



McCormick honors 2013 Unsung Heroes and Awards \$36,000 in Scholarships to Dorf of Dulaney High School and Frieson of Towson High School

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SPRING, Md., May 8, 2013 /PRNewswire/ - McCormick & Company, Inc. (NYSE: MCC), a global leader in flavor, today announced that Sarah Dorf of Dulaney High School and James Frieson of Towson High School are the 79th and 71st recipients of the Charles Perry McCormick Scholarship. Established in 1955, the scholarship currently has a four-year value of \$36,000 for each student athlete.

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The scholarship winners were chosen from a total of 115 candidates who were the Unsung Heroes winners from 73 Baltimore area public, parochial and independent schools. Dorf and Frieson are seniors, a requirement of the program.

Sarah Dorf was recognized by her coach, Jessica Symanski for being a leader both on and off the basketball court. Always the first one in the gym and the last one to leave, she's earned the respect of her teammates due to her dedicated work ethic. In her position as guard, Sarah leads by example and has the attitude of a true competitor. Not only is she willing to stay after practice to ensure the younger players understand the team offenses, she also asked the coaching staff to use their classrooms to draw up plays so the entire team could review them before practice. Her coach said, "Sarah motivates her team to be the best they can be. She has always provided encouragement for her teammates to show kind words and to have been the rock on or off team this year. She has consistently gotten my attention personally to work together on the court for a successful season." Sarah Dorf has also been on the honor roll since her freshman year of high school and received the Mink's Medal certificate for her excellent academic performance.

James Frieson understands the importance of teamwork and the team's slogan "We're All In." He is the epitome of unselfishness and lives by the example of "Common Good." James plays football the way it was meant to be played—through sacrifice, dedication and strong will. He is not only a talented and tough-minded athlete, but an all-around role model for his peers. Toward the end of the season he took the time to mentor a sophomore team member on the finer points of playing the position of linebacker. Despite a tough season, James motivated others to reach for just one more play or to work out during the off season and not the regular season. His coach, Chad Koppertberg said, "James never quits at anything. I have witnessed James put in a full day of school, contribute to his future potential at practice, and then change into his work clothes and hop the bus to work at Burger King until 10 p.m. Through it all, James' performance, attitude and demeanor have not wavered." His coach continued, "There is no question, James would appreciate this award. He would represent Baltimore County as he has represented Towson High School. Furthermore, James is a dedicated student that values education and understands the importance of it."

The late Charles Perry McCormick founded the McCormick Unsung Heroes program in 1945 to recognize athletes for unselfish team play and highlight the efforts of those who contribute to the success of their teams without accolades. In 1955, the scholarship was added to the program in his honor.

The trophies were given by Mike Moore, the head selling officer of "The Other Price Store."

More than 700 Baltimore area officials, school administrators, coaches and family members attended the event on May 8th.

About McCormick

McCormick & Company, Incorporated is a global leader in flavor. With more than \$4 billion in annual sales, the company manufactures, markets and distributes spices, seasoning mixes, condiments and other food products to the entire food industry - retail outlets, food manufacturers and foodservice businesses.

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