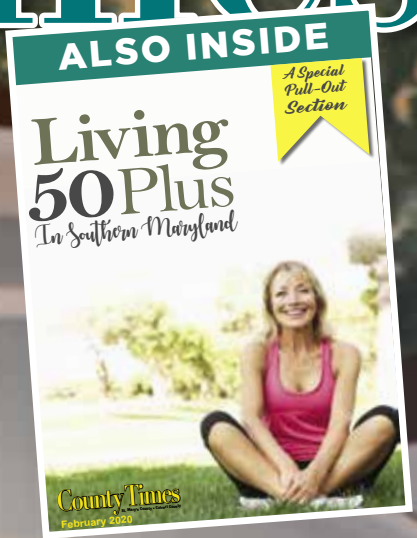


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Calvert County Times

THURSDAY, FEBRUARY 6, 2020

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INSIDE

**Prince Frederick
in the Spotlight**

**Curry Talks About
Behavior**

**County Eyes
Property Tax Cut**

Homeless IN CALVERT

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ON THE COVER LORI HONY IS HEAD OF ECHO HOUSE, CALVERT COUNTY'S HOMELESS SHELTER.



COMMUNITY 8
History Day celebrated in Annapolis



SPORTS 21
Seahawks fall to Salisbury.



LOCAL 6
On Watch memorial bricks

“PERCEPTION IS REALITY.”

COMMISSIONER BUDDY HANCE ON THE TRANSPORTATION PLAN.

WEEKLY FORECAST

Thu 2/6	Fri 2/7	Sat 2/8	Sun 2/9
60° 49°F	53° 31°F	44° 34°F	45° 35°F
Rain	AM Rain	Partly Cloudy	AM Showers
Mon 2/10	Tue 2/11	Wed 2/12	Thu 2/13
54° 46°F	58° 44°F	54° 45°F	55° 42°F
Mostly Cloudy	Showers	Showers	Showers





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Prince Frederick Town Center Update Begins

Large Crowd Attends First Workshop

By Dick Myers
Editor

“One key thing about Prince Frederick as a town center and the county seat, it impacts everybody. You’re either driving through it, live here or you’re coming to it.” Calvert County Long-Range Planner Jenny Plummer-Welker made that observation after asking the approximately 150 people attending the kick-off session for the revision of the Prince Frederick Town Center Master Plan where they were from. Hands went up for those from Prince Frederick (town center and zip code) and those from north and south of the town center.

The upstairs meeting room at the Prince Frederick Volunteer Rescue Squad was packed and the meeting at times became raucous and contentious. At one point Myra Gowans, president of Calvert Citizens United, which has sued the county over the vote to adopt the updated county comprehensive plan, attempted to ask a question and before the sentence was completed, new Planning and Zoning Director Mary Beth Cook attempted to silence her.

Commissioner Tim Hutchins came to Cook’s defense, saying it was her meeting to run. Gowans would not be dissuaded and said all she wanted to know was what assurance citizens could receive that their comments would be heard. The commissioners adopted the comprehensive county plan over the objections of the overwhelming majority of the citizens who attended the plan’s final public hearing.

Hutchins responded to Gowans the assurance that citizen comments would be heard. Hutchins and Cook were criticized in a letter published before the meeting and which appears elsewhere in this week’s issue.

A short time later at the meeting, Cook attempted to silence a speaker who was expressing concerns about groundwater contamination.

During her opening remarks, Plummer-Welker said, “The county started doing comprehensive planning in the late 1960s. There was a lot of growth happening in the seventies and eighties and there was a concern that there would be development from Dunkirk all the way south to Solomons. And so, the town center concept was developed in 1983 to address that.”

The county oversees seven town centers plus the independent towns of Chesapeake Beach and North Beach have their own. Plummer-Welker noted that the existing Prince Frederick Town Center Master Plan was adopted in 1989 and much has happened in the town and in society since then.

Plummer-Welker said the master plan envisions expanding the Prince Frederick Town Center in two phases, but the exact number of housing units in those areas will be defined by the town center plan and affected by issues such as terrain and transportation.

When she asked the audience to identify the biggest challenges in town, transportation was the first one raised. But as more people spoke it became clear there is concern about how to bring together all the

areas of the town center on both sides of what will soon be a six-lane Routes 2/4 bisecting it.

“They have to be able to cross Route 4 somehow,” one man said, noting there is no pedestrian interconnectivity.

He noted that for people who have lived in the area for a while, the real town center is the old town along Main Street.

A woman said, “A true town center is walkable.” She added, “Bring us all together!”

Plummer-Welker observed that a solution might be a series of neighborhoods with sidewalks.

A survey was handed out to attendees and is available online. The survey asks which of the following issues are the most important: land use, housing, water resources, public safety, environment and natural resources, transportation, older adult and senior facilities, education, heritage, economic vitality and parks and recreation.

The survey is available on line on a page dedicated to the Prince Frederick Town Center process: <http://www.calvertcountymd.gov/2567/Town-Center-Master-Plan-Update>

Deadline for returning the survey is Feb. 17.

The next workshop is scheduled for Feb. 26 with a snow date of March 4. Location has still not been determined.

There will be four area workshops in April and May.

dickmyers@countytimes.net



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Curry: 'Unflattering Facts of Life' Student Behavior Issue Discussed



Superintendent Dr. Daniel Curry

By Dick Myers
Editor

Calvert County Superintendent of Schools Dr. Daniel Curry held his 4th Annual State of the Schools Luncheon Jan. 30 at Calvert High School. The Event, whose proceeds benefit the Calvert County School Foundation, featured a recitation of the systems many accomplishments, an update of school construction projects and a discussion of the school system's Strategic Plan.

But, at one point during his Power Point presentation Curry said, "I'm going to step aside from the strategic plan slides for a moment and get real honest. There's a couple of areas where we've gotten some big publicity, not real flattering, in the last year." He was referring to the controversy over Restraint and Seclusion and what he categorized as "More Challenging Student Behavior."

Curry later described the challenging student behavior as "unflattering facts of life that we have to deal with."

The two issues brought hundreds of speakers to the school board meetings Public Comment sessions and many of the speakers were highly critical of the superintendent and the board. The controversies have put a damper on the system's accomplishments outlined by the superintendent at the luncheon.

Regarding student behavior, which has resulted in teachers and other students being assaulted, Curry said it's an issue plaguing every school district and every superintendent in the country, describing them as "more challenging behaviors than we've ever seen before in our schools."

He said some of the behavior problems are coming from the youngest elementary age children. "We have had some staff get hurt. This is primarily an issue for some of our special populations. It involves improving on training, it involves proper equipment. It involves sometimes regulating that kitchen." That means, he said, finding "a right level of medication they might need."

He said when problems occur in the classroom, some people don't understand the required response, which is remove

the rest of the class "somewhere else until someone comes in and gets this child calmed down, it gets them out of the room. Generally, those kinds of breaks don't last more than five, 10 minutes at the most, but still it's pretty disruptive."

Before a recent policy change limiting the method, the school system had one of the highest incidences of using restraint and seclusion. He said, "It was discovered that we were doing it more than most. And so, we had to take a hard look at ourselves and say why is that and what are our practices and when do we do it? Maybe we shouldn't."

Curry explained, "We need to reduce our use and we have a new report that just came out and it's based on last year's data and we just started making our changes this school year. So, this latest report won't show us any better. But we know already with our data from this school year, that we are much better than we have been for this particular issue."

Curry also talked about the achievement gap between minority and non-minority students. He said, "We have to dig down and find causes and address issues that might be barriers to that particular group of students scoring much better. We have a couple of schools that have been for the last couple of years focusing on increasing the number of students who don't traditionally enroll in advanced placement class, low income and minority kids. There's a gap there."

Curry also noted that the four-year agreement with the county commissioners for a local funding formula ends next year. Curry said, "It has worked well, especially at times when we were losing enrollment. So, we know that the board of education would be interested in negotiating a formula with the county commissioners."

The Calvert County School Board Foundation has issued eight grants this year. They are:

Peace Room: Cristin Williams, Calvert Elementary

Yoga for Kids: Leigh Cox, Barstow Elementary

Creating Citizens: Jayme Pieretti & Christie Williams, Huntingtown High

Enriching Cultural Diversity: Megan Ellis Perry, Huntingtown High

Family Math Night: Megan Zebron, Dowell Elementary

Whiteboard Tables: Rachel Hull, Calvert Elementary

Student Voice Initiative: Sheila Bruckner & Bonnie Brown, Patuxent High

Chesapeake Beach Community Mural: Tracy Bensing, Beach Elementary.

A creative lunch was served by the Culinary Arts students at Calvert Career and Technology Center. The color guard was provided by Calvert High NJROTC. The school's Chamber Choir and Musical Theater performed for the audience.

dickmyers@countytimes.net

Transportation Plan Headed for Public Hearing Plans Growth Scenarios Questioned

By Dick Myers
Editor

The Calvert County Board of County Commissioners (BOCC) has unanimously agreed to move forward with a public hearing on the proposed county transportation plan.

The decision was reached at the BOCC's Feb. 4 meeting as the controversy of including a "hyper-growth scenario" in the plan continues.

The proposed plan was presented to the BOCC by Planning and Zoning Director Mary Beth Cook and Principal Planner Tamara Blake-Wallace.

The discussion of the plan was interrupted at one point for the scheduled public comment agenda item. Ella Ennis, past chair of the Republican Central Committee, renewed the concerns she had stated at the hearing before the planning commission.

"To have a scenario for 97 percent growth (in the plan) is outrageous and off the wall," Ennis said. She said growth over the past few decades has been about 15 percent, which is one of the other growth options. She said that is what should prevail in the plan, "to maintain our quality of life."

Cook said staff was recommending language changes to indicate that the scenario was presented for comparison only and was not what the county wanted.

County Administrator Mark Willis, who was planning and zoning director when the transportation plan process began, said of the hyper growth example, "What it shows is what could happen. I wanted the citizens to look at that because that's what we don't want." He said it's all about transparency.

"Mr. Willis is entitled to his opinion. but it isn't correct," Ennis responded.

At one point during the discussion, Commissioner Buddy Hance asked the staff what they had learned from the exercise in developing the plan. Cook noted the testimony that talked about sitting in traffic congestion. She said some people may have "the perception of sitting at a traffic light for more than one light

cycle, but that is "not the norm."

"You can't design to perception, you have to design to the numbers," Cook said.

Hance disagreed. "Perception is reality," he said. He added, "You have to take into account that traffic is backed up at Plum Point Road," noting that while stopped the motorist is concluding that the tragic light doesn't work. That's his reality.

During the discussion, Commissioner Tim Hutchins urged the plan to take note of the fact that roads in Calvert are connected to traffic corridors that run through other counties. Route 4, he said, begins at the White House and ends in St. Mary's County so those jurisdictions have to be part of the conversation on fixes to the road's problems.

According to Blake-Wallace, the plan reached the following conclusions:

Objectively, future traffic conditions are acceptable with modest improvements.

More/widened roads are the most expensive solution to operational problems.

Pace and timing of development relative to road improvements needs to be addressed with policy and financial tools during town center planning.

Mobility-impaired populations will increase significantly over next 10 years; transportation needs exceed current



capacity. Resiliency of infrastructure will become a public safety concern in certain parts of the county.

While the staff prepares the public notice for a hearing later this month, they also will work on some revisions based on comments heard from the BOCC.

dickmyers@countytimes.net

LET'S TALK!

MENTAL HEALTH AND YOUR TEEN: WHAT'S THE CONNECTION TO SUBSTANCE USE?

Tuesday, Feb. 11, 2020 • 6-8 p.m.
Calvert Library, Meeting Room Two
850 Costley Way, Prince Frederick

Presented by Christina Spangler
Southern Maryland Regional Supervisor, Maryland Coalition of Families
and Ginger Rosela
Family Peer Support Specialist, Maryland Coalition of Families

Registration Required - Seating Limited

This is a FREE event. Refreshments will be provided.

Being a teenager can be difficult. Stress, depression and anxiety are just a few of the mental health issues facing teens. Come learn about the importance of mental health in a child's development and signs that a child is struggling. Leaving mental health issues untreated can lead to negative behaviors, such as substance use. Learn how to provide support and connect with services to keep your child moving in a positive direction. Positive mental health allows people to realize their full potential, cope with life's stresses, be productive and make positive contributions to their communities.

This is not a library sponsored event.

Sponsored by Calvert Alliance Against Substance Abuse, Inc.
 To register or for more information, call 410-535-3733.

Delegate Gerald "Jerry" Clark named Minority Ranking Member

Delegate Gerald "Jerry" Clark was named the new Ranking Member of the Environment and Transportation committee by the House Minority Caucus today.

"I am grateful for the opportunity. Being part of this committee has given me the opportunity to grow and expand my knowledge in many areas. I look forward to the new responsibility of keeping my colleagues informed of the progress and challenges of bills in committee," said Delegate Clark.

The Ranking Member of the committee is responsible for giving reports on bills as they progress through the committee and advocating on behalf of bills sponsored by members of the minority party.

The Environment and Transportation committee, hears bills pertaining to the environment, transportation, natural resources, agriculture, land use, ethics, housing and local government. Delegate

Clark is a member of the Land Use and Ethics and the Natural Resources, Agriculture and Open Space subcommittees.



Delegate Gerald "Jerry" Clark

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County Monitoring Coronavirus



Calvert County Government is working closely with the Calvert County Health Department to monitor and inform the public of important changes in knowledge regarding coronavirus. The Centers for Disease Control and Prevention (CDC) is carefully monitoring the outbreak, has expanded airport screening to all U.S. airports that serve as international entry points and is providing daily updates to state and local health departments. To date, no cases have developed in the eastern United States.

There is currently no vaccine available for coronavirus. The Health Department informs us that the best means of staying healthy is by practicing basic hygiene: wash hands frequently with soap and water; avoid touching your eyes, nose and mouth; stay home when you are sick; and practice good health habits like eating well and getting plenty of sleep.

Please remember that although much remains unknown about coronavirus, the most threatening infectious disease is influenza. So far this flu season, more than 8,000 Americans have died of flu complications, including 54 children. We urge all citizens who can receive the flu vaccine to do so every year. Vaccination protects your health and decreases the chance that you will spread the flu to our more vulnerable friends, neighbors and loved ones.

Press Release from Calvert County government

Budget Being Built with Tax Cut Three-Year Reduction OK'd

By Dick Myers
Editor

The Calvert County Board of County Commissioners (BOCC) has asked their finance director to wield the ax. At their Feb. 4 meeting the BOCC unanimously approved building the budget with a half-cent property tax rate reduction and to continue the same reduction for the next two years.

Director of Finance and Budget Tim Hayden told the BOCC that cuts had already been made by department heads but still more had to be made to balance the proposed Fiscal Year 2021 budget.

Hayden said the budget had already been reduced from an original staff request with an \$11.3 million deficit down to a \$5.8 million deficit. County Administrator Mark Willis said the process was new this year; instead of having the departments present their wish lists, they were asked to make cuts first.

Missing from the discussion, however, was Sheriff Mike Evans, who reportedly has requested 24 new staff. Commissioner Mike Hart defended Evans' absence from the process, saying the sheriff wanted to present his proposal directly to the BOCC.

The revenues for the coming fiscal year were estimated by Hayden to be

\$321.3 million, but that was before the cuts in property tax revenue from the rate reduction.

Commissioner Tim Hutchins pressed for the property tax rate reduction over three years and he was quickly supported by Commissioner Steve Weems, and the others joined in without dissent.

Hayden asked for BOCC's guidance on the following items to be discussed at the Feb. 11 meeting:

- A balanced budget is required
- Two ways to get there: – A decrease to expenditures – An increase to revenues
- A designation of additional fund balance has been discussed – Consider increasing contingency as a “watered down” method
- Is \$1 million for land preservation still the correct amount?
- Safety Camera money should be available for public safety
- A step and 1.42 percent Cost of Living Adjustment (COLA) is included

Hayden will finalize the staff recommended budget by Feb. 11. The staff recommended budget will then go to a March 4 public hearing. The BOCC will then put their final stamp on the budget by May 21.

dickmyers@countytimes.net



FRIDAY, MARCH 6, 2020

Doors Open at 7 p.m. Show Starts at 8 p.m.

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For more information, contact the Calvert Alliance Against Substance Abuse (CAASA) at 410-535-3733.

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Public Can Honor Veterans at “On Watch” Memorial



Citizens are invited to honor a World War II veteran with a memorial paver brick on the Veterans Patio at the “On Watch” memorial statue in Solomons.

Nominate Exceptional Calvert Women

Do you know a woman or girl who makes significant contributions to the local community? Nominate her for a 2020 Outstanding Achievement or Woman of Tomorrow awards.

The Calvert County Commission for Women is now accepting applications for the 2020 Outstanding Achievement Awards. Award categories include:

Advocacy: Recognition for outstanding leadership, courage, tenacity and effectiveness to support policies and practices that improve the lives of Calvert County women or girls.

Business Leadership: Recognition for leadership and effectively implementing business practices that improve the economic status of Calvert County women or girls.

Service: Recognition for service to community that has improved the quality of life for Calvert County women or girls.

Woman of Tomorrow: Recognition to a girl or young woman (age 20 years or younger) for effective leadership in the field of advocacy, business or service to community. Note that the main crite-

riion is impact on the local community, not academics.

Criteria for Selection

A nominee must:

Exemplify the characteristics of awardees described above – outstanding achievements and positive impact;

Have been a resident of Calvert County for at least five years;

Be 21 years or older for the advocacy, business leadership and service awards, or 20 years or younger for the Woman of Tomorrow Award;

Attend the Women of the World Awards Luncheon on April 18, 2020 to receive the award in person.

Nomination forms are available online. Completed nomination forms must be submitted no later than Feb. 28, 2020, either via email to CalvertWomen@gmail.com or by mail to Calvert County Commission for Women, Calvert County Circuit Courthouse, 175 Main St., Prince Frederick, MD 20678.

Press Release from Calvert County government.

CalvertHealth Foundation Offers Scholarships For Students Pursuing Health Field Studies

The CalvertHealth Foundation Scholarship Fund is offering tuition assistance to students who are pursuing higher education in medicine or allied health fields. The deadline for submission is April 30. Since its inception, the scholarship fund has awarded more than 450 scholarships totaling more than \$575,000 to area students.

In order to be eligible for the Allied Health Scholarship, funded by a generous endowment from Calvert Arundel Medical Facilities, Inc., applicants must be accepted into an accredited school of nursing or other allied health curriculum and have at least one year Maryland residency.

The E. Anne Spitzer, MD Memorial Scholarship was created in 1988 to encourage Calvert County students seeking careers in the medical field in honor of Dr. Spitzer. Funded by Dr. Spitzer's friends, family and the Calvert County Medical Society, the E. Anne Spitzer, MD Memorial Scholarship is open to students who graduated from a Calvert County High School and are pursuing a career in medicine. Students must be admitted to an accredited medical school at the time of application with a minimum GPA of 2.5.

Specific guidelines and application forms are listed on the website at <https://calverthealthfoundation.org/about-us/scholarships/>. For further information please call the CalvertHealth Foundation at 410.414.4570.

Press Release from CalvertHealth.



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Entertainer of the Year Returns to Are American Legion Continues Bluegrass Series

Celebrating the 15th year of the Bluegrass concerts at the American Legion Post 238 in Hughesville, MD, promoter Jay Armsworthy has brought another award winning group to Southern Maryland. Joe Mullins and the Radio Ramblers will be appearing on Sunday February 16th. Partnering with the Sons of the American Legion, the Legion Post 238 is located on the corner of MD Rt. 381 & 231 in Hughesville, MD. Doors open at Noon and the show starts at 2:00 pm. Tickets are \$20.00 per person and children under 12 are admitted free with a paying adult.

Joe Mullins and the Radio Ramblers is a cornerstone of the modern Bluegrass community, yet keeping to their traditional roots of Bluegrass music. They are true industry and fan favorites, having garnered multiple IBMA (International Bluegrass Music Association) Awards, including the 2019 IBMA Entertainer of the Year. Also from their new album, "For the record", on Billy Blue Records, the Radio Ramblers won the 2019 IBMA Collaborative Recording for a song he did with Bluegrass legend Del McCoury called "The Guitar Song". It's a cleverly arranged song about a conversation between two pawn shop instruments, a guitar and a banjo, hanging side-by-side on a store wall. The guitar (McCoury) and banjo (Mullins) discuss their respective Bluegrass histories in the hands of some of the music's greatest pickers and singers. His latest CD also features 2 songs that have been getting a lot of applause from fans is a fun, upbeat tune about food, "Bacon In My Beans", and the emotional, Patriotic song, "A Folded Flag".

Other accomplishments for Joe Mullins and the Radio Ramblers include: 2018 IBMA Song of The Year, "If I'd Have Wrote That Song"; 2017 IBMA Gospel Performance, "Sacred Memories"; 2016 IBMA Gospel Performance, "All Dressed Up"; 2012 IBMA Emerging Artist of the Year; and they have had three



Joe Mullins and the Radio Ramblers

Billboard Top 10 Albums and eleven #1 Songs.

Not only is Joe Mullins a great hard driving banjo player, singer, and entertainer, he adapted a career in radio by working side by side with his Dad, Paul "Moon" Mullins. His career and ownership in radio earned him the 2016 IBMA Broadcaster of the Year award.

These guys are among the elite in the business keeping the fires lit for the original Bluegrass sound. They have performed at notable venues and festival appearances such as the Grand Ole Opry, The Ryman in Nashville, Merle Fest, Huck Finn Jubilee, National Folk Festival, Dollywood, Bluegrass Underground, and Silver Dollar City.

This show starts at 2:00 pm and the doors open at Noon. There will be food and beverages available for a separate price. To order tickets in advance, send check or money order to Jay Armsworthy, P.O. Box 741, California, MD 20619. Tickets will be held at the door. Although not required, non-perishable food donations are accepted for the Helping Hands Food Pantry. For more information, go to www.americanlegionbluegrass.com or call 301-737-3004.

The next shows in the series will be: March 22, 2020 ~ The Bluegrass group of side pickers, Sideline; and April 5, 2020 ~ closing out the series is a fairly new group, Seth Mulder & Midnight Run.

Pet OF THE WEEK MEET STEWART



It's always nice to have someone in your life

Who can make you smile even when they're not around.

Just look at this handsome fellow! Stewart loves attention and lots of treats. Stewart has FIV, which stands for feline immunodeficiency virus. He should be the only cat in the home, or he can live with another cat that has FIV. Cats are the only ones that can contract FIV; it cannot be contracted from them by humans and dogs! Stewart does not let FIV slow him down; he is very playful and loves toys! As Pet of the Week, his adoption fee has been waived for all qualified adopters. Come in and meet Stewart today.

PLEASE CHOOSE ME!

And remember, if there is room in the heart, there is room in the house.

Come meet me and the wonderful gang at Tri-County Animal Shelter (6707 Animal Shelter Road, Hughesville) or call 301-932-1713. To see more of my amazing friends available for adoption, "like" us on Facebook @ Tri-County Animal Shelter Southern MD.



CALVERT COUNTY, MARYLAND

Cliff Collapses South of Chesapeake Beach Park

The Calvert County Sheriff's Department, Twin Beach Deputies and North Beach Volunteer Fire Department on Jan. 30 responded to reports of a cliff collapse just south of the Town owned beach, Bayfront Park. At the time of the report individuals were searching for fossils past the area that is open to the public, within private property, when a portion of the cliff collapsed. One member of the group was initially not accounted for.

A search was initiated, which thankfully resulted in all members of the fossil hunting group confirmed to be safe. "Thank you to our first responders, the Twin Beach Deputies and our Department of Public Works for their preparation, effective communication and response during emergencies such as what took place today. We are thankful that there were no injuries and want to remind citizens to learn from this close call and adhere to the signage posted restricting public access to dangerous areas", stated Mayor Pat "Irish" Mahoney.

Bayfront Park serves a natural habitat for animals by water and land, a resource full of history and fossils and expansive views of the beautiful Chesapeake Bay. While the Beach is beautiful, signage prohibiting access to areas must be taken seriously. The signage does not serve as only a reminder that there are dangers ahead, but more importantly serves as official notice of restricted areas that are not accessible to the public.

Several areas of Bayfront Park have signage posted restricting access due to the dangers of the ever changing and instable cliffs.

Per section 19-96 of the Town Code, it is unlawful for any person to enter these areas and any person violating the provisions shall be guilty of a municipal infraction.

The waterfront area south of the Bayfront Park is private property and not owned by the Town. Accessing this area, through Bayfront Park, is considered Trespassing in addition to a violation of Town Code.

Press Release from Town of Chesapeake Beach



Calvert Students Receive History Day Honors



(l to R) Anna Ims, Ashleigh Lourcey, and Zari Archer; formerly of Plum Point Middle School were among the History Day competitors honored by legislators in a Jan. 27 ceremony at the statehouse. Photo from MD Humanities..

Deputy Parks & Recreation Director Appointed

The Calvert County Board of County Commissioners (BOCC) is pleased to announce the appointment of Bob Branham as the deputy director of the Department of Parks & Recreation. Branham's appointment was effective Jan. 20, 2020.

Branham, who was most recently the recreation division chief for Parks & Recreation, has worked for county government for nearly 20 years. Branham has 27 years of overall experience in the field of parks and recreation at the federal, state and local levels.

During his career with county government, Branham has chaired or served on many parks and recreation committees locally and statewide through the Maryland Recreation and Parks Association. He was also integral in creating and implementing the Calvert County Parks & Recreation Scholarship Fund that enables families in financial need gain assistance to participate in parks and recreation programs and activities.

"Bob is a long-time member of our Parks & Recreation team and has been an amazing part of this department's progress over the last few years," said Parks & Recreation Director Shannon Nazzal. "I'm excited for him to put his professionalism and experi-



ence to work in this very important role."

"It is my pleasure to serve my community in the pursuit of a high quality of life through leisure opportunities," said Branham. "I look forward to the future with this talented team and have no doubt that we can provide the best services our citizens so well deserve."

Branham holds a bachelor's degree in physical education from Towson University and is completing a master's degree in recreation and parks management through Frostburg State University. He is also a member of Leadership Southern Maryland class of 2020.

Press Release from Calvert County government.

Homeless in Calvert: Out of Sight but Not Out of Mind



By Dick Myers
Editor

One day Allison Buck-Stenson, a licensed counselor, was getting ready to leave her office on Duke Street in Prince Frederick when she looked out the window to the parking lot below. She saw two girls huddled together. She went out to investigate and found that they were homeless.

Buck-Stenson found that the girls were from Anne Arundel County and were living with some folks in Calvert County, but they had to leave because of drug activity there. They had no place to go.

She took them in, cleaned them up, fed them and gave them a place to sleep. The next day she visited the local homeless shelter and found that they only admitted county residents. She continued to help the girls until they were able to find housing.

This story is just one of many about being homeless in Calvert County. Each circumstance is unique. During the course of The County Times investigation for this story, it became apparent that it's not easy to get a handle on the magnitude of the problem. Last month the annual Point in Time homeless count was conducted, a count that those who work with the homeless don't put much faith in because it's just a count for one day.

The results for this year are not yet in. The data is sent to the Three Oaks Homeless Shelter in St. Mary's County from the three Southern Maryland counties and then transferred to federal authorities who use the information to determine funding.

Three Oaks Executive Director Lanny Lancaster says last year the count in Calvert was 59, which includes families and individuals who are both living in shelters and are unsheltered. Estimates for this year range from 30 to 100 in the county.

Buck-Stenson is president of a new group called Calvert Rainbow Alliance, which represents the county's LGBTQ community. She has LGBTQ family members and has provided counseling to the community. They meet every Friday and their membership is growing. She found that some were homeless.

Her investigation led to a homeless encampment behind Walmart in Prince Frederick. That camp is no longer there. The homeless in Calvert don't stay long in any one place because when landowners find out they call the sheriff's department, which shoos them away.

Attempts by The County Times to find a current location were unsuccessful. They camp in the valleys of the country's deep ravines and keep out of the way, until rustled again. Often their piles of trash give them away.

Now, in the dead of winter, there are several options for the homeless, particularly those who, for whatever reason choose not to apply for admittance to Echo House, the county's homeless shelter run by Project Echo.

During the day, Monday through Friday, the homeless can get out of the cold at the On Our Own facility in Calvert Industrial Park. According to their website: "On Our Own is a peer support organization. We assist members with information and referral serves to community agencies and services. On Our Own is a 501 (c) (3) non-profit organization. There is no charge for our services. We are operated by and for people needing mental health services, homeless services and/or addiction support. On Our Own offers social support, advocacy, training, family outreach, and empowerment in the area of rights, responsibilities and self-image."

They provide transportation for the homeless to their location which offers meals, showers and a day room. They also assist in transportation for the county's nighttime option for the homeless – Safe Nights. Eighteen churches in the county rotate for one week at a time in which they provide shelter and a meal. The organization provides the transportation and the cots.

According to Rev. Joan Jones of St. Edmonds United Methodist Church in Chesapeake Beach, this season they have been serving about 15 homeless every week.

But it is Project Echo and their Echo House that is the hub of the effort to get the homeless in a safe environment and to provide them with the support to break the cycle of homelessness.

According to Project Echo's website: "In 1992 the Ecumenical Council of Calvert County formed a task force to start a homeless shelter: the Ecumenical Council for the Homeless. Project ECHO, Inc. was incorporated as a 501(c)3 non-profit and in 1993 our emergency shelter opened with 16 beds. In 2010, our current residence opened with room enough for 40-plus men, women, and children. More than just beds and meals, we provide a clean, safe, family-friendly environment to those who need it most. Our unique 90-day program gives each resident the opportunity to stabilize his or her life and offers many supplemental programs that encourage personal growth and independence.

"What many people may not know is that Project ECHO, Inc. has been more than just an emergency shelter for many years. In 2000 we began to branch out with a transitional housing program for families. In 2012 we included a program for people in recovery and opened our first Oxford House. In 2015 we expanded into permanent housing with a shared-living program for individuals experiencing homelessness. We have since opened a second Oxford House and a second shared-living house. In 2017 we opened our very own thrift store in an effort to become more fiscally independent."

Lori Hony is the executive director of the shelter which is located behind the Housing Authority on Main Street in Prince Frederick, their third location. The existing facility opened its doors on October 26, 2009. The Housing Authority owns the Echo House building. "It was easier for them to do it," she said.

Their second location at 30 Main Street was purchased by St. John Vianney Catholic Church, Hony said, and the monies raised from that helped to build the new facility.

Hony has been with Echo House almost since the beginning, first as a volunteer.

At first, she said, "It was very hard for the community and the county commissioners didn't realize that there was homelessness. But back in the day there was a bus behind the Ford dealer, and they would be there." She added, "It was just an ad hoc old bus that never ran, and they just went up there to get out of the elements."

Hony said to get into Echo House, you first have to go to the Department of Social Services for a referral. "The referral gets set up through assistance, like food stamps, medical assistance, and then they usually tell the staff worker that they're in need of shelter." Some don't want the help. "There are those that only want the food stamps and the medical assistance, but they don't want the real help. And that's basically because of substance abuse or mental illness or they've done this before, and it just seemed like the system's not working for them and they choose to be out there in the woods."

She added, "Those that are out in the woods kind of choose to be out there because they don't want to follow the rules. They don't want to stop using or they just like their own little freedom."

Some come into Echo House and decide it's not right for them. "Don't tell me when to eat or you can't tell me that I can't come in drunk or high. I have to protect everybody in the house." The Safe Nights program is an option for those people, she said.

The facility can accommodate 18 men and 20 women and their children. The separation is especially for the safety of the children. That separation is also the reason admitting a transgender person can pose a problem. They have to make special accommodations for them, Hony said.

As to the waiting list, she said, "It could be three weeks. It could be a month because we start off as a 45-day program and if we see that they're reaching out and hitting the resources and trying to better themselves, then they're given two-week extensions up to 90 days."

They have to stay out for six months before being re-

admitted. "They know kind of the date. It's just hard because it takes two incomes to find a place to rent. Some of them have criminal backgrounds and landlords don't want to touch it. And then the waiting list for low income housing is a long time."

The Housing Authority owns three facilities, Calvert Pines in Prince Frederick and Southern Pines I and II in Lusby, with a total of 176 units.

Echo House has programs to help break that cycle of homelessness. "We used to have small groups but now we just have big groups and we work on self-esteem. Most of the resources are outside their therapy. DSS (Department of Social Services) now has a job source so they go over there. A lot of the resources are available." That includes addiction treatment.

She explained, "Basically what we do is kind of give them a structure, feed them, build their self-esteem up. We do projects with them doing hands on hands. We talk about family homelessness, what the community thinks about us and now that they've become homeless, what do they think about themselves? That's always a tough one. We talk about family a lot because a lot of them have burned their bridges with family."

The facility is run by a staff of five and there's a volunteer board of directors. Funding, she said is about half and half grants and fundraising.

Instead of expanding Echo House, the trend is to adding homes in the community as was mentioned earlier for more longer-term needs, "for them to have permanent housing and not just temporary. Here we kind of have a band-aid and we work on their self-esteem and you can see that their pride and they're structured and they're stable. But then after those 90 days, what happens if they don't find housing? So, these houses are permanent and it's working with them consistently to make sure they maintain."

Hony said the community is wonderful to them. "People donate. Our community is awesome. Very much. We even have our meals provided each night by volunteers from different churches."

She said the shelter's partners "help keep this place going." They include churches, Rotary clubs, and boy and girl scout troops.

And all the agencies we spoke to said money is always a good donation to their cause because it can be used wherever the need is. And of course, being a customer at the Echo House thrift store just down Main Street, helps fill the coffers. They are open Wednesday, Thursday, Friday, Saturday, from 10 a.m. to 4 p.m. Donations are dropped off between 10 a.m. and 2 p.m. on those days.

Others are doing their part, too. The Calvert Rainbow Alliance is holding a Rainbow Backpack Project to raise \$10,000 to supply backpacks filled with necessity supplies such as but not limited to nonperishable foods, toiletries warm clothing, condoms, fresh fruit and stationary supplies.

Safe Nights is all-volunteer, and Rev. Jones said they could use more churches for shelters and to monetarily help. Checks can be sent to Safe Nights of Calvert County, P.O. Box 3707, Prince Frederick, MD 206678.

Hony was asked why she's done what she's been doing for so long. "Cause if I could make a difference in one person's life, it's worth it."

She's made a difference in a lot of them. "There's about 120 that come through my house a year. Overall that's thousands. In one year, we have over 25,000 bed nights."

She said the job has always been personal to her. "I hear their stories, even on my first day here as a volunteer."

She added, "They are labeled homeless and in here we are their home and we are the family. How powerful is that? People have that image of going into a place and nobody knows who they are. I get the privilege of talking and hearing them and trying to lead in the direction I think they need to go. If they listen, that's great."

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CSM Academic Director Earns National Honor for Improving Student Learning Experiences



College of Southern Maryland (CSM) Academic Planning and Assessment Director Cami Cooley recently won a top national honor for introducing a powerful online tool to engage CSM students and improve their learning and completion.

Cooley was named the 2019 First Place Champion by CampusLabs for “driving impactful change

on campus” after initiating a real-time formative assessment tool in CSM’s classrooms that lets students know if they are learning the right material, while also letting instructors know which students might need additional help. Because this tool is interactive, students are able to immediately experience an assessment of their learning – and notify professors of their teaching – instead of waiting to pass or fail an exam.

Cooley was one of 25 finalists in the running for the top spots across five categories, that resulted in eight colleges and two individuals receiving first and second place honors in total. Cooley represented the only community college to achieve top honors. The award came as a surprise to her.

“I was asked to speak on how CSM initiated the feedback tool and share some of our initial results during a conference in July,” she explained. “From there, I was asked to present to another audience of faculty administrators, data analysts and peers. Next, I was notified I had earned first place in the champion category utilizing technology to achieve change a campus – in a national competition that I didn’t even know existed!”

“Cami’s recognition is well-deserved and we are extraordinarily pleased with her work,” said CSM Vice President of Academic Affairs Dr. Eileen Abel. “CSM is always trying to improve our students’ learning experience. We have been working with our professors for some time to make the most out of their course evaluations. Our goal is to help students who don’t understand the material get the help they need very early in the semester to aid in their success.”

Abel and Cooley shared that CSM professors have been looking for multiple solutions to address several issues, including: improving instruction early-on in the classroom; improving learning; addressing the need for faculty to intervene when learning was not taking place; establishing a method for referring at-risk students to tutors and other guided assistance; and finally initiating

a technique to improve summative ratings at the end of the term.

CSM professors are not alone. In several reports written by Elizabeth Mann Levesque, a nonresident fellow – governance studies with the Brown Center on Education Policy and published by the Brookings Institute last year, “many community college students in the U.S. do not complete a credential or degree,” and “evidence suggests that helping students navigate the college environment and connect their coursework to their lives can help solve the community college completion puzzle.”

Levesque identified five ways to boost community college completion rates, including early intervention for those students who are struggling. She also suggested creating Guided Pathways so students see the relevance between their coursework and their career and education goals. CSM introduced Guided Pathways this year to also help focus students as they begin their coursework at CSM. [See “Student Success and Completion at Forefront of CSM’s Academic Innovations.”]

“Our students want to succeed,” explained CSM President Dr. Maureen Murphy. “They work hard but don’t always have the tools they need. Many come to us not knowing where they want to go, or how to get there. So, we developed the simple guided approach of Guided Pathways to help them figure it all out.”

Guided Pathways is working at other colleges, noted Murphy, thanks to intense advising and coaching services that keeps students on their academic journey.”

“When CSM’s new feedback tool was introduced, we were all excited to see it,” Cooley concurred. “Now faculty can receive feedback that allows them to adjust their teaching during the course rather than after the fact when it’s too late for current students. This is a promising new tool and it has provided us with enough information to know that it can be used not only as a bridge to student success but also as an effective retention tool so that our learners complete their degrees.”

“The impact of having our instructors use this tool has been felt by our faculty and our students,” Cooley said. “By using this tool, instructors have a deeper understanding of, and a connection with, each individual student. And, our students have concrete evidence that our CSM instructors care about them and their learning.”

Cooley’s efforts to improve students’ success also aligns with reforms CSM is currently evaluating as part of Achieving the Dream (ATD), a network of more than 220 colleges in 43 states dedicated to improving student success. On May 8, CSM shared that it was one of 16 colleges among the 2019 Cohort announced by ATD. As a Network institution, CSM is undergoing a three-year process to innovate, implement, align and scale cutting-edge changes along with ATD coaches to build institutional capacity and connect with peers to foster learning and share information.

“Achieving the Dream is a network of people across the country that will support us as we focus on what it is we need to do to help our students in finding their paths

and finish what they started,” said Murphy, at time of the announcement. “This is something that is going to be very powerful for Southern Maryland.”

Campus Labs announced the winners of the 2019 Campus Labs Awards Nov. 4. After wrapping up its third season this year, the annual competition celebrates exemplary member campuses and individuals for excelling and innovating in their respective fields in higher education.

“The 2019 awards season saw 25 finalists vie for the top spots across the Rising Star, Trailblazer, Collaborator, All Star and Champion categories, with eight campuses and two individuals receiving first and second place honors in total,” according to the company’s press release. “Award winners are chosen from both campus-submitted and company-nominated applications, shining the spotlight on everything from successful tool adoption and cross-campus collaboration to sustained success and innovation with Campus Labs tools. In recognition of their achievements, winners were awarded more than \$10,000 in educational grants and prizes in total.”

Achieving the Dream, Inc.

Achieving the Dream (ATD) leads a growing network of more than 200 community colleges committed to helping their students, particularly low-income students and students of color, achieve their goals for academic success, personal growth, and economic opportunity. ATD is making progress closing academic achievement gaps and accelerating student success through a unique change process that builds each college’s institutional capacities in seven essential areas. ATD, along with more than 100 experienced coaches and advisors, works closely with Network colleges in 43 states and the District of Columbia to reach more than 4 million community college students.

Follow Achieving the Dream on Twitter: @AchieveTheDream

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College of Southern Maryland

The College of Southern Maryland is a regionally accredited community college that provides programs and services with a special focus on local workforce development to maintain and grow a healthy economy and community. CSM serves more than 24,000 credit and continuing education students at its campuses located in Hughesville, La Plata, Leonardtown and Prince Frederick, Maryland, as well as a Higher Education Center shared with University of Maryland University College in Waldorf, Maryland, and a Center for Transportation Training in La Plata. For information about CSM, visit www.csm.edu. Follow CSM on Twitter: @CSMheadlines.

Press Release from CSM

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County Times

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County Times
St. Mary's County • Calvert County
February 2020



Glenn Taylor, director of Taylor Farm, visits some goats on the farm, one of many kinds of animals there to make it a bucolic setting.



Holly, one of the care givers at Taylor Farm assisted living, serves up icecream for residents.

Country-Style Assisted Living

By Guy Leonard
Staff Writer

For the past 17 years Taylor Farm, an assisted living facility in Avenue, has given families a quiet and peaceful home for their elderly members who need help in everyday life.

Glenn and Kathy Taylor, who both have experiences in nursing homes, either visiting them as part of a church ministry or as a care provider for the aging.

What they saw made them want to do a better job for those who had become so dependent on others for their daily needs.

"It was so depressing, and I just thought there had to be something better," Glenn said.

"I was a care giver at a nursing home," Kathy said. "There were too many patients to each caregiver.

"Here, there's plenty of staff."

At Taylor Farm, three custom-built residences can house 10 patients each; there are eight private rooms on the ground floor for patients who need the most care.

There are two second-floor apartments in each of the residences that are spacious and have kitchenettes for residents who are ambulatory enough to get up and down stairs.

Mechanized seats are there to help residents get up and down steps if they need it.

Both Kathy and Glenn said the living quarters are like a college dormitory but kept bright, clean, orderly and comfortable.

Just as unique as the location and the residences there, are the animals on the farm. Some of them have even been fed and raised by residents.

There are horses, goats, geese, llamas and even a pair of cats roaming the grounds.

Each of the residents can contact either Kathy or Glenn if they need help.

"Everyone has our cellphone," Glenn said. "We want people to feel that they have access to us so we can get it right."

Helene Fedoriska, 81, a retired registered nurse, has enjoyed her two years living at Taylor Farm.

"It's very clean; if you've ever been in a nursing home you can smell the urine," Fedoriska said. "The staff are very nice to everybody." She said the country setting was one of her favorite parts of living there.

"It's far from everything and I like the quiet," Fedoriska said. "They keep it so nice outside."

Moreover, the Taylors say their decision to found the assisted living facility there was based on their faith in God.

Both had careers as produce managers for a regional grocery store chain and decided to quit their jobs, move to Avenue and purchase the land where Taylor Farm now sits back in 1999.

Much hard work and financing went into the project, Glenn said, to build everything from the ground up.

They not only have a relationship with each of their residents but their families as well.

"Our [residents'] families are here all the time," Kathy said. "We have an open-door policy."

"We took a big risk," Glenn told The County Times. "I believe God wanted us to do this."

"The reason we did this is because somebody needs to do it; God's done all this."

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Calvert Offers Programs, Events for Seniors

The mission of the Calvert County Office on Aging is to enable senior citizens to avail themselves of a full range of services and programs in order to maintain the best possible quality of life. The Office on Aging endeavors to provide a full range of opportunities and assistance to help perpetuate the seniors' dignity as human beings and enhance feelings of wellbeing.

Calvert County services are accessible to individuals with disabilities.

Programs and activities are open to all people regardless of race, color, national origin or economic status.

Some programs are federally funded under Title III of the Older Americans Act. The Office on Aging serves as the Area Agency on Aging.

Nutrition: An Eating Together Program for seniors aged 60-plus is offered at all of the sites.

The Office on Aging offers the following social service programs:

Assistance for the frail elderly

Assistance in securing benefits and services such as energy assistance, pharmacy assistance, farmer's market coupons and Medicare Savings Programs.

Caregiver Support

Program for seniors with developmental disabilities

Information and assistance on services, resources and benefits to seniors

Calvert County Resource Directory of Aging and Disability Services - New directory coming soon

Available for recreation and education are cards, games, ceramics, computer labs, crafts, educational classes, fine arts, game rooms, intergenerational activities, physical fitness, billiard tournaments, special event celebrations / activities, trips, cultural events and more

The following is a list of upcoming special events:

AARP Driver Safety Class

\$15/members, \$20/non-members
North Beach Senior Center
410-257-2549

March 24, 9 a.m. - 3:30 p.m.

MUST CALL TO REGISTER

Veterans, Let's Talk collaboration with Calvert Hospice

Veterans are welcome to drop in, meet other veterans, and talk about anything on their minds. This is facilitated by Bill Miller, Chaplain from Calvert Hospice. The

program is held on the following days of each month:

- North Beach Senior Center
1st and 3rd Tuesdays, 11 a.m.
- Southern Pines Senior Center
2nd and 4th Tuesdays, 10 a.m.
- Calvert Pines Senior Center
2nd and 4th Fridays, 10:30 a.m.

Intergenerational Summer Camp

July 13 - 17, 2020
Calvert Pines Senior Center
410-535-4606

Grandparents and their grandchildren can enjoy a week of fun, crafts, and games. Brochure will be available in March. Sign up early!

Volunteers between the ages of 14 - 18 are needed for this camp. Contact Ed Sullivan at 410-535-4606, ext. 121.

Each senior site (see separate listing elsewhere in this special section) has the support of a Senior Council that actively promotes programming and activities. The Senior Councils also raise funds for special activities and equipment. Contact your local senior center for meeting dates

and times.

The Commission on Aging advises the Office on Aging on how to better meet the needs of the county's senior citizens. Appointed by the Board of County Commissioners, this commission meets monthly to actively promote the development of senior services and advocate for senior needs.

Meetings are usually held at Calvert Pines Senior Center on the third Thursday of every month at 9 a.m. and are open to the public.

The Friends of Calvert County Seniors, Inc. was established in 1993 to raise funds to assist the county aging services and senior citizens. This resource provides services and assistance that are not available through other sources. The Friends meet monthly at Calvert Pines Senior Center. FCCS is in need of volunteers to serve on the Board of Directors and committees as well as volunteers to help at our events for seniors.

For information regarding usage of the Senior Center buildings call the Office on Aging at 410-535-4606 or 301-855-1170 or use the forms on their website.



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Calvert Hospice, Inc. is a 501 (c)3 nonprofit organization



What to do When Memory Loss Happens

Maryland is far from removed from the greying of America. The state is estimating that by the year 2030, more than 25 percent of the population will be 60 or older, up from only 18 percent in 2015.

Calvert County is expected to have a 65 percent increase in the same age group in that 15 year period between 2015 and 2030, one of the highest increases in the state.

Susan Justice, head of the Calvert County Office on Aging, said the aging population is reflected in an increased demand for services from her agency. One of the trends she has been seeing recently is an increased incidence of Alzheimer's Disease and a parallel concern from individuals who are showing some early signs of dementia. They want to know what to do.

The Alzheimer's Association provides the following information for individuals or their friends and families who are facing that situation:

It can be difficult to know what to do if you've noticed changes in yourself or a family member or friend — particularly when they're related to memory loss, thinking or behavior. It's natural to feel uncertain about voicing your worries because that can make them seem more "real." However, these are significant health concerns, and it's important to take action to figure out what's going on.

Print a guide to take notes:

Guide for those who have noticed changes in themselves - <https://www.alz.org/media/Documents/alzheimers-dementia-10-steps-to-approach-memory-concerns-in-self.pdf>

Guide for those who have noticed changes in others - <https://www.alz.org/media/Documents/alzheimers-dementia-10-steps-to-approach-memory-concerns.pdf>

Assess the situation

What changes in memory, thinking or behavior do you notice?

What have you noticed that's out of the ordinary and causing concern?

What else is going on?

Various conditions can cause short-term or long-term memory loss and affect thinking or behavior. Are there any health or lifestyle issues that could be a factor? These may include family stressors or medical problems like diabetes or depression.

Has anyone else noticed changes?

Has a family member or friend expressed concerns? What did he or she notice?

Are any of these changes a sign or symptom of Alzheimer's or another dementia?

Here are the 10 early signs and symptoms of Alzheimer's:

- Memory loss that disrupts my daily life,
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks,
- Confusion with time or place,
- Trouble understanding visual images or spatial relationships,
- New problems with words in speaking or writing,

- Misplacing things and losing the ability to retrace steps,
- Decreased or poor judgement,
- Withdrawal from work or social activities,
- Changes in mood or personality.

Get Checked. Early detection matters.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

Start a conversation

Who should participate in the conversation to discuss concerns?

If you've noticed changes in yourself, confide in a person you trust. If you've noticed changes in someone else, the person who has the conversation could be you, a trusted family member or friend or a combination of these individuals.

What is the best time and place to have this conversation?

Have the conversation as soon as possible. Choose a time and location that will be comfortable for everyone

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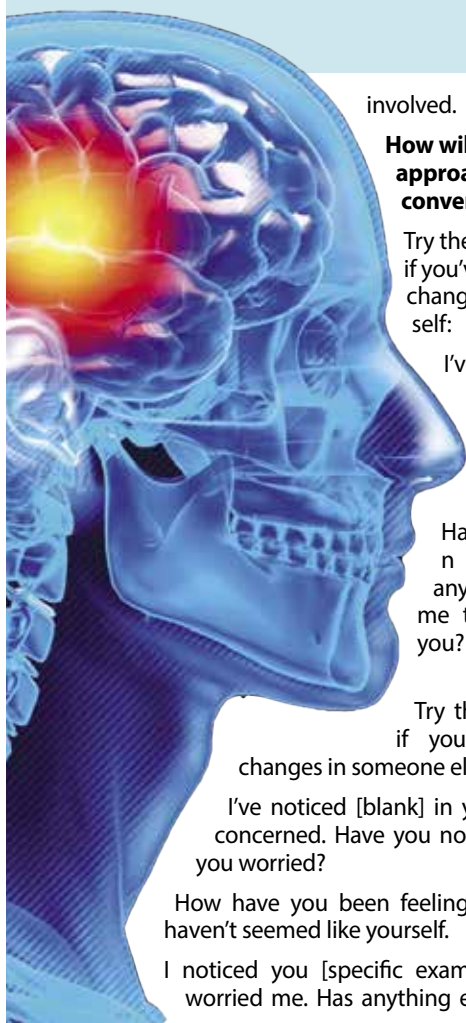
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involved.

How will you approach the conversation?

Try the following if you've noticed changes in yourself:

I've noticed [blank] in myself, and I'm

concerned. Have you noticed anything about me that worries you?

Try the following if you've noticed changes in someone else:

I've noticed [blank] in you, and I'm concerned. Have you noticed it? Are you worried?

How have you been feeling lately? You haven't seemed like yourself.

I noticed you [specific example], and it worried me. Has anything else like that

happened?

Evaluating memory: What you can expect

It's important to visit a doctor and get evaluated when you or a family member or friend is facing memory loss concerns. Knowing what to expect can ease anxiety and help you prepare for necessary tests.

Learn About the Process

Discuss seeing a doctor together.

Many conditions can cause memory loss or affect thinking and behavior, so it's important to get a full medical evaluation. If the cause isn't Alzheimer's or another dementia, it could be a treatable condition. If it is dementia, there are many benefits to receiving an early and accurate diagnosis, including the opportunity to plan for the future, access support services and explore medication that may address some symptoms for a time.

Many people find it helpful to bring a trusted friend or family member to the medical evaluation.

Try the following if you've noticed changes in yourself:

I think it would give me peace of mind to see a doctor and find out what's going on. Would you be willing to go with me for support?

Try the following if you've noticed changes in someone else:

There are lots of things that could be causing these changes, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.

The sooner we know what's causing these problems, the sooner we can address them.

I think it would give us both peace of mind if we talked with a doctor.

If needed, have multiple conversations.

The first conversation may not be successful. Some people attribute problems with memory, thinking or behavior to stress or normal aging and may not take your concerns seriously. Write down some notes about the experience to help you plan for the next conversation. Consider the location, day and time; what worked well and what didn't; who was involved; the end result; and what could be done differently the next time.

Reach out for help

Turn to the Alzheimer's Association for information and support.

Call our 24/7 Helpline at 800.272.3900 to speak with a master's-level clinician about your concerns and next steps.

Explore the Alzheimer's Association and AARP Community Resource Finder at https://www.communityresourcefinder.org/?_ga=2.218163545.1761778691.1580481878-1347363021.1580481878 to find local resources such as a health care professional or your closest Alzheimer's Association chapter.

Visit our Training and Education Center at https://training.alz.org/?_ga=2.251307078.1761778691.1580481878-1347363021.1580481878 to take an online course anytime and learn more about a variety of topics related to Alzheimer's and dementia.



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Healthy Eating Options For Seniors

“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

- **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer’s disease, advises Sonas Home Health Care.

- **Anti-inflammatory foods:** Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

- **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

- **Bone-friendly foods:** Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

- **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.



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Schedule a Road Show Presentation to learn more about the St. Mary’s County Department of Aging & Human Services! Call 301-475-4200, ext. 71073, to schedule a presentation or to sign up for delivery of the Department’s bi-monthly newsletter, *New Beginning*.

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Community Options Waiver

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Maryland Access Point (MAP)



Amazing Benefits To Having Pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior

living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exer-

cising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.

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Sports

FIVE TIPS ON HOW NOT TO GET SUED IN BUSINESS

First, the title of this article is a misnomer. Everyone can get sued. Anyone can sue you. The issue is not whether someone can sue you, it's whether you will prevail because the procedures you have put into place protect you. Common sense is your best guide to not getting sued. This article will focus on FIVE tips to protect yourself against the most problematic areas business owners face.

TIP #1: IF ITS A BUSINESS AND NOT A HOBBY, TREAT IT LIKE ONE

Stay away from being a sole proprietorship if you are thinking about creating a business. A sole proprietorship is fine if you have a hobby. A business structure like a limited liability company or a corporation is relatively easy to create and, once in place, that structure will protect your personal assets from a business lawsuit. What does that mean? If someone wants to sue your business, that person can only reach the assets of the business, not your personal assets. To protect yourself and your family, make sure you have correctly created the business structure. This requires, by the way, that you use a professional to help you set up your business.

Business structures are not one size fits all. If you have a spouse or a partner you want to work with as a business owner, your basic corporate documents must address what happens if one of you dies or is disabled. The basic corporate LegalZoom documents will not help you. Go to a professional for the creation of the business and get it done the right way.

Does just creating the correct business structure protect you from suit? No. Especially not if you have not followed customary business procedures. The way for an adversary to get to your personal assets is to prove that you have not run the business like a business. This is called "piercing the corporate veil". Basically, if you have all your business financial statements on the backs of envelopes, your contracts are oral, your "business" bank account is actually your personal bank account, and you do not refer to your formal business name when conducting business, there is a good chance in a lawsuit you would not be able to protect yourself against piercing.

TIP #2: DON'T EVEN THINK ABOUT USING ORAL CONTRACTS

Contracts, agreements, financial transactions must all be written and made easy to understand. The major problem all small service businesses face is not using a written contract with standard terms and conditions that relate to your business. It takes a professional to help you figure out what your standard contract should address. For example, if you are a wedding planner and your customer cancels the wedding, who pays you if your services have already been rendered. Unless you have a contract that is very specific about what happens if the wedding is cancelled, you are likely to be on your way to litigation. How easy it is to protect yourself with a visit to an attorney to create a contract for your business. The basic saying is don't be "penny wise and pound foolish." Pay money up front to get your business and contracts organized.

TIP #3: IF YOU CAN'T UNDERSTAND IT, YOUR CUSTOMER CAN'T EITHER

This relates to the prior point about written contracts. Once you do obtain a standard contract, make sure it is written in standard language. If you cannot understand the language, neither can your customer and misunderstanding the terms of your service is a clear path to litigation.

This is true about more than just contracts. Be very clear with your customers about expectations. What are you saying you will do in terms of tasks. To what extent will your performance of your services depend on what the client does? What if the client doesn't do what they say they will? You can and should address these issues in your written contracts, but just in oral conversation, you need to make clear what you expect out of the relationship and the customer needs to know the ground rules of the engagement.

By the way, do not vary from your standard terms unless you specifically put that in writing. If your standard contract calls for a payment of a certain percentage of the bill upon certain events and you want to do something different with a customer, make sure you write it down and both of you sign it.

TIP #4: EMPLOYEES OR INDEPENDENT CONTRACTORS?

One of the major issues to be determined by the new business owner is whether your employees are full-time employees who work only for you or whether they are independent contractors who also work for others. The Internal Revenue Service is focused on this issue because so many business owners have mistakenly classified their employees as independent contractors that catching and punishing employers for this is easy. This subject, alone, deserves an article. However, to summarize, if someone works for you full-time at your direction, they are employees and you must withhold taxes from their paychecks and pay over the taxes to the government. If they do not work for you full-time and collect salaries from other employers and meet other criteria, they can be classified as independent contractors. In that case, when you pay them, you do not withhold taxes. They are responsible for paying their own taxes. The IRS loves to challenge the classification of employees as independent contractors since most business owners do not back up their classifications with evidence and the IRS can easily re-classify employees, requiring the employer to pay back taxes on amounts not withheld that should have been, along with penalties and interest.

To protect yourself and your business, any employer who deals with independent contractors must have an independent contractor agreement signed by the contractor and employer that recites all the IRS guidelines and represents that the contractor and employer are following such guidelines.

Tip #5: PAYMENT FOR SERVICES

You are in business to make money. Not focusing on your form of invoices or requests for payment almost invites disputes with customers. How will you be paid for your services? What if the customer is not satisfied with your services and refuses to pay you. What will you do? You need to focus on a policy to use under all circumstances. Imagine all of the "horribles" that could occur with your customers and address how you will handle those up front directly to the customer. The rule to follow is no surprises for your customers or for you.

Join us for a free seminar on this and other matters at 8906 Bay Avenue, 11am on the third Wednesday of each month. Just call 301-855-2246 to reserve your spot.

And, keep your less fortunate neighbors in mind by donating to Project Echo, homeless shelter, through our office. Go to www.projectecho.com.

Winter Turkey Season Sees Harvest Increase

Maryland Hunters Bagged Birds in 22 Counties

Hunters reported taking 82 wild turkeys during Maryland's 2020 winter turkey season, which was open statewide Jan. 23-25. Two were bagged in Calvert and 13 in St. Mary's (the most in the last six years).

The Maryland Department of Natural Resources reports turkeys were harvested in 22 of the state's 23 counties, with St. Mary's and Garrett counties reporting the highest numbers.

The harvest was higher than the 73 turkeys taken last year. Adult males, or gobblers, comprised 42% of the harvest with the remainder being adult females and juveniles. Seventy-three percent were taken with a shotgun, but some hunters harvested their bird with a crossbow or vertical bow.

The winter turkey season was established in 2015 to provide hunters an additional hunting opportunity while minimizing conflicts with other hunting seasons. Turkey populations at one time were limited in Maryland. In the 1980s and 1990s, an extensive program to trap and relocate wild flocks successfully established populations in every county.

Press Release from MD DNR.



Men's Basketball Downed by Salisbury



Seth Jones '22 | Photo Credit: Bill Wood

The St. Mary's College of Maryland men's basketball team (7-14, 2-4 CAC) hosted the Salisbury University Sea Gulls (9-12, 3-3 CAC) on Saturday (Feb. 1) afternoon in Capital Athletic Conference action. The Seahawks were downed by the Sea Gulls by a final score of 84-80.

St. Mary's College - 80, Salisbury - 84

How It Happened

Trailing 8-3, the Seahawks strung together their largest scoring streak of the game with seven consecutive points at the 15:21 mark of the opening half. Gary Grant, Miles Gillette, and Dee Barnes scored to capture a 10-8 Seahawk lead. Minutes later, a made jumper from Gillette and made free throw from Jack Foley gave the Seahawks a 24-20 lead, their largest of the game. The Sea Gulls battled back and took a 37-35 lead into the locker rooms.

In a highly competitive second half, the Seahawks grabbed their largest lead of the half with 16:21 remaining when Barnes drained a jumper for a 45-43 Seahawks lead. Next, the Sea Gulls stole

the momentum with eight unanswered points at the 13:49 mark to capture a nine point lead. Moments later, Salisbury extended their lead to 13 with just over 12 minutes to play.

With under two minutes remaining in regulation, the Sea Gulls held an eight point lead over the Seahawks. St. Mary's College closed the gap with six straight points to cut the Salisbury lead to two with 20 second remaining. Gillette highlighted the run with a clutch three-pointer to bring the Seahawks within two. The Seahawks resorted to fouling with short time remaining and couldn't pull off the comeback.

Inside the Box Score

Gillette led the Seahawks on the offensive end with 26 points and on the glass with six rebounds. In addition, Gillette led St. Mary's College with four steals. Tryllian Young also collected six rebounds in the contest. Barnes tallied 19 points, while Grant finished with 12, respectively.

Mike Ward led Salisbury with 22 points.

Press Release from SMCM.

St. Mary's College to Stream Athletics

St. Mary's College of Maryland Athletics is pleased to announce a partnership with BlueFrame Technology for this year's live webcasts of St. Mary's College home athletics contests. The platform will debut on Friday, Aug. 30 when the Seahawk women's soccer team hosts McDaniel at Jamie L. Roberts Stadium.

"We are thrilled to be moving into a new phase of athletic streaming," said Gus Mohlhenrich, Director of Athletic Communications. "BlueFrame's platform will continue to allow our fans to view our broadcasts free of charge and provide an excellent viewing experience. In addition, partnering with BlueFrame will provide our department with the revolutionary Production Truck software. Production Truck will allow us to add graphics, instant replay, and

other professional features to our live productions."

The new streaming portal has been branded as the Seahawk Sports Network in an effort to differentiate St. Mary's College Athletics live streaming and video content. Click here to view the Seahawk Sports Network broadcasting portal and bookmark the webpage to your favorite web browser to watch live and on demand Seahawk athletic events.

"We're proud to provide our software and service to the St. Mary's College Seahawks," said Josh Braun, Director of Sales at BlueFrame Technology. "I'm excited to see how they utilize Production Truck and our digital network tools to help create a fantastic Seahawk Sports Network."

Press Release from SMCM.

A View From The BLEACHERS

The Game of Basketball

By Ronald N. Guy Jr.
Contributing Writer

Basketball makes a simple first impression – shoot ball through hoop, prevent opponent from doing the same – but possesses complex, ever-evolving intricacies that can captivate participants for a lifetime. It can be played in various formats, from traditional five-on-five to one-on-none. Young and old, male and female are welcome – separately or together. Entry costs are minimal; no special (expensive) equipment is required, just a ball and access to a hoop. Full or half court is fine. The location can be as glorious as an NBA arena or as quaint as a high school gym, a well-worn public playground or a modest pallet and rim mounted to an oak tree.

Few sports have transcended borders and bridged differences like basketball. Dr. Naismith's game, started humbly with a peach basketball in Springfield, Massachusetts, first grew into America's game and is now, with players like Rui Hachimura from Japan, Luka Doncic from Slovenia and LeBron James from Akron, Ohio, a global treasure. Michael Jordan was ahead of his time when he referred to the sport as not just "basketball" or "the game" but as "The Game of Basketball." The phrase acknowledged basketball as, in the simplest of judgments, "just" a game, but the formality of Jordan's phrase, and the proud inflection he used speaking it, hinted at much more.

With that said, January was a difficult month for the basketball community. On January 1, former NBA Commissioner David Stern, a catalyst for the NBA's growth in the 1980s and basketball's global appeal, passed away. He was 77. Morgan Wootten, the storied DeMatha High School basketball coach, died on January 21 at the age of 88. And finally, Kobe Bryant, along with 8 others, tragically perished in a helicopter crash on January 27. He was just 41 years old.

Collectively, the sport lost the NBA's most important executive, perhaps its greatest high school coach and one of its iconic players. But basketball tells only part of the story of these three legends.

Stern was complex. He could be combative and condescending, but he was also intelligent, ambitious and possessed a grand vision for basket-

ball that few could have imagined, let alone realized. Without David Stern, would Hachimura or Doncic be in the NBA? What about former stars like Yao Ming, Manu Ginobili and Dirk Nowitzki?

For me, Wootten's impact is personal. I once attended his famous basketball camp. It was a brutal and fantastic immersion into basketball's fundamentals – the triple threat offensive position, the "reach for the peach" shooting stroke, developing the off-hand and defensive positioning (get your base...butt...low) – and personal discipline within a team concept. Here's what's fascinating about Wootten: he chose to coach high school basketball at DeMatha for nearly 50 years, shunning more lucrative opportunities at higher levels. Wootten clearly chose fit, happiness and the chance to impact young lives over anything money could buy; countless men from the DMV region are glad he did.

And then there's Kobe. Why? He had so much left to do. Smart. Thoughtful. Driven. Competitive. Kobe taught us the power of self-confidence and determination; he was proof of the correlation between hard work and success; he embodied the importance of continuous growth and curiosity. However, Bryant wasn't without flaws. In 2003, he was accused of sexual assault. Bryant was acquitted, admitted to the extramarital affair and apologized to all involved. It was a terrible situation of his doing, and part of his legacy. But nearly 17 years later, Bryant's rededication to his marriage and growth as a father is commendable and undeniable. An amazing second act seemed in the offing; it will forever be unfulfilled.

Stern, Wootten and Bryant. Executive, coach and player. Three very different men. Three very different roles. They are linked, though, by profound social impact through a common profession. They are linked by "The Game of Basketball" – a grand pursuit, one disguised as unimportant recreation, that trivializes human differences and binds the globe through shared passion. So play. Dribble. Take a few shots. Work up a sweat. Whenever and whenever you can. For as long as you can. Stern, Wootten and Bryant would want it no other way.

Send comments to RonaldGuyJr@gmail.com

In Remembrance

The Calvert 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 jenicoster@countytimes.net after noon on Mondays may run in the following week's edition.

Stephen Patrick Dean, Sr.,



Stephen Patrick Dean, Sr., 63 of Lusby, MD passed away on January 28, 2020 at his residence.

Stephen Patrick Dean, Sr. was born in Arlington Virginia and was one of six children to Tom and Edith Dean. They were

perfect children and never gave their parents any trouble.

He proudly served in the Army as an MP in the mid 70's at Wildflecken, Germany and Fort Belvoir, VA.

He was married briefly to Terry Calbro and they had a daughter, Stephanie. He was then married to Nancy Edwards and they had two daughters, Sarah and Holly. He then met Charron Corthell, had two kids, Margaret and Stephen Jr, bought a house, got a dog, AND THEN married her THREE TIMES...

Steve held many jobs, which showed his diverse talents and interests. He was a plumber and general handyman before he decided to learn about computers. Steve learned about computers while they still took up most of a room and the IT guys wore suits and ties while fixing a problem.

Steve worked for several defense contractors, supporting the new technology. Steve met Charron while installing weather dissemination devices at Air Force Bases around the country. In 1993 he transferred to the Pentagon and worked the help desk for the Secretary of the Navy.

In 1997 he moved to Southern Maryland with the NAVAIR move and loved the laid back life near the water. Steve worked on base for several Information Technology and Security contracts until 2012.

In 2012 Steve got even MORE laid back as he became the community manager for Scientist Cliffs Association. He loved his job and the people he worked with. In this job he loved watching the sunrise on the beach, and searching for Sharks teeth.

Steve worked tirelessly for the Southern Maryland community in his free

time. There was never a child in need if Steve was nearby. Whether he or she needed an ice cream or new cleats, Steve made it happen. He coached t-ball and baseball until stepping up to be the president of Solomon's Youth Baseball, the Optimists baseball league, and then the Solomons Steelers Football league. Steve briefly coached basketball for his son's team, but truly loved outdoor sports. Steve was an active registered Girl Scout and was known by many campers at Bay Breeze Girl Scout camp as Rockfish. Steve proudly served on the board of the Chesapeake Ranch Water Company. Steve often donated care packages to troops overseas and a proud member of the NRA.

As an avid fisherman, Steve was willing to take his children, grandchildren, nieces, nephews and friends out fishing. He was willing to bait the hooks, take the fish off and even file it; he just wouldn't eat it.

Steve passed away on Tuesday night surrounded by his wife, children, two sisters, and two grandchildren. His favorite song was on the radio as he transitioned to his next adventure. Steve was preceded in death by his parents, Tom and Edith Dean, his Father-in-law, Sidney Corthell, his grandson, Erick Holland, his brothers-in-law, Chester Hurt, Dennis Peck, and Carlton Good, and his niece, Vanessa Good.

Steve leaves behind his loving wife, partner in crime, and best friend, Charron Dean of Lusby, MD.

Steve leaves behind two brothers; Mike (and Jewell) Dean of Richmond, VA, and Jeff (and Polly) Dean of Stafford, VA; a Brother-in-law, Basil Fox of Colonial Beach, VA; three sisters, Sharon Dean of Solomons, MD, Nancy Good of Stanley, VA, and Susan Fox of Lusby, MD; a Mother-in-law, Joann Corthell of Haverhill, MA; and a beloved aunt, Sister Marie Jeannine of Philadelphia, PA.

Steve leaves four daughters; Stephanie Holland-Michelson of Bishopville, SC, Sarah (and Robert Jr) Higgenbotham of Leesburg, VA, Holly (and William) Reynolds of Vienna, VA, and Margaret (and Nicholas) Loor of St. Petersburg, FL; and one son, Stephen (and Megan) Dean Jr of Solomons, MD.

Steve leaves 7 grandchildren; Travis Higginbotham of Vienna, VA, Robert Higginbotham of Bristol, VA, Matthew

Holland of Bishopville, SC, Stephen and Harmonie Hiers of Lusby MD, and Tanner and Madison Reynolds of Vienna VA.

He leaves behind over 40 nieces and nephews and countless great nieces and great nephews. His legacy as a gentleman and a friend will go on in the hearts of all who knew him.

In lieu of flowers memorial contributions may be made to any group that reminds you of Steve.

Funeral arrangements were by Rausch Funeral Home.

Richard Carl Gibson



Richard Carl Gibson, 94, of Huntingtown, MD passed away peacefully on February 2, 2020 at the Burnett Calvert Hospice House. He was born in Huntingtown, MD on April 26, 1925 to Mattie Roberta

Cranford and Arthur P. Gibson at the Gibson family home on Cox Road. He was the youngest of 10 children (2 girls and 8 boys), all of whom predeceased him. After graduating from Calvert High School in 1942, Carl attended Strayers Business School in Washington DC, but was called back to the family farm after his brother joined the Army during World War II. He remained on the farm until 1949 when he began working at the U.S. Civil Engineering Laboratory in Solomons, Md. On February 15, 1951, he was drafted into the US Army during the Korean War, and was later discharged on February 14, 1953. He returned to his previous job at the Civil Engineering Lab, but subsequently transferred to Andrews Air Force Base, working for the Operations and Tracking Department. In the early 1960's he moved to the Foreign Trade department at the Census Bureau in Suitland, MD, and remained there until his retirement in 1989, although he continued to work part time in the Maryland State Income Tax Office in Annapolis, MD, until 1990.

After his retirement, Carl pursued his passion for gardening, spending countless hours during any season, planting, growing, and tending to his many flowers, trees, and vegetables. Well into his 90s, he could be found outside every day continuing to tend to his family farm. Carl was also an acknowledged expert on the local Huntingtown and Calvert County history and genealogy, and he has left behind many priceless records of the early days of the county. However, his deepest and most satisfying passion was reserved for his daughter, grandchildren, and great-grandchildren. His family's fondest memories of him will be of his incredible love and pride in all of them.

Carl is survived by his wife of 61 years, Gloria Bowen Gibson of Huntingtown his daughter, Alice Dawn Gibson Suhosky (Robert David), Huntingtown; three grandsons (Justin Hickman (Crystal), Fort Benning, GA; Nicholas Suhosky, Huntingtown; and Matthew Suhosky, Boston), a great-granddaughter,

Serenity Hickman, and a great-grandson, Damian Hickman. He is also survived by two sisters-in-law, Teresa Trueman Gibson, and Shirley Cranford Gibson, as well as numerous nieces and nephews.

Visitation will be Friday, February 7, 2020, 10-11 a.m. at Emmanuel United Methodist Church, 1250 Emmanuel Church Road, Huntingtown, MD 20639. A memorial service will follow at 11 a.m. at the church. Interment will be private.

Memorial contributions may be made to Burnett Calvert Hospice House, 4559 Sixes Road, Prince Frederick, MD 20678 or Emmanuel UM Church, PO Box 484, Huntingtown, MD 20639; 410-535-3177; Link: <http://eumchuntingtown.org/>

Funeral arrangements were by Rausch Funeral home.

Theodore Richard "Chip" Allen, Jr



Theodore Richard "Chip" Allen, Jr., 59, of Lusby, MD passed away on January 31, 2020. Born July 23, 1960 in Washington, DC, he was the son of Theodore R. Allen, Sr. and Carol Alene (Warrington)

Allen.

Chip moved to Calvert County from Landover, MD in 1974. He graduated from Northern High School in 1978. He served in the U.S. Air Force from May 23, 1979 until May 22, 1983 in Warner Robins, GA. Chip married Julie (Kempton) Allen on February 16, 1980 in Camp Springs, MD. He was a Deputy Sheriff for the Calvert County Sheriff's Department for twenty one years, retiring on June 29, 2007. He was a member of the Fraternal Order of Police (FOP), the American Legion Post 274 and the Moose Lodge 2401.

Chip is survived by his parents, Theodore and Carol Allen of Huntingtown, MD; his wife, Julie Allen; his children, Theodore Allen III of Lusby, MD, Nicholas Allen (Angelic) of Lusby, MD and Ashly Gray (Christopher) of Lusby, MD; five grandchildren; and sisters, Terri Bowen of Glen Rock, PA and Tammy Fox of Lexington Park, MD. He was preceded in death by his brother, Timothy Allen.

Visitation will be Sunday, February 9, 2020, 2-3:30 p.m. at American Legion Post 274, 11820 HG Trueman Road, Lusby, MD 20657. A life Celebration Service will follow at 3:30 p.m. at the post. Interment will be private.

Memorial contributions may be made to the American Legion Legacy Scholarship Fund at <https://www.members.legion.org/tal/donatenow#legion-org>.

Funeral arrangements were by Rausch Funeral Home.

Judith Kathleen Witherow

Judith Kathleen Witherow, 75, of Upper Marlboro, MD passed away January 27, 2020 at Adventist Healthcare White Oak Medical Center. She was born November 1, 1944 in Punxsutawney, PA to James



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Daniel and Almada Faye (Miller) Hodges. Judith K. Witherow was a poet, essayist and storyteller. A mixed blood Native American/Irish woman raised in rural Appalachian poverty, she writes about her life experiences with disability, gender, sexual orientation, race and class from a perspective influenced by her early heritage. Judith described the hunger and cold of being poor in America in brutally honest first-person accounts. She suffered along with her five siblings and parents the effects of malnutrition and industrial poisoning as well as various problems with their small-town neighbors. Judith's attentions to feminist issues were always encapsulated by her greater understanding of class and race. Following the initial excitement of the women's movement was the disillusionment that newly won "rights" were for middle class women who wanted an equal arena with men. Very little has changed for women of her background. Chronic pain and illness have shaped her recent life. But she still shared her stories with the world. Her four decades of storytelling reflect this spirit and offer a rare chance to hear the voices of otherwise silenced women. She remained politically active in various causes via her computer. The struggle to protect rights and work to seek justice for the disenfranchised continued to be her forever battles. Judith's first book *All Things Wild: Poems from the Appalachians* was published in 2003. With her life partner Sue Lenaerts, Judith edited *Sinister Wisdom #68/69*, "Death, Grief and Surviving." She later produced *Strong Enough to Bend*, a book compiling essays and poetry from her earlier works published in anthologies and publications. In 1994 she won the Audre Lorde First Annual Award for Non-fiction. She was awarded "Community Builder for Decades" by WPFW (Pacifica) Radio in 2007. She received an Award of Recognition from the Baltimore City Council, 2010. Judith was preceded in death by her parents, a son Steven J. Witherow and a sister Josephine M. Reigle. Surviving are her spouse Eileen Susan Lenaerts of Upper Marlboro; sons Stacey L. Witherow and his wife Andrea of Chesapeake Beach and Mark W. Witherow and his wife Dawn of Clinton; five grandchildren Alan E. Witherow and his wife Jackie of Huntingtown, Carrie F. Clagg and her husband Kyle of Chesapeake Beach, Constance T. Bennett of Clinton, Mark W. Witherow, Jr. of Clinton and James H. Witherow of Clinton; six great grandchildren Reece, Layla and Chloe Clagg, Alan E. Witherow, Jr. and Sophie and Bryce Legeer; two sisters Joyce Bequeaith of Huntingtown and Jeannie Day of Lusby; and two brothers James D. Hodges, Jr and his wife Ann of Owings and John P. Hodges and his wife Brenda of Tazewell, VA.

Funeral arrangements were by Rausch Funeral Home.

Barbara Riggs England Kehoe



Barbara Riggs England Kehoe passed away January 25, 2020, at the Glenwood, Maryland, home of her granddaughter and with loving family members at her side. She had celebrated her 98th birthday on January 13. Barbara was born in Ijamsville, Maryland, a short distance from where she spent her last years. Her parents, John Walter England and Evelyn Riggs England, were descendants of early settlers in the Frederick area. Barbara was actually born at the Riggs Cottage Sanitarium (now Gabriel's Inn) which was owned by her grandfather, pioneer Frederick County physician Dr. George Riggs. Barbara and her beloved older brother, "Nick", grew up in Arlington, VA, where she graduated from Washington and Lee High School. Her dad, a homebuilder, built a cottage in Breezy Point on the Western shore of the Chesapeake Bay where Barbara (affectionately known as "Bops") and Nick spent many happy summer hours sailing and fishing and catching blue crabs. For the rest of her life, Barbara loved everything about the Bay and well into her later years she could still pick out and eat at one sitting the meat from a dozen fresh steamed crabs. She and Nick were not only best friends but a great dancing duo, winning many jitterbug contests during their high school years. While attending the University of Maryland (The "Terps") Barbara became a lifelong active member of Kappa Kappa Gamma sorority and was also captain of the Terp cheerleaders. It was at Maryland that she met and fell in love with star athlete and future husband, Jim Kehoe. Together they developed not only a lifelong partnership but a fierce devotion to all things University of Maryland that would last throughout the rest of their lives. Barbara kept up with Maryland athletics (and Yankee baseball) up until the last days of her life.

As was so often the case with young couples during the war years, when Jim and Barbara decided to spend the rest of their lives together, they wanted to "tie the knot" prior to Jim's deployment overseas. They were married on May 22, 1942, at Foundry Methodist Church in Washington, D.C. It was the morning after she was maid of honor in her best friend's wedding and just a few hours after she took her microbiology final exam (which she flunked and laughed about it the rest of her life). Jim was in officer candidate school in the Army and they promptly left on their "honeymoon" to Jim's first posting in Alabama. From there they were transferred to Dateland, AZ. They both recalled their months among the cacti and scorpions as some of their happiest and in later years often returned to Arizona for spring baseball training and sojourns into the desert they came to love. During Jim's months overseas the couple exchanged countless letters. All of those were in Barbara's collection of treasured possessions when she died. She read and re-read them thousands of times. Jim returned from active

duty in the South Pacific in 1945 and the couple settled in College Park, Maryland, where they raised their family and Jim became the head track and field coach for his alma mater. Barbara was busy with all the activities of the four children and also found time to teach Sunday school, serve as cub scout den leader and keep up with her piano playing. She would often travel to track meets with Jim – and when he became Director of Athletics at Maryland in 1969 she accompanied him on almost all of his travels. She was an ardent and beloved ambassador for the University and a huge asset to the athletic department! Barbara never got over her love for the Bay and the family built a small summer cottage in The Willows, close to Nick's home. Here Barbara and the kids and their cousins spent happy summer hours sailing and fishing and collecting sharks teeth – and picking countless bucketsful of blackberries which Barbara turned into the best pies in the state. She could bake circles around Betty Crocker. It was on one of these blackberry picking expeditions that she clubbed to death what was reported to be one of the largest copperhead snakes ever seen in Calvert County. She and Jim eventually retired to their cottage on the hill by the Bay in the 1980's. She loved that home and was heartbroken when she had to leave it for good. Jim and Barbara maintained their active lives after Jim's retirement. They often visited their home in Grand Lake, Colorado, near Rocky Mountain National Park and traveled extensively throughout the West tracing the route of Lewis and Clark and visiting ancient Native American sites in the Southwest. They usually traveled by car and had an absolutely wonderful time. But most of all they treasured their time together at their home in The Willows, especially the daily thirty mile round trip visit to Pat's Bakery in Deale where they would enjoy coffee and a "death ball" as Jim referred to the decadent sweets he loved. A mid-morning cup of coffee and a pastry became a daily ritual that Barbara maintained for the rest of her life no matter where she lived..

After 68 years of marriage Jim passed away in 2010 and Barbara faced the years ahead with support from her children and her faith. She developed several significant health issues and moved to Colorado to be close to her three daughters. Thanks to her Bible, excellent medical care and her lifelong daily habit of "doing my stretches" she overcame her health challenges and she and her "girls" spent countless hours together reminiscing and sharing good food and many laughs. But she longed to return to Maryland. The last two years of Barbara's life were spent back in her beloved state of Maryland living in the beautiful home of her granddaughter Emily and her husband Nathan. Their love and generosity allowed grandmother "Bunka" to spend her remaining time where she most wanted to be; close to her own family and childhood roots and her Jim. Em and Nathan's little boy was the light of Barbara's life with his daily "visits" to her as he scattered his toys throughout her room and delighted her with his childhood chatter. She wanted them to know how grateful she was for their care and devotion as well as that of her daughter in law Cathy. The family would also like to give special thanks to her caregiver Keila who was so gracious

to her the past two years. Barbara's 98th birthday meal of homemade Maryland crab cakes and blackberry pie was the perfect celebration of a life well lived. Until her last breath she was incredibly proud of her children and grandchildren, her Frederick County heritage, her beloved state of Maryland and all things Chesapeake Bay.

A devout Christian, Barbara drew great strength and comfort from her Bible and attended church services throughout her life, including at Emmanuel Methodist Church near her home on the Bay. She selected and shared with her children the verses and hymns she wished to be a part of her memorial service and reiterated over and over again her unwavering belief in Christ as her Savior – and her joy at the thought of seeing her beloved husband and parents and brother after her death.

Barbara was preceded in death by her husband James Henry Kehoe, Jr., her parents, and her brother John Walter England III (Nick). She is survived by her four children: Courtney Ann Thomas (Jim), James Henry Kehoe III (Cathy), Barbara Sue Kehoe and Mary Lou Lane (Gothard). She will also be greatly missed by grandchildren Emily Rushing, M.D. (Nathan), Bradley Kehoe (Aline), Rex Kehoe, Major Ruth Kehoe, USMC and sisters in law Claudine England and Genevieve Snodgrass. In recent years Barbara's life was enriched by the arrival of her two precious great grandchildren Nathan Rushing and Isabela Kehoe.

Memorial donations in Barbara's honor may be made to: Burnett Calvert Hospice House, PO Box 838, Prince Frederick, MD, 20678, 410-535-0892 or online at calverthospice.org. Donations can also be made to the charity of your choice.

Funeral arrangements were by Rausch Funeral Home.

Thomas Wayne Hutchins



Thomas Wayne Hutchins, 78, of Prince Frederick, Maryland passed away at Hospice of the Chesapeake on January 29, 2020. He was born on July 30, 1041 in Prince Frederick, MD to the late Donald Henry and Esther Upton

Hutchins. He is also preceded in death by his sister, Connie Ward and a brother Donald "Sonny" Hutchins.

Wayne was the owner/ operator of Hutchins Plumbing Inc. in the county for many years. He was an avid baseball fan, especially the Cleveland Indians.

He is survived by his wife, Mary Gregg Hutchins, a son, Michael Hutchins and his wife Stephanie, and his daughter Karen Hutchins. He is also survived by 2 grandchildren, Lindsey and Connor Hutchins and his sister, June Prodoehl.

Memorial contributions maybe made to Hospice of the Chesapeake.

Funeral arrangements were by Rausch Funeral Home.

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.

Thursday

PWR!Moves

Southern Community Center; 11 a.m. - 12 p.m.

PWR!Moves is a dynamic exercise program created for people living with Parkinson's disease and helps seniors, and people with neurological disorders and physical disabilities including stroke and MS. Classes are fun and engaging with challenging activities that change with each class and include endurance, flexibility, strength, and balance. To register call Emily Sullivan at 410-535-1600, ext. 8205 or the Maryland Relay for the Hearing and Speech Impaired at (800) 735-2258 or online at webtrac.co.cal.md.us/wbwsc/webtrac.wsc/splash.html.

Maryland in the Age of Sail: American Revolution and the Bay

Calvert Marine Museum; 7 p.m. - 8 p.m.

What role did the Chesapeake play in the War for Independence? This talk will explore the tactical and strategic importance of the Bay during the Revolutionary War, including important battles and associated naval engagements and strategies. Lectures are free and open to the public.

Sea Squirts

Calvert Marine Museum; 10:15 a.m. - 10:45 a.m.

A free drop-in program for children 18 months to 3 years old and their caregivers. This month's theme is "Sniff, Touch, Taste, Look, and Listen - The Five Senses". Space is Limited

Charcuterie Workshop with Meredith Leigh

Westham Butcher Shop; 9 a.m.

SMADC and Southern Maryland Meats are thrilled to bring author and butcher Meredith Leigh to Westham Butcher Shop, the Amish owned and operated meat processing facility, in Mechanicsville for a two-day charcuterie intensive workshop focused on value-added pork production. In this two-day workshop, Meredith Leigh will introduce value-added meat products, from sausages and pates to fermented hams, and teach participants to confidently cure meats via salt, smoke, and dehydration.

Fried Chicken Dinner at the Legion

American Legion Stallings- Williams Post 206; 5:30 p.m. - 7 p.m.

The \$12.00 price tag includes all the trimmings and a beverage. Hosted by the American Legion Post 206 in the lower-level dining room. Public welcome. For more information, call 410-257-9878 or visit www.MD-post206.org.

Acoustic Music at the Legion

American Legion Stallings- Williams Post 206; 7 p.m. - 10 p.m.

For your listening pleasure, join us in the Lower Level Lounge to hear acoustic music by Ross Crampton with the compliments of the American Legion Stallings Williams Post 206. Public welcome. For more information, call 410-257-9878 or visit www.MD-Post206.org.

Saturday

Pepper's Pet Pantry Adoption

Pepper's Pet Pantry; 11:30 a.m. - 2:30 p.m.

We will be holding a dog and cat adoption with local St. Mary's county and Calvert County animal rescue groups so these wonderful pets can find a forever home.

Zumba Gold-Toning with Bonnie

Northeast Community Center; 8:30 a.m. - 9:30 a.m.

Join us on Saturday mornings for one hour of Zumba Gold-Toning with Bonnie. This is a low-impact, easy to modify, Latin-inspired, dance/fitness program—all in a party atmosphere. No previous experience is necessary. I guarantee you will love it. This class is offered through the Calvert County Parks & Rec. Register online or call 410-535-1600 x8200.

Charcuterie Workshop with Meredith Leigh

Westham Butcher Shop; 3 p.m.

SMADC and Southern Maryland Meats are thrilled to bring author and butcher Meredith Leigh to Westham Butcher Shop, the Amish owned and operated meat processing facility, in Mechanicsville for a two-day charcuterie intensive workshop focused on value-added pork production. In this two-day workshop, Meredith Leigh will introduce value-added meat products, from sausages and pates to fermented hams, and teach participants to confidently cure meats via salt, smoke, and dehydration.

CBOCS Annual Meeting

Chesapeake Town Hall Council Chamber; 10 a.m. - 11:30 a.m.

In this meeting, we will be reviewing 2019 successes and forming our plans for 2020.

Country Dance at the Legion

American Legion Stallings- Williams Post 206; 7 p.m. - 11:30 p.m.

For a fun time, come to the American Legion Country Dance in the Upper-Level Ballroom at the American Legion Stallings-Williams Post 206. If you can't dance, teachers will be avail-

able to give lessons. One-hour lessons commence at 7:00 p.m. followed by dancing from 8:00 until 11:30 p.m. The price of \$15.00 per person includes soft drinks or draft beer and light munchies. Open to All. For information call 410-257-9878 or visit www.MD-post206.org. Reservations at LBloyer@verizon.net.

Sunday

Sweetheart Breakfast at the Legion

American Legion Stallings- Williams Post 206; 8 a.m. - 11 a.m.

A yummy breakfast featuring waffles, ham, sausage, scrapple, bacon, scrambled eggs, home fries, biscuits, fruit, and chip beef. Hosted by the American Legion Auxiliary in the upper-level Dining Room. Public Welcome. Adults \$12; kids 6-12 \$6; kids under 6 free. Bloody Marys will be available for a nominal charge. For more information call 410-257-9878 or visit www.MD-Post206.org.

Tuesday

PWR!Moves

Mt. Hope Community Center; 11 a.m. - 12 p.m.

PWR!Moves is a dynamic exercise program created for people living with Parkinson's disease and helps seniors, and people with neurological disorders and physical disabilities including stroke and MS. Classes are fun and engaging with challenging activities that change with each class and include endurance, flexibility, strength, and balance. To register call Emily Sullivan at 410-535-1600, ext. 8205 or the Maryland Relay for the Hearing and Speech Impaired at (800) 735-2258 or online at webtrac.co.cal.md.us/wbwsc/webtrac.wsc/splash.html.

"Let's Talk" Workshop

February 11; 6:30 p.m. - 8 p.m.

Calvert Library Meeting Room 2

Calvert Alliance Against Substance Abuse is pleased to offer these "Let's Talk" workshops. These are free events with refreshments provided. Due to limited seating, reservations are required. To register or for more information, call 410-535-3733 or e-mail CAASA@calvertcountymd.gov. The workshops are not library-sponsored programs.

Sons of the American Legion Meeting

American Legion Stallings- Williams Post 206; 7 p.m. - 8 p.m.

The Members of the Sons of the American Legion Stallings Williams Post 206 will hold its monthly meeting in the Upper-Level Meeting Hall of the

Post. All Members are urged to attend and make their voices heard. For more information, call Commander Ward at 410-610-7217 or visit www.MD-Post206.org.

Thursday

Sea Squirts

Calvert Marine Museum; 10:15 a.m. - 10:45 a.m.

A free drop-in program for children 18 months to 3 years old and their caregivers. This month's theme is "Sniff, Touch, Taste, Look, and Listen - The Five Senses". Space is Limited

PWR!Moves

Southern Community Center; 11 a.m. - 12 p.m.

PWR!Moves is a dynamic exercise program created for people living with Parkinson's disease and helps seniors, and people with neurological disorders and physical disabilities including stroke and MS. Classes are fun and engaging with challenging activities that change with each class and include endurance, flexibility, strength, and balance. To register call Emily Sullivan at 410-535-1600, ext. 8205 or the Maryland Relay for the Hearing and Speech Impaired at (800) 735-2258 or online at webtrac.co.cal.md.us/wbwsc/webtrac.wsc/splash.html.

Ongoing

CalvArt Gallery

February 5 - March 8

Reception February 8; 5 p.m. - 8 p.m.

Visit the CalvArt Gallery and see their show "For the Love of Jewelry".

ArtWorks@7ths

February 6 - 29

Thursday - Sunday; 11 a.m. - 5 p.m.

Come see Arts and Hearts, the ArtWorks@7th show for February featuring themed new works for the members of the gallery.

Upcoming

Maryland Arts Day

February 13; 8:15 a.m. - 2 p.m.

St John's College, Annapolis

Maryland Arts Day is the largest annual gathering of arts professionals in Maryland. With more than 500 participants, representing every county in the state and Baltimore City, this statewide arts advocacy event connects artists, educators, administrators, volunteers and trustees with lawmakers from every legislative district in Maryland. For more information, please visit <https://mdarts.org/events/marylandarts-day-2020/>.

Calvert LIBRARY Events

For more information & to register for events visit <http://calvertlibrary.info>

Thursday, February 6

Pints and Private Eyes Book Discussion (Mully's Brewery). 7:00pm-8:30pm. Have you always longed to drink beer and talk detective books with a librarian? Calvert Library is loaning one (librarian) to Mully's for just that thing! Pints and Private Eyes, a book group for fans of noir, detective and crime fiction. We meet at Mully's Brewery (141 Schooner Ln, Prince Frederick) on the first Thursday of the month from 7-8:30 pm. Get your copy of IQ by Joe Ide by placing it on hold today. Hosted by Calvert Library, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Alias 3.6. 6:30pm-7:30pm. 3rd. 6th grade students are invited to this series of events which uses plenty of hands-on activities to have fun with reading! Each month we will explore a new theme and introduce a great chapter book on the topic. No advanced preparation is needed and a snack will be provided. Please register. Calvert Library Twin Beaches Branch, 3819 Harbor Road, Chesapeake Beach, 410-257-2411. <http://CalvertLibrary.info>.

Teen Gaming Club. 3:30pm-5:00pm. Play games (video and tabletop), complete monthly challenges, and eat snacks in our Teen Zone! Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Resume and Cover Letter Workshop. 1:00pm-3:00pm. Need help with your resume? Join job counselor Sandra Holler in a small group to learn what makes a strong resume and cover letter. If you have one started bring it with you so editing can happen on the spot. One printed copy helps. Please register. Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Shake It Out. 10:30am-11:00am. Shake It Out Music and Movement will create a rich environment that promotes social emotional and physical skills. Come join us for some shake'n fun. An adult must accompany child. Calvert Library Southern Branch, 13920 H. G. Trueman Road, Solomons, 410-326-5289. <http://CalvertLibrary.info>.

"Water/Ways" Exhibit & Chesapeake Biological Lab Field Trip. 10:30am-3:30pm. Join Calvert Conversations at Calvert Library Prince Frederick to peruse the Smithsonian "Water/Ways" exhibit. Take a break for lunch and then meet-up again at Chesapeake Biological Lab for a fun and educational "behind the scenes" tour about research related to our local waterways. Tour is geared to middle school and up. Because the Chesapeake Biological Lab is a working research facility, younger children are not permitted to participate in tours. We need 12 registrants to move forward. Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Shake It Out. 9:45am-10:15am. Shake It Out Music and Movement will create a rich environment that promotes social

emotional and physical skills. Come join us for some shake'n fun. An adult must accompany child. Calvert Library Southern Branch, 13920 H. G. Trueman Road, Solomons, 410-326-5289. <http://CalvertLibrary.info>.

Calvert Adult Education ESL. 9:15am-11:45am. Free Beginning and Intermediate classes are offered for adults who want to learn to speak English or improve their English skills. The classes focus on speaking, reading and writing English. Skills assessment will occur before entry into class. Individual learning plans are developed based on strengths and weaknesses. All classes have open enrollment so students may enroll at any time. Opportunities are available for group conversation as well as individualized instruction. Call the Adult Education Office to enroll in classes. Contact Edie McGreevy at (443) 550-6149. More information at Calvert County Adult Education Program (CSM). Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Friday, February 7:

JobSource Mobile Career Center. 1:00pm-4:00pm. Stop by to visit the JobSource Mobile Career Center for your job search needs! Get job counseling and resume help, search for jobs and connect with Southern Maryland JobSource. This 38' mobile center features 11 computer workstations, smart board instructional technology, satellite internet access, exterior audio visual and broadcasting capabilities; state-of-the-art workforce applications and connectivity for wireless mobile device access. Calvert Library Twin Beaches Branch, 3819 Harbor Road, Chesapeake Beach, 410-257-2411. <http://CalvertLibrary.info>.

Friday, February 07: On Pins & Needles. 1:00pm-4:00pm. Bring your quilting, needlework, knitting, crocheting or other project for an afternoon of conversation and shared creativity. Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Saturday, February 8:

Science Saturdays! Fossils/Visit "Water/Ways" Exhibit! 2:30pm-3:30pm. Join us for a STEM-based program series designed to get kids in K-3rd grade thinking like scientists. This month only we'll meet at Calvert Library Prince Frederick for a fossil show-and-tell and a mini fossil excavation by the Calvert Marine Museum! Be ready to "Ask a Paleontologist," stump the expert and explore the visiting Smithsonian "Water/Ways" exhibit! Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

MakePlayLearn. 2:00pm-4:00pm. Take building and creativity to a whole new level at the library. We provide the space, LEGO® bricks, and other building materials. You provide the imagination. Calvert Library Prince Frederick, 850 Costley Way, 410-535-0291 or 301-855-1862. <http://CalvertLibrary.info>.

Young at Heart

By Office of Aging Staff

AARP Tax-Aide Program

Certified Tax-Aide Counselors will be available Monday, February 3 through Wednesday, April 15 to prepare Individual federal and state tax returns at no cost for low-to-moderate income senior citizens aged 50-plus. You do not have to be an AARP member. All individuals on the return must be present and provide identification (SSN card and photo ID). The three Calvert County senior centers are taking calls to schedule appointments. Before making your appointment, please make sure you have all of the documentations necessary to complete your return. Please call for more information. Calvert Pines, 410-535-4606, North Beach, 410-257-2549, Southern Pines, 410-586-2748.

Trips

Take a trip to the National Museum of African American History & Culture in beautiful Washington, DC, Wednesday, March 18. Fee: \$60 (Includes transportation and meal).

Enjoy a day visiting the home of George Washington any many more historic sites in Fredericksburg, VA, Wednesday, April 29. Fee: \$88 (Includes transportation, admission fees, lunch, gratuities, and trolley ride with tour guide.). Call 410-535-4606 for more information.

Ceramics

Make beautiful works of art with our instructor Pat Dinota. South-

ern Pines Senior Center, Mondays and Thursdays, 9:30 a.m.; North Beach Senior Center, Tuesdays, 9:30 a.m.; Calvert Pines Senior Center, Wednesdays and Fridays, 9:30 a.m.

Calvert Pines Senior Center (CPSC)

Join us for an exciting game of Lots of Love Special Bingo, Monday, February 10, 10:30 a.m.

Grab your sweetheart and dance the morning away with music by Jimi Simon with our Valentine's Day Dance, Friday, February 14, 10:15 a.m. Stick around for lunch. Must pre-register for lunch.

North Beach Senior Center (NBSC)

Enjoy an Intergenerational Day Activity, Monday, February 10, 9 a.m. Make Valentine cat books and crafts.

North Beach Town Eco Tourism Director, Lisa Garrett will be on hand to talk about Animals That Mate for Life, Wednesday, February, 12, 11 a.m.

Southern Pines Senior Center (SPSC)

Join us to watch a love inspiring movie, *Letters to Juliet*, Thursday, February 13, 1 p.m.

Enjoy the unconditional love of a dog on the sweetest day of the year. Pets on Wheels will be joining us Friday, February 14, 10:30 a.m. for Puppy Love.

Eating Together Menu

Monday, February 10

Baked Chicken in Cream Sauce, Carrots, Dinner Roll, Whole Baked Apple w/Raisins

Salad w/Dressing, Seasoned Kale, French Bread, Mandarin Oranges

Thursday, February 13

Baked Fish Sticks, Green Beans, Lima Beans, Dinner Roll, Banana

Tuesday, February 11

Turkey, Gravy, Mashed Potatoes, Carrots, Fresh Seasonal Fruit

Friday, February 14

Chicken Parmesan w/Tomato Sauce, Spaghetti Noodles, Green Beans, Italian Bread, Fresh Orange Slices

Wednesday, February 12

Lasagna w/Meat Sauce, Tossed

Lunches are served to seniors, aged 60-plus, and their spouses through Title III C of the Older Americans Act. Suggested donation is \$3. To make or cancel a reservation call: Calvert Pines Senior Center at 410-535-4606, North Beach Senior Center at 410-257-2549, or Southern Pines Senior Center at 410-586-2748. Lunches are subject to change.

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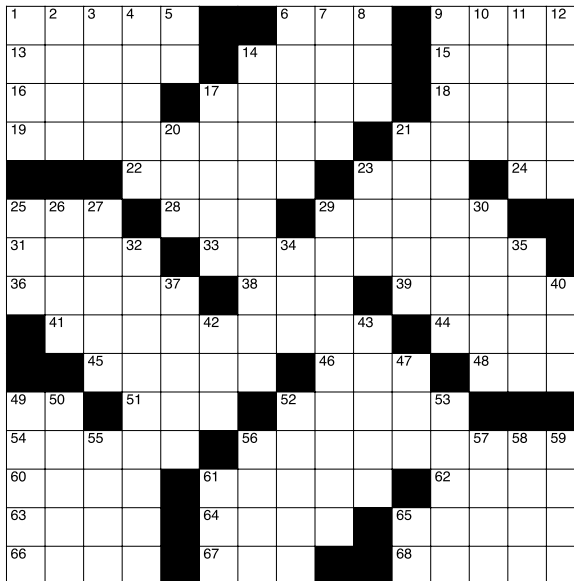
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CLUES ACROSS

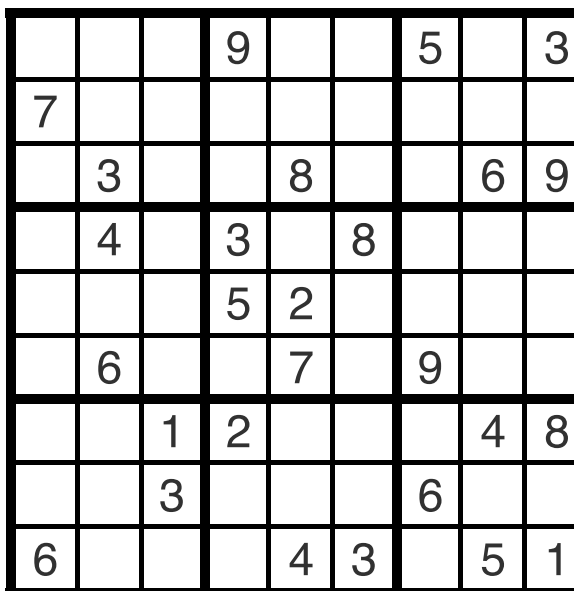
- 1. Indicates number of days
- 6. When you hope to get there
- 9. Hairstyle
- 13. Black (Spanish)
- 14. Expresses pleasure
- 15. Away from wind
- 16. Tech pros organization
- 17. Wile E. Coyote is familiar with it
- 18. Clean
- 19. Saints' signal caller
- 21. A way to hunt
- 22. Poetries

- 23. Automobile
- 24. Secondary school (abbr.)
- 25. Indicates before
- 28. Male parent
- 29. Short-billed rails
- 31. It pays to keep yours
- 33. On occasion
- 36. David __, US playwright
- 38. Slang for cigarette
- 39. Vaccine developer
- 41. Returned to health
- 44. Toni Morrison novel
- 45. Period between eclipses
- 46. Veterans battleground
- 48. Gang

- 49. A radio band
- 51. Jaws of a voracious animal
- 52. Elaborate garments
- 54. Chinese province
- 56. Checks
- 60. Horizontal passage
- 61. Steep hillsides
- 62. Fertility god
- 63. Dried-up
- 64. Signs a name
- 65. __ Winger, actress
- 66. German river
- 67. Gov't lawyers
- 68. Take something somewhere

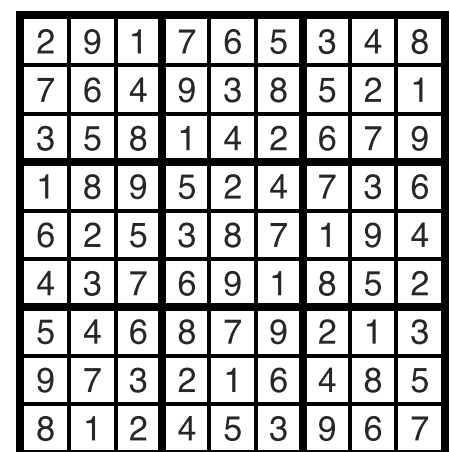
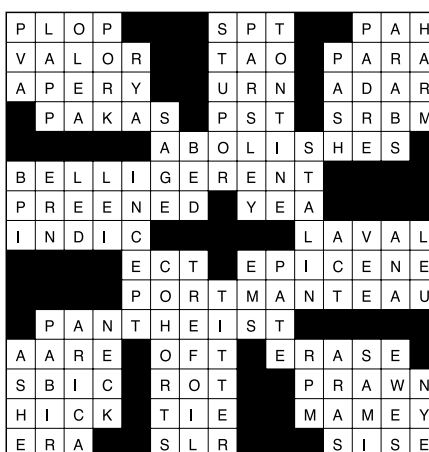
CLUES DOWN

- 1. __ Blyton, children's author
- 2. Colleague
- 3. "The African Queen" writer
- 4. Crater on the moon
- 5. Toward
- 6. Overhang
- 7. Identifies something close at hand
- 8. Sign language
- 9. Unbroken views
- 10. Ancient Greek City
- 11. Stretch out to grasp
- 12. Alcohols that are unfit for drinking
- 14. Humorous stories
- 17. Long song for a solo
- 20. Barrels per day (abbr.)
- 21. City of Lights
- 23. A place to sleep
- 25. Advanced degree (abbr.)
- 26. The back
- 27. Furniture-makers Charles and "Ray"
- 29. Songs to a lover
- 30. Gland secretion
- 32. 10 meters
- 34. Disfigure
- 35. Stores grain
- 37. Sacred book of Judaism
- 40. Catch
- 42. Promise
- 43. Challenges
- 47. Russian space station
- 49. Banking giant
- 50. Served as an omen
- 52. Drenches
- 53. Type of sword
- 55. Minor planet
- 56. Messenger ribonucleic acid
- 57. Japanese ankle sock
- 58. Obtain in return for services
- 59. Waste matter
- 61. A proposal to buy at a specified price
- 65. Unit of loudness



Level: Intermediate

LAST WEEK'S PUZZLE SOLUTIONS



Letter to the Editor

SELLING OUT CALVERT COUNTY?

To the Editor:

Calvert citizens are still questioning “how’s it possible that Commissioners Hart, McConkey, Hutchins, Mark Willis, Director of P&Z and his staff got away with selling out Calvert County to the “highest bidder”?”

Truly, it’s quite simple. Anthony Williams, builder/developer and President of Small Business Interest Group (SBIG), illuminated over 400 citizens attending the Commissioners July 23rd final public hearing for “our” 20-Year Comprehensive Plan. Williams lamented how (SBIG) was being treated through citizen testimony stating “we formed a coalition with our Government: Mike Hart, Mark Willis, all the people, Mary Beth Cook, everybody. SBIG formed a Coalition with them 4 ½ years ago when everybody was complaining about the Planning Commission, the third floor. We formed this coalition, and worked hard with (Planning and Zoning) and now we’re being criticized!” This distressing testimony reveals what has/is going on behind our backs.

From the “horse’s mouth” the strategies of SBIG, Willis, staffers and Commissioners, are found in SBIG’s backroom meetings (commencing in 2015). Williams expressed gratitude that “the county and SBIG are listening to each other. The next steps will be to INCREASE TOWN CENTERS AND TAKE CARE OF THE TDR PROGRAM. We feel [county administrators] are on the right track.” Attendance indicates 16 Administrators/staffers sat in rapt attention furiously taking notes dictated by 11 SBIG members. I submit this isn’t just a Coalition; it’s Collusion against us, the citizen/taxpayers.

While hard-working citizens were putting in a 40-hour week, SBIG relentlessly dictated commands/demands to county staff. SBIG and a local law firm introduced Peterson Companies, developer of National Harbor, to Administrators. Peterson liked what they were promised: a 20-year window with a flexible Comprehensive Plan, no Town Centers, unfettered installation of private sewer systems, and carte blanche buildout that could change any time due to built-in “flexibility.” SBIG, Mark Willis, Hart, McConkey and Hutchins want a build out like Waldorf—just snazzier like Annapolis and Alexandria. Massive commercial/retail topped with high-rise condos from Dunkirk to Lusby.

Minutes indicate Rodney Gertz stated “issues like EC zoning and the Comprehensive Plan need flexibility and simplicity for developers to create their projects.” Mark Willis followed up assuring SBIG members “the difference between the current rewrite of the Comp Plan and the previous plan is simplicity and flexibility, adding “TIMES HAVE CHANGED.” In June 2017 Willis assured “staff will work on the Zoning Ordinance simultaneously with the Comprehensive Plan.” To date, Mark Willis assures the zoning isn’t finished. SBIG and Willis snicker that we citizens will blink; don’t possess the backbone, SMARTS or resources to fight!

Neighbors, for over five long years Administration repeatedly lied to us! We attended Comp Plan meetings, forums and hearings run by Willis, his staff, Commissioners and Consultants. (The lead consultant is the past Director of Charles County P&Z, creator of the new and improved Waldorf). During the Waldorf/LaPlata buildout she moved up to Harford County “because it’s God’s country” she proclaimed to me at a forum.

When County Administrators and Commissioners lie to us...shame on THEM! When they lie and we do nothing about this tax-increasing travesty...shame on US!! Calvert Citizens United, Inc. was formed and filed suit in Circuit Court to overturn the three Commissioners’ approval of the Plan and their last-minute devastating changes the public had no knowledge of. The lawsuit alleges numerous, unlawful violations including McConkey not recusing himself and voting his Cox Rd. property into T/C.

Let’s face facts; either your family goes back generations and created our lifestyle (referred to statewide and in travel magazines as the Jewel of Southern Maryland), or maybe moved here a generation ago, or just moved here. We share this: our bay/river peninsula is one community. Because of this sellout, it rests with us to protect this Jewel. Neighbors, follow CCU on Facebook and keep informed about “your” lawsuit www.facebook.com/Calvert-Citizens-United and become part of Calvert history. This will be a precedent-setting lawsuit!

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WONDERFUL CARE

To the Editor:

I would like to give thanks the nurses at Charlotte Hall Veterans Home, Calvert Medical Health Center, and the Burnett Calvert Hospice House for the wonderful care they gave my husband, John Cosgrove, during the last weeks of his life.

I would want to thank my many friends

who prayed for the both of us and for our family during this difficult time. We have received so many sympathy cards with an outpouring of love and support that I cannot find the words to say Thank You. You will all be in my heart always

Connie Cosgrove and the entire Cosgrove family

Publisher	Thomas McKay	The Calvert County Times is a weekly newspaper providing news and information for the residents of Calvert County. The Calvert 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 Calvert County Times does not espouse any political belief or endorse any product or service in its news coverage.
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Calvert County Times

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