

FREE

St. Mary's County Times

THURSDAY, JANUARY 17, 2019

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Sticking to Resolutions



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LOCAL 6
Leonardtown's new pizza restaurant is opening soon.



COMMUNITY 11
The WARM nights program helped needy people over the holiday season.



ENTERTAINMENT 16
"Extreme" Chopin tonight at St. Mary's College of Maryland.

"IT'S FOR ALL OF OUR STUDENTS, NOT JUST THOSE ON A CERTAIN TRACK. IT WILL PREPARE OUR STUDENTS FOR THEIR FIRST JOB AND THEIR CAREER."

DR. TUAJUANDA JORDAN ON CURRICULUM CHANGES AT ST. MARY'S COLLEGE OF MARYLAND.

WEEKLY FORECAST

Thu 1/17	Fri 1/18	Sat 1/19	Sun 1/20
37° 34° F	46° 30° F	42° 39° F	53° 13° F
PM Showers	Partly Cloudy	PM Showers	AM Rain
Mon 1/21	Tue 1/22	Wed 1/23	Thu 1/24
26° 20° F	37° 28° F	44° 39° F	45° 33° F
Sunny	Mostly Sunny	Cloudy	Showers



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Veterans Clinic Groundbreaking Delayed

By Guy Leonard
Staff Writer

Last week the groundbreaking for the new community-based outpatient clinic (CBOC) in Charlotte Hall was postponed to an-as- yet undetermined date in February.

The event for the long-awaited facility's start was set for Jan. 11 but officials said the Department of Veterans Affairs cancelled just a few days before it was to occur.

"They had set a date and were expecting a number of dignitaries but they had a problem with scheduling them all," said John Hartline, executive director of the Tri-County Council which helps oversee veterans affairs in the region. "I'm assuming it was a coordination problem."

"I suspect it's more of a problem now given the [partial government] shutdown."

The new CBOC in Charlotte Hall has been anticipated for years as a place for local veterans to receive medical and mental health care without going to either Washington D.C. or Baltimore.

The current CBOC in use is at the Charlotte Hall Veteran Home but it is only surplus space there and is considered inadequate for the number of veterans currently living in the region.

Commissioner President James "Randy" Guy, who now heads the tri-county council's veterans regional area committee, said he was informed that the contractor who was awarded the bid to build the new facility



The current CBOC is located at Charlotte Hall Veterans Home but is too small for growing care needs.

could not come to the ceremony.

He expressed frustrations that the project continues to experience delays; last year House Majority Leader Steny Hoyer chided the VA for continued stalling on getting the CBOC project moving.

"We've waited 14, going on 15 years for this," Guy told The County Times, noting that an auxiliary CBOC to be installed at the MedStar building in Lexington Park had yet to open.

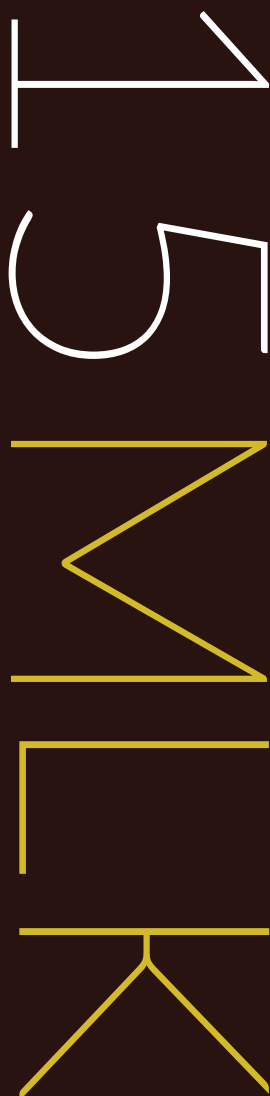
Guy said he has been informed it could be staffed

and operational by next month.

Guy said space requirements the VA needed for the Lexington Park CBOC contributed to the delays.

"I'm tired of it myself," said Guy, a Vietnam veteran who served in the U.S. Air Force, regarding the delays. "The CBOC in Lexington Park was supposed to be operating a couple of months ago."

guyleonard@countytimes.net



15TH ANNUAL MARTIN LUTHER KING, JR. PRAYER BREAKFAST

KEYNOTE ADDRESS BY MAUREEN BUNYAN
VETERAN BROADCAST NEWS ANCHOR
ADVOCATE FOR WOMEN AND MINORITIES

JANUARY 21, 2019

J. Frank Raley Great Room,
Campus Center

Breakfast:
6:30 a.m. (\$10 at the door)

Program:
8:00 a.m. (free)

Day of Service:
10:00 a.m. - noon (free)

Sponsored by:

- St. Mary's College of Maryland
- St. Mary's County, Human Relations Commission
- St. Mary's County Public Schools
- College of Southern Maryland
- Alpha Kappa Alpha Sorority, Inc.

Bring packaged snacks and school supplies for the Day of Service.

For more information, contact: Linda Jones at

events@smcm.edu

There's a New Judge In Town



Judge Joseph Stanalonis takes the oath of office for the St. Mary's County Circuit Court



Stanalonis' family, his wife Jodi and his children, help him put on his judicial robes.

Learning Changes Coming to St. Mary's College



Dr. Tuajuanda Jordan, St. Mary's College President

By Guy Leonard
Staff Writer

Dr. Tuajuanda Jordan, president of St. Mary's College of Maryland told county commissioners this week that a new curriculum will roll out for all students this fall to better prepare them for the job market.

Jordan said the college had traditionally done an excellent job as a premier liberal arts college but changes were necessary to give college students the edge when competing for their first job after graduation.

"Liberal arts colleges are excellent at preparing students for careers," Jordan told the Commissioners of St. Mary's County. "But today people are talking about getting jobs."

The new curriculum, Learning through Experiential and Applied Discovery (LEAD), puts emphasis on combining the deep thinking liberal arts colleges are known for but with practical skills.

"It's for all of our students, not just those on a certain track," Jordan said. "It

will prepare our students for their first job and their career.

"They're going to learn to take multiple-disciplinary approaches to solving real world problems."

In recent years the college has had problems maintaining enrollment, but Jordan said her administration was turning that situation around.

"Last fall we surpassed our goals," Jordan said. "We are trying to stabilize our enrollment; we seem to be headed in the right direction."

Chip Jackson, former vice president at the college and now it's liaison with government, said the college's enrollment was up more than 10 percent last fall for new students.

"It's a very good sign that we're doing the right things," Jackson said.

Commissioner Eric Colvin said he wanted to see the college's number of new students who are county residents increase above the eight percent level it is now.

"I'd love to see a more intentional focus on a partnership between [College of Southern Maryland], the college and the [Southern Maryland Higher Education Center]," Colvin said. "I think we should be first on your list of where people are coming from."

The county is currently the fourth largest supplier of new students to the college, while College of Southern Maryland students make up 40 percent of transfer students for St. Mary's College of Maryland.

guyleonard@countytimes.net

Audit Report Shows \$78.6 Million In Combined Reserves

By Guy Leonard
Staff Writer

Two weeks ago an independent auditing firm gave the St. Mary's County government high marks for its fiscal management practices; the same audit revealed the county's reserve fund balances topped \$78.6 million.

"It's a clean opinion," said Tim Murphy head of firm which conducted the audit. "It's the highest you could get."

That amount is broken out into \$16.5 million in fund balance for capital projects as of June 30, 2018, according to Murphy and Murphy, CPA, LLC based in La Plata, \$60.1 million in fund balance for the general fund and \$1.9 million in what are called non-major funds.

According to the audit, a portion of the \$60.1 million balance – about \$2.2 million is not spendable as well as \$17.3 million that is already committed to certain priorities.

Those commitments include: \$13.6 million for the bond tating reserve, \$1.625 million for the county's "Rainy Day Fund" and \$2.1 million for use of non-recurring expenses in the fiscal 2019 budget.

"The county deems it prudent to stay the course with respect to basic government services, while maintaining reserves adequate to cushion against changes over which it has little influence," the audit reads. "The county approved the budget without the use of unassigned fund balance. "Maintaining a healthy fund balance can help the county to weather negative revenue results and avoid sudden disruption or elimination of services, by allowing time for a plan to be developed to address negative trends."

The county also continues to pay down the money it has borrowed on the bond market for various projects, the audit noted, since its overall indebtedness dropped by \$7.7 million in the last fiscal year.

The audit showed that the county's general fund balance had increased by \$10.3 million; this led to some concern from Commissioner Mike Hewitt.

"We... raised taxes and fees based upon what we thought was going to be a lower fund balance," Hewitt said.

guyleonard@countytimes.net

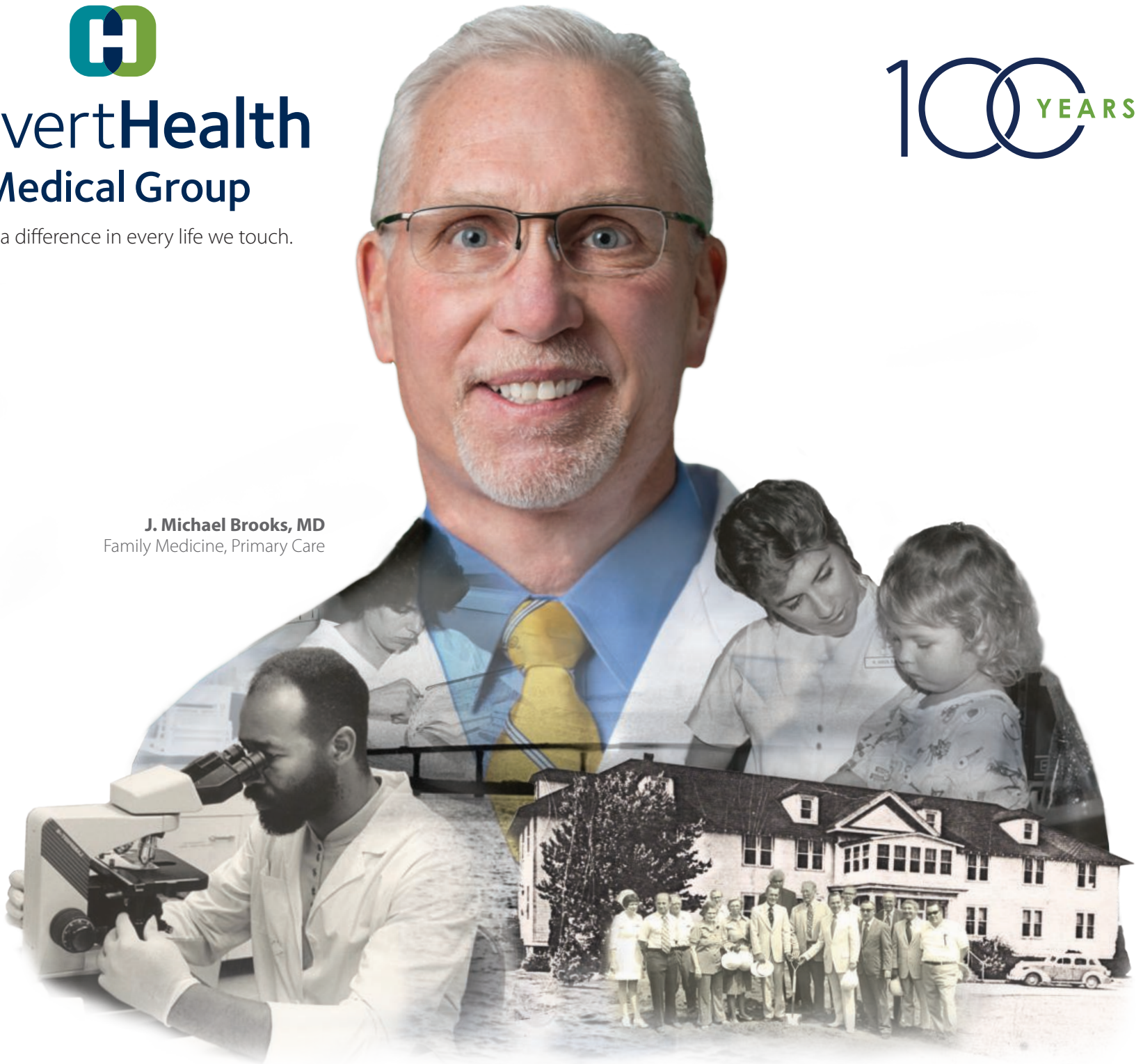


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Town Supports Pizza Shop Liquor License

By Guy Leonard
Staff Writer

The Leonardtown Town Council voted unanimously Tuesday to support the application for a Class B restaurant, wine and beer license for the owner of the new Slice House pizza restaurant currently under renovation in the downtown area.

The site was formerly a seafood res-

taurant owned by Kevin Thompson.

The license application of Ken Held, the owner of the new establishment, would also include outdoor space for alcohol consumption and the use of crowlers.

Crowlers are a method by which customers can fill a can from the tap and have it sealed by the machine and take it with their pizza order, Held told the town council.

Queen of Hearts Drawing

Join us on Fridays, beginning January 18th, 2019
@ The Brass Rail Sports Bar

Ticket sales begin at 4PM and are \$1 each
Drawing will be held promptly at 7PM
Dinners will be available for purchase starting at 5PM
50/50 Raffle Every Friday

Beginning Jackpot is \$2,000+ and will continue to grow each week until the **Queen of Hearts** is found!
Consolation prizes will vary based upon the card drawn.
Minimum of \$25 - \$200



All proceeds benefit the Archangel Scholarship Foundation Corporation
In support of St. Michael's School, Ridge, MD



Leonardtown's new pizza restaurant could open by March

"We're going to have eight pies on the counter," Held told the council of the shape his restaurant was taking. "It's going to have a 14-seat bar and 40 seats in booths.

"The place is going to look fantastic." Gone will be the boat that had adorned the seafood restaurant, Held said.

The main menu items will be New York-style pizza, along with salads and other items.

Renovations are continuing, said Held, including retiling floors and com-

pletion of all-new restroom facilities.

Held said his family has long experience in the food service business having owned candy stores as well as bakeries in New York City for many years.

He said he expects to open the new restaurant within the next two months.

"Hopefully we'll open March 1, the equipment has been ordered and should arrive any day," said Held.

guyleonard@countytimes.net

Appraiser Fair Coming To St. Clements Island Museum



The appraiser fair will take place Jan. 26. at St. Clements Island Museum

Visit with expert appraisers as they determine the value of your prized possessions at St. Clement's Island Museum.

Appraisers for dolls, furniture, glassware, pottery, artwork, music boxes and coins will be available at the museum. Only items that can be hand-carried will be appraised. Space is limited and items will be viewed on a first come, first serve basis.

The Appraiser's Fair provides an opportunity for the public to learn the value of their heirlooms and how to properly care for them.

It is FREE admission, but there are various small costs for item appraisals.

Call 301-769-2222 for more info.



9th Annual
Southern Maryland
Bridal Expo

SUNDAY, JANUARY 20TH
11:30 - 2:30

Bay District Fire Department
Braddock Hall

The Grand prize will be a new wedding gown from Today's Bride up to a value of \$1,000.00. The drawing for the Grand prize will be at 2:30 pm.

Admission is FREE and tickets are not required.

Registration & Information bdvfd.org/content/hall/Bridalshow.cfm

For more information contact Patrick Stanley Jr. at
301-863-1029 or hallrental@bdvfd.org

46900 South Shangri-La Drive | Lexington Park, Maryland

Miller Begins Treatment for Prostate Cancer



Maryland Senate President Mike Miller

By Dick Myers
Editor

Baltimore County Senator Kathy Klausmeier, the new president pro tempore of the State Senate, presided over the State Senate for the first time Jan. 11, filling in for Senate President Thomas V. "Mike" Miller of Calvert County, who was beginning chemotherapy treatment for prostate cancer.

Miller appeared at the Calvert County Chamber of Commerce annual pre-leg-

islative breakfast on Jan. 7 and appeared weak and in some discomfort.

Miller announced the diagnosis in a statement Jan. 10, just one day after the start of the 90-day 2019 legislative session.

Miller's statement said: "In recent months, it has been obvious to many that I have been struggling with pain management. As I was told and have shared with many of my friends and colleagues since the beginning of last year, I have been experiencing significant back pain after hip and knee replacement surgery that never seemed to heal appropriately.

"After the legislative session last year, I saw an orthopedist regarding these continuing issues. My doctor prescribed a series of shots to deal with the pain which did not address the debilitating pain issues.

"This past July, I was diagnosed with prostate cancer along with my osteopathic issues. I was prescribed medicines for the prostate cancer and continued physical therapy.

"Despite these treatments, the pain did not subside and on December 27th, I awoke with a sharp pain in my leg. After another series of tests at Johns Hopkins, the oncologist informed me and my family that the prostate cancer could no longer be managed through pharma-

ceuticals alone and that additional treatment would be necessary. As a result, I will be undergoing chemotherapy during this legislative session.

"As many of you know, beyond my tremendous love for my wife and family, I have no greater commitment than to the success and stability of the Maryland Senate. I have been told that in spite of my treatments, I will be fully able to join my colleagues and preside this session. Despite my longevity as President, I have never sought to retain this position out of personal gratification but out of a true belief I could lead the body to the tremendous achievements we have accomplished together over the years.

"I share my personal health issues with you as the President of the body I love so dearly because I believe I owe you my honesty in person as soon as I was made aware of my changed condition. With your continued support and indulgence, I fully intend to fight this disease as so many have and to fully carry out my Senate responsibilities. There are not enough words to thank you all for your continued support and service to our great state of Maryland. Now, let's get to work."

Rep. Steny Hoyer (D: 5th) issued the following statement upon Miller's an-

nouncement: "Throughout my career, Senate President Miller has been a close friend and confidant. His resolve, perseverance, and passion for improving the lives of Marylanders has always inspired me, and I know he will bring these traits to this next obstacle.

"Anyone who knows Mike knows that he is a fighter. He has fought tirelessly throughout his career for all Marylanders, and I know he will continue to do so. My thoughts and prayers are with Mike, his wife Patti, and the entire Miller family, and I wish him well in his recovery."

Maryland Governor Larry Hogan also issued a statement: "My heart goes out to President Miller on what I know must be one of the toughest days he's faced. I know firsthand how hard it is to receive a diagnosis like this. But I also know firsthand that Mike Miller has earned his place in Maryland political history because he's a fighter who always gives it everything he's got, no matter how tough things get. Mike's tenacity, bravery, and perseverance will ensure that he wins this battle, and he has my full support.

"Yumi and I send our heartfelt prayers to Mike, his wife, Patti, and his family during this difficult time."

dickmyers@countytimes.net

Government Operations Schedule Set for MLK Day

All St. Mary's County Government administrative and Metropolitan Commission offices will be closed Monday, January 21, 2019, in observance of Dr. Martin Luther King, Jr. Day. Offices will reopen on Tuesday, January 22.

The St. Andrews Landfill and six (6) Convenience Centers will be open normal hours on Monday, January 21, 2019. Additionally, the St. Mary's Transit System (STS) and ADA will operate on a normal schedule. However, the Statewide Special Transportation Assistance Program (SSTAP) will not operate on January 21.

All three St. Mary's County Library branches (Charlotte Hall, Leonardtown and Lexington Park) will be closed on January 21.

All Senior Activity Centers (Garvey, Loffler and Northern) will be closed and no Home Delivered Meals deliveries will be made.

The St. Clement's Island and Piney Point Museums will be open on January 21 from noon until 4 p.m.

*Press Release from
St. Mary's County Government*

Hogan Makes History in Second Inauguration



Hogan

By Guy Leonard
Staff Writer

Gov. Larry Hogan was inaugurated Wednesday for his second term, only the second Republican ever in Maryland history to do so.

In his address, given in Annapolis, Hogan said his administration has been and would continue to be focused on solving problems for citizens and conducting their business; it was a direct criticism of the partisan

virtues that are the basis of Maryland's history as 'a state of middle temperament.'

"I believe it's because we kept that promise to put problem-solving ahead of partisanship and compromise ahead of conflict that I'm standing here again today just as humbled and eager and awed as I was at the start of my first term."

Hogan said Maryland's bipartisan success was an example to the rest of the nation and to its government.

"And to those who say our political system is too broken and can't be fixed, I would argue that we have already shown a better path forward," Hogan said. "And if we can accomplish that here in Maryland, then there is no place in America where these very same principles cannot succeed."

Todd Eberly, professor of the political science and interim director of the Center for the Study of Democracy at St. Mary's College of Maryland praised Hogan's speech.

"I thought it was a really good speech and it focused

more on vision than on a policy agenda," said Eberly. "His speech was an alternative take on politics versus what we are seeing in Washington, D.C."

Eberly predicted that Hogan and Democrats could have several clashes in the legislature this year as both performed well during the elections and had momentum going into this year's session.

"It's going to be the most progressive caucuses in the Senate and House of Delegates ever because of the new people coming in this year," Eberly said. "There's real potential for a confrontational session." Key issues will be the raising the minimum wage and health care spending mandates, he said.

"They [Democrats] won't be hesitant to push for what they want," said Eberly. "But Hogan will push for his agenda, too.

"He has every right to just like the Democrats."

guyleonard@countytimes.net

Drug Arrests in Mechanicsville



Shade



Shingles

On January 10, 2019, detectives with the St. Mary's County Sheriff's Office Vice Narcotics Division, along with the COPS Unit, Sheriff's Office K-9, and the Emergency Services Team executed a search warrant in the 40000 block of King Drive in Mechanicsville. Recovered during the search warrant were two handguns, cocaine, marijuana, and U.S. currency.

Gerell Terrence Shingles, age 27 of Mechanicsville, and **Nicholas Antonie Shade**, age 25 of Hollywood were arrested and charged with CDS Possession-Not Marijuana, in conjunction with the search warrant. Shingles was also charged with CDS Possession-Marijuana More than 10 grams. Additional charges are pending review with the Office of the States Attorney for St. Mary's County.

St. Mary's County Sheriff's Office Blotter

On January 8, 2019, Dep. Chase responded to the 46000 block of Midway Drive in Lexington Park, for the reported disturbance. The victim advised that **Mark Anthony Baltimore**, age 52 of Marbury, Maryland, brandished a knife and threatened the victim while the two were arguing over a cellphone. Baltimore became confrontational on the scene and began threatening the victim in Dep. Chase's presence. Baltimore was advised he was under arrest, at which time Baltimore refused to place his hands behind his back. After a brief

struggle Baltimore was arrested and charged with Assault 1st and 2nd Degree, Resisting Arrest, and Disorderly Conduct. CASE# 1462-19

On Jan. 6, 2019 **Rodney Delray Taylor**, age 52 of Hollywood, was arrested on an outstanding warrant for Unauthorized Removal of Property, Theft, Malicious Destruction of Property, Attempting to Flee on Foot, Attempting to Flee in a Vehicle, Burglary 1st and 4th Degree, Impersonate a Police Officer, and Regulate Firearm: Stolen-Sell by Cpl. Connelly# 151. CASE# 1137-19

Dump Truck Fires Under Investigation

By Guy Leonard
Staff Writer

Maryland State Fire Marshals are still working to determine the cause of a fire that destroyed three dump trucks parked in Great Mill Monday.

The estimated loss from the fire was \$340,000, according to fire investigators.

The trucks were parked in the 20400 block of Great Mills Road and owned by APF Construction Company and discovered just before 2a.m.

There were no injuries sustained due to the fires, investigators stated.

It took 20 firefighters from the 2nd District Volunteer Fire and Rescue Squad in Valley Lee 20 minutes to ex-



tinguish the blaze.

Anyone with information in regards to the fire is asked to call the Office of the State Fire Marshal, Southern Region at 443-550-6832.

guyleonard@countytimes.net

Legal Notice

IN THE MATTER OF LANNEA LEE MORAN
FOR CHANGE OF NAME TO LANNEA LEE PETRECCA

In the Circuit Court for St. Mary's County, Maryland

Case No.: C-18-FM-18-1001
Notice (Adult) (DOM REL 61)

The above Petitioner has filed a Petition for Change of Name in which he/she seeks to change his/her name from Lannea Lee Moran to Lannea Lee Petrecca. The petitioner is seeking a name change because: I am divorced.

Any person may file an objection to the Petition on or before the 22nd day of January, 2019. The objection must be supported by an affidavit and served upon the Petitioner in accordance with Maryland Rule 1-321. Failure to file an objection or affidavit within the time allowed may result in a judgment by default or the granting of the relief sought.

Debra J. Burch,
Acting Clerk of Court for
St. Mary's County Maryland

January, 3 2019 _____

Legal Notice

IN THE MATTER OF LAURA ANN HALE
FOR CHANGE OF NAME TO LAURA ANN SPREITZER

In the Circuit Court for St. Mary's County, Maryland

Case No.: C-18-FM-18-001019
Notice (Adult) (DOM REL 61)

The above Petitioner has filed a Petition for Change of Name in which he/she seeks to change his/her from Laura Ann Hale to Laura Ann Spreitzer. The petitioner is seeking a name change because: Divorce

Any person may file an objection to the Petition on or before the 26th day of January, 2019. The objection must be supported by an affidavit and served upon the Petitioner in accordance with Maryland Rule 1-321. Failure to file an objection or affidavit within the time allowed may result in a judgment by default or the granting of the relief sought.

Debra J. Burch,
Acting Clerk of Court for
St. Mary's County Maryland

December 20, 2018 _____



Philip H. Dorsey III
Attorney at Law

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750 ML



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750 ML



STARLING CASTLE WINE ASSORTED VARIETIES

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750 ML



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2/\$20.00

750 ML



SKINNY GIRL WINE ASSORTED VARIETIES

2/\$19.00

750 ML

MedStar Donation First Friday Happenings in Leonardtown



Cole Wester, owner of Ledo's Pizza in Leonardtown and Chelsea Hill, head of marketing for Ledo's Pizza donate more than \$4,000 to MedStar St. Mary's Cancer Care and Infusion Services Center.



Photo credit: Wednesday Davis

copies of "Thoughts of a Mad Man at 3 AM" at Fenwick Street Used Books & Music, Felicia served up handcrafted sweets with a smile at Heritage Chocolates, and Joseph Norris warmed up the heated patio with live music at the Port of Leonardtown Winery. Artists were busy at work at Shepherd's Old Field Market, including Brooke from "Designsby Brooke", captured crafting a set of earrings in her uniquely colorful and vibrant style. Many other activities and events highlighted the night, more than we can mention here so just plan on joining us from 5-8 PM on February 1st for the next event!

The Leonardtown Business Association (LBA) would like to thank everyone who attended and all of the merchants who participated as well as the First Friday volunteer team and our very special sponsors of all levels. Make Leonardtown your "Special Place To Be" every First Friday, keep an eye out for future announcements of upcoming specials and plans for February. www.firstfridaysleonardtown.com

Submitted by the LBA

A "little" chill in the air and sporadic rainfall did not deter the First Friday fans from enjoying their evening out and about on Jan. 4th with the theme of "A New Year, New You". Mickey Kunkle of the North End Gallery mesmerized the audience with her 3-D printer as she created colorful and intricately cut jewelry pieces. Author Brian Monge signed

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Camp Maria Gives the Vulnerable A WARM Place to Rest



Camp Maria Retreat Center welcomed Wrapping Arms around Many (WARM) guests for the last two weeks in December 2018. In the midst of a dark night sky, the WARM guests were greeted each evening with the twinkling of holiday lights, decorations and heated well-lit buildings. WARM is a faith based ecumenical effort to provide safe warm shelter to homeless adults in St. Mary's County during the coldest months of the year.

For the past three years, Camp Maria Retreat Center has provided facilities and services to WARM for two weeks to cover the Christmas holidays. WARM has been a wonderful gift to Camp Maria. Camp Maria must rely on many local churches and organizations to provide people as volunteers to carry out the needed support that it takes to run the WARM program. It takes a coordinated effort by all.

This year several churches, organizations and individuals reached out in support of this essential need. The preparations begin before the WARM guests arrive. Days earlier St. Mary's Ryken National Honor Society (NHS) students decorated trees and buildings inside and out. The Catholic Youth Group from Holy Angels, Scared Heart and Our Lady of the Wayside were on hand to create Christmas themed posters for the walls of the dorm area. The SMS Spirit Soccer team families and the WARM Executive Board along with members of the Camp Maria Board of Directors were on hand to set up cots, prepare the dorm and dining spaces with special touches and comforts. During the two weeks at Camp Maria, the following Churches and organizations provided meals, supervision, social activities and fellowship:

SMS Spirit Soccer Team families; WARM Executive Board families; Labor Day and Blessed Sacrament Retreat Families; St. Mary's Ryken XBSS and NHS Students, The Pietsch family, The Kovalcik family, Patuxent Church of Latter Day Saints; SouthPoint Church; Mechanicsville Worship and Community Center; St. John Francis Regis Catholic Church,

Our Lady of the Wayside Catholic Church and Knights of Columbus; Our Lady's Catholic Church, Medleys Neck; St. Francis Xavier Catholic Church and Knights of Columbus and Holy Face Catholic Church.

Volunteers worked with the Camp Maria Food Service Manager, Terri Williams Pressley to provide delicious, well-balanced meals, service and fellowship.

Social time in the evening provided some fun and opportunities for community connection. These activities included bingo, scarf making, a community puzzle activity, manicures, prayer time and worship, book making, electronic video games such as guitar hero and evening snacks. Thanks to the kind generosity of individuals, the WARM guests received small gifts and surprises including socks, hats, gloves, books and bibles and personal hygiene items throughout their stay at Camp Maria.

Christmas time is a wonderful time at Camp Maria because of the WARM program, it's guests and the volunteers.

WARM at Camp Maria Retreat Center offers a unique opportunity for churches that do not have facilities or a congregation to support a week of WARM to participate in this life-enhancing program. At Camp Maria Retreat Center, a church can take on one night and provide coverage. This would include the following: 1. a team onsite to prepare and serve dinner and help with clean-up 2. a team of monitors to support the homeless guests once they arrive, by assisting with check in, walking with the guests to and from the dining hall for meals, sharing a meal and fellowship, carrying out a social activity, and be available to the guests to answer any questions and 3. monitors during the overnight hours.

WARM will continue to provide temporary sheltering throughout the next few months in other locations throughout St. Mary's County. WARM needs volunteers and this is a great opportunity to serve others.

If you would like to volunteer or if

you would like more information about WARM, contact w.a.r.m.secretary1@gmail.com

Camp Maria Retreat Center is a ministry of the Sisters of Charity of Nazareth. Our vision is to preserve a peaceful place where groups and individuals can live simply in the serenity of God's creation. We value an environment steeped in love, nurturing all. We value the acceptance of

the individual on the search for peace and we value the experience of the joyous celebration of God's love.

For more information about Camp Maria Retreat Center, contact director@campmaria.org 301-475-8330 web site: www.campmaria.org

Ann Kovalcik, Camp Maria Director

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Leonardtown Rotary Accepting Grant Applications

Rotary



The Leonardtown Rotary Club has announced that it is opening its call for grant applications for 2019 from St. Mary's County non-profit programs and public services agencies. The deadline for this award period is Friday, 5th April 2019. Awards will be announced in May.

A key element of "service above self" as practiced by the Leonardtown Rotary Club is providing grant funds to local agencies and programs that provide humanitarian services, with a focus on health, education and well-being, to the citizens of St. Mary's County. This is a competitive grant process and awards typically range between \$250 and \$500 depending on the need expressed in the application and funding availability.

To be eligible for the 2019 award, ap-

plications must be received on or before Friday, 5th April 2019. The application is available on the Leonardtown Rotary website, <http://www.leonardtownrotary.org>, or by contacting, Gordon Smith, Community Service Director, via email at gsmith@green-finn.com. Please include a copy of your IRS nonprofit designation form with your application.

Leonardtown Rotary Club is a participating club in Rotary International. As defined, "Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world."

Press Release from Leonardtown Rotary

Navy Deputy Oceanographer to Speak at Conference

Military, Industry, Academic Experts to Convene

For today's warfighter in the field, GPS is vital to mission success because it provides critical positioning, navigation, and timing (PNT) information. But what happens when a GPS signal is unavailable? What are alternative solutions to obtaining PNT data?

Dr. Christopher Ekstrom, deputy oceanographer and navigator of the Navy, will address issues and approaches to providing PNT solutions in a GPS-denied environment as the keynote speaker at a one-day conference held by The Patuxent Partnership on February 5.

Ekstrom also serves as the technical director to the Oceanographer of the Navy. In previous assignments, he led the planning and programming activities across all areas of precise time generation and dissemination as well as astrometric products that support missions across the Department of Defense. He also led the development of advanced atomic clocks for the Department of Defense Master Clock. The resulting clocks, called rubidium atomic fountains, are the most stable continuously operating clocks in the world. Ekstrom holds a Ph.D. in experimental atomic physics from MIT and has received the Navy Meritorious Civilian Service

Award, the AFCEA International and U.S. Naval Institute Copernicus Award, and the U.S. Naval Observatory Simon Newcomb Award.

Convening leaders, decision-makers, and subject-matter experts from government, industry, and academia, the PNT conference will take place February 5 from 8:00 a.m. to 2:30 p.m. at the Southern Maryland Higher Education Center. Topics include PNT and the warfighter, positioning and navigation technology, timing and communication technology.

Registration is open online through noon February 4; walk-in registrations will be accepted as space is available. Cost to attend is \$50 for TPP members or \$90 for the general public. Federal civilian service employees and active duty military may attend at no cost.

For more information and to register for the conference, please visit www.paxpartnership.org. Questions may be directed to Jen Brown, programs and membership director, at jennifer.brown@paxpartnership.org, (301) 866-1739 x318.

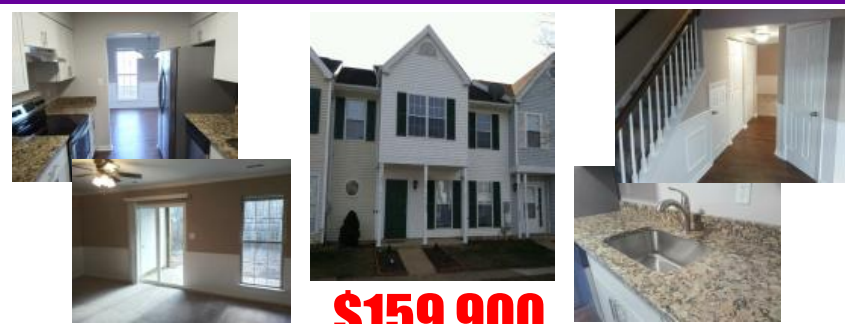
*Press Release from
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Helping the Homeless Animals



Sharon Cheseldine's 5th grade class at Our Lady Star of the Sea School in Solomons raised pet food and supplies during Advent for Second Hope Rescue, which operates in all three Southern Maryland counties. The kids posed with the donations along with Mrs. Cheseldine (left) and Sandra Wade of the rescue group. Cheseldine lives in St. Mary's County.



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Keeping Resolutions Means Every Day Effort

By Guy Leonard
Staff Writer

Since she was about 13 years old Doris Martin, of Charlotte Hall started having problems with her weight.

Growing up in a family of sharecroppers – she was one of seven children, mostly girls except for one brother – they worked hard every day raising livestock and tending to their crops and a big family meal at the end of the day was something they felt they deserved.

“We ate farm food,” Martin, now 70, told *The County Times*. “At the end of a hard day you wanted something tasty.

“We enjoyed our meals.”

Those years of enjoyment packed on the pounds, though, and all that heavy labor at a young age contributed to back problems later in life at about the age of 40, said Martin.

Growing to a maximum weight of 286 pounds, she realized she needed to lose some weight.

After years of working with a group called TOPS (Take Off Pounds Sensibly) in a local chapter at Real Life Church in Mechanicsville, she was able to take off 105 pounds.

She knows how hard it is to main-

tain the resolution to get healthy and lose weight, but she said if she can do it, so can anyone else.

“I’m nobody special,” Martin said. “I’m proud I’ve never quit. I’ve been going [to TOPS meetings] since 1993.”

Working with others who also resolved to lose weight; she would keep constant track of every morsel she ate and recorded it, controlling her portions the whole time.

“That’s what you have to do, if you lose weight and then you stop you’ll gain it back,” Martin warned.

For anyone looking to fulfill the much started but seldom completed New Year’s resolution to lose weight, Martin said having a support group and a will to change lifestyles is a must.

It all comes down to determining to never go back to the way you were.

“I did it gradually,” she said. “It didn’t happen overnight.

“I’m not going to go back to the way it was. Without TOPS, I don’t know where I’d be.”

TOPS varies from other programs like Weight Watchers, Martin said, in that there is no real structure to the system as far as food intake.

Members are left to their own devices to restrict their own diets and

portion intake; every week they have to face a scale at meetings so they have a pressing incentive to remain vigilant on their caloric intake.

It has worked for Martin and many others.

“I watch what I eat, I plan my meals,” Martin said, noting she has cut out most processed sugars and canned vegetables because they often contain too much sodium.

She stays with frozen or fresh vegetables for much of her meals and eats mostly lean meats, always using portion control.

She’s found that exercise is always good but much of her weight loss has been due to monitoring food intake.

From the age of 17 until she was 53, eventually retiring from federal government service, she was sedentary during work, which led to her packing on the pounds but even then she was able to lose 83 pounds using Weight Watchers.

But her success led her to leave off watching her weight.

“I gained back every pound,” she said.

Maintaining weight proved harder in the long run than losing it.

“It’s harder after you reach your goal,” said Martin about staying accountable. “It’s about accountability to yourself and your cohorts.

“It’s hard to face that scale every week.”

But it isn’t all austerity.

Martin is careful to incorporate days where she eats more luxuriant food in reasonable portions; this allows her to satisfy cravings but she is careful to return to her strict regime the very next day.

“Make a day for yourself,” she said. “But get right back on track.”

Her days off from the dietary discipline include her going to restaurants like Cracker Barrel, where the food closely resembles what she used to eat and enjoy on a regular basis.

It’s acceptable in small amounts, she said.

Her advice to anyone trying to lose weight is to take absolute ownership over their actions, and realize there will be failures along the way.

“Track your food intake every single day,” Martin said. “Even if its half of anything, like a banana.

“You have to stay responsible to yourself.”

County health officials say much the same when it comes to quitting smoking and other use of tobacco products.

“You just have to keep at it,” said Caitlin Kirkpatrick, Tobacco Control Program Coordinator with the St. Mary’s County Health Department. “It often takes more than a few times to quit smoking.”

The county health department offers

free help for residents to stop smoking as long as they have a referral from their doctor and a prescription for nicotine replacement therapy medications such as wellbutrin.

“We offer an eight-week program that’s free,” Kirkpatrick said. “We pay for everything.”

The Maryland Quit hotline also offers counseling and support over the phone for anyone wanting to quit smoking as well as over-the-counter aids such as patches and gum for smokers to deal with their cravings.

People trying to quit smoking should also investigate whether their health insurance offers help in cessation, she said, which can be a great assistance in the long term.

When it comes to quitting smoking, Kirkpatrick said, there were no hard and fast rules about what kind of approach works for different people.

“There is no magic pill for this,” she said. “There is no one way we promote; some people can go cold turkey, others have to try several times before they can quit.”

Having family and friends who are supportive of their efforts are often key to the smoker’s success in kicking the habit, she said.

“People need support in this effort,” Kirkpatrick said. “It’s good to have family and friends, like a buddy system, to support you.

“It’s OK to slip up now and then, you just have to get back on track. That’s what we’re here for.”

When it comes to getting fit for the new year, Nicole Magee, owner of SPICE Studio in Leonardtown, said trying to do too much can lead to failure.

“The No. 1 thing is to talk to friends and family for support,” Magee said. “And it’s important to make realistic, short term goals.”

Someone trying to get fit may go to a gym, she said, and they should find one with a group of people with similar goals and a sense of community.

“That’s the biggest thing I’ve noticed with my clients,” Magee said. “They come in to get in shape but they often stay because of the people they meet.”

Magee said getting fit often meant starting small. Someone may feel the need to change their diet, exercise more, get more sleep and drink more water all at once, but it was better to change things incrementally.

“Avoid setting too many goals,” she said. “Focus on what you can do not on what you can’t do.

“Start with changing one habit, then move on.”

guyleonard@countytimes.net



Doris Martin before and after her 105 pound weight loss



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'Extreme Chopin' Concert Coming to SMCM

On Thursday, January 17, St. Mary's College of MD Musician-in-Residence Brian Ganz will give a special full preview of his upcoming all-Chopin recital at the Music Center at Strathmore. He will be joined by Polish-born mezzo-soprano Magdalena Wór, who will also perform with him at Strathmore, in ten of the composer's rarely heard songs. The recital will be held in the Auerbach Auditorium of St. Mary's Hall on the college campus, and will begin at 8pm. The program is entitled "Chopin: Spirit of Poland," and will feature works that reveal Chopin's profound connection to his homeland, including mazurkas, polonaises and the work Chopin said would be the first he would play in an independent Poland, the Allegro de Concert, Op. 46. This will be a ticketed event. St. Mary's

College of Maryland students will be admitted free of charge; seniors, college faculty and staff, as well as St. Mary's Arts Alliance members, will be charged a \$10 admission fee; general admission will be \$15. For more information call (240) 895-4498 or visit <http://www.smcm.edu/events/organizer/music-department/>.

"Chopin was, without question, the greatest Polish composer of all time," said Ganz. "Although he spent only the first half of his life in Poland, much of his music reveals his deep love for—and connection to—his homeland. This recital features works that highlight that connection. For example, his mazurkas are chock full of exotic folk flavor. I'll talk about and demonstrate some beguiling aspects of that flavor before playing the mazurkas on



Pianist Brian Ganz and mezzo-soprano Magdalena Wór will perform an "Extreme Chopin" concert at SMCM on Thursday, January 17 at 8 pm

the program. And Magdalena is incredible. She sings Chopin straight from the heart." The singer herself has said "Chopin is such an important part of the Polish heritage, his music being its quintessential element." She continued, "Being Polish myself, I identify with Chopin's melodies, first by deeply feeling the flavor of the music—it's in my soul—and second by understanding the symbolism of the lyrics, whether heavy, history woven poems, or the tradition-laden, often quirky lyrics of folklore." For Wór, "Singing his songs always comes with a deep realization that I am performing the music that represents Poland, and thus sharing our heritage with others across the globe. This definitely comes with a feeling of gratitude to the great composer, whose music is as beautiful as it is timeless."

Ganz and Wór will perform the 9th recital in Ganz's "Extreme Chopin" quest at the Strathmore Music Center on February 2 at 8pm. He is now well into the second half of his multi-year journey through the complete works of Chopin, a project he has undertaken in partnership with the National Philharmonic. He began the quest, which he calls a "dream come true," at Strathmore in January of 2011 in a sold out recital that launched the ambitious endeavor to perform the composer's approximately 250 works. After the inaugural recital, The Washington Post wrote: «Brian Ganz was masterly in his first installment of the complete works [of Chopin].»

Polish born mezzo-soprano Magdalena Wór is a winner, finalist, and recipient of prestigious national and

international competitions and awards including the Marcello Giordani and Moniuszko International Vocal Competitions, Metropolitan Opera National Council Auditions and Marcella Kochanska Sembrich Vocal Competition. She is an alumna of Washington National Opera's Domingo-Cafritz and San Francisco Opera's Merola Opera Programs.

Over the last several seasons Magdalena has worked with The Metropolitan Opera, the National Symphony Orchestra and the National Philharmonic in Washington, DC, the Washington National Opera, Atlanta Symphony Orchestra, Baltic Opera, Washington Concert Opera, The Atlanta Opera, Virginia Opera, Palm Beach Opera, Memphis Symphony Orchestra, Richmond Symphony Orchestra, Alabama Symphony Orchestra, and New Trinity Baroque.

Magdalena's opera roles include Carmen, Suzuki, Cherubino, Maddalena, Tisbe, Enrichetta, Orfeo, and Rosina. Selected orchestral repertoire includes Bach's Mass in B Minor, Handel's Messiah, Mahler's Symphony No. 2 "Resurrection," Vivaldi's Gloria, Bach's Magnificat, Beach's Mass in Eb Major, Grieg's Peer Gynt, Bach's Johannes-Passion, Prokofiev's Alexander Nevsky, and Berlioz's Les nuit d'été.

Praised often for the rich color of her voice and her complete devotion to music and text, Magdalena's vocal flexibility allows her to easily span the lower to upper registers of the mezzo range as well as Baroque through 21st century repertoire.



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School Superintendent Asks for \$9.9 Million More from County



By Dick Myers
Editor

“It is a large number. It will grab the headlines,” said St. Mary’s County Superintendent of Schools Dr. J. Scott Smith. What he was referring to is the number \$10.3 million. That’s the proposed budget increase in the superintendent’s recommended budget unveiled Jan. 17 at the regular meeting of the St. Mary’s County Board of Education.

“It’s going to be quite a conversation,” Smith added. That conversation will surely engage the school board and the St. Mary’s County Board of County Commissioners, because \$9.9 million of that proposed increase will be requested from the county. Smith and the

school board were told by the commissioners in December at a joint meeting that the county would only have about \$3.7 million more to apply to all agencies of county government.

But Smith pointed out that historically the commissioners had applied an additional \$4 million yearly to education. He said that stopped with the previous board (with four returning members), putting the school system perpetually in the hole in attempting to fund their negotiated agreements with employees. He noted that personnel costs, including health care, make up 92 percent of the school system’s budget.

Smith said instead of funding that \$4 million in the current budget, the commissioners gave the schools less than half that amount, choosing to bank \$10 million in an undesignated fund balance which ballooned to \$60 million. The school system will be eyeing that fund balance in their talks with the commissioners.

Smith said the budget has three priorities: people, support for students and staff, and sustaining what they now have. On the latter, he said, “We need to be stable.”

Smith noted that in the fiscal years of 2011 through 2015 the school system was unable to meet their negotiated agreements, either by not providing employees any increases or when they did do so it was to make up promised increases not met in previous years.

For the Fiscal Year 2020 budget proposed by Smith, the school system will be in the fourth year of a four-year negotiated agreement that has provided that stability. The agreement calls for STEP and Cost of Living increases that alone have a \$4 million price tag.

After the presentation by Smith and Chief Financial Officer Tammy McCourt, the four school board members in attendance (absent Jim Davis) made some brief comments. Member Rita Weaver said, “The school system provides a service,” something she said people sometimes forget. She said the school system needs to provide for the people who provide that service.

School Board President Karin Bailey said the numbers necessary for the school system have been available to the county commissioners for the last four years. Smith added that the numbers also include the cost of school security, whose concerns have been heightened since the Great Mills High School shooting incident.

Mary Washington said that what the superintendent has presented was what he was obligated to do – present the needs of the school system.

Cathy Allen noted that the school system directly touches more than 50 percent of the county’s population with their 2,000 employees and 18,000 students and their parents. Smith observed that the school system is the county’s second largest employer.

Cathy Allen, noting the system’s overall impact, said, “What we are asking them is important to the community.”

The school board has a work session on the budget scheduled for Jan. 30. A public hearing on it will be held Feb. 13. The school board will then follow with another work session on Feb. 20 before adopting the budget that they will send to the commissioners by March 1.

dickmyers@countytimes.net

LOCAL COMMUNITY NEWS

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PATUXENT RIVER NAVAL AIR STATION

News

NAWCAD Commander's Awards Honor Innovation Excellence Across the Command



Commander of Naval Air Warfare Center Aircraft Division (NAWCAD), Rear Adm. John S. Lemmon, gives remarks during the Commander's Awards ceremony at Patuxent River, Md. January 8, 2019.

The command recognized significant technical achievement during its 18th annual Naval Air Warfare Center Aircraft Division (NAWCAD) Commander's and Innovation Awards at Patuxent River today.

"The teams and individuals honored today took on, and continue to tackle naval aviation's greatest challenges," said Rear Adm. John Lemmon, commander of NAWCAD. "Their efforts drive us toward realizing our imperatives to revolutionize readiness, increase lethality and develop our talent." Lemmon is also assistant commander for research and engineering at Naval Air Systems Command (NAVAIR).

The individuals and teams awarded were selected from over 45 nominations. They represent some of NAWCAD's most innovative and important scientific contributions to naval aviation in 2018.

NAWCAD Commander's Award – Individual
Next Generation Jammer Mid-Band Air Vehicle

Team Lead, Andrew Guy
Naval Air Warfare Development Command's Air Defense Strike Group Facility, Shawn Alicia
CH-53K Integrated Test Team, Lauren McKay
NAWCAD Commander's Award – Team
Littoral Combat Ship Immersive Virtual Ship Environment team, led by Chris Korn
Ship & Air Integrated Warfare, ePerformance Solutions team, led by Linda Davis
T-45 Propulsion and Power, Aero Performance and Flight Test team, led by Rod Blodnikar
Airborne Systems Training and Research III (ASTARS III) Aircraft Modification team, led by Frank Mazur
MH-60R Radar team, led by Lt. Timothy Boyce
F/A-18 Weapon and Store Compatibility Test team, led by Maj. Matthew DeCoursey
F/A-18 Long Range Anti-Ship Missile Test team, led

by Johnathan Stephens
E-2D Support Equipment team, led by Mariam Corrigan
F-35 Closed Bay Firefighting Tool team, led by Edward Transferni
NAWCAD Innovation Awards
NAWCAD Hangar 6 Robotic Forklift team, led by Kyle Hart
Dampening technology to mitigate landing-induced shock into a helicopter landing gear, led by Nicholas Sofocleous
Hypoxia Training Research & Development team's hypoxia trainer, led by Beth Atkinson
NAWCAD Patent of the Year
U.S. Patent number 9,499,283. "Freeplay Measurement Device." Invented by Anthony Olszewski

Winter Turkey Season Opens Jan. 17

Second Chance to Take a Hen or Gobbler

The Maryland Department of Natural Resources offers hunters who did not bag a turkey in the fall another chance, as the winter turkey season runs statewide Jan. 17-19.

The department established the winter season in 2015 to increase opportunities while minimizing conflicts with other hunting seasons.

“Wild turkeys are abundant in most of the state,” Wildlife and Heritage Service Director Paul Peditto said. “This season is perfect for hunters that want to get outdoors when other popular hunting seasons are closed or winding down.”

Maryland hunters may only use the following weapons during the winter turkey season: Airguns that shoot arrows or bolts; crossbows and vertical bows; or shotguns loaded with No. 4 shot or smaller.

Hunting hours are from one half-hour before sunrise to one half-hour after sunset. The bag limit is one turkey of either sex, provided the hunter did not harvest a turkey in the 2018 fall season. Hunters are reminded that it is illegal to hunt turkeys with the aid of bait. Hunters may check in their harvest via phone at 888-800-0121, online or via the department’s mobile app.

The Maryland Guide to Hunting and Trapping provides information about winter turkey hunting, including season open dates and regulations.



Press Release from MD DNR

St. Mary’s Men Drop Conference Trip to York



Photo Credit: Bill Wood

The St. Mary’s College of Maryland men’s basketball team (6-9, 0-4 CAC) dropped a back and forth CAC contest at York (Pa.) (10-5, 3-1 CAC). The Seahawks fell to the Spartans 83-76.

St. Mary’s - 76 , York - 83

How It Happened

The first half of the contest was action

packed and extremely competitive as the Seahawks and Spartans played to 11 different lead changes. St. Mary’s jumped out to a 13-8 lead off of five consecutive points. Phil Newsome sunk a layup and Naheed John drained a three to break the 8-8 tie.

Later in the half, St. Mary’s and York played to a 24-24 tie with 6:13 remaining in the first stanza. Shortly after, the Seahawks strung together six consecutive points to pull ahead of the Spartans 30-24. Daquan Staley tallied four points during the run and Newsome recorded two. St. Mary’s held their lead and took a slim 39-37 advantage into halftime.

Much like the first, the second half was back and forth with several lead changes. St. Mary’s started strong with a 5-0 run to gain a 44-37 lead. Reggie Rouse began the scoring with a long range three-pointer and Staley followed with a layup.

York answered later in the second half with a 15-5 run with 13:18 remaining for a 55-48 lead. The Seahawks continued to play tough and eventually regained a 69-67 lead off a Matt Ayoub layup at the 4:09 mark. Once again, York responded with back-to-back three-pointers from *Joey Polczynski* and *Jared Wagner* for a 73-69 lead over the Seahawks.

The Spartans kept their lead and made their free throws down the stretch for the victory.

Inside the Box Score

Spencer Shultz led the Seahawks with 17 points, nine rebounds, two steals and one assist.

Rouse had his best game of the season, knocking down 16 points and dishing out four assists.

York had three players reach double-digits in scoring including *Polczynski* (24 points), *Wagner* (23 points), and *Darin Gordon* (14 points).

Press Release from SMCM

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The St. Mary’s County Times is a weekly newspaper providing news and information for the residents of St. Mary’s County. The St. Mary’s County Times will be available on newsstands every Thursday. The paper is published by Southern Maryland Publishing Company, which is responsible for the form, content, and policies of the newspaper. The St. Mary’s County Times does not espouse any political belief or endorse any product or service in its news coverage.

To be considered for publication, articles and letters to the editor submitted must include the writer’s full name, address and daytime phone number. Submissions must be delivered by 4 p.m. on the Monday prior to our Thursday publication to ensure placement for that week. After that deadline, the St. Mary’s County Times will make every attempt possible to publish late content, but cannot guarantee so. Letters may be condensed/edited for clarity, although care is taken to preserve the core of the writer’s argument. Copyright in material submitted to the newspaper and accepted for publication remains with the author, but the St. Mary’s County Times and its licensees may freely reproduce it in print, electronic or other forms. We are unable to acknowledge receipt of letters. The St. Mary’s County Times cannot guarantee that every letter or photo(s) submitted will be published, due to time or space constraints.



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**WHO'S YOUR
Hero?**

St. Mary's County has many "Hometown Heroes"

We all know one, a volunteer, a mentor,
a community leader, a first responder,
a good neighbor, a big brother
or sister, a leader in
the classroom or church.

Throughout 2019 the County Times will feature
stories of St. Mary's "Hometown Heroes."

To shine a spotlight on your hero email their name
& contact info to aldailey@countytimes.net

County Times
St. Mary's County - Carroll County

Wanderings

of an Aimless Mind

by Shelby Oppermann
Contributing Writer



"Just Wandering Around"



Is everyone enjoying the snow? I know Mindy is. She loves scooping it up and eating it while running around the yard. She also loves eating snowballs in mid-air. Play is pretty much the only thing on her mind 24/7. Play ball? Play ball? That is her mantra day in, day out.

My mantra, besides Where's wine? Where's wine? is where's breakfast? I am always looking for breakfast places, not during the week so much, but for full weekend brunches or breakfasts. Is there anything better than a great breakfast that will last right through until dinner? I know you all know this. And I like eating big breakfasts out, because then your house doesn't smell like bacon or fried onions all day – just your clothes and hair.

After a small, intimate church service on Sunday, due to all that blinding, pretty snow, my husband and I headed over to Abell's Diner in Clements. I had a hankering for, you guessed it, creamed chipped beef. Wow was it good, especially with a generous helping of home fries on the side and a cup of hot tea. Perfect, snow day comfort food. All their food is delicious. Abell's is only open until noon on Sundays, 5:30 a.m. - 2:30 p.m. the rest of the week...and you have to bring cash, since they don't do credit cards.

Another great breakfast place to eat at now is Helen's Café and Catering at the Charlotte hall Farmer's Market. Helen Uhler opened up a few months ago and has quite a following. If you drive by at any given time you will see lots of vehicles lined up for her cooking. Her restaurant is located right behind Gardiner's produce section in Building A. There have been restaurants there for as long as I can remember, but I really think Helen's is wonderful. You feel at home as soon as you walk in the door. They

even offer a full bar. The photo with this column shows Helen with her employees. The hours are: 6 a.m. - 3 p.m. Tuesday through Thursday, 6 a.m. until 8 p.m. on Friday. And 6 a.m. until 4 p.m. on Saturday. Bison burgers are on the menu, and they will custom build any sandwich you want – even if it is just half a sandwich. After a morning of wandering around the Farmer's Market you will probably want a whole sandwich with soup to quell hungry stomach growls. There is an ATM for your convenience.

While you are at the Farmer's Market make sure you visit some of the great shops. My friends Donna Benson and Cara Fogarty recently opened up in Building M with Donna B.'s Country Fleas. These are two very creative and energetic women who can create, paint, refinish, or find anything you might need for your home. Becky Tyer in Bldg. G (north side) has great treasures in her shop, and her smile warms your heart. Another great, experienced vendor is T Holcombe with Tarnished Treasures and Antiques in Bldg. C. It's always a pleasant surprise to walk through all of the shops – you truly never know what you will find. There is always something I can't live without.

The most enjoyable times for me are when I meet my son Ryan with his two little antique hunters in training: Liam and Carson. We have such a good time wandering around the market before we head up to the Hughesville Village Market where my booth is. Well, I guess that's enough wandering for today. Hope your wanderings take you to these great places too.

To each new day's adventure, Shelby
Please send your comments or ideas
to: shelbys.wanderings@yahoo.com
or find me on Facebook

The County Times runs complimentary obituaries as submitted by funeral homes and readers. We run them in the order we receive them. Any submissions that come to guyleonard@countytimes.net after noon on Mondays may run in the following week's edition.

In Remembrance

Vernon Saunders



Vernon Saunders, 79 of Leonardtown, MD passed away on Saturday, January 12, 2019 in Washington, DC. He was born on October 30, 1939 to the late Albert Edward Vernon Saunders and Elizabeth Viola Saunders. On August 13, 1979 Vernon married his beloved wife Deborah Drury Saunders in Leonardtown, MD. He is survived by his children; James G. (Redigo) Saunders (Lynne) of Lancaster, Missouri, Robert E. Saunders (Mary) of Stevensville, MD and John (Jay) K. Parlett III (Susan) of Mechancisville, MD. 6 grandchildren; JG, Joshua, and Jacob Saunders, Camden, Kylie and John Parlett. Along with his sister Mary Ann Rymer (Bill) and many more nieces and nephews.

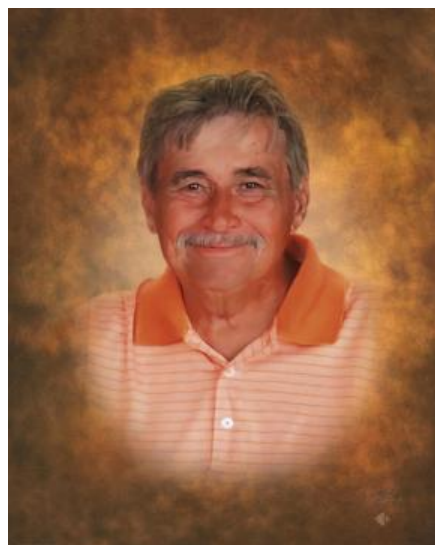
Vernon was born and raised in St. Mary's County Leonardtown, MD. He was a graduate of Great Mills High School Class of 1957. Vernon was employed as a Route Saleman for Frito-Lay for 40 plus years. After he retired from Frito-Lay he returned to work with Tri County Aire for 13 years. Vernon enjoyed family and friends. His hobbies were crabbing, fishing, hunting and golfing. He took pride in his garden and yard. Vernon enjoyed watching NASCAR, the Washington Redskins, the Washington Nationals and the Baltimore Orioles. He loved most sports, and played many of them in his younger years.

The family will receive friends on Friday, January 18, 2019 from 9:30 AM – 11:00 AM in the Mattingley-Gardiner Funeral Home Leonardtown, MD where a Funeral Service will be held at 11:00 AM in the Funeral Home Chapel with Father Paul Nguyen officiating. Interment will be private.

Contributions may be made to Hope & Food Pantry 21641 Great Mills Road Lexington Park, MD 20653 and/or Leonardtown Volunteer Rescue Squad P.O. Box 299 Leonardtown, MD 20650.

Arrangements provided by the Mattingley-Gardiner Funeral Home, P.A. Leonardtown, MD 20650

George Leonard Farr



George Leonard Farr, 67, of Avenue, MD passed away on January 13, 2019 in Callaway, MD. He was born on February 2, 1951 in Leonardtown, MD to the late Marthaleine Ruth Farr and James Samuel Farr. George was the loving husband of Carole Ann Farr, whom he married on October 7, 1972 at Holy Angels Catholic Church in Avenue, MD. George is survived by his son, Matthew Farr (Amy) of Mechanicsville, MD, daughter in law Laura McKinney of Clements, MD, and 3 grandchildren: Austin Farr, Madelyn Farr, and Maxwell Farr. He is also survived by his siblings, Margaret Farrell (Jamie), James Farr (Chris), Thomas Farr, and Richard Farr (Joan) and many nieces and nephews. He was preceded in death by his son, Todd Farr. He was a lifelong resident of St. Mary's County, MD and graduated from Chopticon High School in 1969. George was a Commercial Truck Driver for Robinson Terminal Warehouse in Springfield, VA for 29 years, retiring in 2010.

George was a member of the Seventh District Optimist Club for many years. He was also a member of the Southern Maryland Antique Power Association, participating in many tractor pulls and tractor parades with his Oliver 66 Row Crop. He loved spending hours with his sons working on the tractors and was so proud watching his sons pull. George enjoyed stuffing hams, woodworking, and spending time with his friends and family, especially his grandchildren.

A Mass of Christian Burial will be celebrated on Thursday, January 17, 2019 at 10:00 AM in Holy Angels Catholic Church Avenue, MD with Father Sam Plummer officiating. Interment will follow in Sacred Heart Catholic Cemetery in Bushwood, MD. Pallbearers will be Brian Farr, Patrick Farr, Timmy Farrell, Drew Foster, Joe Stalalonis, and Joseph Stalalonis. Honorary Pallbearers will be Travis Farrell and Jeff Reynolds.

Contributions may be made to Hospice of St. Mary's P.O. Box 629 Leonardtown, MD and Seventh Dist. Vol. Rescue Squad P.O. Box 7 Avenue, MD 20609.

Michael Paul Quinn



Michael Paul Quinn passed away after a short illness on January 12, 2019. He was a brave, courageous, and giving man to the end.

He was born on March 13, 1969 in Derry, Northern Ireland to Michael and Anne Quinn.

He is survived by his parents Anne (McConnell) and Mike Quinn, brother, Terry Quinn (Elizabeth) of S.C. and sister Michele Quinn of Lexington Park, Maryland, and his very special niece Chelsie Deusa, nephew Matthew Quinn and niece Lizzie Quinn. He was a true Irishman and loved visiting his hometown whenever he could. He was a die-hard Manchester United, Notre Dame and NY Giants fan. He was a caring loving friend to many, always willing to help and give to anyone. He will be sorely missed by many. In lieu of flowers please make a donation to ST Jude's Children's Hospital, <https://www.stjude.org> or P.O. Box 1000, Dept. 142, Memphis, TN 38148.

Condolences to the family may be made at <http://www.brinsfieldfuneral.com>.

Arrangements by Brinsfield Funeral Home, P.A., Leonardtown, Maryland.

Allen Elmer Ewell

Allen Elmer Ewell, Sr., 84, of Hollywood, MD passed away on January 9, 2019 at MedStar St. Mary's Hospital with his loving family at his side.

He was born on October 13, 1934 in Hillside, MD to the late Guy Stanley



and Eunice Brashear Ewell, Sr.

On June 20, 1958 Allen married his beloved wife, Rose Marie Ewell at Maryland Park Christian Church. Together they celebrated over 60 wonderful years of marriage. He was employed over 50 years as a Salesman and retired in 2001 from Adams Burch. He was employed since age 16, and took great pride in every job he did. He served in the Army National Guard and was a cook. He was a delicious cook and had many specialties including, shrimp creole and French toast. He prepared many dinners for his family and believed in always sitting down enjoying a meal together. He was an avid Washington Nationals and Redskins fan. He also loved to go out on his boat and crab. He and wife travelled through Europe 10 times with his job; with his favorite trip being to Russia. He loved his family and enjoyed spending as much time as possible with them, especially the children and grandchildren.

In addition to his beloved wife, he is also survived by his children: Allen Elmer Ewell, Jr (Allesa) of Randolph, KS, Michael Andrew Ewell of Gaithersburg, MD, and Karen Lynn Farson (David) of



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Richmond, KY; his sister, Eunice Fairchild; his grandchildren: Megan Sara Ewell, Ryanne Marie Ewell, Alaina Rose Repp (Christopher), Sarah Elizabeth Farson, and Mary Rebekah Farson; his great grandchildren, Collin and Lizzy Repp; and many extended family and friends. In addition to his parents he is also preceded in death by his siblings: Harrison Ewell, Guy Stanley Ewell, Jr., Esther Della "Dale" Collins, Daniel Ewell and Leonard Ewell; his daughter-in-law, Sonia Ewell.

Interment will be private.

Memorial contributions may be made to Hospice of St. Mary's, P.O. Box 625, Leonardtown, MD.

Condolences to the family may be made at www.brinsfieldfuneral.com.

Arrangements by the Brinsfield Funeral Home, P.A.

Richard Willard "Rich" Dawson

Richard Willard "Rich" Dawson, 40, of Lexington Park, MD passed away Sunday, December 9, 2018 at his home following a severe gunshot wound to his left thigh.



He was born on May 11, 1978 in Urbana-Champaign, IL to David W. and Mary Cramer Dawson of Wappingers Falls, NY.

Rich graduated from Stony Brook University studying Biology until 2001. In July 2001 he enlisted in the United States Navy and proudly served his country until his honorable discharge on September 1, 2012. During his service he served aboard the USS Enter-

prise. He earned numerous decorations, medals and citations including: Navy/Marine Corps Achievement Medal, CG Meritorious Unit Commendation; Navy Good Conduct Medal (3); National Defense Medal; Global War on Terrorism Expeditionary Medal (2); Global War on Terrorism Service Medal; Sea Service Deployment Ribbon; and the Navy Expert Pistol Shot Medal. After his discharge from the Navy he began his career with DynCorp at the Naval Air Station Patuxent River. In 2018, he completed his Bachelor of Science degree at Embry-Riddle Aeronautical University.

Rich loved life and enjoyed taking new adventures. He was an avid scuba diver and was a scuba dive master. He was a member of the Lynnhaven Dive Club in Virginia Beach, VA. He has been on numerous dives throughout the world. He particularly enjoyed diving with sharks. He carefully assembled an extensive collection of fossilized teeth from a prehistoric shark, the megalodon. He also earned his Pilot's license and was a member of the Patuxent River Navy Flying Club.

In addition to his parents, he is also survived by his sister, Edith Margaret "Megan" Dawson of Wappingers Falls, NY; and many extended family and friends.

Memorial contributions may be made to the American Red Cross, Southern Maryland Chapter, 80 West Street, Suite A, Annapolis, MD 21401, or the DAV (Disabled American Vets) Charitable Service Trust, 3725 Alexandria Pike, Cold Spring, KY 41076, on the web at: Donate-DAV.org Disabled Veterans.

Condolences to the family may be made at www.brinsfieldfuneral.com.

Arrangements by the Brinsfield Funeral Home, P.A.

Anita Jean Draper



Anita Jean Draper, 90, of Hollywood, MD passed away Tuesday, January 8, 2019 at MedStar St. Mary's Hospital

with her loving family at her side.

She was born on April 24, 1928 in Miami, Florida to the late Elmer Leary and Nina May Gardiner Williams.

Anita earned her Bachelor of Arts degree in Music from the University of Miami. She was a talented musician, playing the marimba and the drums. She played beautiful duets with her sister on the marimba and was featured on a local radio station. She participated in the marching band in high school and college. After graduating from the university she entered Faith Theological Seminary where she met her husband and earned a Master in Religious Education. On November 27, 1954 she married her beloved husband, Perry Lewis Draper at Faith Theological Seminary. Together they celebrated over 39 wonderful years of marriage. In 1956 they moved to Africa and spent the next 12 years as missionaries in Nigeria and Liberia with Sudan Interior Missions. Anita started the ELWA Academy in Liberia being the first teacher and principal. During this time the family travelled to the Canary Islands, France, England, and Switzerland. She taught Liberian women about the bible and how to read. She started and lead Pioneer Girls for the missionary girls at ELWA. She was a skilled seamstress and designed and made many of her own clothes and those of her children, which included a wedding dress and bridesmaid's dresses. She was also a gifted artist and hand painted hibiscus on her oldest daughter, Carol's, wedding china. She enjoyed cross stitching, crocheting and knitting. She also enjoyed working on the computer.

In 1970 Anita became a Nursery School teacher at Southwood Baptist Church in New Jersey and later she worked for the NJ Department of Education as a middle school teacher's aide and later as an elementary school teacher's aide. She attended Southwood Baptist Church where she started Pioneer Girls, was active in the Sunday school program, the Missions Committee and served as a deaconess. In 2000 she moved to Maryland. She volunteered at Hollywood Elementary School with reading groups and the FLOW Program. She was a member and leader of some MIPI (Moms in Prayer International) groups. She was a Sunday school teacher at Leonardtown Baptist Church and later taught Junior Church at Redeeming Grace Baptist Church.

She was a loving wife, mother, grandmother, great grandmother and sister. She was devoted to God and her family and enjoyed spending time with them.

She is survived by her children Carol Jane Hill (Rich) of Monroe, NC, Susan Lynne Mease of Elmer, NJ, Ruth Anne Brosnihan (Tim) of Hollywood, MD, Donald Lewis Draper (Ellen) of Preston, CT, and Deborah Jean Courtney of West

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Deptford, NJ; her sister, Jane Elliott of Decatur, GA, nine grandchildren; two great grandchildren and many extended family and friends. In addition to her parents and husband, she is also preceded in death by her brother, Jesse Ward Williams.

Memorial contributions may be made to Redeeming Grace Baptist Church Building Fund, 20945 Great Mills Road #101, Lexington Park, MD 20653 or to ELWA Academy Scholarship or ELWA Academy Science Lab at ELWA Ministries Association USA, PO Box 1, Warrenville, IL 60555 or <https://www.elwamausa.org/Get-Involved/Donate>

Condolences to the family may be made at www.brinsfieldfuneral.com.

Arrangements by the Brinsfield Funeral Home, P.A.

James K. Schindler



James K. Schindler, 70, of Lancaster, VA passed away on Saturday, January 5, 2019 at Bon Secours Memorial Regional Medical Center surrounded by his loving family.

He was born on November 7, 1948 to Edward W. Schindler and Mary Aud Schindler in Leonardtown, Maryland.

James was born and raised in Hollywood, Maryland and moved to Lancaster, Virginia approximately 10 years ago. He attended Father Andrew White School, Leonard Hall Junior Naval Academy and Ryken High School. James was a standout basketball player and played on the varsity team all four years at Ryken. After graduation, James joined the family electrical business and pursued his Masters Electricians License. James was a member of the Knights of Columbus and the League of Maryland Horsemen. He also served his country in the Army National Guard and was honorably discharged.

James was married to Bonnie Joy for

nine years, and they had a son, Robert James and a daughter, Melody Sue. James was married to Carolyn Fike for twenty-five years and they had one daughter, Jennie Cherilyn.

James was a giant of a man with the biggest heart. He loved his children and grandchildren dearly and shared his lifelong passion for horses with them. He enjoyed watching old western movies and John Wayne was his idol. Jim loved country music and all you can eat buffets! He was known for his big smile and infectious sense of humor. He enjoyed spending time with friends, having a beer and talking about old times. His grandchildren were his greatest joy in life.

He was survived by his three children, his son Robert Schindler, Sr. (Debra) and his two daughters, Melody Schindler Bailey (Lewis), Jennie Schindler and previous wife Carolyn Fike Schindler. He has one brother, Edward W. Schindler, Jr. (Andrea). James has seven grandchildren and two great-grandchildren. He has many family and friends and will be missed dearly.

Memorial contribution may be made to Maryland Fund for Horses: <http://md-fundforhorses.org/donationform/>

Condolences to the family may be made at <http://www.brinsfieldfuneral.com>

Arrangements by the Brinsfield Funeral Home, P.A.

David Wilton Watts



David Wilton Watts, 63, of Hollywood, MD passed away on November 16, 2018 in Leonardtown, MD. Born on June 11, 1955 in Leonardtown, MD he was the son of Francis Wilton Watts of California, MD and the late Mary Margaret Combs Watts. David was the loving husband of Mary Ellen Watts of Hollywood, MD, whom he married on January 11, 1974. David is survived by his daughter Jennifer of Hollywood, MD, and 1 grandchild Shane. As well as, siblings Joseph F. Watts, and Kenneth R. Watts. He is preceded in death by his

son David W. Watts, Jr., and 2 brothers, Dennis L. Watts and Joshua C. Watts.

David was a lifelong St. Mary's County, MD resident. He graduated from Great Mills High School in 1973. David worked for PEPCO/Mirant as a Chemical engineer for 34 years, retiring on June 30, 2010.

Frances Madeline Ruark



Frances Madeline Ruark, 95, of Salisbury, passed away peacefully at her home on January 9, 2019. Born in Leonardtown, MD, she was the daughter of the late Hiram Hewitt and Madeline Roe Long Hewitt.

She was a member of St. Francis de Sales Catholic Church in Salisbury. Frances loved knitting, sewing, crocheting, cooking and baking. Her greatest joy was her grandchildren.

Frances is survived by four chil-

dren, Samuel Floyd Ruark, Jr. & his wife, Nancy of Salisbury and their two children, Christopher & Melissa; Gloria Lynn Fleming & her husband, Glenn and their two children, Jamie & Brandon; Jean Maldve of TX and her two children, Regina & Andrew, and John Lowell Ruark & his wife, Jeri of Salisbury and their two children, Jessica & Jason, and a late daughter's two children, Courtney & E J; twenty great grandchildren; a sister, Ruby Cheseldine of Bushwood; a daughter-in-law, Norma S. Ruark of Salisbury; and several other cousins, nieces and nephews.

In addition to her parents, she was preceded in death by her husband, Samuel Floyd Ruark, Sr.; two children, Frederick "Larry" Lawrence Ruark and Florence Ann Core; three sisters, Pearl Long, Helen Ruark, and Hilda Richardson; five brothers, Joseph, James "Jim", Francis, Benjamin, & John Hewitt; and two son-in-law's, Pete Maldve and Ernest J. Core.

In lieu of flowers, contributions may be made in her memory to Coastal Hospice, P.O. Box 1733, Salisbury, MD 21802.

Arrangements are in the care of Holloway Funeral Home, PA, 501 Snow Hill Road, Salisbury, MD 21804. Please visit www.hollowayfh.com to express condolences to the family.

*A Tribute to the Loved One
Whose Memory Lives
On Forever in Your Heart*

Honor the memory of your cherished one by sharing the story of their life with friends, neighbors and associates here in the community.

For details and to place your notice of remembrance, call 301-373-4125 for assistance.



REMEMBRANCES
IN PRINT & ONLINE

County Times
St. Mary's County • Calvert County

Community Calendar

To submit your event listing to go in our Community Calendar, please email timescalendar@countytimes.net with the listing details by 12 p.m. on the Monday prior to our Thursday publication.

ONGOING

Queen of Hearts Drawing

Fridays, beginning January 18th for the next QUEEN OF HEARTS DRAWING at a new location: the Brass Rail Sports Bar in Great Mills. Ticket sales, \$1 each, begin at 4:00 PM. Drawing takes place promptly at 7:00 PM. 50/50 raffle each week. The jackpot begins at \$2,000+ and continues to grow each week until the Queen of Hearts is found. Consolation prizes vary based on the card drawn that week. Minimum \$25 up to \$200. Proceeds benefit the Archangel Scholarship Foundation Corporation in support of St. Michael's School, Ridge. Information or event updates, "Like" our "Queen of Hearts" Facebook page or go to <https://archangelfoundation.wordpress.com/>. Thanks to everyone in our community for their continued support!

Calvert Marine Museum Closed

The Calvert Marine Museum and Museum Store, 14200 Solomons Island Rd., Solomons, is closed January and February for renovations. We look forward to opening our doors again in March!

UPCOMING

Class Reunion

Chopticon High School Class of 1969 is planning its 50th class reunion for the fall 2019. Members and teachers of this class are requested to contact us to update contact information.

Sarah Blackstone Richardson, 240-925-1119, TheMightySBR@msn.com. Norwood Graves, 301-848-9525, Saramyl@verizon.net.

Friday, January 18

Texas Hold'em - Cancelled

VFW Post 2632, 23282 Three Notch Rd. (Rt 235)

Have to Cancel this week's tournament. Hope to see you February 1st.

Queen of Hearts Drawing

Brass Rail Sports Bar, Great Mills
7:00 PM

Ticket sales, \$1 each, begin at 4:00 PM. Drawing at 7:00 PM. 50/50 raffle each week. Jackpot begins at \$2,000+ and continues to grow each week until the Queen of Hearts is found.

Benefit the Archangel Scholarship Foundation Corporation in support of St. Michael's School, Ridge. Info/updates: Facebook page or: archangelfoundation.wordpress.com

Celebrate Recovery

45020 Patuxent Beach Rd, California
7:30 - 9:30 PM

Free Christian 12-step program for those 18 and up struggling with grief, anger, depression, addiction, anxiety, or the addiction of a loved one. Questions? hCR4u@gmail.com

Sat., Sun., Mon. - Jan. 19, 20, 21

MLK Days at Annmarie Garden

13480 Dowell Road, Solomons
11:00 AM - 4:00 PM

Celebrate the life and legacy of Rev. Dr. Martin Luther King, Jr. with creative and uplifting art activities.

Appropriate for all ages. A special exhibit; "Childhood Memories," by Pinkie Strother will be on display. Admission is free! 410-326-4640. www.annmariegarden.org

Saturday, January 19

Veterans Home Buyer Breakfast

Golden Corral, Lexington Park
10:00 AM - Noon

Learn about buying a home and your benefits, even if you used your VA benefits before.

Free. Info/register:
veteranhomebuyer.eventbrite.com

Benefit for Skyla Shirriell

American Legion Post 238, 6265 Brandywine Road, Hughesville

1:00 - 11:00 PM

7-year-old Skyla was struck by a vehicle while exiting her school bus on November 27, 2018 in Charles County. Winter Kids Carnival w/games and Unicorn Rides. Food for Purchase. Live Music: Philip Parsons Band 1-4pm, Hot Ice 6-8:30pm, and Bradley Turner Band 8:30-11pm.

Fried Chicken Carry-Out Dinner

2nd District VFD & RS, 45245 Drayden Rd., Valley Lee

4:00 - 6:00 PM

Menu: ½ chicken; coleslaw; green beans; parsley potatoes; and dinner roll. Pre-orders accepted. \$12/ dinner. Call Robin to preorder/info: 301-737-4366(H) or 240-577-0270(C)

Elks Texas Hold'em Tournament

St Mary's County Elks Lodge, Fire Department Lane, Lexington Park

6:00

PM

\$80 Buy in = 12,000 chips. Food and drink for purchase. Cash games start when there are enough interested players. Questions: James Dean 240-577-0828. Email: jdeanjunior@yahoo.com

Swing and Ballroom Dance

Little Flower School, Route 5, Great Mills,
7:00 - 11:00 PM

Beginner dance lesson from 7:00-8:00; dancing to music of all kinds until 11:00. No experience required! Singles welcome! Bring a snack to share; water provided. \$10/person. Sponsored by the Knights of Columbus of Holy Face Church. Email somdballroom@gmail.com or call 240-577-0153.

Sunday, January 20

CANCELLED - Texas Hold'em Poker Tournery

Elks Lodge, Fire Department Lane, California
1:00 PM

Turkey Shoot

Moose Lodge, Mechanicsville
1:00 - 4:30 PM

Sign up at noon; first round goes off at 1:00. Shoot for money and prizes. Jimmy Suite, 240-417-5767.

Monday, January 21

Martin Luther King, Jr. Day

Martin Luther King, Jr. Prayer Breakfast

Campus Center, St. Mary's College
6:30 AM - 12:30 PM

Celebrating the legacy of Dr. Martin Luther King, Jr., the theme of the day is "All Life is Interconnected." Breakfast \$10 at the door. Program at 8:00 (no cost) features keynote address by broadcast journalist Maureen Bunyan. Day of Service at 10:00 for services and activities for students of all ages and adults. Info: events@smcm.edu or call 240-895-4310.

Elks Hold'em Bounty Tournament

St Mary's County Elks Lodge, 45779 Fire Department Lane, Lexington Park

7:00 - 11:00 PM

\$25 Buy-in = 4,000 chips. \$5 add-on = 1,000 chips and raffle drawing. Food and drink for purchase. James Dean 240-577-0828. Email: jdeanjunior@yahoo.com

Tuesday, January 22

"Eyes on the Prize" Series Episode

Cole Cinema, Campus Center, St. Mary's College of Maryland

6:00 - 8:00 PM

The landmark series, which first premiered in 1987, documents the history of the civil rights movement in America.

Wednesday, January 23

"Eyes on the Prize" Series Episode

United States Colored Troops Interpretive Center, 21675 S. Coral Drive, Lexington Park

6:00 - 8:00 PM

The landmark series, which first premiered in 1987, documents the history of the civil rights movement in America.

Thursday, January 24

Racial Equity Institute Workshop

Southern Maryland Higher Education Center, 44219 Airport Road, California

2:00 - 8:00 PM

In this lively and participatory presentation, organizers use stories and data to present a perspective that racism is fundamentally structural in nature. By examining characteristics of modern-day racial inequity, the presentation introduces participants to an analysis that most find immediately helpful and relevant.

St. Mary's Department of Aging

Programs and Activities

Loffler Senior Activity Center 301-475-4200, ext. 1658
 Garvey Senior Activity Center, 301-475-4200, ext. 1050
 Northern Senior Activity Center, 301-475-4002, ext. 3101

Visit www.stmarysmd.com/aging for the most up-to date information

Brought to you by the Commissioners of St. Mary's County: James R. Guy, President; Michael L. Hewitt; Tom Jarboe; Todd B. Morgan; John E. O'Connor; and the Department of Aging & Human Services

Diabetes Self-Management

Living with diabetes is a full time job. The Garvey Senior Activity Center will be offering a Diabetes Self-Management class on Tuesdays from Jan. 22-Feb. 26 from 1:30-4 p.m. The Diabetes Self-Management classes gives attendees tools needed to take control of their disease. Topics covered include nutrition, stress management, medication management and many more! Space in the class is limited. Register by calling 301-475-4200, ext. 71050. There is no fee to attend; however, attendance at all six sessions is highly recommended.

Living Well with Diabetes

Health Connections with MedStar St. Mary's Hospital will lead Living Well with Diabetes at the Northern Senior Activity Center on Mondays, Jan. 28-March 18, from 1-3:30 p.m. This 7-week evidence-based program was developed by Stanford University to teach self-management tools for managing your diabetes. Take charge of your health and carry out an action plan that fits your life. This series is free, but does require your committed attendance. Please note that not all classes are consecutive due to holiday closings. To sign up for this series, please register with Health Connections by calling 301-475-6019.

Clear Captions Presentation

What is Clear Captions and how can I get it for free? Find out at this free and informative presentation at the Garvey Senior Activity Center on Tuesday, Jan. 29, at 10 a.m. And while you're at it, enjoy a free continental breakfast! Clear Captions is a free phone captioning service that provides near real-time call captions of phone conversations for anyone hard-of-hearing or with any form of hearing loss. This free captioning service is provided by ClearCaptions and paid through a fund administered by the Federal Communications Commission (FCC) for anyone hard-of-hearing or with any form of hearing loss. There is no cost to qualified individuals whose hearing loss inhibits their phone use. For more information or to sign up, call 301-475-4200, ext. 71050.

Whole-Body Tension Relief

Learn this easy, targeted, self-treatment method that will give you drug-free pain relief that is both immediate and long lasting. Judi Lyons will lead a Whole-Body Tension Relief session on Tuesday, Jan. 29, from 1-4 p.m. Learn to use simple tennis ball techniques that reduce or eliminate pain and improve the condition of muscles and fascia to benefit posture, mobility, stability, range of motion, blood flow, nerve function, and the immune system. The class addresses multiple issues and conditions

from head to toe and is tailored to participants' specific needs. The cost is \$30, includes two therapeutic-grade balls and is due at signup. To sign up and pay for this class in advance, please visit the front desk. For more information call 301-475-4200, ext. 73101.

AARP Smart Driving Course

The Northern Senior Activity Center will host an AARP Smart Driving Course on Tuesday, Jan. 29, from 9 a.m.-2 p.m. This course includes proven safety strategies that older drivers can use to compensate for changes as they age and allow them to drive more safely and confidently for as long as possible. The fee is \$15 for AARP members and \$20 for non-members with cash or check made payable to AARP. Payment is required to sign up for the class. Class is 4 hours with a break for lunch at 11:30 a.m. Lunch is a donation from seniors 60 and older; \$6 for others made the day of the class. To sign up and pay for this class in advance and to sign up for lunch, please visit the front desk or call 301-475-4200, ext. 73101.

Valentine's Day Luncheon with Bruce Thomas

On Tuesday, Feb. 5, at 12 p.m. guest vocalist Bruce Thomas will be here at the Garvey Senior Activity Center. Bruce is a diverse performer who can effortlessly move through the musical

categories of inspirational, swing, jazz, pop, and R&B. Please join us for his energetic and interactive performance while dining. Make sure to put on your best red outfit for the event! The special meal for the day will be orange juice, 5-spice chicken, parslid new potatoes, zucchini & tomatoes, WW dinner roll, peaches and a special Valentine's Day dessert. A donation toward the cost of your meal is appreciated if you are 60 years of age or older. For those under 60 the cost of your meal is \$6. To make reservations call 301-475-4200, ext. 71050.

Amazing Cane Classes

Ready to try something new and different at the Loffler Senior Activity Center? Then meet Bonnie Hollyer, lover of dance, creative arts and people. She has a plan for combining all these to show you a good time! First, bring in a plain old cane to transform into your own unique creation. Then learn some dance moves using your newly styled stick. This fun-filled, unique class combines creativity and fitness. Set to upbeat music that will make your toes tap, it is suitable for any age or ability and can be done seated or standing. Cost- bring in a plain old cane-that's IT! Three sessions: Tuesdays Feb. 5, 19 and 26 at 11 a.m. Sign up by calling 301-475-4200, ext. 71658, or stop by the reception desk by Feb. 1.



Gayle Danley: Slam Poet

Lexington Park Library will host Gayle Danley, award winning slam poet on Saturday, February 2 from 2 - 4 p.m. In celebration of Black History Month, St. Mary's County Library is excited to host Gayle Danley, a championship poet and grief writer who has won both national and international poetry slam titles. Danley has a passion for teaching through slam poetry, and has been named the Maryland Library Association's Poet of the Year for 2018, the Young Audiences of Maryland Artist of the Year, and Young Audiences National Artist of the Year. In partnership with the St. Mary's County Branch NAACP #7025, the Unified Committee for Afro-American Contributions and the Minority Outreach Coalition.

Library Holiday Closing

All three locations of the St. Mary's County Li-

brary will be closed on Monday, January 21 in observance of Martin Luther King, Jr. Day. All locations will be open regular business hours on Tuesday, January 22.

Book Bites

St. Mary's County Library will host Book Bites on Monday, January 28 from 6 - 7:30 p.m. Grab a bite and gab about books! Join us at our new winter location, Taphouse 1637 in California, for a relaxed conversation about what you've been reading. Share what you loved (or loathed) about the last book you read, gather new recommendations from the rest of the group, and enjoy the company of fellow bibliophiles. Visit taphouse1637.com for directions and to see menu options available for purchase. Adults only. No registration.

Teen Advisory and Planning Society (TAPS)

Lexington Park Library will hold Teen Advisory and Planning Society (TAPS) on Tuesday, January 29 from 5 - 6:30 p.m. Have a say in what happens at your library. Meet with other teens, and take a leadership role in planning exciting library programs. Snacks and service hours provided. Walk-ins welcome. Ages 12-18

Mindful Storytime

Leonardtwn Library will hold Mindful Storytime on Friday, February 1 from 10 - 10:30 a.m. Did you know that studies have shown that children practicing mindfulness may increase their ability to focus, pay attention, self-regulate, and achieve greater happiness at an early age? Join us for a storytime that incorporates yoga and mindfulness practices in fun ways. Designed for ages 2-5 with their caregivers. Registration required. This is a Choose Civility: Southern Maryland event.

Yoga at the Library

Lexington Park Library will hold Yoga at the Library on Saturday, February 2 from 9:30 - 10:30 a.m. A Yoga Basics class that is appropriate for all levels of experience. Participants connect with the inner-self and the power of the body's self-healing mechanism. Come and learn how to align the mind, body, and breath as you move your joints through the appropriate range of motion. A yoga practice develops the ability to stay calm during stressful situations as well as repatterning the body's programmed responses. This Yoga Basics class is offered in a relaxed learning environment. Open to all levels of interest and ability. Please bring a yoga mat or a towel. Registration required.



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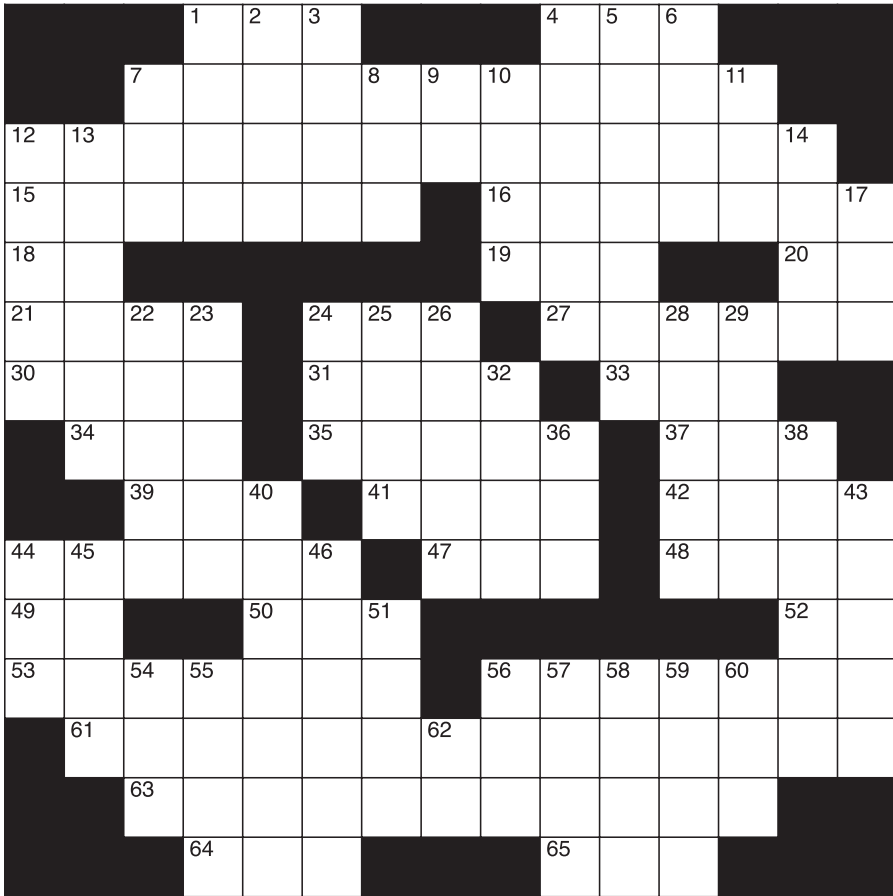


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CLUES ACROSS

- 1. Political action committee
- 4. One point north of due east
- 7. Marital
- 12. Religious building
- 15. Intrinsic nature of something
- 16. Safe to drink
- 18. Letter of credit
- 19. Single Lens Reflex
- 20. Keeps you cool in summer
- 21. Monetary unit
- 24. The Eye Network
- 27. Moving with a bounding stride
- 30. Figures
- 31. Of the pia mater
- 33. Male offspring
- 34. Indicates near
- 35. Calvary sword
- 37. South American plant
- 39. Doctor of Education
- 41. Something to take
- 42. Remove the edges from
- 44. Inattentive
- 47. Pick up
- 48. Latch for a window
- 49. Region of the U.S.
- 50. Windy City ballplayer
- 52. The NFL's big game (abbr.)
- 53. Be permanently

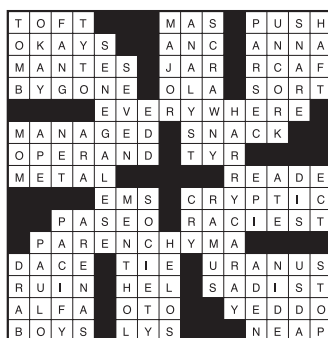
- present in
- 56. Novice
- 61. Pirate novel
- 63. In a law-abiding way
- 64. Where one sleeps
- 65. Criticize

CLUES DOWN

- 1. Bullfighting maneuver
- 2. Egyptian Sun god
- 3. Predatory semiaquatic reptile
- 4. Register formally
- 5. Eating houses
- 6. Japanese port
- 7. Genus of rodents
- 8. Nigerian city
- 9. Milliwatt
- 10. Mistake!
- 11. Women's ___ movement
- 12. Greeting
- 13. Songbirds
- 14. An arrangement scheme
- 17. Heartbeat test
- 22. Push back
- 23. Intended for the audience only
- 24. Cycles per second
- 25. Impartiality
- 26. Polio vaccine developer
- 28. Bowel movements
- 29. South American Indian

- 32. Queen of Sparta
- 36. Confederate soldier
- 38. Emerged
- 40. Death
- 43. ___ and flowed
- 44. Folk singer DiFranco
- 45. Email folder
- 46. Throbbled rhythmically
- 51. English rockers
- 54. Disaster relief operation
- 55. American model and TV personality Katherine
- 56. Potable
- 57. Tough outer layer
- 58. ___ Spumante (Italian wine)
- 59. Troubles
- 60. Negative
- 62. Camper

LAST WEEK'S PUZZLE SOLUTIONS



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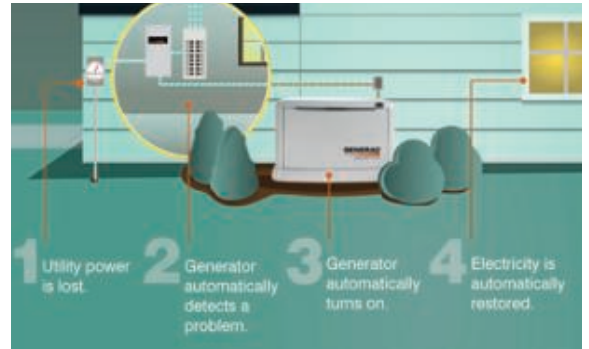


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