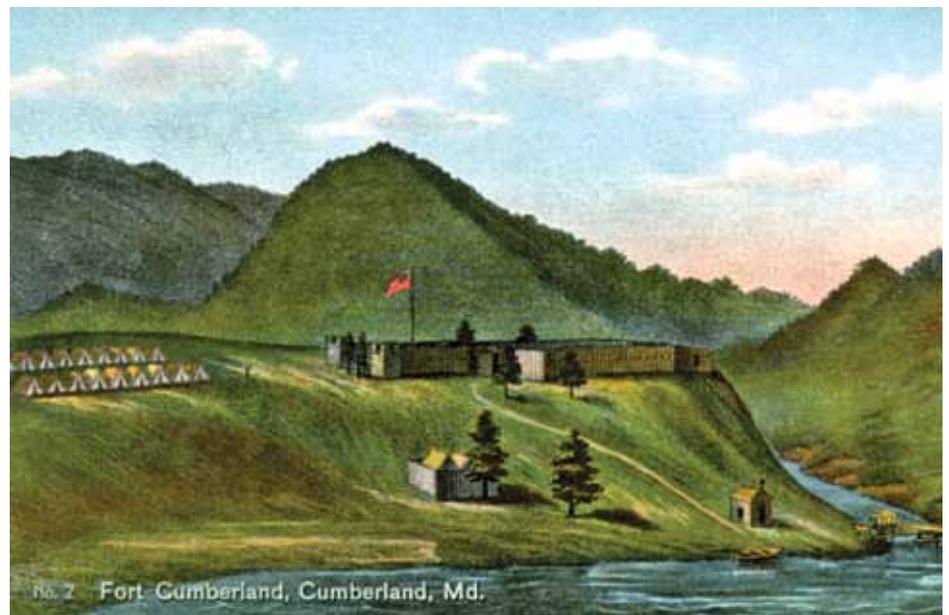
an article by Brantz Mayer titled “With Some Wanderings in the Footsteps of Washington, Braddock, and the Early Pioneers.” In recounting his travels through Western Maryland, the author noted that “the weather-beaten hovel which Washington occupied as his quarters more than a hundred years ago, still stood behind the fort in the rickety rain delineated by our artist; but has been removed to make way for a modern dwelling.” The artist’s rendering depicts a one and a half-story dwelling with a Swiss cabin attached; this rendering is in keeping with Lowdermilk’s account.

The *Harper’s Weekly* story and sketch are not without questions, however, because the building had been moved from the fort site more than a decade earlier leaving one to assume the artist either visited the Blocher farm to view the old cabin or questioned local residents about its appearance. The article does not specifically mention which source



was used as a basis for the sketch, thereby casting some doubt on how the artist determined the cabin's style.

Questions about the building's authenticity were ended for the time being after the city council meeting and the dedication occurred as planned at Riverside Park on April 21, 1921; it was a noteworthy event witnessed by thousands of residents. The highlight of the ceremony was the arrival of General John J. "Black Jack" Pershing, former Commander of the American Expeditionary Force in World War I. General Pershing was accompanied by Major Charles Bridge, representing the British government, and aide-de-camp Major General George C. Marshall. (George C. Marshall later served as Chief of Staff of the Army, Secretary of State, and Secretary of Defense). Grand Army veterans and local dignitaries joined the entourage in a parade through downtown Cumberland.



Top photo: Marker in the middle of Washington Street, Cumberland, Maryland, showing a corner location of Fort Cumberland. Several markers are easily visible at this area near the Allegany County Courthouse at 30 Washington St.

Middle photo: John Kennedy Lacock's illustrated postcard of Fort Cumberland.

Courtesy of Albert and Angela Feldstein collection.

Bottom photo and facing page: Information plaques on the base of George Washington statue located at 30 Washington Street, Cumberland, MD.

PRESIDENT WASHINGTON'S LAST VISIT - 1794

On October 16, 1794, President George Washington arrived in Cumberland to review about 5,000 troops of the Maryland and Virginia militia gathered here during the Whiskey Rebellion. A few days later, this militia army assembled upon the parade ground of old Fort Cumberland, where the Allegany County Courthouse now stands. The President appeared dressed in his full military uniform, and the entire population of the town was present to witness this historic event. General Washington rode along the line, from right to left, and was loudly cheered by the men. Afterwards the command marched in review, and Washington raised his hat as a salute, while they passed. Generals Henry Lee and Daniel Morgan also were present and participated.

The procession passed enthusiastic citizens who lined Park and Baltimore Streets en route to Riverside Park. At Washington Street, General Pershing halted his vehicle so he could face and review the honor guard of ex-servicemen who had served in World War I combat divisions; all branches of the armed forces were represented and received stirring ovations. The General continued a short distance to Riverside Park where he expressed appreciation for being invited to the event. Following the conclusion of ceremonies, Generals Pershing, Marshall, and Bridge were invited to "Rose Hill," the home of donor James Walter Thomas for a public reception. Festivities concluded in the evening when General Pershing and Maryland Governor Albert Ritchie were guests of honor at a Masonic Lodge banquet.

Soon after the building's relocation to Riverside Park, the local Chapter of the Daughters of the American Revolution agreed to furnish and host the site for special occasions. Time period artifacts and costumes have been assembled over the years to create the appropriate setting for Washington's service in Cumberland.

George Washington's Headquarters has been listed in the Maryland Inventory of Historic Properties (AL-IV-047) since 1975. The inventory does not evaluate the historical significance of properties or confer any protection or benefits; rather it highlights them for reference purposes only. The headquarters has not been listed in the National Registry because it does not meet the strict criteria required by the National Park Service. The cabin was moved at least twice, thus making it ineligible. The first move was especially troublesome since detailed records of its disassembly do not exist. Despite the failure to be placed in the National

Registry, the cabin commemorates the historically significant service of George Washington in Western Maryland, while reminding everyone that he really did sleep here.

George Washington's Headquarters is open during special occasions but may be viewed anytime at its Riverside Park location at 40 Greene Street in Cumberland.



General John "Black Jack" Pershing, along with Cumberland Mayor Thomas Koon, arriving for the dedication of Washington's cabin in Riverside Park on April 21, 1921.

This photo is part of the Herman and Stacia Miller Collection and has been printed courtesy of the Mayor and City Council of Cumberland, Maryland.



James Walter Thomas, local historian, purchased and restored Washington's cabin and along with Cumberland officials, was instrumental in placing it at Riverside Park in Cumberland, Maryland.



Official Sederic Program

Formal Acceptance

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 By the Mayor and City Council of Cumberland, Maryland
 Thursday, April 21, 1921

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Reception of the Flag . . . Tasker G. Lowndes on behalf of the City	
Presiding Officer, Hon. Ferdinand Williams	
Invocation	Rev. James E. Moffatt
Music	By the Band
Presentation of the Building to the City of Cumberland James Walter Thomas, L. L. D.	
Formal Acceptance of the Building by the Mayor of Cumberland Hon. Thomas W. Koon	
Music	By the Band
Presentation of the Official Representative of the Royal Government of England	
Address	
His Excellency, Hon. Albert C. Ritchie, Governor of Maryland	
Music	By the Band
Address	Hon. George Weems Williams
Presentation of General John J. Pershing	
Music	By the Band
Benediction	Rev. Fr. Marcellus

Top photo: Thousands of Cumberland residents line Baltimore street as General Pershing's motorcade passes enroute to Riverside Park for Washington's cabin dedication, April 21, 1921. General Pershing is in the right rear seat of the first car. Photo by James Edward Grabenstein courtesy of the Albert and Angela Feldstein collection.

Inset photo: General John J. "Black Jack" Pershing. Program photos: Original program for the dedication of George Washington's Headquarters in Riverside Park, April 21, 1921. Courtesy of the Albert and Angela Feldstein collection.

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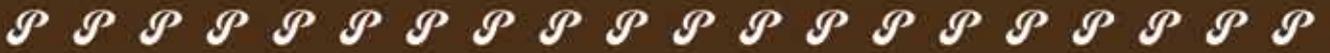
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Guillemot?

Hand Made All Wood Kayak

Written by **Dan Whetzel**

Photography by **Lance C. Bell**

Construction photos by **Mike and Shelby Calhoun**

Kayaks have a long history in North America. Developed thousands of years ago by Arctic tribes such as the Eskimos, Inuits, and Aleuts, the vessels were primarily used for hunting sea animals and transporting goods. In fact, the term kayak means “hunter’s boat.” The indigenous peoples’ design was later adopted by western Europeans who desired to build kayaks for recreational purposes. Cumberland resident Mike Calhoun’s recent quest to build a kayak bridged both the indigenous and European traditions because he wanted to combine craftsmanship with the recreational aspects of kayaking on local lakes.

Mike’s desire to build a kayak started several years ago when he read a magazine article about kayak building. As Mike recalled, “After reading the article, I started doing a little research on how to build one and finally settled on the Guillemot model.”

The Guillemot was named after a sea bird and was designed by kayak enthusiast and entrepreneur Nick Schade who specializes in high performance sea vessels. Mr. Schade’s background as a civil engineer with the United States Navy and on-the-water experience enabled him to author, *The Strip-Built Sea Kayak*, a handy reference book for craftsmen interested in building their own boats. Nick Schade’s unique approach to kayak

building involved the strip-built method of molding and fastening small wooden strips to the vessel’s frame. The technique was well known to canoe builders but untested with kayaks until Schade’s design became available.

Research completed and Schade’s book in hand, Mike began the process of acquiring wood and other materials for the project. Red Cedar, Redwood, Spanish Cedar, and Ash were the woods of choice. “I started with raw wood and then cut it down to one-quarter inch by three-quarter inch strips. For patterns and other supplies, I contacted Chesapeake Light Craft from Annapolis, Maryland, a company that specializes in boat kits.”

The building process required skill and patience. “I stapled the first strip to the forms that were cut from a pattern. Next, I edge-glued the second strip to the first one and stapled it in place until it dried. Then I alternated back and forth until both sides of the hull were completed. The boat was flipped over and the deck was built the same way. After the deck and hull were finished, I planed and sanded the inside and outside until the surfaces were smooth. When the wood was smooth, a coating of epoxy resin was applied. After waiting 24 hours, the parts were covered with fiberglass cloth and wetted out with epoxy resin.” After both inside and outside of the hull were coated with fiberglass, the hull and deck were fastened together with fiberglass tape. Cutting the hatches and cockpit completed the woodworking part of the enterprise. Mike estimated that 20 months and 400 to 500 hours of time were required to complete the craft that measured 17 feet in length and weighed 50 pounds.



Final touches included multiple coats of varnish before the inaugural run on Lake Habeeb at Rocky Gap State Park during the summer of 2011. This summer Mike and wife Shelby will be enjoying the boat on other local lakes, including Savage River Reservoir.

Was the project worth the effort? “Yes, building the kayak was fun and I am planning to make a second one.”



¾" x ¼" strips of red cedar placed over the strong back to form the hull



Completed hull



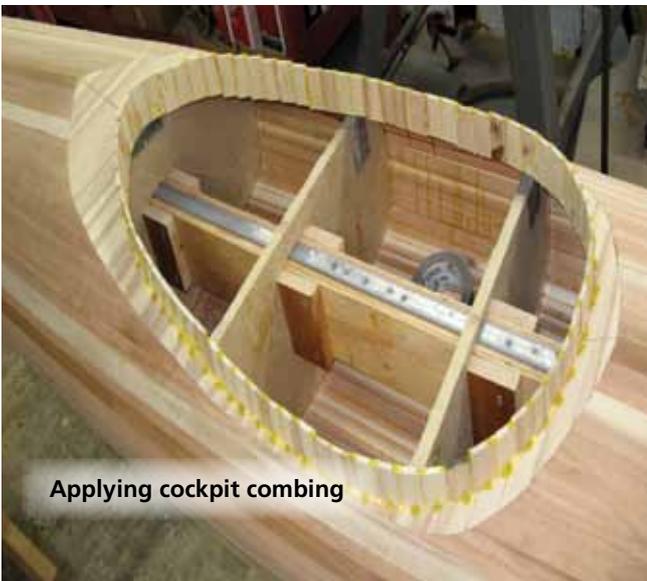
Starting to apply the epoxy resin



Rough opening for cockpit



Laying out the fiberglass on the deck



Applying cockpit combing



Shelby and Mike with the completed kayak

Editor's note: Shelby is the Office Manager of Advertising Art Design, Inc. and Mountain Discoveries magazine.

The Village of Springs – Host to Thousands

Written by **Harriet Berg**
Photography by **Lance C. Bell**

The small village of Springs, PA, located on the MD/PA state line, is little but mighty in terms of providing an outlet for wholesome produce and baked items. Founded in the 1800s by primarily German and Swiss immigrants of Mennonite and Amish faith, the industrious farmers have made a name for Springs. You will want to keep a watch for the slower-paced clip clop of the horse-drawn Amish buggies along the highway.

Founded in 1958 to preserve the history of the Casselman Valley that includes Garrett County, MD and Somerset County, PA, the Springs Historical Society initiated a Farmers' Market in 1991 to provide support for the Springs Museum and the local economy. The largest in the area with over 80 vendors, shoppers travel as much as an hour or two to do their buying of fresh produce in the summer. Many of the Amish farmers continue to wear the same style clothing and use the same recipes as their ancestors of over 150 years ago.

Housed in the large Springs Folk Festival craft building with the overflow extending over the grounds, the Market is a great place to meet and greet the neighbors while enjoying breakfast and lunch made to order at the Snack Bar, operated by the local Mountain View Christian School.

Joe Bender, Springs Historical Society President, comments "The Market is one of the best things the Society has done."

After you have purchased your produce and baked items for the week, browse among the antique and flea market vendors while munching on your home baked donut or whoopee pie. Antique glass and furniture and iron ware as well as new crafts, honey and maple syrup are sure to spark an interest. Be sure to take a stroll on the self-guided Alta Schrock Nature Trail adjacent to the Farmers' Market. Total distance of the easy walking loop trail is 4/10 mile.

You will want to stop by the Springs Museum, adjacent to the Market, to visit the two-story building displaying an early school, church, store, living quarters and antique farm and industrial equipment, some manufactured in Springs in the early 1900s. Also available in the Museum are the *Casselman Chronicles*, historical and genealogical journals of the settlers and places in the area published for over fifty years. Monthly programs are free and open to the public April through November. Don't forget to come back October 5 & 6, 2012, for the Springs Folk Festival, celebrating its 55th year with over 150 craftsmen demonstrating their skills, continual music performances, hayrides and PA Dutch foods.

The Springs Farmers' Market is registered with the Bureau of Foods Safety & Laboratory Services of the PA Department of Agriculture and is located on 1711 Springs Rd., Springs, PA. It is held every Saturday beginning May 26 through September 15, 8:00 am – 1:00 pm. More information on all of the Springs Historical Society ventures may be found on www.springspa.org or call 814-442-4594.





There are many things to see and do and enjoy at Springs during the spring and summer. Farm fresh veggies, bake sales, hand crafted items of all sorts and lots of friendly smiling faces, along with plenty to talk about. Meet new friends and old friends at the Springs Farmers Market. See you there!

Allegany Museum

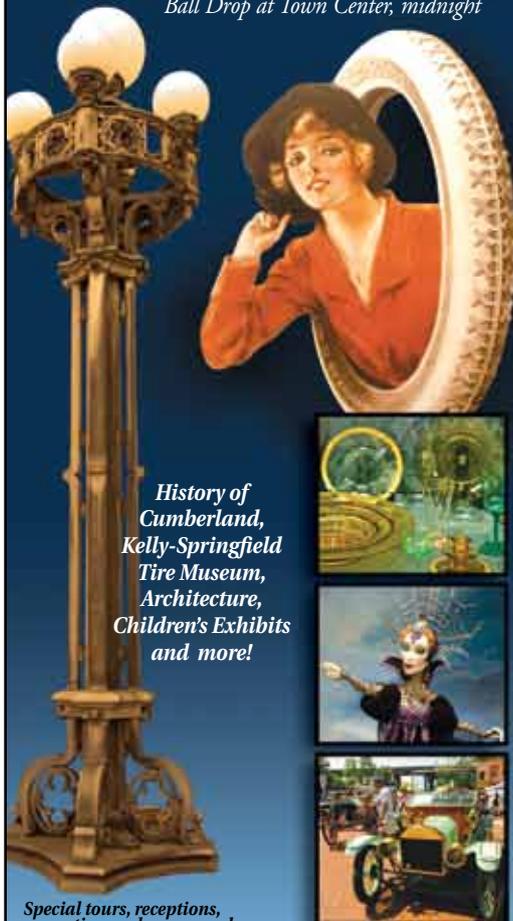
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Special tours. Sat. & Sun. 10 - 4
- June 24 Fort Hill 75th Anniversary
- Sept. 15 12th Annual Ford Model T & Model A Car & Truck Show
Dash plaques, goodie bags, etc. 10 - 4
- Oct. 19 Museum of American Glass in WV
- Nov. Cumberland Goes to War
- Nov. 23 Holiday Open House
Entertainment / refreshments 6-9 pm
- Dec. 31 New Year's Eve Open House
Entertainment, 9 pm - 11:30 pm
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Life Fitness Management:

A Holistic Approach to Wellness

Written by **Sara Mullins**
Photography by **Lance C. Bell**

We know that exercise is good for us. We realize that we could lose weight, gain energy, improve our health and feel a whole lot better if we could just get moving. But it can be tough to figure out where and how to get started—and stay motivated.

The staff at Life Fitness Management, a state-of-the-art health club in LaVale, Md., understand. A trio of fitness aficionados—Amy Schwab Owens, Brenda Owens and Greg Dull—created the LFM concept in 2005 to help others reach their fitness goals.

“We are passionate about helping people create a healthy lifestyle,” says Amy. “Many people are intimidated by gyms, and think they have to be a size 2 and wear a teensy bikini to work out. We welcome people of all sizes and shapes. Everyone is different, and we work with the individual.”

Clients can select from a variety of specialty services, attend group classes or work out in the gym with a wide range of weight training and cardio equipment. Classes are included with the membership fee.



Ashlee Brown (left) and Tanya Ottaviani in one of the High Intensity Training Rooms.

Personalized services are customized to each client. Each new client is offered an initial assessment to determine a baseline measurement of his or her current fitness status as a way to gauge the efficacy of his or her workout program. Questionnaires are also used to gather information that helps the staff provide services best suited to each client.

What makes the LFM approach unique is a focus on what Brenda describes as “the whole person – physical, mental and spiritual. We put it all together. It’s a complete lifestyle approach.”

That approach reflects the combined expertise and synergy of the three owners. Amy, LFM’s president, is a licensed professional counselor and certified wellness coach. Greg, the previous manager of Kinetix Health Club and an x-ray technician, serves as LFM’s manager and chief personal trainer. Brenda, a certified nurse practitioner and professor at Allegany College of Maryland, provides nutritional counseling services.

The LFM concept began in 2005 when Amy, Greg and Brenda pooled their expertise to create LEAP, the Lifestyle Eating Activity Program. They soon realized the program’s potential as a model for weight loss and creating a whole new strategy for healthy living through the combination of personal training, nutrition and wellness. The LEAP program continues to be a mainstay of LFM.

“We decided to create a seamless experience for clients to achieve whole person fitness, a holistic mix including social connections and an environment that involves the emotional, mental and spiritual aspects of fitness,” Amy

says of LFM’s evolution. All three earned certification as personal trainers and began offering their services in a private office in the Kinetix building.

As their clientele grew, they saw the need for their own facility. Thus began an intensive planning process that resulted in the renovation of the former warehouse once

used by the now-defunct County Market, located just off the National Highway. The 14,000 square foot LFM facility just celebrated its fourth birthday in April. Clients enjoy easy access and plentiful parking in a relatively secluded area.

“People should feel nurtured and welcomed when they come in,” Amy says. The LFM facility design reflects this philosophy, with an attractive entry area featuring big windows and skylights, lots of wood, comfy lounge area—and an impressive bar that resembles a big smile. Offerings include all-natural, fat-free performance enhancing smoothies and juices, plus coffee and espresso drinks. Other amenities include a pro

shop, free wireless internet, and spacious, well appointed locker rooms offering showers equipped with personal care products, plus a sauna/steam room. Socializing is welcomed, even encouraged.

To the right of the entrance is the main gym area, featuring two levels with large windows for plentiful natural light, and a huge ceiling fan. Clients can choose from an impressive array of Human Sport and Star Trac strength-training equipment. The upper level offers a variety of cardio equipment – elliptical machines, treadmills,



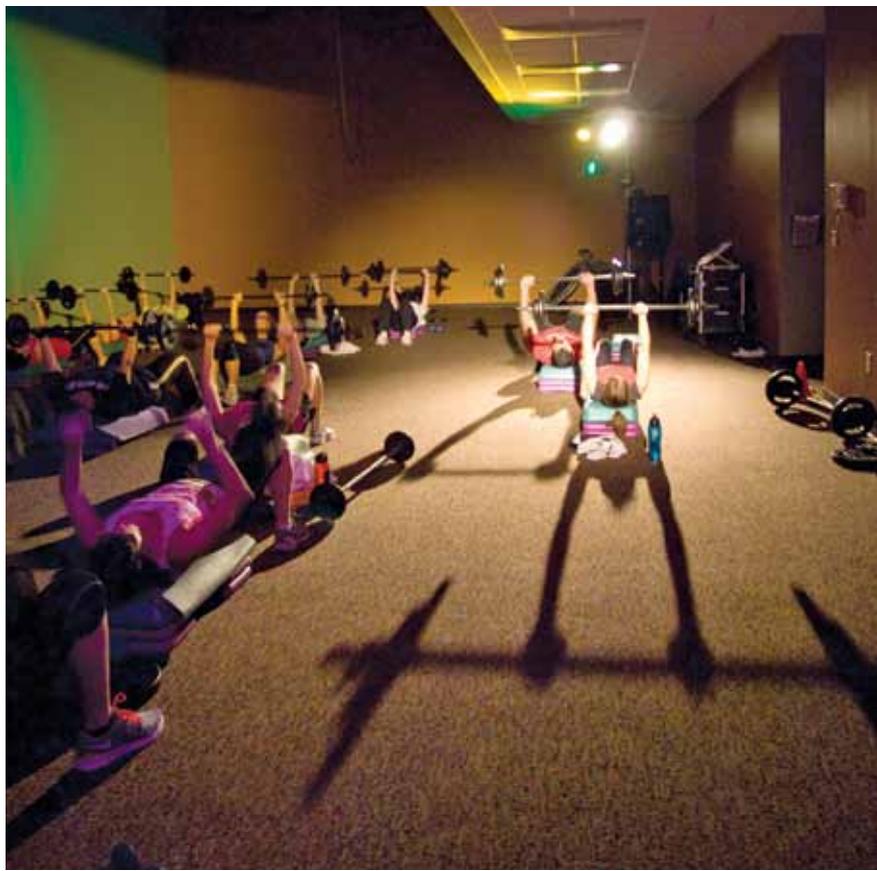
Life Fitness Management offers a variety of cardio equipment.

stationary bikes and rowing machines, many with their own TVs. A spacious free weight area features a rubber padded floor, plus an assortment of dumbbells, workout stations, benches and assorted equipment to work every muscle. For those who prefer privacy, a smaller and more secluded gym area equipped with a small assortment of cardio and weight training items, plus TV, can be found to the left of the entrance.

Group classes are held in several specialty rooms to the rear of the facility. Schedules and offerings vary by month. Studios A and B feature hardwood floors and mirrors helpful for yoga, Zumba and Pilates. Fitness classes, including Les Mills Body Pump and Les Mills Body Combat, are held in the larger HIT (High Intensity Training) Room. Another room is equipped with stationary bikes dedicated to spinning classes. Each room has its own sound system, customized and maintained by Amy's husband Steve, a retired computer science professor who also serves as resident computer guru and lead barista/beverage consultant.

LFM features several specialty programs. The LFM Triathlon Club and Athletic Achievement Program are geared for those seeking a higher level of personal training for competition or personal goals. The Workplace Wellness program now has eight corporate members. A variety of massage services are also by appointment seven days a week.

A unique aspect of LFM is its commitment to support local farmers and artists as part of its dedication to optimal nutrition and overall wellness. Its annual Friday after Black Friday Event showcases local artists and farmers. Local honey, maple syrup, apple butter, ramp mustard and similar products are now available year-round.



Top photo (l to r): Heather Helmstetter, Melody Kentrus, and Shauna McQuade spinning.

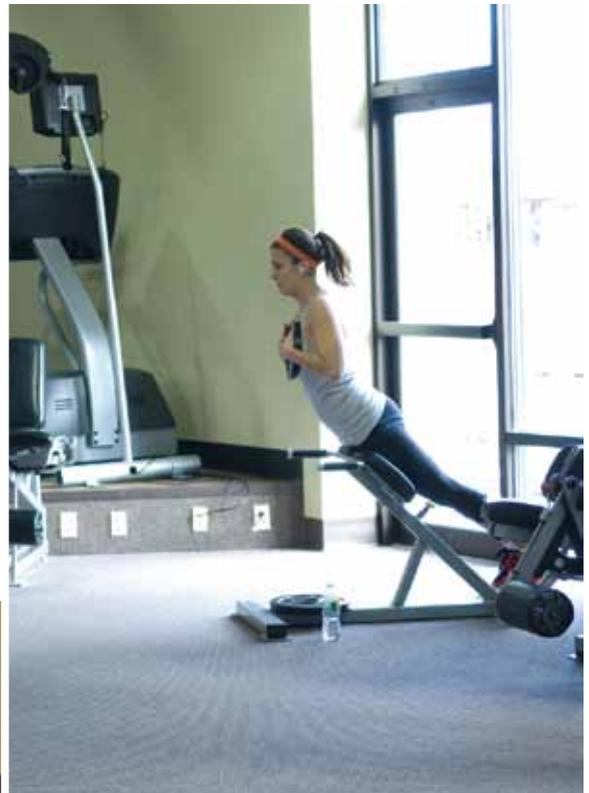
Middle photo: Greg Dull leads a Body Pump.

Bottom photo: Gina Lindelof balances on the ball in a Core Strength Class.

“We want to meet clients’ needs and expectations,” says Greg. “We’ve survived the economic down-turn and now have close to 600 members. We started with about 100, and most of the originals are still here.”

LFM’s owners have been recognized for their efforts. They received the Allegany Chamber of Commerce Entrepreneurial Spirit Award for 2011. In 2010, Amy was one of three Cumberland women cited as one of Maryland’s Top 100 Women and a model of wellness by the Daily Record newspaper.

“It’s all about creating a healthy community,” says Amy. “We want to promote health and wellness inside and outside of our four walls.”



Top photo (l to r): Owners Brenda Owens, Greg Dull and Amy Schwab Owens.

Bottom photo (l to r): Amy Wollan, Danny Crites and Troy James; some of the staff at Life Fitness Management.

Top photo: Megan Foy on strength-training equipment.

**Middle photo: Hoopla Class (Hula Hooping).
Bottom photo: Kaileigh Lamontagne (left) and Megan Foy in a Yoga Class.**

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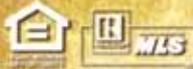


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Dutch's at Silver Tree

Written by: **Dan Whetzel** Photography by: **Lance C. Bell**



The beautifully remodeled Dutch's at Silver Tree is in a serene setting located on the shores of Deep Creek Lake. The porch dining area has a rustic lodge feeling with a great view overlooking the Lake (see photos at right).

In 1984 Dutch's Daughter Restaurant opened its doors in a VFW building in Frederick, Maryland. Since that time, Dutch's has consistently served award winning dining experiences in a comfortable atmosphere. The Dutch's dining experience was enhanced in 2000 when an elegant three story dining facility opened in a residential section of Frederick. The new location meant that additional services and expanded menus could be offered to guests. Now the Dutch's dining experience has expanded once again with the opening of Dutch's at Silver Tree. The new restaurant occupies the eatery section of the former Silver Tree Inn at Deep Creek Lake.

The new Dutch's at Silver Tree is located in a historic and familiar location to Deep Creek Lake vacationers. The original building on the site was referred to as Nemaquin Lodge and constructed in the late 1930s through the efforts of Dr. Thomas Bennett. The log style lodge featured three massive stone fireplaces and towering walls built with timber cut on the property. The lodge name was derived from a Delaware Chief who spent a considerable amount of time in Western Maryland during the mid eighteenth century. Since the 1970s, the original lodge

underwent extensive renovations and additions and became associated with upscale lodging and fine dining.

Owner Eileen Gideon has looked forward to expanding her business to Garrett County for some time. "My father, Fred "Dutch" Onderdonk, spent many years supporting my family working on the Hamilton Farm tending to produce. My father always told me that he wanted to return to Oakland because he missed the mountains, weather, and people," recalled Eileen. While Dutch has passed, Eileen believes that he would be proud to see the expansion that recently occurred.

Eileen is familiar with Garrett County, Nemaquin's story, and Deep Creek Lake since her home was originally in nearby Oakland. "I am really looking forward to serving Garrett County where I was born."

The move to Garrett County was facilitated by Phil and Erika Rauh, owners of the Silver Tree building and long time friends who informed Eileen of the opportunity available at their facility. "Phil and Erika have been wonderful to work with and have been instrumental in making a smooth expansion to Deep Creek Lake," stated Eileen.

Eileen is assisted by Meagan Till, restaurant manager and long time employee. “In 1994, I started working for Dutch’s as a freshman in high school. Starting out in the kitchen, I worked my way through every station from making salads to cooking steaks behind the line. After transitioning to the new building in 2000, I was appointed to a management position. I feel like I have grown with the restaurant the past 18 years. Eileen has instilled in me an amazing approach to customer service, and I am looking forward to sharing Dutch’s with Garrett County. I know we will maintain the distinction of being your first choice of dining. I am also looking forward to making Garrett County my new home and growing with our new Dutch’s at Silver Tree.”

Meagan is joined by 60 co-workers who staff two dining areas and the outdoor Harbor Bar. The outdoor facility is scheduled for updating while the new Inner Harbor is already finished with large glass windows and doors that provide a panoramic view of the lake and wooded areas. Dutch’s features jumbo lump crab cakes, Atlantic salmon, and filet mignon.

Eileen and Meagan believe, “Our guests are the foundation of making Dutch’s what it has become over the past twenty five years. Dutch’s would not be where it is today without their continued support. We are now eagerly looking forward to developing long lasting relationships with the residents of Garrett County.”



Great food, lake side views and rustic wood interior combine for a memorable experience at Dutch’s at Silver Tree.



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Round Right Farm

Coming 'Round to the Farmer's Life

Given the sizeable distance involved, it seems pretty unlikely that a young couple who met in San Diego, California, would end up on a farm in Cranesville, West Virginia. But such is the case for Steve and Sunshine Vortigern, whose Round Right Farm now provides fresh, organic produce for hundreds of families through local farmers' markets and their own CSA, i.e., Community Supported Agriculture project.

Their adventure began when they both were graduate students at San Diego State University. Steve, a San Diego native, was pursuing advanced studies in jazz trombone. Sunshine, originally from Kentucky, was enrolled in the creative writing program, and served as Concertmaster of the SDSU Symphony Orchestra. Music, in the form of the orchestra, brought them together.

A season spent at Sunshine's father's farm in Kentucky was an eye-opener for Steve. "It was my first taste of rural living," he says. "I developed an interest in a more sustainable lifestyle." One particular aspect of rural life that intrigued Steve was the use of horses for logging and farm work. That interest led him to Backbone Food Farm, near Oakland, Md., where a season's apprenticeship convinced him that he was a farmer at heart.



The Vortigern's on their farm; Sunshine, holding Isis and Steve with Xavier in front.

Spinach growing in the greenhouse.



Written by **Sara Mullins**
Photography by **Lance C. Bell**

"We fell in love with the area," Steve says. So the search began for a farm of their own. Eventually they found 41 acres in Cranesville through "a friend of a friend of a friend." After convincing the seller that they'd care for the land, they bought the property—a hayfield with no house—in late 2006.

"We were lucky," Steve says. "We love it out here." The couple bought a school bus, ripped out the seats, renovated the inside and moved in. In 2008, they built a small house. Its porch served as a vegetable packing shed for a couple years. They finally were able to build a real packing shed last summer and the renovated porch became a welcome addition to their one-room house. "We chose to build a small house, to have a smaller ecological footprint." They share the house with their two children – Xavier is 6 and Isis is 3. Both are home-schooled.

They began their CSA with 20 members and sold produce at the Morgantown Farmers Market. It didn't take long for Sunshine and Steve to realize they had to grow their farm quickly to succeed. Five years later, the CSA is filled to capacity at 150 members and has a waiting list. Although they now sell produce twice a week at the Oakland Farmers



Market, Morgantown continues to be their largest market. Thanks to exposure at these markets, their web site, and the ever-potent force of word-of-mouth, they've had little need for marketing. And it's hard to beat the taste of locally grown produce, picked fresh from the field.

As an uncertified organic farm, Round Right Farm grows produce without synthetic or chemical pesticides, herbicides or fertilizers. Seeds used are not genetically modified or chemically treated. Any manure used to fertilize the soil is free of antibiotics or synthetic hormones.

The CSA offers customers a convenient way to eat their veggies. After paying a fee for a 20-week season's share, members select a delivery site where they pick up a weekly assortment of vegetables, fresh from the farm. They can choose to receive their share as the Farmer's Choice—a weekly culinary surprise—or go online to the farm's web site to swap or add items via the online produce stand. As a bonus to their weekly order, the produce stand allows members to order items from other local producers, like goat cheeses from Firefly Farms, breads from New Day Bakery and local eggs. The Farm also offers honey and eventually hopes to offer grass-fed beef, berries and other farm-raised foods.

“With our CSA, the ultimate goal is to provide a grocery store experience from home, to make buying fresh, local foods as convenient as buying typical store foods,” Steve says. “We're conscious of prices and try to be competitive with chain grocery stores. Even when our prices are slightly higher, we believe we offer good value. Our food is fresher, tastes better and lasts longer.”

As the demand for Round Right Farm produce grows, Steve and Sunshine face the challenge of providing more food while maintaining quality and without overextending themselves. “It's good for farmers to have hobbies. You can go a little crazy working too hard.” To maintain some sanity, he founded and plays trombone with The Sugarfoot Stompers, a New Orleans style Dixieland Band.

“We have been quite surprised,” Steve says of the farm's success. “We feel really blessed. We're getting ready to scrap the bus. It's sort of the last vestige of when we were camping out,” he says, with a hint of nostalgia.

Surrounded by beautiful fall colors, Sunshine holds just harvested Bok Choy while standing between spinach and carrots.

TriState Festival & Auction

14th Annual Benefit to Make a Difference July 20 & 21, 2012

Written by **Harriet Berg**
Photography by **Lance C. Bell**



The TriState Festival, Auction & Cruise-In is a great two-day family affair to be held at the Garrett County Fairgrounds. Local volunteers of Mennonite and Brethren churches have been working year-round to create items for the auctions and craft tables. Celebrate the spirit of helping others as you enjoy the homemade specialty food items, browse the shopping and take a relaxing ride in a horse-drawn carriage operated by local Amish.

Ray Miller of Pleasant Valley Dream Rides, located in Garrett County, south of Oakland, MD, volunteers his time each year to provide horse-drawn pleasure rides both days. Coming from a strong service background with the Amish church, Miller states “I participate in the TriState Festival because I know where the funds go – to help people in disaster in the United States and around the world and I want to help when I can.”

Beginning on Friday evening, July 20th, a giant Silent Auction will be on hand to greet enthusiastic buyers. One-of-a-kind items including handcrafted wood and craft items, artwork, chain saws, gift certificates for local entertainment, and B & B stays will be offered. There will be something for everyone!

A market place will offer fair-trade handicrafts from around the world at the Ten Thousand Villages table as well as baked goods, plants, woven rugs, crib quilts, homemade jellies and both new and used books.

Saturday July 21st will begin with a delicious pancake and sausage breakfast and will follow with chicken BBQ, fresh-made doughnuts, strawberry shortcake and more. A classic auto cruise-in will be held on the grounds for your viewing pleasure. The cruise-in is sponsored by the Oakland, MD car club and they invite any antique or classic vehicle owner to participate. The first 50 entries will receive a free dash plaque.

At 10:00 a.m. the benefit auction will begin offering over 100 beautiful quilts and wall hangings including feed sack wall hangings, handmade by local Mennonites and Amish. You will find handcrafted furniture including children’s furniture, bentwood rockers and lawn furniture. Also presented will be John Deere pedal bikes, Husqvarna chain saws, and even a handcrafted three foot high wooden backhoe for the kid’s outdoor fun. A Cape Cod shed 6 ft. x 8 ft., made by Mennonites in Ohio, would make a perfect potting shed or playhouse.

Many pieces of beautiful one-of-a-kind art including hand-thrown Lais pottery and a wood-carved feather by 5-time International Waterfowl Champion carver Gary Yoder represent the local artists desire to help others, one at a time. Vacation lovers will wish to bid on the vacation opportunities from Washington DC, Laurel Highlands and Amish country.



Dozens of beautiful handmade quilts will be auctioned at the festival. Other handmade items will be for sale and also in the **SILENT AUCTION**.

Favorite foods and drinks will be available at vendor stands in the main building.

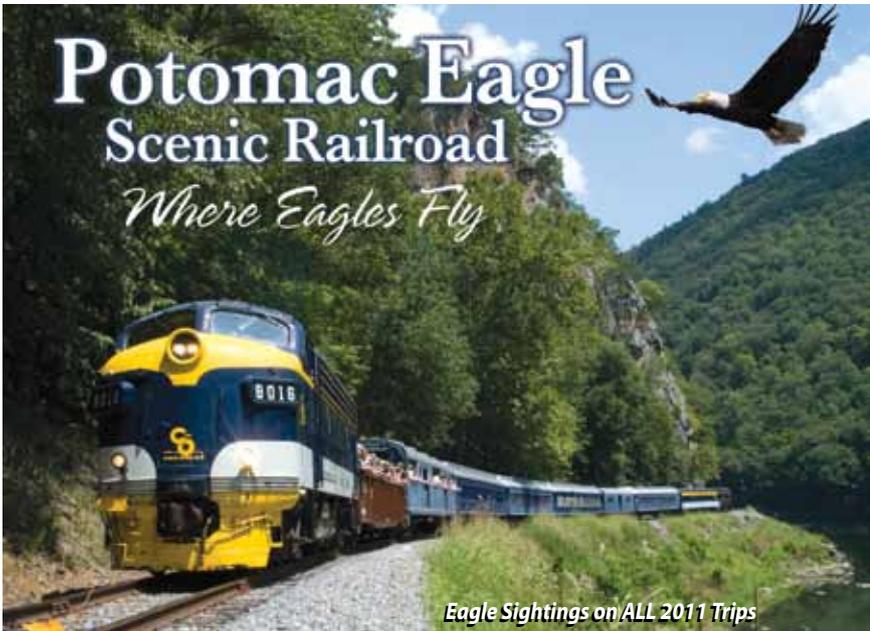
Train excursion tickets for the Potomac Eagle and Mountain Thunder runs will be available. Local naturalist and Garrett College professor Kevin Dodge will offer a guided nature walk in Garrett County or you will have the option to visit the Husky Power sled-dog kennel. Bid on an opportunity to take your friends or family to a local Amish farm for a day and enjoy horse-drawn wagon rides and a picnic.

There will be plenty of kid's activities including an auction just for them at 11:00 a.m. Saturday, hands-on creating comforters and scavenger hunts. Everyone can bring their pennies and small coin to help make a difference for this year's Penny Power project to support Mennonite Central Committee's meat canning project. If you lined in a row the cans of meat that the volunteers produce in the United States to feed those in need, it would connect New York City and Chicago!

All proceeds benefit victims of hunger, famine and war, both worldwide and in the United States through Mennonite Central Committee (MCC), the relief and development arm of Mennonite and Brethren churches, based in

Akron, PA (www.mcc.org). The American Institute of Philanthropy's Charity Watch gives MCC an "A" rating.

The benefit will be held at the Garrett County Fairgrounds, 270 Mosser Rd., McHenry, MD. Directions: Rt. 219S in McHenry, MD (Deep Creek Lake) 13 miles south I-68 exit 14A, 28 miles west of Cumberland, MD. For further information or to obtain a schedule of the Saturday auction, call (814) 442-4594 or go to www.tristatesale.org for a preview of sale items which will be continually updated. ***There is free parking & admission.***



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Little Maryland...

continued from page 16

best served if displayed at the Garrett County Historical Museum. We asked Robert Boal if the museum would be interested in acquiring the engine. He indicated it would be a great artifact and was really excited about having it on display. Our family made the donation, and it now has a special display case in the railroad room of the museum.”

The original Cumberland & Pennsylvania *Maryland* disappeared from the area in 1907 after it was sold to the Missouri Mining and Lumber Company. The Pagenhardts’ *Little Maryland* has fared much better and is currently on display at the Garrett County Historical Museum located at 107 South Second Street in downtown Oakland, Maryland.

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FIREFLY FARMS CREAMERY & MARKET

Maryland's Award Winning Creamery & Retail Shop in Their New Home in Accident, MD



Left to right: PR & Marketing Director, Pablo Solanet; President, Mike Koch; Director of Operations, Matt Cedro; and Director of Sales & Marketing, Andrea Cedro.

Photography by **Lance C. Bell**

FireFly Farms has been passionate about the art of handcrafting goat's milk cheeses for nearly a decade now. Maryland's first and premier artisan cheese producer, their cheeses have been celebrated for winning both national and international cheese competitions beginning in 2002 with their launch. FireFly Farms' nuanced line of cheeses range from fresh and flavored chèvre, to soft ripened and washed rind cheeses, to longer ripened firmer cheeses aged as long as a full year. After two years of planning and construction, the FireFly team relocated its creamery operations to their second and current facility on South Main Street, in Accident, MD.

This new state of the art, revamped building houses all of FireFly Farms' cheese manufacturing activities. It includes milk receiving & holding tanks, a central cheese manufacturing area, three climate controlled aging rooms and packaging, shipping and storage areas. Most recently

the building – with a long history – was a machine shop. So, the FireFly team commissioned Lakeside Architects and local general contractor Lorne Brenneman of Lee's Drywall for the design, layout, and construction of the building. "This was a fun project, even though we encountered some unique, challenging issues along the way," said Brenneman. "And I now know more about making cheese than I ever thought I would," Brenneman added.

This new location also houses FireFly Farms' flagship retail location: The FireFly Farms Market. Emphasizing its commitment to handcrafted arts, FireFly Farms' Market integrates observation windows allowing visitors to watch the artisan cheese making and cheese aging processes.

As well, the retail space incorporates unique, custom-designed artwork for visitors to enjoy. Two hand-carved goat totems greet customers at the entrance of the FireFly Market. In the shop a mural depicts a whimsical landscape

of the FireFly Farms' cheese making allegory for visitors to observe. The 21- by 5-foot installation includes figurative characters such as a milk maiden, a goat herder, curious goats, and, of course, cheese, wine and fireflies.

Mike Koch, President of FireFly Farms, explains why it was important for the new facility to be an interactive and multi-functional environment, "Part of our desire to re-locate to a new plant wasn't just about being able to increase production, although that is definitely an advantage... we wanted FireFly Farms to become another interesting and desirable destination for Garrett County visitors. This region is rich with natural beauty and ripe with potential for other businesses to thrive. My hope as an entrepreneur is to show others the reward that comes with the risk of starting a small business."

One of the most appetizing features available at the FireFly Farms' Market are seasonally curated wine and cheese pairing menus. These custom experiences have quickly become a popular afternoon activity for county

residents and visitors to Mountain Maryland's Deep Creek Lake resort area. FireFly Farms' Director of Sales and Marketing, Andrea Cedro mentioned, "these seasonal pairing experiences allow us to introduce our guests to a new set of carefully selected cheeses, wines, and beers... we'll focus on celebrating the best of the season in all our pairing selections, and provide our guests with a new experience each time they make a pairing reservation!"

Pairing reservations can be made for groups from two to six and may include three or four cheese pairings.

Cheeses can be paired with fine wines or craft beers. Pairing guests are seated at the Market's farm table with a direct view into the manufacturing and aging rooms. The light dining experience includes other delectable treats selected from the FireFly Farms Market: crackers or fresh bread, membrillo or fig jam, charcuterie or cured meats, olives, chocolates and chilled bottled water. Pairing guests also receive a 10 percent discount coupon on all in-store items purchased on the day of their reservation. Make your reservation for this unforgettable Garrett County experience any Thursday, Friday, or Saturday afternoon (301-746-8188).



Interior and exterior views show the unique character of Firefly Farms Creamery & Market — specializing in a variety of goat's milk cheese made on location at 107 South Main Street, Accident, Maryland 21520. Also visit our website at www.fireflyfarms.com.



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