

Caroline County's Information Magazine Since 1980

MARCH 2021

Caroline Review

FREE

ENDOMETRIOSIS AWARENESS:
A Local Personal Story

ANNUAL

St. Paddy's Day 5K

BARN CAT PROGRAM

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Denton Rotary Club Meetings are held Wednesdays from Noon to 1 PM at the Caroline Culinary Center, 512 Franklin St., Denton. Come join us for a free lunch and find out about the exciting "Service Projects" the club is working on.

With the easing of some restrictions of the COVID-19 virus, the Denton Rotary Club has been able to resume meetings with certain restrictions in place. The club is practicing social distancing and holding the meetings outdoors on the lawn at the Chesapeake Culinary Center weather permitting. Box lunches are being provided by Shore Gourmet. We will continue to address the situation and hope to resume our normal weekly meetings as soon as possible. If you have any questions, please contact Charlie Huber at charliehuber21@gmail.com or at 410-479-2070 X5. We appreciate everyone's understanding during this unprecedented time. The Denton Rotary Club hopes everyone practices good habits and stays safe."

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**ST. PADDY'S DAY 5K RUN
1-MILE FUN RUN**

Saturday, March 20

Race Starts at 9 a.m.

General James F. Fretterd Community Center
107 South 4th Street, Denton, MD

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April Issue Deadline is March 15
*Please email or fax all ad information by the above date.
Proofs will be sent the following week.*

ALL ARTICLES MUST BE SENT VIA EMAIL.



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E. E. Goslin: Federalsburg Hometown Hero

by Chad Dean

Federalsburg community pillar Edward Everett Goslin, died unexpectedly of Bright's Disease, the same kidney condition that prematurely took the life of 21st President Chester Arthur, on March 20, 1914. He is undoubtedly worthy of the flattering portrait that hangs in the museum of the Federalsburg Historical Society, where a substantial amount of Goslin family history is documented in its research room.

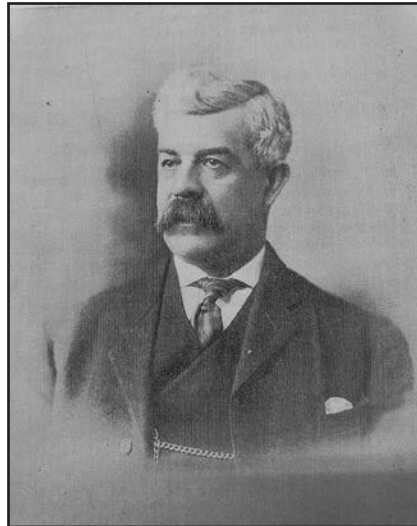
When considering where to start with this tribute, the most sensible option was to begin with the man's father. It would seem that the subject learned his sense of commitment to the local community from Edward R. Goslin (1820-1905). The elder gentleman was a leading merchant in the Federalsburg area for many years and was a proponent in organizing the county public schools system. Edward the younger would follow this example by helping to secure funds for the Federalsburg High School that opened in 1915 while also donating some of his own money to assist with startup costs.

Edward E. Goslin was distinctly shrewd when it came to finances. Not only was he the president of the First National Bank in Federalsburg, he also prospered in a number of mercantile pursuits: a prominent lumber dealer and founder of some of the earliest canning factories in town, Goslin additionally owned approximately 300 acres of south county hinterlands over the course of his business career.

Such an active shipper and investor certainly also understood logistics. Goslin advocated lining the local dirt thoroughfares with oyster shells, starting with Liberty Road (Maryland Route 315) before expanding the scope of the project elsewhere; this of course made streets much more dependably passable throughout the year.

With that said, his biggest coup as far as travel was concerned pertained to

the bridge and road that passed over Marshyhope Creek around the turn of the century. At this time, Goslin was serving a term in the Maryland State Senate after winning two separate elections to the House of Delegates. As a member of the newly organized State Roads Commission, the local Senator convinced the state to take over maintenance of the road and bridge in 1911. This saved the town of Federalsburg a substantial amount of money on upkeep over the long run.



Edward Everett Goslin



Tombstone of Edward Everett Goslin

Goslin always spoke proudly about the people of Caroline County. Here is one quote of his from the evening edition of the Baltimore Sun: "There is as high a type of citizenship, actuated by as high a degree of civic righteousness, in my county as can be found in this State. Our people are not much giving to proclaiming themselves from housetops or exploiting themselves in newspapers, but are alert and observant and keep in touch with such current issues as arise

for determination, and when left to their own devices can always be absolutely relied upon to do the right thing at the right time." Apparently not much has changed in Caroline over the past 100-plus years.

The editor of the Baltimore Sun, in reflecting on Goslin upon his sudden death in 1914, was equally complimentary: "In Senator Goslin, of Caroline County, the Roads Commission and the State have lost a type of man who was better than brilliant - the man who has the faculty of making himself useful every day in the year, who helps, in a quiet way to do the work of the world. Senator Goslin took the trouble to make himself master of whatever he was called on to do, took pride in doing well the things that fell to his lot. He gave to the public service the best that was in him, not grudgingly or reluctantly, but with all his heart. He had the spirit that the public welcomes and crowns with commendation whenever it is exhibited by its servants."

That Edward Everett Goslin was held in such high regard by a Baltimore paper speaks volumes about his reputation and efficacy throughout the state. He is buried at Hillcrest Cemetery in Federalsburg.

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Chrissy Bartz Appointed to School-Based Health Council

Choptank Community Health System's Director of Community Based Programs Chrissy Bartz PA-C, MMS has recently been appointed by Maryland Governor Larry Hogan to the Maryland Council on Advancement of School-Based Health Centers.

Bartz represents Federally Qualified Health Centers on the Council, and joins 14 other gubernatorial appointees led by Council Chair Kate Connor, M.D., MSPH, and Vice-Chair, Patryce Toye, M.D. Federally Qualified Health Centers are community-based health care providers that receive funds from the U. S. Health Resources & Services Administration's Health Center Program to provide primary care services in underserved areas.

"I am grateful to represent Choptank Community Health System and other

FQHCs in the amazing work that the Council is doing," said Bartz. "School-Based Health Centers—especially in rural settings—give students access to timely medical, dental, and behavioral health care in the place where they spend the most time. They also improve attendance by limiting the amount of time students and staff miss from school and work by providing the care they need, and then allowing them to return to school as appropriate."

"Choptank Health is grateful for Chrissy's expertise and service representing the Mid-Shore's communities," said Choptank Health CEO Sara Rich. "Her service and advocacy will help provide access to exceptional, comprehensive and integrated health care for all."

Bartz is a physician's assistant certified by the National Commission of Certification of Physician Assistants, which to maintain requires 100 hours of continuing medical education every two years, along with passing a national recertification exam every six years.

The programs Bartz oversees in her role as Choptank Health's Community Based Programs Director include School-Based Health Centers, community-based dental services, and migrant relations.



Chrissy Bartz, PA-C, MMS



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Caroline County Humane Society's Barn Cat Program

This program is designed to find homes for cats that have traditionally been deemed un-adoptable through our "normal" adoption procedures.

Barn cats benefit their caretakers! Supporting a barn cat is the safest way to control the rodent populations in your barn. There are no poisons for children and pets to get into, and no need to set nasty traps. They will help keep rodents away from grain and food storage areas, and you'll enjoy the satisfaction of giving them a much-needed home! Consider adopting a barn cat. We will assist you while the cats settle into their new home. You do not need a barn to adopt a barn cat as long as you have a secure outbuilding.

Barn cats are not always available. Call 410-820-1600 to inquire.

What will you provide?

- A warm, secure, dry barn or building in which the cats can live out their lives.
- The commitment and ability to keep the cats confined to a crate or exercise pen with a wire top for up to four weeks to acclimate them to their new environment before release.

- A clean litter box that is scooped and/or cleaned daily while confined.
- A constant supply of dry food and fresh water. While confined, and for a short while after release, you will provide a small amount of canned food daily. What cat can resist that?
- The willingness to trap and vaccinate the cats once every three years, and to provide licensed veterinary care in the event of a severe injury or illness.
- Monitoring and providing for the safety and well-being of the cats as their caretakers.
- Spending time daily making verbal contact with the cats so that they become familiar with you.

Why do they have to be confined for the first 2-3 weeks?

Cats need to be confined initially in their new home for at least 2-3 weeks in order to familiarize them with their new environment, so that they will remain on the premises. Even though there are instances of cats remaining when they have escaped upon arrival, this is rare and most cats will take off, never to be seen again.

Some people see confinement as cruel, but a short confinement period is a very necessary part of the relocation process.

(continued on next page)

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Not confining the cats and having them run off could mean a far worse fate for the cats. You should know that during the first day or two, the cats may struggle to find a way out. Most cats will settle down in the cage after a day or two, when they realize that no harm will befall them.

What will CCHS provide?

- All cats will appear to be in good health and have had a brief, general exam by a vet
- All cats will be leukemia/FIV tested
- All cats will be spayed or neutered prior to placement
- All cats will be vaccinated against FVRCP and Rabies
- All cats will be examined and treated for fleas and ear mites prior to placement
- All cats will be ear-tipped
- CCHS will provide a secure extra-large crate or playpen with wire mesh top for confinement of barn cats for up to three weeks. CCHS will also provide smaller, plastic crates to be placed inside the enclosure as a "hiding" place for your barn cat while confined.

Why two cats?

Alley Cat Allies recommends that at least two cats always be moved together. They should be cats who have formed a bond or at least get along with each other. The move will be less traumatic and adjustments to their new home will be easier if they have the security of one or more trusted companions.

What if the cats don't like their new home?

They will like the regular food and water you provide (cats cannot live on mousing alone). They may even begin to show affection. The key to success will be your patience while they adapt to the sights, sounds and smells of their new surroundings. Continue to speak softly to them, try hand feeding treats, and leave a radio on to help them get used to humans talking and singing.

This program is designed to find homes for cats that have been deemed un-adoptable through our "normal" adoption procedures. If you would like more information or want to fill out

an application, you can complete one online, or call 410-820-1600, or email info@carolinehumane.org.

SAVE THE DATE!



Blue Jean Ball

OUTDOOR EVENT!

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Featured Artist

JOANNE GELLES

I am originally from the D.C. suburbs and have lived on the Eastern Shore for almost 25 years. I love the slower pace of life here, and the beautiful water views almost everywhere you

look. I discovered Mosaics about 8 years ago and have been busy creating mosaics ever since. I studied mosaics with several well-known mosaic artists; Kasia Polkowska of Gaithersburg, Laura Rendlen of Maverick Mosaics Art School in Virginia, and locally with Jen Wagner. All these artists can be found on Facebook! I have worked on mosaic murals for the Caroline County Council of Arts and taught Mosaics to Lockerman Middle School students and adults at the Foundry in Denton. My mosaics have been shown and sold at the Local Port of Art in St. Michaels, the Foundry in Denton, and at Ouvert Gallery in St. Michaels.

I love mosaics because it is art for everyone. Mosaics can be Modern, Classic, Folk Art, whatever! There are endless ways to express yourself with Mosaics!! With a basic mosaic project, I hope to open a door for others to find self-expression through this amazing art form.

Joanne's work is available for sale at the Foundry!

March Virtual Series

Watch for more performances at 1 PM on the Caroline County Council of Arts Facebook page and YouTube channel. Tentatively planned:

March 6 - Chris Dorr and band

March 20 - Irish Step Dancing

Second Saturday at the Artsway

March 13 at 1 PM on Facebook

Join Foundry Artist Joanne Gelles on Saturday, March 13th at 1 pm as she demonstrates ways to decorate baskets. You can register to pick up a free Grab-N-Go Kit at the Foundry before March 12 or supply your own. Kits include a basket and materials to paint a design on a small wooden cut-out. This event is free and will be available on our Facebook page or our YouTube channel.

Art Classes and Events

Monday, March 1, 8, 15, 22, and 29; 4-5:30 PM, Mosaic Club. Open to people who have taken a class or have experience working with Mosaics. Work on your own project with guidance from Foundry Artist Joanne Gelles. Materials are included. \$15 per session.

Saturday, March 6 at 1 PM, Virtual Performance: Chris Dorr and band perform on our Facebook page and YouTube channel. Free!

Tuesday, March 9, 6:30 PM, Write On! Write On! is an adult writers group that meets every 2nd and 4th Tuesday at The Foundry. Come write, share your writing, or just listen! Topic: "Surprise" Free!

Saturday, March 13 at 1 PM, Second Saturday: Foundry Artist Joanne Gelles demonstrates decorating a basket with a spring theme on our Facebook page and YouTube channel. Registration is required to order a basket kit to take home. All ages welcome. Free!

Saturday, March 20, and 27, 2-3:30 PM, Mosaic Candle Holder. Make a beautiful mosaic candle holder with

Foundry Artist Joanne Gelles! In this two-part class, participants will create an original mosaic. In the first class, learn how to create a design, cut the materials and glue them down. The second class will teach participants how to grout and finish the project. The finished project is a 6" by 6" in either a square or circle shape. Class is limited to just four adult people. Wearing a mask and social distancing will be required. \$25/CCCA members, \$30/non-members and \$10 materials fee.

Thursday, March 21, 5:15-7:00 PM, Online Macrame Bracelet for Beginners. Make a macrame bracelet using special knots with beads to create a unique design. This class will be taught by Foundry Artist Janice Knauss using the Zoom platform. CCCA members/\$15, non-members/\$20. Limited to age 14 through adult. Materials needed: 60 inches of cotton or hemp jewelry cord for each bracelet, scissors, six to eight wood beads that cord can fit through.

Tuesday, March 23 at 6:30 PM, Write On! Write On! is an adult writers group

that meets every 2nd and 4th Tuesday at The Foundry. Come write, share your writing, or just listen! Topic: "Colorful" Free!

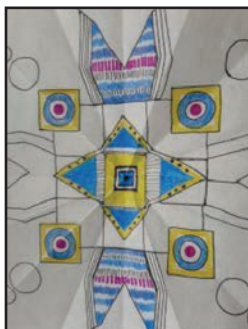
Thursday, March 25, 5:15-7:00 PM, Macrame Bracelet class for Beginners: Make a macramé bracelet using special knots and beads to create a unique design. This class will be taught online by foundry Artist Janice Knauss using the Zoom platform. \$15/CCCA Members, \$20/Non-members.

Tuesday, March 30, 6-7 PM, Free Kids' Class! Kids will make a radial design suitable for framing. This online class will be taught by Foundry Artist Sharon Pahlman using the Zoom platform. Pre-registration is required to get the Zoom link. Free!

For more information and to register for classes, go online to carolinearts.org, call 410-479-1009, or email info@carolinearts.org. Be sure to sign up for the CCCA e-newsletter on our website or 'like' us on Facebook or follow us on Instagram: #carolinearts for the most up-to-date information and news.

The Artsway is located in downtown Denton. Demonstrations and activities from a variety of artists are typically held at The Foundry community arts gallery (401 Market St.), FACES (7 N. Fourth St.) and/or at the Community Demonstration Garden (behind FACES). However, due to Covid guidelines and restrictions, social distancing and masks are required when visiting. Many classes and events are now being held online.

FREE Art Class for Kids



Make a radial design suitable for framing by using patterns from nature and everyday items! This online class will be taught by Foundry Artist Sharon Pahlman using the Zoom platform.

Tuesday, March 30 from 6-7:00 PM. You must pre-register to obtain the Zoom link. Register for classes at <https://carolinearts.org/classes-events/>

CCCA now has an active YouTube Channel!!

CCCA now has an updated YouTube Channel! Check us out at "Caroline Arts" to see all our virtual performances and event videos!



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Endometriosis Month A Personal Story

By Shannon Pinder Hannawald

I am 1 in 10. I am the 1 in 10 who has been diagnosed with endometriosis. When I was around 15 years old, I started having horrible lower abdominal pain and the first diagnosis I received was ovarian cysts that were rupturing. I had surgery to remove my appendix so that if it happened again, we would know exactly what the pain was. However, it wasn't that easy because the pain got worse and spread to more areas just not the one spot.

My parents would take me to the doctor and the emergency room, but every time they would say they couldn't find anything. Over the years I lost count of the number of ultrasounds and CAT scans I had. The doctors kept telling my parents there was nothing wrong. I felt so alone because I knew I was in excruciating pain; pain that cost me living the life of a teenager like my friends. It affected my mental health because at this point nobody believed me and my parents thought I was just making it up to get out of school. I think that was probably one of the lowest points of my life as I was not only in so much pain but my family didn't believe me.

I spent five years living with this pain emotionally, mentally and physically. When I was 20, I went to a different doctor and I explained my pain to him and right away he was positive I had endometriosis. The only way to diagnose endometriosis is through laparoscopic surgery and not one doctor had even considered this. After some research, I realized I basically had every single

symptom of this horrible disease and that I was not alone.

It takes years for most women with this disease to get diagnosed. I had the first of 12 surgeries and was diagnosed with Stage 4 endometriosis. I was so thankful I finally had an answer and could hopefully begin treating it. During the surgery they burned off the endometriosis that they could see and that would help for a little while but then the pain would come back. The pain feels like someone is carving out your insides while stabbing you with thousands of knives in your ovaries.

One of the biggest problems with endometriosis is infertility which was crushing to me because I always wanted to be a mom. By the grace of God I was able to have my first son in 2006 and the doctors said that my endometriosis should get better because pregnancy normally helps with that but that did not happen, it just got worse. Over the next ten years, I went to so many doctors I lost count trying to find answers as to why I was still in so much pain and nothing seemed to help. It was ten times worse during my menstrual cycle as it is for most women.

This disease took so much from me during that time. I lost friends and missed important events with my family and best friends because I couldn't get out of bed. I got married in 2015 and we decided we wanted to have a child. We knew this was not going to be easy because of the endometriosis and because the older you are with this disease the harder it is to get pregnant. We went to fertility doctors and we got pregnant with our first baby in October of 2016 and then lost the baby nine weeks later. It was so devastating that again this disease had taken something from me. We tried again and got pregnant in April of 2017 and our baby was born in November of 2017, seven weeks early. The doctors said if we tried to have another one, they didn't know what the outcome would be and I would be extremely high risk so I had to have a hysterectomy to try and not have the

endo take over any more of my life than it already had.

There are still days when I am in so much pain and it breaks my heart because I feel like my family and friends have to pay for what this disease has done to me. I was angry for a long time that it took so long to get a diagnosis because maybe the outcome would be different. Maybe I wouldn't have all of the other health issues I have that are related to my endometriosis. There are days that I sit and cry because I want to have a normal life. I want to be able to get out of bed every day and play with my kids and go to work and do normal things that everyone else does, but I can't. I can't stand for long periods of time or clean the house all in one day without having to lay around for a few days to make the pain level go down.

I've spent years going to a ton of doctors to get help and answers but unfortunately I've found that I have known more than most of them. When the pain is unbearable, I end up in the hospital and I have doctors come in and ask me questions about endometriosis which I think is completely unacceptable. I should not know more than someone in the medical field when it comes to a disease that so many women have. I have made myself a promise to educate, raise awareness, and raise financial support to make sure that no other girl or woman has to go through what I've been through over the last 20 years.

Endometriosis is medically defined as: a disorder in which the tissue that normally lines the uterus grows outside of the uterus and it can be found on the ovaries, fallopian tubes or the intestines. Newer research has also found it on the brain and lungs. Endometriosis is one of the silent diseases that affects so many girls and women and some have no idea they have it. Some women do not experience any pain or any other symptoms and do not find out they have it until they are unable to conceive. Over the year's, endometriosis has become

(continued)

Governor Hogan will be lighting the State House yellow on March 5th for Endometriosis Awareness

more commonly known only because celebrities have shared that they have it.

Common Endometriosis Symptoms:

- Infertility
- Painful Menstrual Cycle
- Painful Intercourse
- Irregular Menstrual Cycles
- Painful Bowel Movements
- Lower Back Pain
- Other Intestinal Problems
- Many women with endo also experience different immune disorders and other health issues.

I have become an ambassador for the Endometriosis Association so I can help spread awareness and education about this horrible disease. If you have any of these symptoms, please talk to your doctor. If they won't listen, find another doctor because you are your best and only advocate.

I know some of these subjects are hard to talk about but they need to be discussed and they need to be understood better by those suffering and those affected by endometriosis. Most women don't want pity. If they decide to talk about it, they just want understanding and acceptance. It's not easy to do when

the girls or women look fine on the outside, so just listen if someone wants to talk.

I have also started a Facebook Support Group; Endo Warriors of the Eastern Shore. Please feel free to join our group and ask questions or just vent if you need someone who understands how you feel and what you are going through. This disease has no cure, only treatments, so we have to fight for education, awareness and acceptance.

I may be 1 in 10 who has endometriosis but I am going to be the first to help raise awareness on the Eastern Shore to help as many girls and women as possible.

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shannon@marylandtaxchicks.com



Caroline County Bird Club

Come join the Caroline County Bird Club, the oldest Eastern Shore Chapter of the Maryland Ornithological Society!

Local chapters throughout the state offer field trips, bird counts, and conservation projects for members and guests. Lively and informative programs complement regular meetings where members and guest speakers share their knowledge and expertise.

Below you will find the upcoming schedule of Caroline Bird Club's programs and birding outings. You don't have to be a member of the club or a great birder to attend! Just come join the fun! In keeping with the current situation of the COVID-19 pandemic, we are limiting our events to outside and virtual events for now.

MD-DC Breeding Bird Atlas: an overview plus tips on how to enter your data on e-bird

Thursday, March 18 Virtual Event from 7 – 8 PM, co-sponsored by the Caroline County Bird Club and the Caroline County Public Library: "MD-DC Breeding Bird Atlas: an overview plus tips on how to enter your data on e-bird"

Every birdwatcher has unique knowledge and experience, whether a novice or experienced. This program is for those who would like to learn more about the birds and our area and how you can contribute to the MD-DC Breeding Bird Atlas, a five year effort that officially began January 1, 2020. Whether you are just beginning birding, or are an expert birder, you can help with this vital citizen scientist project. Good for all ages.

Presenters Rich Downs and Kurt Schwarz will give a good explanation about how you can help with collecting data for this atlas while having fun birding. They will also demystify the process for entering your data on e-bird, an international online resource to gather bird sightings managed by the Cornell Lab of Ornithology.

To register for this free event, go to www.carolib.org.

All activities are free and open to the public. Check out more Caroline County Bird Club information at: <http://carolinebirdclubmos.blogspot.com>. And don't forget to visit our Facebook page and Like us! Just go to Caroline County Bird Club!

March Tide Table

Predictions for Tuckahoe
(See below for other factors)

Eastern Standard / Daylight Savings Time

Date	AM				PM			
1	3:46	Lo	9:46	Hi	4:09	Lo	10:07	Hi
2	4:32	Lo	10:38	Hi	5:00	Lo	10:51	Hi
3	5:18	Lo	11:28	Hi	5:52	Lo	11:35	Hi
4	6:05	Lo			12:19	Hi	6:44	Lo
5	12:21	Hi	6:55	Lo	1:12	Hi	7:36	Lo
6	1:09	Hi	7:46	Lo	2:06	Hi	8:29	Lo
7	2:01	Hi	8:39	Lo	3:04	Hi	9:23	Lo
8	2:59	Hi	9:33	Lo	4:03	Hi	10:18	Lo
9	4:01	Hi	10:29	Lo	5:02	Hi	11:13	Lo
10	5:05	Hi	11:26	Lo	5:59	Hi		
11	12:07	Lo	6:07	Hi	12:22	Lo	6:53	Hi
12	12:59	Lo	7:05	Hi	1:16	Lo	7:43	Hi
13	1:49	Lo	7:59	Hi	2:08	Lo	8:29	Hi
Daylight Savings Time Begins								
14	3:36	Lo	9:48	Hi	3:58	Lo	10:12	Hi
15	4:21	Lo	10:34	Hi	4:45	Lo	10:52	Hi
16	5:04	Lo	11:17	Hi	5:32	Lo	11:30	Hi
17	5:47	Lo	11:57	Hi	6:18	Lo		
18	12:07	Hi	6:30	Lo	12:38	Hi	7:04	Lo
19	12:44	Hi	7:14	Lo	1:19	Hi	7:52	Lo
20	1:22	Hi	8:00	Lo	2:03	Hi	8:40	Lo
21	2:02	Hi	8:47	Lo	2:50	Hi	9:29	Lo
22	2:46	Hi	9:37	Lo	3:41	Hi	10:21	Lo
23	3:37	Hi	10:28	Lo	4:37	Hi	11:13	Lo
24	4:36	Hi	11:23	Lo	5:34	Hi		
25	12:06	Lo	5:39	Hi	12:19	Lo	6:31	Hi
26	12:59	Lo	6:42	Hi	1:15	Lo	7:25	Hi
27	1:51	Lo	7:43	Hi	2:12	Lo	8:17	Hi
28	2:41	Lo	8:41	Hi	3:06	Lo	9:07	Hi
29	3:28	Lo	9:36	Hi	3:59	Lo	9:55	Hi
30	4:15	Lo	10:29	Hi	4:51	Lo	10:41	Hi
31	5:02	Lo	11:20	Hi	5:42	Lo	11:28	Hi

Add or Subtract Hours and/or Minutes as indicated:

	AM		PM	
Greensboro	Add	:25	Add	:43
Choptank	Subtract	3:06	Subtract	2:23
Denton	Subtract	:40	Subtract	:03



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Did you know?

Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.

Some studies suggest that people may reduce their risk of developing colorectal cancer by increasing physical activity, limiting alcohol consumption, and avoiding tobacco.

Overall, the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 50.

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Building Permits

Arne C. and Sara H. Paulson, 22121 Gannon Drive, Swimming Pool.

Richard Wayne and Arenthia Ann Martin, 26057 Foxgrape Road, Detached Garage.

Derrick A. and Janice T Harless, 17620 Cool Spring Road, Great Room and Deck.

Mikayla L. Glanden and Mark D. Hopkins, 6108 Laurel Grove Road, New Home.

CMH Homes, Inc., 11086 Log Cabin Road, New Home.

CMH Homes, Inc., 26246 Auction Road, New Home.

Tim L. and Virginia Smith, 27287 Whiteleysburg Road, New Home, Porch, and Deck.

J. Wayne and Linda S. Voshell, 17760 Henderson Road, Communications Structure.

Tobin R. McNatt, 25056 E. Cherry Lane, Solar Energy System.

Julius Thomas, Jr. and Christina Marie Bartz, 24740 Goldsboro Road, Agricultural Building.

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How Can Women Overcome Obstacles to Financial Security?

Submitted by Ann Jacobs, Financial Advisor
Edward Jones - Denton -443-496-1755



On March 8, we observe International Women's Day, a celebration of the social, economic, cultural and political achievements of women. Of course, women still tend to encounter more obstacles than men in the pursuit of financial security. Let's consider a few of them.

To begin with, women are still more likely to leave the workforce, at least temporarily, to raise children, resulting in lower contributions to employer-sponsored retirement plans such as 401(k)s. And women are often the ones who become full-time caregivers of aging parents or other relatives. Caregiving duties can exact a big financial toll: The lost wages, pensions (including 401(k)s and similar plans) and Social Security benefits that a woman loses to become a full-time caregiver amount to more than \$300,000 over her lifetime, according to the National Academy of Sciences.

Women also may be more susceptible to financial downturns. Consider the COVID-19 pandemic: Just a few months ago, in December, women lost 156,000 jobs, while men gained 16,000, according to the Bureau of Labor Statistics, which also

reported that women accounted for 54% of the jobs lost from the pandemic in 2020.

And women are not unaware of their circumstances and outlook. Just 41% of women are confident about retirement, compared with 56% of men, according to a survey by Edward Jones and Age Wave.

But if you're a woman, you can take steps to help improve your financial outlook. Here are a few suggestions:

- **Take full advantage of retirement plans**

If you are still working and your employer offers a 401(k) or similar retirement plan, take full advantage of it. Put in as much as you can afford each year and increase your contributions when your salary goes up. Also, within your plan, you'll want to choose the mix of investments that can help provide the most growth potential, given your individual risk tolerance. Also, even if you contribute to a 401(k) or similar plan, you may also be eligible to fund an IRA, which gives you even more investment choices.

- **Evaluate your Social Security options**

You can typically start taking Social Security benefits when you're 62, but your monthly checks will be much larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You might also consider whether you'd be better off by taking spousal benefits, if you're married and your spouse earned more money than you. You're generally even eligible for spousal benefits if you are divorced, as long as you were married at least 10 years and you haven't remarried.

- **Look for unexpected income opportunities**

Even after you've formally retired, you may still find ways to receive some earned income. Perhaps you can work part time or do some consulting. And if you're a caregiver, you might be able to receive some compensation for your work. Many local governments pay non-spouse caregivers who act as personal attendants, although the rules vary greatly by state and county.

These certainly aren't the only ways you can improve your financial status, but they may prove useful to you. In any case, be aware of the challenges facing you and do whatever you can to brighten your future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC



If You're Leaving Your Employer, Do You Know Your 401(k) Options?

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Ann M Jacobs
Financial Advisor

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Your Chamber at Work

*by Tracey Snyder, Executive
Director of Caroline County
Chamber of Commerce*

March 3 we start our Small Business Academy. This is eight weeks of quality information from leaders throughout the region. First class is Building a Plan for Success Vision, Alignment, Execution with Guest Speaker Patrick Lee, Jr. Partner & President of Chesapeake Think Tank, LLC & CEO of Spark Business Institute.

Participants will begin the process of building a plan to move their business from its current state towards a desired state. Using the model of Vision, Alignment, Execution to create the

path, owners will set objectives and goals, while identifying the steps and skills needed to implement their plan successfully. Patrick Lee will guide participants through personal learning, goal setting, and group interactions to create a framework for understanding what must be accomplished in order to overcome the status quo. The concept of the Great Small Business Plateau will be explained and business owners will understand their business inhibitor(s). This session will lay the groundwork for all future sessions of the Small Business Academy. Class two on April 7 will focus on Building Your Brand - What's Your Band Voice? There is no charge for these events!

March 11 is our first Care in Action Day! We are going to do it a bit differently! Each participating non-profit is looking for specific help that does not involve close contact.

Please visit our website for complete details on how you and your team can help!

We are looking forward to hosting our 2020 Best in Business Awards on March 23, (rain date, March 30). The

competition for the 2020 nominees was pretty tough, just like the year! We will be hosting at Choptank Transport! Do we have a show for you! Drive-in, food served at your car, a fabulous menu from Tenchi Restaurant and delicious cupcakes from SaraDipity and Carrie Sue's Cupcakery! Bubba Bob's will be there selling their famous popcorn... it is delicious and you can't watch a movie without popcorn!

Tickets are on sale through our website at carolinechamber.org/events! We hope you will come out for this fun way to celebrate our Best in Business 2020!

March 25 is going to be our Cash Bash/ Re-Grand Opening at Cafe Paradiso! They have opened up their newly renovated dining room.

Join us for the ribbon cutting and try a few light items from their menu and then stay for dinner or take out. Social Distancing and masks are required. Look for more information soon!

We have a great year planned! Visit our website or Facebook for complete details!



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Library Corner



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by Jeanne Trice

ALL THE LIBRARY SERVICES YOU'VE ALWAYS LOVED - SERVED UP SOME NEW WAYS!

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Our contactless services, such as curbside pickup, laptop/hotspot lending, and virtual programs, are available at all three locations. Visit our website or call 410-479-1343, Ext. 106 for updated hours and services.

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We now offer online Chat Help from 10 AM-6 PM, Monday through Saturday.

Visit carolib.org and click the green button on the bottom right of any webpage to chat with staff. We can help you find free online tutoring, learn about your phone, tablet, or computer, and connect with resources for homework help.

You can also request books, DVDs, games, and 3D prints through Library to Go, and so much more!

Books-by-Mail service available

Can't get to the library? Let us bring the library to you! Books-by-Mail is a free service offered to Caroline County residents with a Caroline County Public Library card. It allows home-bound residents to borrow and return library books and audiobooks through the mail.

No card? No problem! Call us at 410-479-1343, Ext. 106 to set up your free library card account. Visit our website, click on the Services menu, and click "Books by Mail" or call 410-479-1343, Ext. 170 for more information.

Laptops and Wi-Fi hotspots available for check out

Borrow a laptop or hotspot! It's free with your library card, and you can get expert remote tech help from a librarian. Must be 18 or older. For details, visit our website, click on the Services menu and then "Laptops for Checkout" or call 410-479-1343, Ext. 106.

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Send us your documents via our website or bring them to curbside service and we can make copies or fax for you! When uploading your print/fax requests, please include as many details as possible, including the library location for pick-up. You will receive an email when your document is ready. Visit "Library to Go: Printing and Faxing" under the Services menu of our website for more information.

VIRTUAL FUN AND LEARNING FOR KIDS AND TEENS

Discord for Teens at the library!

The library and its Teen services and Makerspace team are excited to offer a virtual hangout space, just for teens!

If you are ages 13 to 18, and you also enjoy discussing things like anime, arts and crafts, books, movies, trivia, and video games, join our Teen Discord server. Chat with other teens and our librarians in a welcoming environment, and find out about our virtual programs. For more details, visit our website, click on the Children and Families menu and then "Join Our Teen Discord Server" or email cthompson@carolib.org.

Learning at home? Your library is here to help!

Your library is here to support students and families throughout the school year! Due to the COVID public health emergency, this school year has been very different. Explore an extensive list of resources on the "Resources for Learning at Home" page of our website, under the Children and Families tab, or reach out to a librarian for help on the phone at 410-479-1343 ext. 106, via



email at info@carolib.org, or via chat by clicking the green chat bubble on any page of our website.

VIRTUAL PROGRAMS FOR ADULTS

Join a Virtual Book Group

Hooked on Books: Tuesday, March 9, 6:30 PM – *The Accidental President* by A. J. Balme. To register and receive a Zoom link, email jtrice@carolib.org.

Tuesday Night Book Club: Tuesday, March 16, 6:30 PM – *A Tree Grows in Brooklyn* by Betty Smith. To register and receive a Zoom link, email info@carolib.org.

Free ice cream when you join the Friends of the Library!

Join the Friends of the Library and get a free ice cream at one of these participating businesses in Caroline County-

Bullocks Deli, Tenchi in Greensboro, and the Federalsburg Family Restaurant. Enjoy a sweet treat and the sweet knowledge that you are helping your library!

To join, visit carolineFOTL.com, or call 410-479-1343, Ext. 106 to receive your application in the mail.



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(This is our new name, was previously Saint Martin's Barn)

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8:30am-11:30am

Wednesday 6:00pm-7:30pm

Miércoles 6:00pm-7:30pm

FOOD ASSISTANCE:

**PLEASE CALL OUR BARN MANAGER
AT 410.634.2537 EXT. 111**

RENT & UTILITIES ASSISTANCE:

**PLEASE CALL OUR HOUSING & SUPPORT SERVICES
COORDINATOR AT 410.634.2537 EXT. 105**

All staff at Martin's House & Barn are following CDC guidelines for social distancing and COVID prevention, including daily temperature checks and masking.

We ask that clients also please wear a mask and maintain distance of six feet when staff bring the food to the vehicle.

The Thrift Store will be closed until it is safe to reopen.



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Workforce Overview

Caroline County

Infographics are interactive, please click on icons to explore more information.

INCOME



\$56,386

Median Household Income



3.6%

One-Year Weekly Wages Gain/Loss



\$28,862

Per Capita Income



\$839

Annual Average Weekly Pay



\$43,605

Average Annual Pay

BUSINESS



1,123

Total Businesses



9,518

Total Employees



4,105,621

Total Annual Sales (\$000)

COMMUTERS



17%

Spend 7+ hours commuting to and from work per week



84.3%

Drove Alone to Work



15,372

Workers Commute to Work Base

KEY FACTS

34,775

Population

39.5

Median Age



12,813

Households

\$42,886

Median Disposable Income

HIGHEST EDUCATIONAL ATTAINMENT*



18%

Bachelor's/Grad/Prof Degree



27%

Some College



40%

High School Diploma Only



15%

No High School Diploma

EMPLOYMENT



57%

White Collar



29%

Blue Collar



14%

Services

9.6%

Unemployment Rate

65%

Labor Force Participation Rate

1.6%

One-Year Employment Gain/Loss

Delmarva Index



This infographic contains data provided by the American Community Survey (ACS), Esri, Esri and GIK, MRI, Esri, and Infogroup. The vintage of the data is 2014-2018, 2020, 2025. Income, Business, and Commuter variables are based on the labor force population. Key Facts, Employment variables are based on the total population and Education based on the population 25+.

*Represents the highest level of education achieved.



Caroline Covid 19 Vaccine Program and ESRGG Economic Data

By Debbie Bowden, Director

Caroline County Economic Development

The first thing I'd like to write about comes from our partners at the Caroline County Health Department regarding the COVID19 vaccine program.

Caroline County released its COVID-19 Vaccine Eligibility Screening Form in early February. All Caroline residents who want to receive a COVID-19 vaccination should complete the form. Phase descriptions are available on the State's COVID website. The form is available online at www.carolinecovid19.org. For answers to your questions, contact the Caroline COVID-19 Call Center at 410-479-5880.

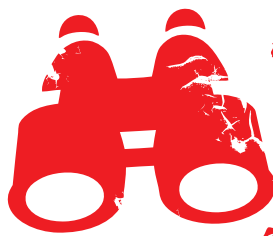
Completing the form does not schedule a COVID-19 vaccination appointment. The form is intended to create a registry of people who want the vaccine and to determine Phase eligibility. After completing the form, you will be contacted by Caroline Health Department staff when you become eligible and when vaccines become available.

The Eastern Shore Regional GIS Cooperative, ESRGC for short, published a new infographic about economic data in Caroline County. An image of the infographic is on the page to the left, and a dynamic version is available at <https://apps.esrgc.org/DynamicInfographics/>

County/CarolineMD.html. The data is from 2018 before the pandemic. I review and study data like this to get a sense of the general economic picture in the county. Quantitative data, along with information from businesses, workers, and residents, helps me to understand how my office can support economic development in Caroline.

For updates on any future business support, please visit carolinebusiness.com, sign up for our newsletter, and follow Caroline County Economic Development on Facebook.

Caroline County Economic Development is a department within Caroline County government. Its mission is to help businesses thrive in the community. Debbie can be reached at 410-479-4188 or info@carolinebusiness.com



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- Enjoy the functions we host and bring your own ideas.

For a membership form:

http://www.legion29.org/files/american_legion_membership_application.pdf

Hannah Randall Henry, one of Ridgely's School teachers who taught for 41 years, passed away on January 21, 2021. Below is an article submitted by the Ridgely Historical Society from the 150th Celebration in 2017 about Mrs. Henry.

Hannah Randall Henry

Hannah Randall Henry was born on April 8, 1913 in Odessa, DE to the late Thomas and Hannah Whittington Randall. Her father was a Methodist minister, her mother a housewife. She was the fifth child of five girls and four boys. Hannah was married to the late Colbert Henry. They helped raise two nieces, Constance Wilkerson of Goldsboro and Betty Coles of Ridgely. They also raised two nephews, George Randall of Baltimore, and Marvin Henry of Philadelphia.

Hannah's elementary schooling took place in Olivet Hill, Galena, and Kent County, MD. She graduated from the Garnet High School in Chestertown. In 1930, she attended Bowie Norman School, graduating in 1932 with a teaching certificate. After attending summer school and taking management extension courses, she received her Bachelor of Science Degree in Elementary Education from Morgan State College in 1952.

Most of Hannah's teaching was done in Caroline County beginning in 1934 in a one-room school in Ninetown. The following year she was transferred to Federalsburg, where she taught in the primary grades for four years. She was then transferred to Ridgely Elementary School in the Trinity subdivision. When the schools were integrated, she was the first black teacher assigned to the previously all white Ridgely Elementary School where she taught until she retired in 1975. She had given a total of 41 years of dedicated service to the Caroline County School System.

While Hannah was committed to her career, she never lost sight of her Christian training. She has been an ardent worker at Trinity African Methodist Episcopal Church in Ridgely. She served as a steward, choir member, Sunday school teacher, lay member, missionary

society member that bears her name, and as the church secretary for 36 years. She was the first vice-president of the Cooper, Sampson, Wayman, Greene Area of the Women's Missionary Society, Board member of the Conference Branch Women's Missionary Society, and Chairman of the Turner-Tanner Memorial Committee of the Baltimore Conference Branch Women's Missionary Society. Hannah Henry now holds the Emeritus status of the Steward Board because of her long-time and dedicated service for the spiritual uplifting of the pastor, church, officers, and members.

Her community involvements included member of Board of Directors of Mental Health, American Cancer Society, and Caroline County Library. She was part of membership in the Negro Business and Professional Women's Club, NAACP, Caroline County Retired Teachers Association, and the Maryland Retired Teachers' Association. Hannah received the Outstanding Elementary Teacher Award in 1974. She is listed in the 1974 Edition of Outstanding Teachers of America Annual. In 1978, she was given the Ridgely Little League Award for Contributions to Youth of Ridgely, Honor Day. She received the Sojourner Truth Award from the Car-Ken-Tal-Que-Dor Negro Business and Professional Women's Club in 1986. In 1989, she received the Charity Outreach Club Award in appreciation for social concern. The first Minority Scholarship Fund for Caroline County was named in her honor by the Chesapeake College Minority Task Force Committee.

The Trinity African Methodist Episcopal Church Family in Ridgely hosted her 100th birthday celebration on April 6, 2013. Hannah Henry is the mother of the church and continually supports her church with wisdom, stewardship, and prayers. She is now 104 years young and is a blessing to all. She continues to write her legacy by her witness

and for the lives she has touched in her service to education, community, church, friends, and family.

Lastly, she is a lifetime citizen of the Town of Ridgely.



Brick placed in Railroad Memorial Park for Hannah Henry's 100th birthday.



Sign in the Town of Ridgely on the corner of the church property bestowing Hannah Henry's honor.



As our friends and neighbors that live in our local communities and environs move closer to the point where an ever increasing percentage of them have received the Coronavirus vaccine, our Clubs want to be ready to resume fundraising activities. Every dollar that is realized from our Clubs' fundraisers is returned to the folks that live in the Clubs' communities and service areas through the Clubs' projects and programs. These programs and projects aid and support children, youth, families, adults and seniors.

Examples of those projects and programs that the Clubs have funded on an annual basis in the past include Public School Student Support, Local Food Pantry, Habitat For Humanity, Caroline County Rebuild, Christmas Local Area Food Baskets, Marydel-Hartly Little League, Marydel Volunteer Fire Company, College Scholarships, Eyesight Program and the Summer Youth Reading Program.

The number of projects and programs that we can fund in the future will depend on the public's response and support that we receive at our future fundraising events. That response has been outstanding in the past and we trust that it will continue to be

so going forward as we roll out forthcoming activities. This is so important that the Marydel Club is scheduling a 'brainstorming session' during the Club's April 6 Board Meeting where we will assess the types and timing of a variety of future fundraisers that will subsequently enable the Club to continue its 73 year history of meaningful service. As always, inquiries relative to membership and projects can be directed to tmhiggins59@hotmail.com or 302-363-5823.



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Chicken and dumplings carry out dinner to support Caroline North Little League

Pre-sale tickets only
Pick-up slots begin at Noon

\$12 a Dinner Includes:

- Chicken and Dumplings
- Mashed Potatoes
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- Coleslaw
- Chicken Salad
- Dinner Roll

May also purchase

- Chicken and Dumplings \$8 a Quart
- Chicken Salad \$8 Pint

Contact via

Facebook Caroline North Little League
Laci Stubbs text or call (443) 786-5514
Cnllfundraising@gmail.com

Payment Cash or Venmo:

Venmo: Caroline North Little League
Pickup at Greensboro Fire Hall
13781 Greensboro Road, Greensboro MD

Caroline North

facebook.com/CarolineNorthLittleLeague



Caroline CASA

Court Appointed
Special Advocate

We're all in this together! Who isn't tired of hearing that?! But the fact is, we are. We are a community. A community is built on service, participation, and interactions. It saves us from the isolation and alienation we fear, especially these days. A community is about loyalty. It's also about finding a place we feel safe and can call home; a place we want to raise our families. It's about building connections and working towards a common goal.

Community is an important part of CASA of Caroline's mission to provide trained volunteer advocates for every child in foster care in Caroline County. Strong communities support healthy families; families in which children have the opportunity to grow and thrive in a safe, permanent, loving home. We rely on members of the community to report suspected child abuse or neglect to the Caroline County Department of Social Services Office of Child Support. We also rely on people in our community to volunteer to be the advocates the children in Caroline County foster care so desperately need. Individuals within the Caroline County community are making immeasurable differences in the lives of children.

Partnerships with businesses and organizations such as local churches are another cornerstone of our work at CASA of Caroline. Park Lane Church of God in Federalsburg recently invited us to speak to their congregation and share our mission. Immanuel Lutheran in Preston has also opened their doors for presentations and volunteer advocate meetings during the pandemic. Their W.In.G.S (Women In God's Service) group has chosen to support CASA of Caroline with their annual Easter Egg Sale. The Ridgely Lions Club and Denton Rotary also help us spread the CASA message.

The students and staff in the Caroline County Public Schools are another important part of the CASA of Caroline community. In October, students participated in a Bullying Prevention poster contest that was facilitated by Bill Allen, Supervisor of Pupil Services, Cara Calloway, Mental Health Coordinator, and Amy Shepler, Supervisor of Instruction. They helped us distribute materials and collect poster entries during an incredibly challenging year! Character Counts Mid-Shore and Caroline County YMCA collaborated with us on this project too. In December, the NCHS National Honor Society supported CASA of Caroline by selling our Christmas ornaments as their holiday fundraiser – and they crushed it! We are grateful for the CCPS community and all of the religious and civic organizations who help CASA of Caroline in so many ways.

In October, we launched a new Community Partnership Program made up of businesses and organizations who make an annual commitment to CASA and the children of Caroline

County. We would like to take this opportunity to recognize and thank our 2021 Community Partners: The Caroline Foundation, Caroline County Commissioners, The Women's Club of Caroline County, Preston Automotive Group, Caroline's Agape Project, Tri Gas & Oil, American Legion Post 29, Avery Hall Insurance, Choptank Transport, Huber Insurance Agency, Chesapeake Hydro-Wash, The Community Club of Preston, Provident State Bank and Brenton Realty Group. All of these small manifestations of community support add up to one absolute certainty: the Caroline County community knows that together, we are #CarolineStrong; together we can "Change a Child's Story"!

If you're interested in learning more about the Community Partnership Program or other ways to support CASA of Caroline, please contact Amy Horne, Director of Outreach and Partnerships, at casacaroline100@gmail.com or 410-479-8301. If you're interested in learning more about becoming a volunteer advocate, please contact Shelly Kulp, Executive Director, at skulp.casaofcaroline@gmail.com or 410-479-8301.

The Governor's Office of Crime Control & Prevention funded this project under sub-award number CJAC-2019-0004 and VOCA-2018-0063. All points of view in this document are those of the author and do not necessarily represent the official position of any State or Federal Agency. This project is supported by a grant from the Maryland Judiciary's Administrative Office of the Courts number AOC-G20CA0225I.

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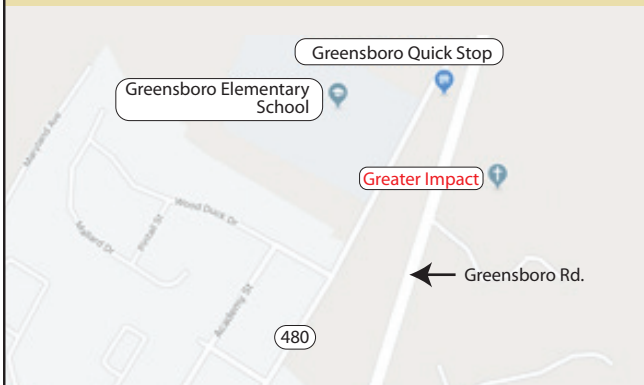
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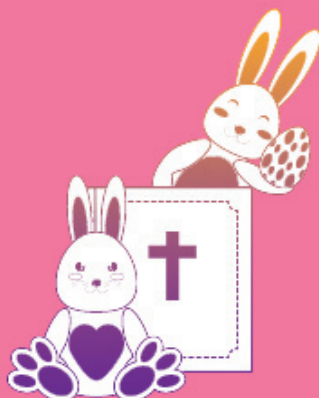
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Easter Treats Cream Egg Sale

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\$5 each. Sales benefit W.IN.G.S. and CASA of Caroline



CASA
Court Appointed Special Advocates
FOR CHILDREN
CASA OF CAROLINE

New Release “When the Last Moon Rises”

Although I originally intended to have completed *THE TIME RETURNS* by November, Black History Month is the perfect occasion to release the third book in a series which examines the roots of racial prejudice in the institution of slavery while also celebrating the achievements of the Civil Rights movement.

As a writer of historical fiction, I have the unique pleasure of interweaving imaginary characters with real life people and events. My purpose is not only to entertain my readers, but to bring history to life in a way that educates and inspires. Through our study of times gone by, we have the opportunity to gain greater insight into how the present has been shaped by the past.

In this series each book has two alternating storylines, one moving forward through the 1960s and 70s, the other moving backwards into the past.



YMCA CAROLINE MENTORING PROJECT

Do you want a free MEMBERSHIP? Do you want to make a difference in our Community? Do you wish to impact the lives of our youth in a positive way? This is your opportunity to change a life forever! Caroline Mentoring Project is looking for Mentors now!

- Training and support for mentors is provided.
- Monthly outings are planned for the program.
- Each mentor receives full membership from the YMCA of Chesapeake during the months of the program (Sept-Aug).
- Connection to community resources to help in the relationship between mentor and mentee.

For more information contact Angel Perez, Program Coordinator at 410-479-3060 or carolineymcamentoring@ymcachesapeake.org.



CAROLINE COUNTY FAMILY YMCA

A Branch of the
YMCA of the Chesapeake
46 Denton Plaza
Denton, MD 21629
410.479.3060

www.ymcachesapeake.org



The modern story follows Natalie Winslow and Tony Buckle, a Caucasian woman and a Black man on the Eastern Shore of Maryland. It chronicles their controversial romance and marriage, and explores the challenges they face raising mixed children in a place slow to adapt its ideology to the changing times.

The historical narrative transports the reader back in time through the brides of the Winslow estate, Dogwood Hall. In the first book, Charity's diary gives insight into the complications which result when people are divided by skin color and assigned different values instead of being seen as members of the same human race. Her mother-in-law Eliza's experiences are revealed in book two, as she lives with the consequences of a culture which gives full power to white men and suppresses women and minorities. In this third book, Adelaide's story develops the foundation of Dogwood Hall in 1798 and the moral dilemma of those who were opposed to slavery and yet benefited from it.

Each novel also highlights an historical figure through Natalie's interest in researching local history. The first book highlights Frederick Douglass, the second gives tribute to Harriet Tubman, and the third focuses on the notorious exploits of Patty Cannon and her gang. Regrettably, the accounts of the kidnapping and sale of fugitive slaves or freed blacks are based on historical records.

As the two storylines are laid out next to one another—separated by more than one hundred years—it becomes apparent that great progress has been achieved in promoting racial equality. However, even as we celebrate how far we've come, I hope we will be inspired to continue working together to peacefully advocate for the unity of all mankind.

Writing *WHEN THE LAST MOON RISES* in 2021, I am grieved that incidences of racial prejudice and misunderstanding continue to exist. When I began this series two years ago, I could not have anticipated how relevant it would become. My original motive was curiosity to better understand the past, but it has grown into something greater—a call to action to strive for equality, harmony, and genuine Christ-like love.





Tobacco Prevention Awareness Poster Contest

The Caroline County Family YMCA in partnership with the Caroline County Health Department is calling on all young people in our community to join in raising awareness of the dangers of smoking/tobacco products. Three winning posters will be chosen to be used as part of the activities during the Caroline County Family YMCA Tobacco Prevention Week between March 22-26,


Poster Criteria:

Students will create an original poster reflecting why we shouldn't use tobacco products. Students can also creatively express why the use of nicotine products (cigarettes, cigarillos, chewing tobacco, pipes, etc.) is just as harmful to the body. The poster should have a positive message, as well as include ways that smoking impacts a youth's life. No brand names should be used in your poster!

All posters should meet the minimum standards:

- Paper size: 8 1/2 by 11 inches minimum and 11 by 17 inches maximum.

- Posters must be created by hand (paint, crayon, pen etc.).
- No computer generated submissions will be considered (including clip art).
- Text may be included, but it must be clear and readable. Check your spelling!
- Do not use glitter.
- The use of celebrities, cartoons, video game characters or movie/TV characters is not allowed.
- The name and grade of the artist must be printed neatly on the back of the poster.
- Do not sign the front of the poster.
- Only one entry per youth will be accepted.



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Deadline

Poster pictures should be submitted by Monday, March 15. Send pictures by email to carolineymcamentoring@ymcachesapeake.org.

Prizes:

Prizes will be given for each category. Categories are as follows: Elementary, Middle and High School

RIDGELY VOL. FIRE DEPT.

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Spaghetti Dinner



Thurs., March 4 & April 1
4-7 PM (first Thursday of the month)

All you can eat includes salad, bread, drink. Cost is \$9.

Drive-thru ONLY!

Must wear masks and stay in your car.

Sub Sale

Sat., March 20 • Noon



12" Cold Cut w/ chips and water for just \$9. Drive-thru or delivery (within reason). Pre-sales encouraged. PayPal & Venmo available soon.

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Chicken N Dumplin' DINNER



Sunday, April 18
2-5 PM
Cost is \$12

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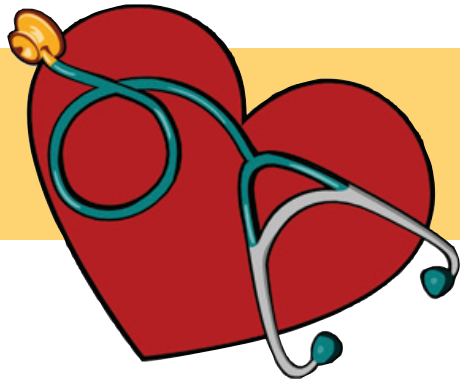
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Health Corner

Tips, Classes and Programs to help you live healthier!

Cancer Screening During the Time of COVID-19

During this very challenging time of the coronavirus pandemic, we all have second thoughts about doing common everyday things like going to the grocery store or a restaurant, but what about going to a doctor's office for a routine exam? Many of us have stopped doing tasks that can affect our health and well-being. It has been over a year since the coronavirus knowingly appeared in the USA. It is going to be with us for a while.

The percentage of mammograms, Pap tests, and Colonoscopies performed by mid-April of 2020 dropped by > 90% across the country. Delaying screening until now was understandable, but the National Cancer Institute has warned that delaying screening due to the pandemic could lead to a sharp increase in deaths from breast and colorectal cancers in the next 10 years.

Delayed screening may = delayed diagnosis = poorer prognosis = treatment options that are more invasive due to advanced stage of cancer.

What to do? Coronavirus isn't stopping for anyone! Neither are we!

If you are due for a Clinical Breast Exam, Pap test, Mammogram or Colonoscopy, call your primary care provider. Ask them if they are seeing patients and what the process is. They are prepared to see you with Personal Protective Equipment (PPE) and will certainly ask you COVID-19 related questions. They are following CDC guidelines and want to protect their staff and you as well.

If you are uninsured/underinsured, are age 40-65 (for a CBE/Mammogram), age 21-65 (for a Pap test) or > 50 (younger if symptomatic or family history for a Colonoscopy to test for colorectal cancer) and meet state income guidelines, please call The Caroline County Health Department at 410-479-8080. We may be able to help provide no-cost cancer screening services for you or a loved one!

Getting your routine cancer screenings will help reduce your stress, give you peace of mind, and help you to have some control over your health and well-being during this pandemic!

March is National Colorectal Cancer Awareness Month!

What you need to know about Colon Cancer

Risk Factors:

- People with a personal and/or family history of polyps or cancer.
- People over the age of 50 (men and women have an equal risk).
- Those with ulcerative colitis or Crohn's disease.
- People with the genetic conditions Hereditary Nonpolyposis Colon Cancer (HNPCC) or Familial Adenomatous Polyposis (FAP).
- People with Jewish Eastern European descent and certain ethnic groups including African Americans and Alaskan Natives.

Symptoms:

Sometimes symptoms don't appear in early stages of the disease so don't wait for symptoms before talking to your doctor.

- A change in your bowel habits.
- Rectal bleeding or blood in your stool.
- Persistent lower belly pain.
- Unexplained weight loss.
- Other symptoms may include chronic fatigue or nausea and vomiting (persistent).

What You Can Do:

- Get screened at age 50, or sooner if you are at higher risk. Screening can find precancerous polyps so they can be removed before they turn into cancer!
- Get to and maintain a healthy weight.



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- Adopt a physically active lifestyle.
- Eat a healthy diet.
- Don't use tobacco products.
- Limit alcohol intake.

Other programs offered through the Wellness Promotions office at the Caroline County Health Dept. to help you on the path to wellness include:

- **The Breast and Cervical Cancer Screening Program** for women ages 40-65 (For breast cancer screenings) Pap/HPV tests for cervical cancer screening for ages 21 years and older! Call to see if you are eligible.
- **Smoking Cessation Programs** for all! We offer assistance with referring to The Maryland Quit Line for those interested in kicking the habit for good.
- **Tobacco and Vaping Prevention** program. Provides virtual education for youth and adults at

schools, organization meetings, churches, community events

- **Skin Cancer/Sun Safety** education for schools, groups and individuals.
- **Tobacco Enforcement Program.** We provide education on "No Tobacco Sales to Minors" to all

tobacco retailers in the county along with the general public. We collaborate with local law enforcement in compliance checks to retailers.

- **Oral Health Program:** This year we are providing oral health supplies for 1,500 CCPS

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- Menthol activates taste buds; reduces throat irritation.
- Cooling and numbing effects make inhaling easier; deeper inhaling allows more nicotine absorption, leading to stronger addictions.
- Menthol cigarette advertising is heavily targeted to African Americans.
- Menthol cigarette use is highest in African American adults compared to other racial/ethnic groups.
- Some flavors have been restricted in vaping products. Currently, menthol and mint flavors are not restricted.
- Youth are more likely to try menthol and mint flavored tobacco products.



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students and at risk adults in the community.

For more information about all of our programs please call the Wellness Promotions office at 410-479-8080.

Covid Testing

The Caroline County Health Department continues to offer no-cost COVID-19 testing at our drive-up clinics offered on Tuesdays from 1 PM - 4 PM at the health dept. and Wednesdays from 4-6 PM at Federalsburg and Greensboro Elementary schools. Appointments are preferred. Please call 410-479-8000/8065 to schedule.

If you have questions regarding the COVID-19 vaccine, please call the Caroline County Health Dept. call Center at 410-479-5880 Monday through Friday from 8 AM - 4 PM.

Be well, be safe, don't touch your face!

Wear a mask in public places and when 6-feet social distancing isn't possible. Wash or sanitize your hands often. Encourage other to do the same.

We are all in this together!



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Don't forget your documents:

- Driver's license or photo ID
- Immigration documents, if applicable
- Proof of income (last 30 days)
- Social Security card



CAROLINE COUNTY
HEALTH DEPARTMENT

Community Calendar

MONDAYS

The Ridgely Lions meet on the 2nd and 4th Mondays of each month at the Ridgely United Methodist Church Social Hall at 107 Central Avenue in Ridgely at 6:30 PM. For more info on the Ridgely Lions go to www.ridgelylions.org or www.facebook.com/ridgelylionsclub. We are always seeking new members who are interested in serving their community.

TUESDAYS

Tuesday Bingo at Denton American Legion Post #29, 7:30 PM. Snacks at break and computers available. Info 410-479-2708.

FRIDAYS & SATURDAYS

Federalsburg Museum, located at 100 Covey & Williams Alley in Federalsburg, will be open 10 AM to 2 PM on Fridays and Saturdays. There are several new exhibits open. The amazing exhibit of a reconstructed doctors office is the one we are most proud of, it is the office of Dr. Noble whose house was built in 1810 and stood on the North corner of Maple Ave. and S. Main St. Contact: 443-434-3114.

SATURDAYS

The Greensboro Historical Society Museum, 104 E. Sunset Ave., is open every other Saturday from 10-1. Presentations to follow every other month. Also open by appointment. Our mission is the preservation of our local history and heritage, education and outreach to the greater Greensboro community. Stop by to see local artifacts and to learn about Greensboro of olden times. We also look forward to hearing your memories of old Greensboro and your thoughts on how best to preserve the history and heritage of our community. Masks must be worn and social distancing observed.

Preston Historical Society is closed for the winter and will resume Saturday hours on April 3, 2021. For more information on the museum and its upcoming reopening and events visit www.prestonhistoricalsociety.com, Facebook at "Preston Historical Society," or call 410-943-1891.

SECOND SATURDAYS

Giving Grace Food Pantry at Trinity United Methodist Church, Goldsboro. Food available from 7 AM until. For more information, call 302-270-1948.

FRIDAY, MARCH 5

Friday Nite Dinner at Denton American Legion Post #29, 9238 Legion Road. 5-7 PM. \$8 with menu to be determined. Entertainment is Jeff Washington, 7-10 PM. Info: 410-479-2708.

FRIDAY, MARCH 12

Friday Nite Dinner at Denton American Legion Post #29, 9238 Legion Road, 5-7 PM. Fish & shrimp-\$8 for one/ \$12 for both. Entertainment is KG Band (Classic rock, country, and blues), 7-10 PM. Info: 410-479-2708.

\$5 Friday! Drive thru Spaghetti Dinner at the Cordova Firehouse from 4-7 PM. Dinner includes spaghetti, sauce and garlic bread. For more information, call Jeanne at 410-829-7214 or Kate 443-262-6615.

MONDAY, MARCH 15


Preston Historical Society will host its first membership meeting of 2021, at 7 PM at the Preston Historical Society Museum, 167 Main Street, Preston. Information will be shared about plans for 2021, including its New To You Treasures Rummage Sale on April 30 and May 1. The meeting will be followed by an airing of the video recording of the **Vietnam Veterans of America Chapter 648 Round Table Ceremony** conducted at PHS in November of 2020, honoring those who gave the ultimate sacrifice. The public is invited to attend. For more information call 410-943-1891 or visit www.prestonhistoricalsociety.com.

TUESDAY, MARCH 16

The Community Club of Preston will hold its monthly meeting at Noon, via Zoom. Guest presentation will be provided by the Caroline YMCA. For more information on the club and the meeting, please call 410-673-1119 or visit Facebook at "Community Club of Preston, Maryland."

FRIDAY, MARCH 19

Friday Nite Dinner at Denton American Legion Post #29, 9238 Legion Road, 5-7 PM. SAL serving Corned Beef, Cabbage, and Potatoes. \$8. Entertainment is Karaoke with Linda Webb, 7-10 PM. Info: 410-479-2708.



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EasternShoreOrthodoxy@gmail.com
or easternshoreorthodoxy.org

SUNDAY, MONDAY, TUESDAY, MARCH 21, 22, 23

Join us for our **Spring Jubilee** at Calvary Baptist Church on Sunday, March 21, at 11 AM for praise, preaching and spiritual renewal. "Servants Heart" will sing and Rev. Chan Hubbard, who presently pastors a church in Western Maryland, will preach. The Sunday through Tuesday evening services start at 7 PM. There will be a Junior Church for 5-11-year-olds for all services. If you have questions, contact Don Reynolds, Pastor of Calvary Baptist Church, 1120 Market Street, Denton. Contact: 410-924-6404, donaldwreynolds@comcast.net, www.calvarybaptistchurchofdenton.org.

FRIDAY, MARCH 26

Friday Nite Dinner at Denton American Legion Post #29, 9238 Legion Road., 5-7 PM. \$8 with menu to be determined. Entertainment is Vintage Blue Band, 7-11 PM (back to old hours). Info: 410-479-2708.

SATURDAY, MARCH 27

Indoor Craft & Yard Sale 7 a.m. from 8 a.m. to 2 p.m. at the Caroline County 4-H Park, 8230 Detour Road, Denton, to benefit the Caroline County 4-H Program. All vendors are welcome! Crafters, direct sale consultants*, household items, furniture, jewelry, antiques, horse tack, Tools, pet items and more! *Direct Sale Consultants will be kept to one consultant per venue. Tables are \$15 per table. Payment must be received to reserve tables. Set up is on Friday, March 26 from 6-8 p.m. or Saturday, March 27 from 6-7 a.m. Proceeds from sale of table spots will benefit the Caroline County 4-H Programs including scholarships, club needs, leadership and service learning activities. For more information or to reserve a space, please call Joanne Wooters at 410-479-0565. Early deadline for ensured table space is March 5th. Tables tend to sell out fast so get your reservation in quickly.

SUNDAY, MARCH 28

Palm Sunday Sing at 4 PM. Come out and be blessed. Local groups will be singing and this event is hosted by Rowdy Harrison. Social distancing and masks are required. Living Waters Assembly, 9058 Double Hills Road, Denton. Any questions, please call 443-243-5906.

Learn to Start Your Own Oyster Garden

This spring, the Chesapeake Bay Maritime Museum will be hosting a hybrid virtual and in-person workshop designed to teach you how to grow your own oysters.

Held via Zoom from 6-7 PM on March 18 and on CBMM's St. Michaels campus from 10 AM-noon on March 20, this oyster gardening program will provide attendees with all the information needed to successfully grow oysters off their own dock. Participants may register for just the virtual program for \$25 or for both sessions for \$200, with a 20% discount offered to CBMM members on both options.

Turkey Shoot at Denton American Legion Post #29, 9238 Legion Road, 1 PM. Info: 410-479-2708.

SATURDAY, APRIL 3

Preston Historical Society Museum, located at 167 Main Street, in Preston, resumes Saturday hours, open from 10 AM to 2 PM. For more information call 410-943-1891 or visit www.prestonhistoricalsociety.com.

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In the virtual class, participants will learn the practical aspects of oyster gardening and why oysters are so important for the Bay's health. Participants are then invited to CBMM for the in-person workshop to construct their own oyster cages. All in-person workshop participants will leave with three cages, seed oysters, and the necessary components to start their own oyster garden. To learn more, and to register, visit cbmm.org/oystergarden.

CBMM members play a critical role in supporting CBMM's rich legacy of educational programs, fascinating and ever-changing exhibitions, and maintenance of the largest collection of Chesapeake Bay watercraft in the world, and have access to exclusive discounts, perks, and programming. To learn more about becoming a CBMM member, visit cbmm.org/membership.

Recreation & Parks

We are excited for our March Programs. Class sizes will still be smaller as we continue to follow safety guidelines, so space is very limited. We're also building in additional time for our instructors to clean and disinfect prior to and following classes. Listed information is subject to change.

REC Rotation

These 2-class workshops for elementary age children (ages 5-11) will include hands-on STEM activities as well as a 60-minute (weekend) or 30-minute (weeknight) fitness rotation featuring active, socially distanced games and competitions.

Start Your Engines! With Fitness Rotation

Ready, set, LEGO! In this hands-on experience, participants will design and construct a LEGO car, as well as modify and test multiple design features. They will explore the relationship between design and performance and take home the model they create during their final building challenge.

March 6 and 13, 9:30 AM – Noon or 1:30 PM – 4:00 PM, Fretterd Community Center, \$49.

All Aboard! With Fitness Rotation

Trains have transported people and cargo around the world for hundreds of years. Participants will explore several scientific innovations that have made trains safer and more efficient. They will make and test models of their

wheels to understand how they stay on the track, as well as discover how magnets function on a maglev train. They will make and take home a simple model of a maglev train.

March 2 and 4, 5:30 PM – 7:00 PM, St. Luke's United Methodist Church, Denton, \$39.

Totally Gross Science! With Fitness Rotation

Get ready to be totally grossed out as you discover some of the unsavory mysteries of the human body and nauseating things about animals. Hold onto your stomach and prepare to explore, examine, and dissect the revolting, unappetizing and foul. This is a stomach-churning, hands-on scientific journey that promises to be totally gross!

4-class workshop, March 8 - 11, 5:30 PM – 7:00 PM, Greater Impact Church, \$59.



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- **Michele Wade, LMT** specializing in Swedish, Deep Tissue, Clinical Acupressure, Cranial Sacral, Reiki
- **Kelly Bowles, LMT** specializing in Swedish, Deep Tissue, and now **New Offerings Starting in February** - Cupping, Warm Bamboo Massage, Lymphatic Dry Brush Treatment with Moisturizing Shea Butter Wrap
- **Joyce Thume, LMT** Swedish, Deep Tissue, Sports Massage, Cupping
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- **Lydia Wainwright, M.Ac.**, Guasha, Acupuncture, Tuesday & Wednesday
- **Shannon Walker, M.Ac.**, Guasha, Acupuncture Tuesday








Check out the new monthly-themed Rec2Go activity boxes that let you take the fun home with you. Each month a new STEM (science, technology, engineering, math) and textile arts box will be released. The boxes will contain all of the materials your child will need for hours of fun. Perfect for kids 8 and up or as young as five with adult assistance.

Order online or over the phone and then drive through and pick up from our office on Wednesday, March 24 from 4 -6 PM or Saturday, March 27 from 9 - 11 AM.

Boho Décor Kit- \$12

Boho Room Decor is for those who want to make their rooms feel carefree and relaxed. This kit contains everything you need to design and create an eclectic dreamcatcher and a lucky rainbow wall-hanging. Purchase your kit online and pick up from the comfort of your car.

Kit includes: wooden hoop, yarn, tape, floral wire, feathers, beads, rope, sewing needle and thread. Pick up times: 3/24, 4-6pm and 3/27, 9am-12pm.

Wiggle Bots Kit- \$15

Wiggle-Bots are motorized contraptions that are designed and built entirely by kids. They are more than a fun activity - they truly inspire. Watch eyes widen as wires are connected and Wiggle-Bots start to move. Your Wiggle-Bot can be designed to do many cool things. Kids will explore engineering as they turn ordinary household recyclables into simple machines that can wiggle, jiggle, and even draw all on their own! The possibilities are endless!

Kit includes: gears, a motor, wire, dowels, screwdriver, pliers, and screws. And a bonus accessory kit that has: markers, tape, scissors, popsicle sticks, clothes pin, bells, and googly eyes is also inside. Pick up times: 3/24, 4-6 PM and 3/27, 9 AM-Noon.



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TAX TIME

Caroline County Farmer Directs America's Farmers Grow Communities Donation to Caroline County 4-H

- The America's Farmers Grow Communities program, sponsored by Bayer Fund, partners with farmers to provide grants to local non-profits to help their communities.
- Through the program, farmers enroll for the chance to direct a \$2,500 donation to a local eligible non-profit organization of their choice.
- The America's Farmers programs have given more than \$57 million to rural America since 2010.

Local farmer Debbie Love recently directed a \$2,500 America's Farmers Grow Communities donation, sponsored by Bayer Fund, to the Caroline County 4-H Youth Development Program.

The Caroline County 4-H Youth Development Program provides a supportive setting for youth to reach their fullest potential. Youth learn beneficial cognitive and life skills through community-focused, research-based, experiential educational programs. Participation is open to all youth ages 5-18. 4-H values diversity and advocates for inclusiveness of all children regardless of background or identity. Local volunteer leaders collaborate with local Extension staff from the University of Maryland to provide direct leadership and educational support to young people in the community.

Since 2010, the America's Farmers programs have awarded more than \$57 million to non-profits, aspiring Ag students and public schools across rural America. Farmers know the needs of their communities best, so the America's Farmers programs rely on them to help identify the most worthy causes.

The Grow Communities program partners with farmers across the country to provide non-profit organizations with resources to strengthen their local communities. Each August, farmers can enter for the chance to direct a \$2,500 Grow Communities donation to a local eligible non-profit of their choice. Farmers have directed donations to food banks, emergency response organizations, schools, youth agriculture programs and many others that reflect the spirit and support the vibrancy of rural America.

"Farmers truly understand the needs of their communities and where the opportunities to strengthen them exist. We partner with them to identify the non-profit organizations that benefit

from Grow Communities donations," said Al Mitchell, Bayer Fund president. "Each donation shines a light on the organizations that are making a positive difference in rural communities across the country. Bayer Fund is proud to partner with farmers to give back in rural America."

To learn more about Caroline County 4-H, please visit <https://extension.umd.edu/caroline-county/4-h-youth-development> or contact Navonne Owen, 4-H Educator, at nowen@umd.edu.

Caroline County farmer Debbie Love selected the Caroline County 4-H Youth Development Program as a recipient of the America's Farmers Grow Communities donation.



Pictured L to R: Debbie Love, Caroline County farmer; Navonne Owen, 4-H Educator, University of Maryland Extension Caroline County; and, Robert Baldwin, Area Extension Director, University of MD Extension.

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Cheyenne Nicole Ramsey, 20, Federalsburg and Franklin Delmas Dean, 20, same

Carrie Ann Jackson, 33, Chesapeake City to Chimera Sinsere Smith, 38, Denton

Angeline Rivera, 26, Denton and Thomas Keene Callahan, II, 28, same

Valerie Ann Warden, 24, Preston and Brian Allan Birkeland, 29, Frederick

Rachael Nicole Milligan, 23, Denton and Justin Daniel Crawford, 24, same

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Charlotte Molly Harrison, 18, Denton and Edward Robert Wharton, 18, Newark, DE

Belinda Ruth Price, 43, Greensboro and Cornelius Sentell Foster, 37, Federalsburg

Jean Ann Riley, 29, Salisbury and Dustin Joseph Walls, 35, same

Leticia Morales Escalante, 34, Henderson and Placido DeLeon Lopez, 37, same

Abby Morgan Pritchett, 36, Bridgeville, DE and Brandon Sean Darling, 31, Preston

Shari Lynn Strojny-Buckler, 48, Ridgely and Jonathan Mark Yordy, 46, same

Courtney Marie Stouffer, 28, Federalsburg and Scott Allan Robinson, Jr., 28, same

Laura Catherine Barnes, 34, Ridgely and Lance Andrew James Harvey, 32, Ridgely

Nichole Renee Cummings, 43, Easton and John Kirk Ireland, 54, same

Jessica Renae Paesch, 27, Denton and Donald Owen Saunders, Jr, 28, same

Charlotte Marie Baez, 69, Cambridge and Albert Arthur Pete, Jr., 70, same

Angela Nicole Quicke, 32, Federalsburg and Daniel Paul Quicke, 33, same

Brianna Kelsey Hunstad, 32, Denton and Allen Francis Smentkowski, 33, same

Cathy Lynette Stuart, 53, Georgetown, DE and Stanley Elvon Friend, II, 49, Federalsburg

Tyisha McClarity, 47, Federalsburg and Nelson Cabrera, 35, Bronx, NY

Hannah Margaret Potter, 23, Mount Airy and Benjamin Caleb Callahan, 23, Denton

Samantha Jean Hogan, 30, Denton and Steven Joseph Hafferman, 33, same

Heather Lynn Hutson, 44, Federalsburg and Guy Maguire Harding, III, 48, Hurlock

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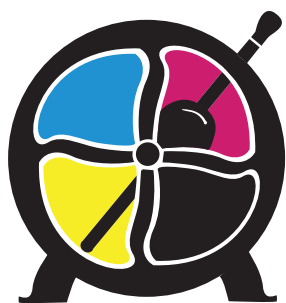
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JMKA Rentals, LLC to Rhushunda Marshay Russum, 320 N. Main Street, Federalsburg, \$120,000.

Dansan Properties, LLC to Brandon M. Van Schaik and Alison H. Van Schaik, 22330 Hillsboro Road, Denton, \$245,000.

Helen P. Murphy to Petrut E. McGlannan and Colleen M. Voss, 127 Main Street, Preston, \$225,000.

Howard M. Ganong and Margaret T. Ganong to Frank John Bertics and Kathleen Marie Bertics, 14057 Talley Court, Queen Anne, \$299,000.

McClain-Williamson, LLC to Kayla Rose Bennett and Johnathan Mark Margas, 27519 Williamson Drive, Federalsburg, \$219,000.

Fred E. Coulbourn to Jeremy T. Savin and Kaylin McJilton, 5836 Beeches Drive, Preston, \$410,000.

George A. Shapard to Salvatore C. Valenzia Jr. and Kim Valenzia, 25359 Depue Landing Way, Greensboro, \$495,000.

William J. Russell and Shannon D. Russell to Robert M. Watson and Jessica L. Watson, Parcel 0015 Newton Road, Preston, \$185,000.

Ronald M. Fluharty and Joyce W. Fluharty to Nathan D. Marcotte and Dannielle B. Marcotte, 213 Bloomingdale Avenue, Federalsburg, \$175,000.

Thomas J. Bunce and Stephanie A. Bunce to James P. Rubino, Jr., 11 Robins Court, Ridgely, \$334,900.

Telesia A. Rich to Sandra Brown-Varon, 327 Carter Avenue, Denton, \$179,900.

William H. Knotts and Helen M. Knotts to Emily A. Roe and Ronald Wayne Roe, III, 26875 Barclay Road, Marydel, \$129,000.



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Rickey Joseph Himmel to Matthew J. Lee, 130 Mill Street, Greensboro, \$175,000.

The Estate of Woodrow H. Larrimore to Brenda G. Ramage, 22026 Gannon Drive, Preston, \$315,000.

Comptroller and Collector of Taxes for Caroline County to Robert A. Thornton, Jr., NW/S Templeville Road, SW of Marydel, \$1,071.36.

A. Casale, 12941 Ridgely Road, Greensboro, \$289,000.

William W. Satterfield to Hector M. Huertas, 14911 Draper's Mill Road, Goldsboro, \$36,000.

Brent Lamar Beck to Alicia Ann Weippert and Harry Scott Weippert, 311 N. School Street, Greensboro, \$260,000.

Schiff Farms, Inc. to Harry R. Jones and Patricia K. Jones, Whites Lane, Greensboro, \$115,000.

H&W Properties, LLC to Charles G. Waddell, Sr. and Lana F. Waddell, 11541 Maplewood Drive, Ridgely, \$328,758.

Robert C. Dean, Sr. and Joann R. Dean to Wade T. Bishop and Mellinee Eric Q. Morris and Melissa D. Morris to Vladimir Bulkin and Kelly Sharpless, 3488 Houston Branch Road, Federalsburg, \$90,000.

Comptroller and Collector of Taxes for Caroline County to Bonnie Duley, 23290 Ninetown Road, Ridgely, \$1,129.50.



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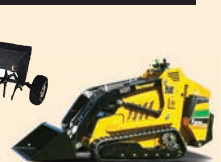
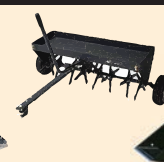


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David A. Stehle and Jessica Stehle to Ethan Vigneault Cubit and Beth Cubit, 12102 Overlook Drive, Greensboro, \$535,000.

Charles E. Squires, Jr. and Melissa J. Squires to Eddy Orozco Cipriano and Erica Orozco Miguel, 203 New Street, Goldsboro, \$65,000.

Patrocinia Luna-Rivera to Samuel R. Taylor, III and Kenisha E. Taylor, 111 S. Fifth Avenue, Denton, \$255,000.

Paul F. Aspell and Irene E. Aspell to Kristina N. Barbato and Joshua Barbato, 211 Central Avenue, Ridgely, \$245,900.

Mary Helen M. Goldsmith and Timothy H. Goldsmith to Christopher Peter Grazzini and Wendi Grazzini, 8148 Martin Lane, Denton, \$520,000.

The Estate of Richard Butcher to Mark E. Butcher, 23337 Grove Road, Preston, \$30,000.

Alicia A. Mason to Stevan R. Smith, 706 Camp Road, Denton, \$172,000.

Joshua M. Ware and Katherine Ware to Hector Orlando Bonilla Reyes and Cristina Noemi Bonilla, 1107 Weeping Willow Court, Denton, \$294,000.

Edward F. Coulbourn to Haley M. Robbins and Britten A. Robbins, 2730 Meadowbrook Road, Federalsburg, \$239,900.

The Estate of Lloyd P. Hopkins to Jimmy D. Isaacs and Kimberly A. Isaacs, 6244 Herrington Lane, Preston, \$560,000.

Donald Bailey to Bruce R. Gordon, 310 W. Central Avenue, Federalsburg, \$189,000.

Jimmy D. Isaacs and Kimberly A. Isaacs to Robert S. Iacono and Nancy E. Iacono, 11690 Garland Road, Greensboro, \$825,000.

The Estate of Edward James Tyler, II to Earl Frederick Slacum and Linda Anne Slacum, 22088 Gannon Drive, Preston, \$250,000.

Michelle Andrea Smith to James Danial Moss, 110 W. Central Avenue, Federalsburg, \$35,000.

Federal Home Loan Mortgage Corporation to TJL Properties, LLC, 25380 Goldsboro Road, Henderson, \$155,000.

Robert Baynard and Brenda Baynard to Pamela R. Interdonato, 106 Main Street, Preston, \$227,000.

Robert R. Riggins and Norma Melissa Riggins to Clark Homes, LLC, 12826 Ridgely Road, Greensboro, \$130,000.

Department of Housing and Urban Development to Austin W. Frazier and Victoria A. Warner, 207 Apple Lane, Preston, \$151,600.

BNY Mellon, N.A. to Alex L. Brubaker, 24771 Woods Drive, Denton, \$215,000.

Robert L. Schoonover and Katherine L. Schoonover to Kenneth Darrick Long, 26778 Whiteleysburg Road, Greensboro, \$53,500.

Jeffery Adams and Erin Reibly to Mariah Elise Sorrell, 7020 Ganey's Wharf Road, Preston, \$245,000.

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Keith Rhodes to Taylor B. Lloyd and Bruce Wayne Lloyd, 404 Bernard Avenue, Greensboro, \$200,000.

Damien Keith Cook and Amber L. Cook to Dale R. Collett, 24795 Pinetown Road, Denton, \$284,000.

David M. Sakers and Yvonne M. Sakers to ATC Development Group, LLC, 608 Market Street, Denton, \$65,000.

Fannie Mae to Richard W. Mech, Jr., 3710 White Road, Federalsburg, \$75,000.

Spencer J. Mathews and Patience P. Mathews to William Garrett Shull, 901 S. Second Street, Denton, \$217,000.

1004 Crain Highway, LLC to Greg A. Harris and Amanda R. Harris, 28060 Possum Hill Road, Federalsburg, \$112,500.

Michael Lee Wilson and Sheila Richardson to Michael Lee Wilson and Ann Kathryn Wilson, 5905 American Corner Road, Denton, \$42,500.

J. Richard Bullock, Sr. and Elizabeth J. Bullock to Paul Walker and Brittany Walker, 11500 Knife Box Road, Denton, \$319,000.

Fannie Mae to Heather Gianaris and Francis S. Bryan, 5666 Bethlehem Road, Preston, \$175,652.

Orrell Saulsbury and Jeanne Saulsbury to Joshua Duerstine and Jessica Duerstine, 214 N. Central Avenue, Ridgely, \$450,000.

Brande Rhodes to Joey L. Gavigan and Kelley G. Gavigan, 25229 Sunset Avenue, Greensboro, \$235,000.

Joyce Ann Ward to Rolando Escalante Ortiz, 118 Halltown Road, Marydel, \$84,900.

Roy Lee Shulties and K. Gary Shulties to Douglas S. Channels, 13588 Greensboro Road, Greensboro, \$175,000.

Thomas M. MacDonald to Suzanne Webb Hoback, 306 Main Street, Preston, \$130,000.

The Estate of Raymond P. Heath to Timothy Baskette and Brittany Baskette, 1208 Trice Meadows Circle, Denton, \$275,000.

Evelyn H. Mowbray to Kathy K. Dyes, 316 Greenridge Road, Federalsburg, \$80,000.

JAC Homes, LLC to Valerie A. Kraft and Edward K. Kraft, Jr., 15603 Wharton Road, Goldsboro, \$235,000.

Levi Hayman to Bailey Galvin, 500 North Main Street, Greensboro, \$175,000.

Nykia Jenkins and Romont Fletcher to Cynthia Gerber and Robert Dean, 1405 Blue Heron Drive, Denton, \$159,000.

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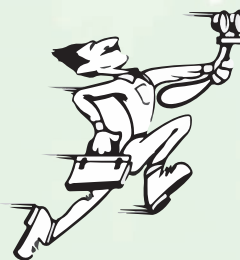
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Kudos to our local Volunteer Fire Departments for opening their doors to the Covid -19 vaccination process! We are grateful for all you do to help our communities!

Please remember that the Covid-19 vaccination is free. If you have Medicare, bring your card so they can bill "Part B" for administering costs. If you have another type of insurance, bring your card with you to help defray the cost of providing this essential vaccine. Anything to protect your lungs in the world of COVID-19 is a smart move. Remember that "Part B" also covers both the annual flu shot and annual pneumonia vaccine. "Part B" also covers Hepatitis B shots, a tetanus shot if you step on a rusty nail and rabies shots if you are bitten by a dog.

A general rule of thumb is that medications administered in a clinical setting are covered by "Part B", not "Part D". This includes vaccines and shots mentioned above, plus in-office nebulizer treatments, and osteoporosis injections, and infusions. "Part B" also covers immunosuppressants, some antirejection transplant medicines, end stage renal disease meds (ESRD), diabetic test strips, nebulizers, medical supplies such as catheters, and durable medical equipment.

Medicare "Part D" prescription drug coverage reduces, or completely covers, the cost of medication you take regularly to manage chronic and short-term health conditions. Chronic conditions may include heart disease, high blood pressure, high cholesterol, asthma, macular degeneration, glaucoma, COPD, etc. It also offers reduced rates for meds such as antibiotics, allergy meds, and ointments for skin irritation.

The gross costs of many of these meds can be astronomical and "Part D" is structured to help reduce the burden of those costs.

"Part D" is mandatory for those who have Medicare "Part A" and "Part B". Choosing not to take "Part D" when one becomes eligible for Medicare will result in a lifelong fine that is permanently added to the monthly premium for a Medicare RX plan. Plan premiums can be as low as \$13.60 per month, so when transitioning to Medicare be sure to contact Mary Moran at 410-490-3078 for "Part D" enrollment assistance.

Medicare requires the "Part D" plans to cover vaccinations for Tdap which is a booster for tetanus, diphtheria, and pertussis/whooping cough. It is strongly recommended that you get one if you have never been vaccinated or were vaccinated as a child. Even those who were inoculated in childhood need to get a booster every ten years, particularly if they are around small children. The Shingles vaccine is also covered by "Part D" as a one-time vaccination that is given in a series of two shots over a 2-to-6 month period. Depending on the plan, you may have to pay a copay because of the tiering assigned to each vaccine. It may be fiscally wise to wait until you have met the plan's deductible before getting vaccinated or you may get stuck paying full price for the vaccination. Call the phone number on the back of your "Part D" prescription drug card for

more information about tiering costs and coverage.

All medications covered by "Part D" are rated on a tiered scale represented in the prescription drug plan's "formulary". Every company's formulary tiering



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strategy is different. The availability, limitations, and costs of medications are rated on the formulary so look up your meds when the booklet arrives at the beginning of the year. If a medication one takes is not on the formulary, you will pay full cost for the drug. Additionally, the cost of those meds does not apply to your true out of pocket costs toward your annual deductible. A beneficiary may make a formal appeal to the drug company to place the drug on the formulary or change its tiering. This is not a speedy process and one must frequently submit the appeal twice for favorable results.

One company may rate a given blood pressure or diabetes medication on tier one and a different company may rate the same medication as a tier three. This is a major factor in the cost differences between companies and the reason SHIP evaluations are individualized to patient needs during the enrollment process. Understanding the tiering of medications establishes anticipated costs during the upcoming year. The rules for all Medicare "Part D" plans state that medications rated tier one or tier two do not activate the annual deductible. However, the annual deductible, which on average for 2021 is \$435, is activated with tier three, four, and five drugs.

Patient Assistance Programs (PAPs) are sponsored by pharmaceutical manufacturers and provide financial assistance to those struggling to afford their medications. There is no standardized enrollment process, and each company defines its own requirements for qualifying for assistance. Generally, one must be a legal US resident, prove that insurance does not cover the cost of the prescribed medication they produce, and prove certain income eligibility requirements. Start the process by tracking down the medication's manufacturer on the internet or ask for help from the prescribing doctor's staff to apply for assistance.

The Maryland Senior Prescription Drug Assistance program (SPDAP) helps beneficiaries pay for their Medicare "Part D" premiums. SPDAP offers more generous income limits for applicants who are above scale for the federal Extra Help programs. One must enroll, or be enrolled in, a Medicare "Part D" plan to qualify for the state-run program. As of this writing, updated income levels for 2021 have not yet been released. But to offer a ballpark figure to interested parties, the 2020 annual income limit, including earned wages, pensions, social security benefits, annuities, rental incomes, etc. was \$38,280 for an individual and \$51,720 per couple. The state of Maryland will pay up to \$50 per month in 2021 for "Part D"

premiums. Membership in this program allows beneficiaries to change to another "Part D" plan one time per year outside of the fall Open Enrollment period. That is great news for those whose medication needs change. It is absolutely great news for those who have an "ooooopppppssss, I didn't enroll on time" opportunity to get into "Part D" without having to wait for the fall Open Enrollment Period! The bad news is, if the fine applies to one's circumstances, the late enrollment penalty may apply.

Extra Help is a Federal program that helps pay for out-of-pocket costs of Medicare prescription drug coverage. There are four levels of Extra Help- 100%, 75%, 50%, 25% of monthly income. Asset limits do not include ones' home or vehicles. Bank accounts, IRAs, stocks, bonds, or assets that can easily be converted to cash are considered assets.

Note that Extra Help eliminates any late enrollment penalty incurred by those delaying enrollment into "Part D". This program also grants a Special Enrollment Period to switch plans, one time per quarter, for the first nine months of the year. This SEP is not to be utilized from October through December during Open Enrollment.

Full Extra Help for "Part D" (Low Income Subsidy)

\$1,456 Individual	\$1,960 Couple
\$9,360 Liquid Asset test	\$14,800 Asset test for 2021

Full Extra Help pays "Part D" premium and deductible in full, and caps cost of meds at \$3.70 generic / \$9.20 brand in 2021.

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Partial Extra Help

\$1615 Individual \$2,175 Couple
\$14,790 Asset test \$29,520 Asset Test

Extra Help pays "Part D" premium on a sliding fee scale and reduces the deductible, with coinsurance cost of medicines at 15%.

Medicare Savings Programs (MSP) help with some paying the costs of Medicare. The following chart explains the monthly income and asset limits for Medicare Savings Programs for 2021 as well as what each program will do to assist with costs.

QMB for 2021 (Qualified Medicare Beneficiary)

\$1,083 Individual \$1,475 Couple
\$7,860 Asset limit \$11,800 Asset limit

Pays "Part A", "Part B" premiums, pays all co-pays and coinsurances and, qualifies beneficiary for Full Extra Help.

SLMB (Specified Low Income Medicare Beneficiary)

\$1,296 Individual \$1,744 Couple

Asset limits same as QMB

Pays full amount of "Part B" premium only. Does not cover "Part A" or "Part B" deductibles, copays, or the 20% not covered by "Part B", so beneficiaries must buy supplemental insurance. Establishes eligibility for Full Extra Help.

SLMBII -Sliding Scale of Assistance based on Income

\$1,456 Individual \$1,960 Couple

Asset test same as QMB

Pays "Part B" premium only. Beneficiaries must buy supplemental insurance to cover "Part A" and "Part B" out-of-pocket deductibles, copays, and 20%. SLMB II establishes eligibility for Partial Extra Help. For more information, contact Mary Moran at 410-490-3078.

Bottom Feeders are gleefully ripping folks off with lies about paying to get the COVID-19 vaccine, and more lies about paying to get the shots faster. Stay the course and do not enrich these low lives! Also, a heads up about paying to allow supposed computer assistance companies full access to your slow running computer. There is no best-case scenario for this kind of "help". This is a prime opportunity for you to pay far too much to foreign countries while allowing them access to all the information in your computer. If you don't have a tech savvy relative who can help, remember it's just a machine and you do not have to pay some foreign outsourced company to clean up your computer. You are better off going into your browser history and removing cookies from websites you entered once, deleting programs you never use, closing windows so you are running fewer open windows at one time, and defragmenting your hard drive to optimize your speed. Sound intimidating? Naaaaaa you can do this! Keep Googling until you find a site with easy to follow, simple step by step instructions, on how to do these simple functions and save yourself the worry of identity theft... then delete the sites that were not helpful! Trust me, you will gain confidence in your own newly found abilities to conquer the beast and save money and privacy...it's worth it!

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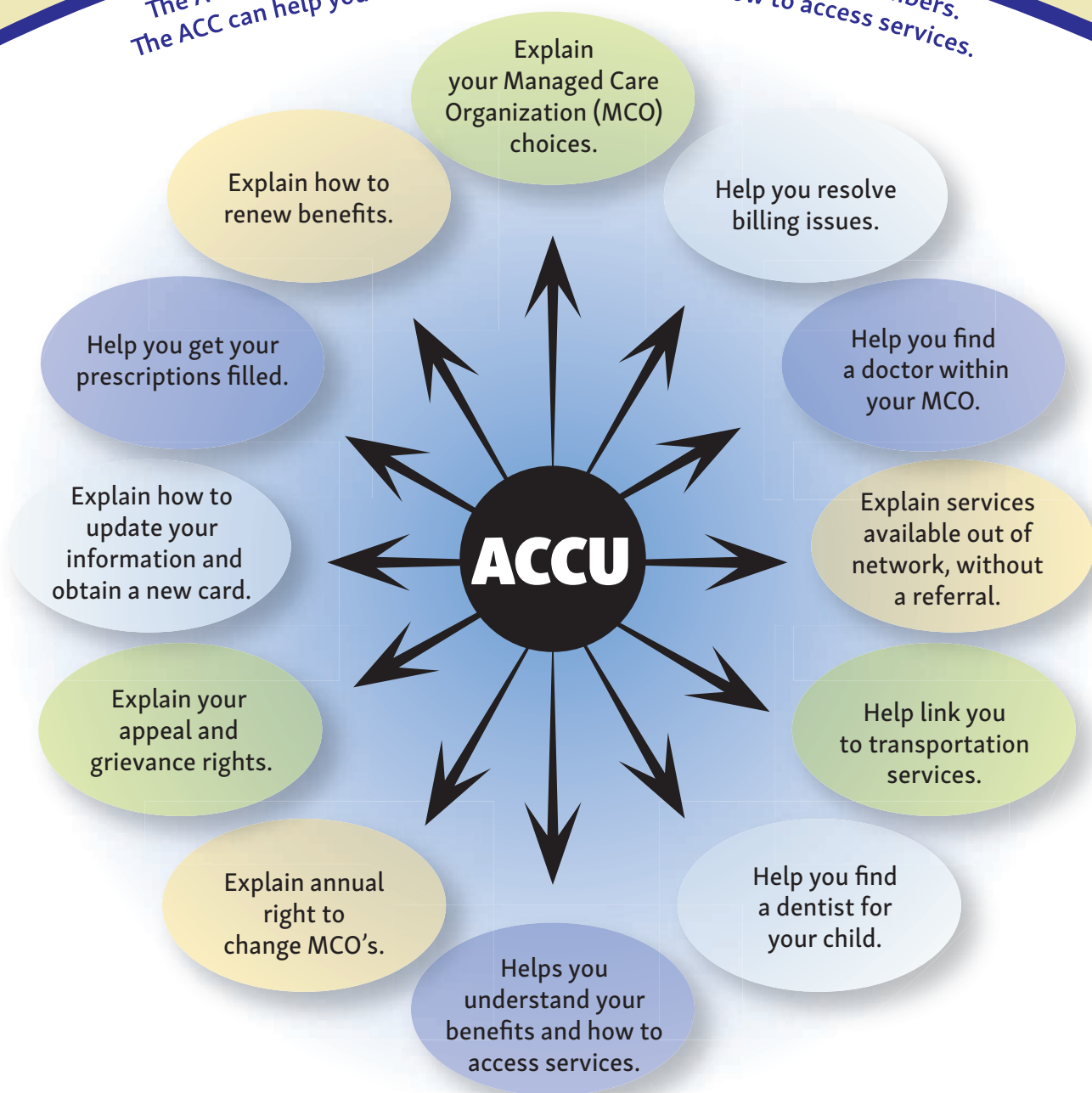
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Deaths

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- Jan. 14 Robert C. "Bob" Deren, 65, Punta Gorda, FL
- Jan. 15 Hugh Rawlings Butler, 85, Felton, DE
- Jan. 16 Wilma Lee Gaertner, 87, Felton, DE
- Jan. 17 Alvin Edward "Buddy" Simpson, Jr., 89, Greensboro
- Jan. 20 Cheryl Ann Blanchfield, 74, Denton
- Jan. 25 Edward Lee Cartrette, 77, Greensboro
- Jan. 28 Charles Floyd "Buster" Hutson, Jr., 68, Greensboro
- Jan. 28 Antoinette Clara Dobraski Mace, 80, Federalsburg
- Jan. 28 Dawn Michelle Colman Jones, 51, Preston
- Jan. 30 Joshua McNeil, Sr., 81, Greensboro
- Feb. 3 Leroy Wesley "Mike" Graham, Jr., 71, Marydel

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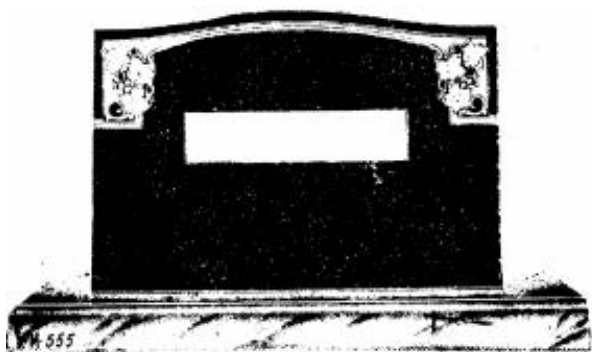
- Jan. 12 David Bartlett Bishop, 73, Easton
- Jan. 15 Jose Eduardo Cuevas, 85, Preston
- Jan. 18 Dorothy Lee Lane, 83, Preston
- Jan. 20 Patricia M. Kettenbach, 96, St. Michaels
- Jan. 24 Dolores G. Rogers, 78, Rhodesdale
- Jan. 27 Guy Maguire "Buddy" Harding, Jr., 78, Reid's Grove

- Jan. 28 Connie Jane Nagel, 67, Easton
- Jan. 28 Delmar H. Arbogast, Preston
- Jan. 29 Beverly Ann Hurlock, 75, Greensboro
- Jan. 31 Patricia Anne Oliver, 84
- Jan. 31 Margaret Stewart Flegel Bradley, 87, Hurlock
- Jan. 31 Debra Sue Ball, 64, Bozman
- Feb. 1 Ronald Ruben "Ronnie" Potter, 55, Cambridge
- Feb. 1 George Alfred Hudson, Jr., 74, Federalsburg
- Feb. 2 Kevin Michael Barry, 59, Tilghman
- Feb. 3 Violeece R. Jenkins Jones, 88, Hurlock

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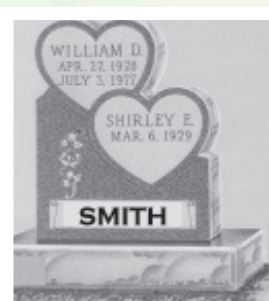
- Jan. 5 Thomas Leon Boncella, 78, Centreville
- Jan. 6 Norris Russell Sullivan, 76, Denton
- Jan. 7 Sandy Lee Sherman-Graeff, 73, Denton
- Jan. 8 John Rupert "Johnnie" Covington, 76, Salisbury
- Jan. 9 Violet R. Vidal, 93, Denton
- Jan. 9 John Marvin Breeding, Sr., 80, Denton
- Jan. 10 Dale Rollo Burgess, Sr., 81, Greensboro
- Jan. 11 Donald Harold Willin, 80, Ridgely
- Jan. 12 Geraldine Raye Harwig, 69, Easton
- Jan. 12 Michael Francis Keating, Jr., 56, Easton
- Jan. 16 Robert Walter Witt, Sr., 84, Denton
- Jan. 22 Sandra Anne Keating, 77, Denton
- Jan. 22 William August Behrens, 67, Cordova
- Jan. 23 Joey E. Anderson, 85, Denton

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E	D	U	Q	I	O	E	S	R	E	S	R	U	O	U	C	H	I	L
R	R	U	L	L	R	R	S	C	R	U	A	O	R	I	A	D	C	A
T	E	L	O	C	N	O	O	T	R	A	C	C	R	U	N	C	H	C
R	O	T	Y	L	O	G	L	C	Y	L	C	C	A	A	D	O	A	I
C	T	N	S	C	C	N	O	E	L	P	U	O	C	N	I	N	G	T
K	C	R	R	U	U	A	C	R	A	D	L	E	A	R	D	C	R	I
G	E	A	E	N	L	L	N	U	R	C	T	C	T	L	A	I	I	R
C	N	E	T	N	E	C	S	E	R	C	U	O	E	B	T	S	N	C
E	N	I	Y	E	F	A	R	A	C	R	R	M	L	N	E	E	H	A
R	O	K	N	R	C	N	N	E	R	D	E	E	A	E	S	A	E	S
C	C	O	I	N	C	I	D	E	S	E	T	D	H	T	S	U	C	T
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D	A	C	N	M	U	C	O	D	D	L	U	A	E	A	R	U	E	E
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