

Vol. 45 No. 5 March 2025

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Solar Sanity

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Homelessness Series Part 3

Photo credit : Mickey Pullen





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Protecting Caroline County Farmland: Balancing Solar Energy and Local Control

Contributed by Jennifer Reibly, Caroline County Commissioners, Public Information Officer

In recent years, Caroline County has faced challenges balancing solar energy with the need to protect its farmland and community interests. In 2017, the County paused new commercial solar projects for six months to study their impact on land use, taxes, and zoning laws. Officials wanted to ensure that solar farms wouldn't consume excessive farmland, affect property values, or create other issues.

After consulting with farmers, business owners, and residents, the County established a law limiting commercial solar projects to 2,000 acres. This law also sets rules about where solar farms can be built, how they should be screened from view, and how they must be removed when they are no longer in use. Updates in 2024 refined these regulations to better align with the County's long-term plans.

Currently, the Caroline County Commissioners are fighting to maintain control over these rules, pushing back against state policies that could override local decisions and remove the 2,000-acre cap. The Commissioners believe that local officials, rather than the state, should determine how much land is used for solar energy to protect farmland, property rights, and tax revenue.

For more information and to learn how you can help protect our farmland, visit our website at www.carolinemd.org. There, you can view our letter to landowners and a list of important questions landowners should ask if approached by a solar company.

Scan the QR code below to access information on the Caroline County website.



Protecting Caroline County Farmland: Balancing Solar Energy and Local Control



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ON THE COVER



David Tribbett stands at the edge of a field of Giant Miscanthus grass. Read about his vision for utilizing the crop in unique ways. Page 10.

Just Take a Minute

Debbie Bowden - Publisher

I was going to write this month about how nice it was to have a winter "like we used to have," with snow and cold. I would be essentially writing about the past, lamenting how things have changed, and they aren't the same anymore.

Then, I received a scathing email from a long time Caroline Review reader who made it very clear that she was not happy with the direction that I was taking the publication. My first thought at reading that email was, "well, things change!"

I appreciated the irony. I was going to point out that the weather had changed to how it used to be. And then I get an email putting forth the same sentiment about the Caroline Review. It was a whoa!!! moment in which I had an opportunity to see both points of view as the "changer and changee."

Yep, things change. Yep, people complain about change. Those are the facts. It's how we react to the fact of change that makes us appreciate it despite our complaints.

I appreciate that during the warmer winters, I didn't have to pay as much for heating my home. I know that a majority of the readers appreciate that I am expanding the brand to reach more folks in the community and operating the business so that the Caroline Review is around for many more decades.

It's all in how we react to change (and I still can't wait for Spring!)



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Solar sanity

COMMISSIONERS WARN HOW THE STATE'S AGGRESSIVE GREEN ENERGY AGENDA COULD AFFECT AGRICULTURE, ENCOURAGE INFORMED LAND USE DECISIONS

By **Connie Connolly**



DENTON – Limiting the sprawl of commercial solar sites in Caroline County and informing property owners of the possible pitfalls in leasing their land is a priority of the three County Commissioners.

Containing that development also has spurred them to push back against the state's green energy legislative proposals.

Educating property owners is just one component of the multi-pronged effort. The Commissioners have reached out via social and print media, as well as through direct mail to farmers.

The scale of the Cherrywood Solar construction project between Goldsboro and Greensboro by NextEra Energy Resources has surprised some residents, who are concerned that the “Green Garden County” may cede its agricultural heritage and scenic beauty to power companies and state

mandates to generate green energy. NextEra Energy Resources is starting to prepare former productive fields for construction of solar arrays on about 740 acres.

In a Jan. 14 letter, the commissioners urged county property owners to consult legal counsel “before signing anything.”

“If enough landowners convert their land to solar, it could significantly impact those who choose to keep their land in agriculture,” was just one of the concerns the Commissioners cited in the letter.

“The Commissioners are concerned that if enough agricultural land is converted to solar facilities, it will begin to affect the viability of agriculture in this County and the region,” the letter stated.

In 2022, Caroline County farmers grew more than 111,000 of acres of grain, “the number one commodity grown in Maryland with major importance to the economy and land



Aerial view of the Cherrywood Solar construction project, north of Greensboro, on MD Route 313.

Photo by Mickey Pullen

Continued

use,” according to University of Maryland Extension.

Agriculture is the largest industry in the county and, according to the USDA's 2022 statistics, Caroline is the third largest per-acre grain producer in the state, growing 9% of the state's corn, wheat, barley and soybeans. Caroline's grain production is only exceeded by Queen Anne's (12%) and Kent (10%) counties.

The county has 200,000 acres of agricultural land, 91,000 acres (46%) of which are classified as “prime farmland” by the U.S. Department of Agriculture. Prime farmland is soil with the highest productivity for producing food crops “and, thus, is of national importance for preservation as farmland,” according to the commissioners' letter.

The state of Maryland has classified 50,000 acres (25%) as “farmland of statewide importance” for food production.

“Communities require a critical mass of farms and farmers to sustain agricultural suppliers, markets, processors, storage facilities, and other industry infrastructure,” the letter stated.

“As more land transitions out of agriculture, the demand for these supportive services erodes,” the Commissioners' letter concluded. “As those supportive services go out of business or consolidate, it is more difficult for remaining businesses to continue operations. If enough landowners convert their land to solar, it could significantly impact those who choose to keep their land in agriculture.”

At the Commissioners' Jan. 28 meeting, Commissioner Frank Bartz expressed concern about topsoil being removed to install solar panels at NextEra's Cherrywood project. “So, you tell me how you're going to ever replenish the land back to (its original state)?”

Commission President Travis Breeding said the company saves the topsoil, but “it never grows the same.”

Accompanying the Commissioners' letter was a 37-point document titled “Issues to Investigate Before Leasing your Land for Solar.” It addresses issues such as liability, insurance, decommissioning and encumbrances.

The County Commissioners established a temporary 6-month moratorium on Commercial Solar Array projects in May 2017. The moratorium only affected commercial solar energy systems with the ability to sell power. The moratorium was established in response to citizen concerns, solar companies' pursuing projects in the county and elected officials' concerns.

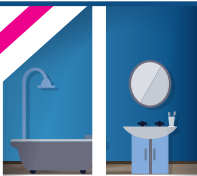
As a result of county staff work and public feedback, Ordinance 2017 and 2017-2 “includes a cap of 2,000 acres for Commercial Solar Energy Systems on properties throughout the County,” according to the ordinance. “Additionally, commercial solar energy systems are not allowed on parcels in the transferable development rights (TDR) ... Commercial Solar Energy Systems are not permitted on parcels subject to any land preservation easements.”

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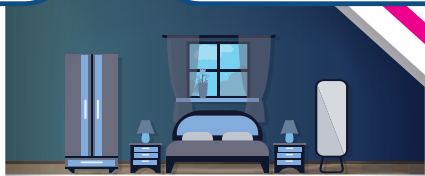
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Continued

Annapolis actions

Complicating the Commissioners' efforts is a flurry of legislative action in Annapolis; the Commissioners support some proposed legislation and oppose others.

A key concern is the amount of control counties will have over their own jurisdictions and land use if the state decides it needs Eastern Shore farmland to advance its green agenda and goals.

For example, Senate Bill 478, co-sponsored by Sen. Steve Hershey (R-36) and supported by the Commissioners, would require local approval of a certificate of public convenience and necessity (CPCN) for a solar energy generating station initially approved by the Maryland Public Service Commission.

Del. Jeff Ghrist (R-36) is the lead sponsor of both HB 739 and HB 742. HB 739 would prohibit the Public Service Commission from approving a CPCN unless a county or municipal approved construction of a solar generating station. HB 742 would prohibit those constructing a solar energy generating station from exercising the right of condemnation, or eminent domain. Both bills are co-sponsored by Del. Steve Arentz (R-36), Del. Tom Hutchinson (R-37B) and Del. Jay Jacobs (R-36).

On the other hand, House Bill 827 as well as SB 931 would both preempt local jurisdictions from enacting laws opposing



Buffer created with rows of deciduous and evergreen trees will front the solar panels along roadways.

Photo by Mickey Pullen

the state's siting of solar energy generating stations or energy storage devices.

Several bills have been introduced in the 2025 Maryland General Assembly to address solar issues. Then on Feb. 3, a group of legislators announced they would "introduce a package of bills designed to produce more energy in-state and lower consumers' utility bills," according to Maryland Matters. The package would also address "the fact that the state is falling short of climate mandates and clean energy goals."

The three bills in the package are SB 937/HB 1035 – Next Generation Energy Act, SB 909/HB 1037 – Energy Resource Adequacy and Planning Act, and SB 931/HB 1036 – Renewable Energy Certainty Act.

According to Maryland Matters, SB 931, or "the Renewable Energy Certainty Act, ... is designed to expedite solar generation and battery storage by removing certain local roadblocks — a notion that's sure to be controversial with many county governments and other local stakeholders."

Responding to Gov. Wes Moore's Feb. 5 State of the State Address, Hershey sent a letter to constituents Feb. 7 blaming higher utility costs and the state's low energy supply on "legislative initiatives passed by Democrats in the General Assembly," which included climate and environmental laws.

At the Nov. 19 meeting of the County Commissioners, Vice President Larry Porter said reconfiguring renewable energy goals would have to be addressed by legislators because of a looming \$3 billion state deficit for fiscal year 2026.

Riding out the near future of federal and state belt-tightening to meet state goals may mean "the state is going to have to continue to double down on what they're going to spend and what they're going to put on our farmland, in order to meet those goals," Porter said.

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Giant miscanthus grass: multi-talented money-maker

CAROLINE FARMER DAVE TRIBBETT IS ON CUTTING EDGE OF PROVING THE CROP'S VALUE

By **Connie Connolly**



RIDGELY – It's been a decade since Caroline County farmer Dave Tribbett took a chance with a new crop, but it's proven to be a boon to both his farming operation and the environment.

What began as an experiment now has the numbers to back up the value of planting giant miscanthus grass, and Tribbett, 47, is determined to help others learn from his experience and award-winning best practices.

"I've proven the industry will work here on the Shore," he said. It's now time to give "opportunities to some of these other farmers to be able to grow this and diversify their farming methods the way I did."

He and his wife Spring own Twin Maples Farm LLC near Ridgely. He raises about 175,000 meat chickens in eight

houses; grows lima beans, corn and soybeans; and runs an organic composting business. He also grows 750 acres of giant miscanthus.

His conservation practices in farming earned him a nomination for the Sand County Foundation's Maryland Leopold Conservation Award in 2024, which "honors farmers and forestland owners who go above and beyond in their management of soil health, water quality and wildlife habitat on working land," according to the foundation's website. He was one of four finalists for the award.

Nominating Tribbett was Mountaire Farms, which now uses miscanthus grass bedding in more than 70% of its contracted chicken houses.

"Dave has been an invaluable independent contractor and supplier to Mountaire Farms, demonstrating exceptional

Continued



For Caroline County farmer Dave Tribbett, miscanthus grass holds the promise of multiple uses and an economic boon for the Eastern Shore. Photo by Connie Connolly

dedication to conservation and sustainable practices through innovative approaches and commitment to excellence,” the nomination letter stated.

Caroline County Roots

As a student at North Carolina High School, Tribbett began working at the now-defunct Southern States in Denton and became adept at blending fertilizers.

A Caroline County native, he comes from a Caroline farming family, and his father David Tribbett Sr. taught agriculture at Queen Anne’s County High School for many years. Dave Jr. became involved in 4-H Club and raised everything from rabbits to Black Angus calves. “I was very competitive. I did not want to lose at the fair,” he said.

When Dave Jr. began farming, he wanted to create a sustainable alternative to synthetic fertilizers, so he founded Mid Atlantic Organic Resource Company (MAORC) in 2011.

Two years later, Travis Hedrick of AGgrow Tech, headquartered in High Point, North Carolina, approached Tribbett with the idea of growing giant miscanthus, and they have been partners in the enterprise ever since.

Miscanthus grass proved to be a key component MAORC’s organic compost. Tribbett uses all natural heat by mixing in miscanthus leaves and allowing time and natural processes to heat the organic compost mixture.

Giant miscanthus, a tall ornamental grass used originally

Continued



Dave Tribbett’s composting operation mixes waste streams with miscanthus grass at his farm near Ridgely.

Photo by Connie Connolly



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in golf course landscaping, is a non-native species, but as a sterile hybrid it isn't invasive because it doesn't produce seed. But its deep root system plays a valuable role in capturing nutrients that pollute the Chesapeake Bay.

Working with Hedrick, Tribbett planted the environmentally friendly, annually renewable biomass crop on less efficient acreage. Along a woodline where deer were accustomed to feeding on corn and sunlight was less abundant, he planted a 60-foot buffer on 16 acres.

He now grows 750 acres of the perennial grass.

A Multi-faceted Crop

From January through July 2024, MAORC had transformed more than 11.6 million tons of grain waste, poultry manure, poultry byproducts, hatchery and egg waste and other agricultural products into organic compost, or fertilizer, "diverting over 27,000 tons from landfills" since 2011, according to Mountaire.com.

But the grass has other uses. Tribbett has discovered a vast market for the dried, chopped-up leaves as bedding, or litter, in chicken houses. Research has confirmed it's a healthier alternative to sawdust and woodchips.

"In the chicken world, our job as farmers is to be as efficient as possible," he said.

As miscanthus grass "continues to be widely adopted throughout the poultry industry in Maryland, the need to import alternative bedding sources will be reduced,"

according to Mountaire.com.

"This not only minimizes the carbon footprint associated with transportation," the website noted. "It also alleviates pressure on local timber and forestry industries, which do not have the capacity to meet the demand for bedding in Maryland."



Chopped giant miscanthus grass has a variety of agricultural and manufacturing uses.

Photo by Connie Connolly

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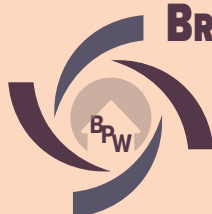
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Mountaire Farms was the first to adopt miscanthus leaves as bedding material. "It's the only company I sell to because I can only manufacture enough for this one company. That's why I've got to plant 250 more acres," he said.

"Our biggest demand is bedding right now," he said. Tribbett is exploring the feasibility of setting up an operation to sell bagged litter, possibly by fall or winter of 2025. The bedding is also beginning to gain popularity in the horse breeding community, and a potential partnership with the American Rabbit Association may be in the future, Tribbett said.

Besides its applications in poultry bedding, miscanthus is being used to manufacture biodegradable food containers made solely from the grass. Tribbett hopes to supply containers to the Ridgely Lions Club for its famous strawberry shortcake served at the Strawberry Festival, to be held May 25 this year.

Researchers are on the verge of developing the grass as a biofuel.

Tribbett is partnering with the USDA, which is studying the production of miscanthus grass (as well as switchgrass) weighing possible environmental risks and benefits on Delmarva. The USDA estimates about 4,000 acres planted in miscanthus grass would be required to meet the bedding needs of Delmarva's 5,000 poultry houses. Switching from corn and soybeans to miscanthus for those acres would result in greater nutrient reduction by tens of thousands of pounds.

He's pleased with the way "the chicken industry is taking the lead on this," he said. "It proves a point that the industry as a whole is not sitting behind; they're moving forward with more sustainable (practices)."

Since last summer, Tribbett said the demand for miscanthus is focusing more on "water buffering for the Chesapeake Bay, which is good." He and Hedrick have been asked to duplicate their business in other states.

With saltwater intrusion becoming a problem on the lower Eastern Shore, planting miscanthus may help farmers diversify and remain viable. Farmland that "was written off" is being put "back into production," Tribbett said.

"Being able to share what's working with others – it's something I enjoy doing, and I like being one of the best," Tribbett said. "And if you can pass your methods that are working to others, and it performs everything at the end, it just makes the industry more successful as a whole."

The possibilities are seemingly endless for this farmer with deep Eastern Shore roots. Even using the invasive blue catfish as fertilizer is on his radar.

After several years of struggling to make farming a profitable business, Tribbett is eager to see what the future holds.

"Hitting rock bottom (financially) was best thing that ever happened to me," Tribbett said. "I wish I didn't have to go down that route, but it taught me. I learned a lot of lessons

that I can pass on to farmers that are in the struggles where I was in the past and hopefully turn them around, too."

For Tribbett, chicken and miscanthus are both beneficial for helping to feed the world and grow a new commodity with so much potential.

Chicken is the cheapest protein source for families globally, he said. But miscanthus is an up-and-coming resource for Caroline County.

"That's why they call it the Green Garden County," he said. "It's good to be a leader on something like this. And really, to know what you're doing is making changes in a positive way."

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Betty's Boutique expands for third time

By Joanne Gelles



DENTON – Betty's Boutique offers attire for weddings, proms, dances, and quinceaneras, and owner Elizabeth Escobar is well known for her beautiful tailoring and alternations.

Elizabeth and her daughter Lizzie have recently expanded Betty's Boutique in Denton to include a third shop. The mother-daughter duo share running the business. "I love working with my mom," Lizzie says, "I've seen her struggle through adversity and overcome challenges. She could easily have thrown in the towel when she turned 50; but she lifted her head up and kept going. She is doing all this for me to have something for my future. I appreciate everything she does."

Elizabeth handles all the details of clothing design and fittings, while Lizzie manages the store and consults with new clients. "I love sharing people's special moments in their lives," Elizabeth says.

Both mother and daughter are bilingual and help provide support for the Latino community.

"We want to do more for our town," Lizzie says, "we like it



Daughter Lizzie and mother Elizabeth own and operate Betty's Boutique in Denton. Photo by Joanne Gelles

when people come in, even if it's just to talk. We love the community we have here."

Betty's Boutique is located at 222 Market Street, Denton, MD. Find more information on the shop's Facebook page at [bettysboutiquedenton](https://www.facebook.com/bettysboutiquedenton).

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Empowering women with health and wellness in Denton

By Tracey F. Johns



"You're the first person that's really listened to me."

That's what Jamie Gordon, WHNP-BC, hears time and again from her patients at Empowered Women's Health & Wellness in Denton, Maryland. For many women on the Delmarva Peninsula, finding specialized, compassionate care can be challenging, but Gordon has made it her mission to change that.

With 20 years' experience in Women's Health, Gordon and her team help women achieve optimal health by providing women's health services and offer a managed weight loss program.

Originally from Central Northeast Pennsylvania, Gordon completed her ASN at Thomas Jefferson University,

her BSN at Chamberlain University, and earned her Women's Health Nurse Practitioner degree from the University of Cincinnati. She began her career as an RN at a large teaching and research hospital before relocating to Maryland's Eastern Shore in 2017.

The transition to healthcare on the Eastern Shore, however, was not what she expected.

"We were front runners in research and teaching," Gordon said of her previous experience. "Coming to the Eastern Shore was a sharp contrast."

She said a manager once told her to consider leaving and working on the Western Shore because her style of thinking didn't fit here.

Disillusioned, Gordon took a short time off before taking a position in Delaware, where she worked in Labor and

Continued



Jamie Gordon, WHNP-BC
Empowered Women's Health & Wellness



Alice Lloyd, Nutritionist
Nutritional Lifestyling with Alice

Delivery at Nanticoke Hospital in Seaford. She has practiced as a nurse practitioner in private OB/GYN settings.

Addressing a Critical Need

For years, women in Caroline County and surrounding areas have faced barriers to specialized healthcare.

"There aren't enough providers to meet the needs of the population," Gordon explained. "Many practitioners have retired, and recruiting a new practitioner to a rural area can take a long time, depending on the specialty."

Gordon partners with prenatal care providers such as UM Shore Regional Health, Choptank Community Health System, and private practices, ensuring patients receive necessary care. For women's health, however, options remain limited, leaving some patients waiting weeks for an appointment.

"General practitioners are great for some women's health needs," Gordon said, "but they don't always have the specialized training needed for optimal treatment."

For her patients, Gordon's expertise fills that gap. She focuses on routine gynecology, contraception management, perimenopausal and menopausal care, including hormone replacement therapy (HRT), an area she is particularly passionate about.

"There was a study in the early 2000s that created fear around hormone therapy, but now we know it can provide many benefits for women," she said. "Unfortunately, many providers still don't prescribe it correctly or have antiquated ways of approaching hormone therapy."

Gordon ensures that patients receive the right treatment and monitoring, offering the care they need and often struggle to find elsewhere.

A Holistic Approach

One of Gordon's key collaborators is Alice Lloyd, CNS, a nutritionist with a Master of Science in Nutrition and Integrative Health from Maryland University of Integrative Health. Lloyd's journey to nutrition was shaped by her own experiences.

Growing up in Easton, Maryland, Lloyd attended Foxcroft School in Virginia before earned her undergraduate degree in sociology from the University of Maryland. After years of working in the restaurant industry with her husband, acclaimed chef Jordan Lloyd, she shifted her focus to nutrition.

"I wanted to help people make real changes," Lloyd said. "There are so many small shifts in diet that can significantly improve health outcomes."

Together, Gordon and Lloyd offer a comprehensive approach to women's health.

"No one comes to us with just one issue," Lloyd noted. "Many have underlying conditions like PCOS, IBS, autoimmune, or metabolic disorders. Nutrition plays a huge role in how they feel."

Their collaboration extends to a managed weight loss program, which includes a combination of medical expertise, nutritional counseling, and physical training.

A Personalized Weight Loss Approach

Empowered Women's Health & Wellness offers a custom weight loss program that includes weekly in-person visits, nutritional counseling, and a medication regime, when appropriate.

"Many people think they can just take a shot and keep eating poorly, but it doesn't work that way," Gordon said. "When patients follow a structured plan with proper nutrition, they see real, lasting changes. We've had patients lower their

Continued



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A1C levels, reduce cholesterol levels, reduce overall inflammation, and regain confidence in themselves.”

Lloyd agreed, adding, “It’s amazing to see many patients’ self-esteem rise after completing this program, that’s really the best part. They leave not only healthier but happier.”

Gordon and Lloyd also work with personal trainers Kelly and Mike Swan of Lift Beyond Limits, who provide strength training as part of the weight loss program.

“We’re addressing all aspects of health,” Gordon said. “We see a need for mental health services on our future wellness menu of services as well.”

Expanding Access to Care

As Gordon looks ahead, she is committed to expanding access to women’s health services across the Delmarva Peninsula. With increasing demand for specialized care, she sees a growing opportunity to build a network of providers who prioritize patient-centered approaches.

“Women deserve more options when it comes to healthcare,” Gordon said. “We are actively looking at ways to expand our services, whether through partnerships, additional practitioners, or enhanced telehealth options.”

In a healthcare landscape where accessibility often determines outcomes, Gordon and Lloyd continue to work tirelessly to break down barriers and offer innovative solutions to meet women’s needs.

Making a Lasting Impact

For many patients, the care they receive at Empowered Women’s Health & Wellness is life-changing.

“I hear all the time, ‘You’re the first person who’s really listened to me,’” Gordon said. “That’s why I do this. Women deserve to be heard, cared for, and empowered to live healthier lives.”

With a growing practice, dedicated collaborations, and an unwavering commitment to education, Gordon and Lloyd are transforming women’s health in Denton and the Delmarva Peninsula—one patient at a time.

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Looking to the future

PART 3 OF A 3-PART SERIES ON HOMELESSNESS IN CAROLINE COUNTY

By **Connie Connolly**



DENTON – While a network of agencies in the Mid-Shore area in general and Caroline County in particular are addressing the very real problem of homelessness and housing instability, local experts say more and better could be done.

The problem in Caroline, they say, is four-fold: no official agency is tasked with dealing with housing, few rural transportation and childcare options are available, and ever-tightening financial constraints put pressure on agencies who find themselves in rescue mode rather than root-cause problem solving and permanent solutions.

Even with myriad organizations in the county, both public and private, providing practical help – from food to clothing to rental and utilities assistance – the task of providing stable housing opportunities needs to center on an official housing authority, which doesn't exist in the county, local experts said.



Jake Day, Maryland Secretary of Housing and Community Development, addresses attendees of the Maryland Association of Counties Dec. 11, 2024, in Cambridge.

Photo by Connie Connolly

“Without a housing authority or without an entity that is looking at this as an overall issue, there just isn't a go-to place,” said Kat Stork Blaher, facilitator of Caroline Better Together, formed in autumn 2024 by local leaders to strategize how to address issues surrounding poverty, food insecurity, housing availability and homeless solutions.

Blaher said she doesn't care what it's called, as long as it looks at “some of these issues collectively.”

Deborah Vornbrock, executive director of Martin's House and Barn, applauds Blaher's efforts to “bring stakeholders together to address systemic issues.”

The biggest systemic issue is “the need for affordable housing,” Vornbrock said. “But I would say that flowing from the affordable housing issue is a livable wage, jobs, childcare, transportation.”

Ashley Kessinger, manager the Mid-Shore's Continuum of Care, otherwise known as the Mid-Shore Roundtable on Homelessness, said future priorities should include more wraparound services for those in permanent supportive housing, rural transportation solutions, and building true low-income housing and assistance for seniors on Social Security incomes.

Salisbury native Jake Day, Maryland Secretary of Housing and Community Development, at the Maryland Association of Counties winter convention Dec. 11, 2024, in Cambridge, said, “We are short 96,000 housing units in this state, and that is a conservative estimate.”

Compounding the housing shortage situation, “one in three Maryland families are cost burdened by their monthly rent or mortgage payment, including 53% of Maryland renters who pay more than 30% of their monthly income toward their rent,” Day said. “In addition to that, ... Maryland ranks 43rd among states for housing affordability, ninth highest in total cost of living, and we are the highest in the mid-Atlantic region, and this is driving out-migration, led by Marylanders aged 17 to 34 who made up 65% of out-migration, with nearly 40,000 young Marylanders leaving the state in 2022 alone. This problem is only worsening.”

According to the 2024-2027 Caroline County Community Assessment published by the Caroline Human Services Council (HSC), “Nearly half the households in Caroline County are Asset Limited Income Constrained Employed (ALICE) or below the federal poverty threshold. These households struggle to make ends meet.”

Continued

The Caroline HSC is the Local Management Board (LMB) for the county. All 24 Maryland jurisdictions (23 counties and Baltimore City) have an LMB.

“While 12% of Caroline households fall at or below the poverty threshold, 19.5% of the county’s children live in households below the poverty threshold as compared to 12.1% for the state,” the report states. “Housing related costs are the largest financial expense for families. Caroline County families are significantly cost burdened by increasing rents, interest rates and utility costs.”

“While those living in poverty based upon the federal poverty threshold remains pretty consistent, the number of individual households and families that are in that ALICE category is increasing,” Blaher said. “And it’s not increasing because we’re raising people out of poverty. It’s increasing because people are falling out of the middle class and into ALICE.”

Low-income housing options are available, but more are needed with more flexible terms. In many cases, the only persons who can stay in subsidized housing must have their names on the lease.

For example, Vornbrock said the “vast majority of the calls we get” sound like this: “I’m staying with my mom. She’s in subsidized housing, and I’m risking her housing if I continue to stay here’ or ‘I’m staying with a friend, (and) the landlord’s getting mad. I can’t stay here any longer.”

“Even the ability for other people -- family and friends -- to be charitable gets taken away,” she said.

According to Shore Legal Access, the average eviction filing rate for the Eastern Shore counties is 25% -- more than three times the national average. And over 30% of those threatened with eviction are under age 15.

Some with profound needs may fall into the category known as “chronic homelessness.” These include those with mental or behavioral health issues are challenged even further, needing more comprehensive help. The housing crisis is affecting those in their golden years, a situation noted by Maryland officials. Seniors with dementia are increasingly requiring housing with wrap-around services.

“When we made our annual allocations to the Continuums of Care to address homelessness, we increased that bucket of funds by about \$2.5 million in rental assistance for this fiscal year,” said Danielle Meister, assistant secretary of homeless solutions in the Maryland Department of Housing and Community Development. The fiscal year runs from July 1, 2024, to June 30, 2025.

“Two primary things we’re working on right now are increasing the availability of rapid rehousing, which is time limited, permanent housing assistance up to two years, and permanent supportive housing, which is meant for folks who are chronically homeless, meaning they have a disability and long histories of homelessness,” Meister said. There are

64 permanent supportive housing slots in the Mid-Shore region.

Even short-term solutions could be considered by houses of worship in the future, according to Stefanie Johnson, executive director of His Hope Ministries in Denton. She suggested churches could plan to serve as cold weather shelters. Shelter volunteers also are needed.

The Caroline County Commissioners approved Martin’s House and Barn’s application for a Maryland Community Development Block Grant of \$175,000 to enhance essential case management services for high-needs families in the shelter.

Continued



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“We’re radically underfunded,” Vornbrock said. “And you cannot run a shelter and depend on a bake sale – not a shelter, not a low-barrier shelter. You have to have adequate staffing, trained staffing, and I can’t worry that, at the end of the fiscal year, I’m not going to have the funding to pay for that staff.”

In its 2025 budget, the Commissioners allocated to Martin’s House and Barn and His Hope Ministries \$5,000 each.

One of the bills addressing homelessness introduced at the 2025 Maryland General Assembly is not endorsed by the Caroline County Commissioners.

In a Feb. 12 letter, the Commissioners expressed their “strong opposition” to House Bill 487 titled “Unhoused Individuals – Rights, Civil Action, and Affirmative Defense.”

“This basically means that someone could come and pitch a tent out here and live on the courthouse green, and there wouldn’t be anything we could do. And if we try to, they can sue us,” Commission Vice President Larry Porter said at the Jan. 28 meeting of the County Commissioners.

“While we support compassionate, effective solutions for homelessness, HB 487 fails to balance public safety with these goals,” the letter stated.

In December, Secretary Day looked toward a brighter future of housing against a backdrop of “economic stagnation” caused by “affordable housing availability and housing

availability” – even before belt-tightening measures were announced at the state and federal levels this year.

Even so, he predicted three pieces of legislation passed by the 2024 General Assembly and the 2025 budget, “created pathways for more homes to be built in Maryland in the next 15 years than in any of the previous (years).”

“We are currently working very hard to create more permanent, supportive housing,” Day said. “It’s why we are currently working very hard to increase our production of low-income housing, and it’s why we need market rate housing as well.”

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Meet the Denton Team at Ashley Insurance

Julie Smith

Julie Smith, Vice President of Ashley Insurance, wants people to have the insurance coverage they need to navigate through life. Ashley Insurance is one of the few independent agencies left because the smaller agencies are being acquired by larger firms. Julie thinks that makes the experience less personal.

"An independent adjuster can help you get the most compensation that you are entitled to," Julie advises. "Insurance companies can be a nightmare to deal with, and we are the middle guy so the insured doesn't have to deal with the nightmare."

Julie points out that Ashley Insurance helps with auto, boat, RV, commercial property, farm, personal, life, and health insurances. "We work with the insurance company for the client to find the best options."

After graduating from James Madison University, Julie managed the Upland Golf Club on Route 404. When Upland closed in 2009, she was recruited by Jack Ashley, President of Ashley Insurance, and rose through the hierarchy to Vice President. Julie handles day-to-day operations for the multiple Ashley Insurance offices.



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Meet Alicia Myers: A Compassionate Heart Behind Life Planning at Shore Legal Access

By Edith Ramirez, Community Outreach and Communications Coordinator

Alicia Myers brings deep compassion and a wealth of experience to her role as the Mid-Shore Life Planning Case Manager at Shore Legal Access. Since 2020, Alicia has focused on life planning, helping clients prepare essential documents such as wills, medical directives, and powers of attorney. Before that, she served as the outreach coordinator, a position that has greatly influenced her approach to life planning by emphasizing the importance of fostering and maintaining strong, empathetic relationships with clients and their families.

Throughout her time at SLA, Alicia has had the privilege of working with clients who are appreciative and

communicative. She shares, "My clients are wonderful. They show up for clinics, are invested in the process, and often bring their families. It's amazing to see entire generations coming together to prepare for something so important and inevitable."

Alicia also finds the clinics themselves to be incredibly rewarding. Over the years, they've become more efficient, sometimes allowing clients to have their documents drafted on the same day. "I enjoy getting to know my clients on a personal level," she says. "It's about more than just paperwork; it's about building a relationship with the clients, understanding what's important to them, and making them



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Alicia Myers, Mid-Shore Life Planning
Case Manager at Shore Legal Access

feel comfortable with the staff and attorneys who are assisting them.”

Alicia encourages everyone, regardless of age, to take advantage of our life planning services. “Even if you think you don’t need a power of attorney, will, or medical directive, give us a call,” she advises. “Whether you’re a young family with few assets or an older adult, it’s important to have these documents in place. Life is uncertain, and it’s better to be prepared.” She notes that many people don’t realize these documents can be updated as circumstances change. “I would love to reach out to more young families and provide them with the peace of mind that comes with having their affairs in order,” she adds.

The benefits of having these essential documents in place are evident: they provide clarity and prevent unnecessary stress for loved ones during challenging times. Unfortunately, Alicia has seen too many instances where families are rushed to complete documents at the end of someone’s life. “It can be incredibly stressful for a family dealing with illness or the passing of a loved one,” she explains. “That’s why it’s so important to plan ahead. Don’t wait until someone is in critical care or in their most difficult times to start thinking about these documents.”

One piece of advice that Alicia offers is to ensure that the original will is registered with the Register of Wills. “A lot of people don’t know this, but you can’t open an estate without the original will. I’ve seen cases where people thought SLA had their loved one’s will, but we only have copies, people need the original.”

One of Alicia’s favorite aspects of her role is working with her clients and their families. “I love hearing family stories,

especially from the children of our clients,” she says. “People open up and reflect on their lives, sharing both the good and the bad. It’s truly an honor to be a part of that process.”

For Alicia, it’s not just about the paperwork. It’s about supporting people during one of the most important times in their lives and ensuring they’re prepared for the future. At Shore Legal Access, Alicia Myers exemplifies the compassionate approach that defines the organization’s work. If you haven’t already thought about your life planning documents, Alicia encourages you to take that first step by giving us a call at 410-690-8128 today to plan for tomorrow.

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Don't lose track of financial accounts

By Ann Jacobs

FINANCIAL ADVISOR, EDWARD JONES - DENTON 410-479-0271



For years, people save and invest in 401(k) plans, IRAs and other financial accounts. They wouldn't lose track of this money, would they?

You might be surprised. About 1 in 7 people has unclaimed cash or property, totaling billions of dollars, according to the National Association of Unclaimed Property Administrators.

People lose track of their money for a variety of reasons: They change jobs and forget about their retirement accounts; they move and leave no forwarding address; they change names and don't notify former employers; or their employers go out of business or merge with another company.

Whatever the reason, losing tabs on accounts that could

be worth thousands of dollars is never a good thing. What can you do to avoid suffering this type of loss?

Here are a few suggestions:

- Maintain good records. Keep records of all your financial, investment and retirement accounts — and let a family member know where these records are kept.
- Keep a manageable number of financial accounts. The fewer bank and brokerage accounts you have, the easier it will be to keep track of everything. You might even want to consolidate accounts when possible.
- Report your change of address. Whenever you move, contact your financial services providers and any former employers with whom you may have retirement accounts.
- Report name changes. If you change your name, notify new and old 401(k) plan administrators, banks, brokerages and any other institution connected to your money.
- Manage retirement accounts when you change jobs. If you leave your job, you might be able to leave your 401(k) behind with your old employer. But if you do, keep track of it. On the other hand, you could roll your old plan into your new employer's plan or into an IRA.
- Inform your financial professional about all your accounts. If you work with a financial professional, they can help you track your accounts, so inform them of all past and present IRAs and 401(k)s or similar employer-sponsored plans.

So far, we've looked at ways you can prevent losing track of financial accounts. But can you do anything if you suspect you've already left some money behind?

If you think you've lost tabs on an IRA, you can check old tax returns and bank statements to help you track your contributions and find the name of the financial provider that held your account. If it's a 401(k), you can contact your old employer's plan administrator.

As the old saying goes, "an ounce of prevention is worth a pound of cure" — which, in this case, means you'll help yourself greatly by tracking your accounts from beginning to end.



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Investors are controlling mortgage rates

By Tolbert Rowe

On Monday March 4, 1985, I walked into the offices of United Mortgagee in Severna Park and began my career in the residential lending business. I have been originating residential mortgages ever since.

When my journey began, mortgage rates were in the 12 to 13 percent range, down from a high of 18 to 19 percent in 1980. Since 1979 they had been in double digits and remained there until 1990, when they decreased to single digits, hitting bottom at 2.25 percent in 2021, the lowest fixed mortgage rates in history. It is easy to understand how mortgage rates influence the lack of inventory of homes for sale. What homeowner wants to give up a sub 4 percent mortgage so they can pay 7 percent on a new mortgage?

As the effects of the pandemic pushed the unemployment rate to 14 percent and inflation rate to 9.1 percent, the Federal Reserve responded by methodically lowering the Fed Funds rate .25 to .50 percent in March of 2022, believing that the spike in inflation was “transitory” and Americans had to get back to work and jump start the economy. At the same time, the yield on the 10-year treasury bond, the best barometer for tracking mortgage rates, dropped .5 to 1.2 percent. Both of these factors set the table for mortgage rates to drop to historically low levels. Monetary policy and the subsequent impact on interest rates was unique during this time. The Federal Reserve has set 2 percent as an acceptable rate of inflation and has managed the Fed Funds rate to achieve that end. In September 2024, the Fed felt comfortable in lowering the Fed Fund rate .5 percent in September 2024 and again by .25 percent in November 2024 and .25 percent in December 2024.

But the bond market reacted differently with the yield on the 10-year treasury going in the opposite direction. Investors were concerned about the negative impact that President-elect Trump’s economic policies could have on inflation. The 10-year rate climbed from a low of 3.6 percent in mid September 2024 to 4.4 percent in December 2024 and has been in the 4 to 4.5 percent range since.

Investors, not the Federal Reserve or President Trump, are controlling mortgage rates. They are requiring a higher return on their investment to offset the effect of inflation.

Inflation diminishes the purchasing power of an investment at points in time in the future. For example: A person has \$1,000 and can purchase 10 widgets at \$100 a piece today. Instead of buying widgets they could invest \$1,000 for a fixed term of 1 year and will be paid 10 percent interest receiving a total of \$1,100 at the end of the 1-year period. If the cost of a widget goes increases to \$110 in a year (10 percent inflation) the cost of 10 widgets is \$1,100. The same amount the investor received by investing instead of buying widgets a year ago. They did not accomplish anything by waiting or saving.

Investors in long term US government bonds are guaranteed to get their money back as long as the US Government remains solvent. Investors in mortgage-backed securities do not have this same assurance. People do default on their mortgages, and do pay off their mortgages early, either by sale or refinance no longer paying interest to the investor. The risk of default and prepayment of mortgage-backed securities is offset by a higher rate than 10-year treasuries. Mortgage-backed securities usually yield about 2 to 2.5 percent more than the 10-year treasury yield.

It does not matter how you may feel about the “politics” of the Fed and inflation. This is how the market works. Those with the money willing to invest in mortgage-backed securities believe this. And they are the ones who want to be compensated when inflation eats away at the purchasing power of their invested dollars by requiring a higher rate of return on their investment. Which is the interest rate that homebuyers and homeowners will pay.

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Mr. Rowe is Vice President/Lending for Bay Capital Mortgage Corp. with offices in Easton and Annapolis. He has lived in Caroline for his entire life and supports the county by volunteering in a variety of ways.

He currently lives near Greensboro with his wife Jeanne and daughter Kelsey.

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- Explain how to renew benefits.

For more information call 410-479-8189 or visit www.carolinehd.org



The Power of the Judy Center Hubs



By Heather Harding and Audrianna Goddard


The Federalsburg and Greensboro Judy Center Early Learning Hubs are designed to provide services to parents and children, prenatal through age five. We also serve as a bridge between families and community partners and resources.

We work closely with other Caroline County Public Schools staff such as our school administrators, Community Schools Coordinators, teachers, the Early Childhood department to ensure our PreK and Kindergarten families are given the opportunity to build connections with the schools and strengthen their child's development and learning. We provide the support the family needs as their child's first and most important teachers.

In addition, we partner with local organizations and agencies that work with children and families across the mid-shore, and with private PreK providers and licensed childcare providers in the county, including:

- Maryland Rural Development Corporation Head Start (Federalsburg, Greensboro)
- Maryland Rural Development Corporation Early Head Start (Denton)
- Heather Fisher, Private PreK provider
- Angel Cintron, Private PreK provider
- Amanda Brown, Family Child Care Provider

We are particularly proud of our frequent community outreach events where we bring our families and partners together for activities, workshops, and other experiences. These professional development opportunities enable partners to earn continuing education credits, necessary to maintain their license and credentials to operate each year. Materials of instruction related to each topic are provided. These events also allow partners to immediately present the lesson or implement the strategies learned in the training.



WHAT DO FAMILIES SAY ABOUT THE JUDY CENTERS?

"The Judy Center has given me the information needed to help my child. They offer informative activities that engage her outside of school."


"The Judy Center has helped me learn about the many community resources that are available to families."

"Since coming to the Judy Center, my daughter is more social and vocal, and expresses her emotions."


"They do so much to provide for families and offer so many events for the children. It is a wonderful program!"

Greensboro Judy Center Early Learning Hub
625 N. Main Street, Greensboro
410-479-3856


Federalsburg Judy Center Early Learning Hub
323 S. University Avenue, Federalsburg
410-479-3050

CONTACT US 

For children ages 0-5 years old, and their families, living in the FES or GES school attendance area, or any Caroline child with an IFSP, IEP or experiencing homelessness. Visit carolineschools.org for more information.



Judy Center programming is developed with funds from the Maryland State Department of Education, Division of Early Childhood



The Judy Center steering committee meetings are held bi-monthly in conjunction with the Caroline Early Learning Advisory Council (CELAC), which allows for communication to take place at a county level between partners.

Federalsburg Judy Center Partner Events

March 13 - 5:30 - 6:30 pm Early Childhood Resource Night at the Federalsburg Judy Center. Partners will be present to connect with families interested in enrolling with early childhood programs and receive resources from community partners.

March 14 - 1:00 pm

Let's Move with the YMCA

March 17- 5:00 - 6:00 pm

Banking Basics with Shore United Bank

May 22 - time TBD

Summer Safety Fair at Federalsburg Elementary School

Greensboro Judy Center Partner Events

Second Tuesday of each month 9:30 - 10:30 am

Let's Move our Bodies with the Caroline County YMCA

March 27 - 5:30 - 7:00 pm Second financial class with Truist Bank at the Goldsboro Volunteer Fire Department

June 4 - 5:00 - 7:00 pm Annual Summer Fun & Safety Fair Greensboro Elementary School

FJC & GJC presents with It Takes A Village, LLC:

Virtual Family Learning Camps


All dates 6:00 - 7:00 pm

March 4: Cooking Up Curiosity & Confidence

April 8: Exploring the Great Outdoors

May 6: Science at Home

June 3: What is Social Studies for Littles?

If you are interested in working with us, please feel free to visit our website page for more information or reach out to us directly. 



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FEDERALSBURG & GREENSBORO JUDY CENTERS



LIKE

Federalsburg
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ELIGIBILITY REQUIREMENTS

Child 0-5 years old

Living in the Greensboro or Federalsburg school attendance area

OR living in Caroline County and have an IFSP or IEP

OR residing in Caroline County and experiencing homelessness

BENEFITS

School readiness

Learning experiences and materials

Community resources

Weekly and monthly playgroups

Greensboro Judy Center
Early Learning Hub
625 N. Main Street, Greensboro
410-479-3856

CONTACT US



Federalsburg Judy Center
Early Learning Hub
323 S. University Ave., Federalsburg
410-479-3050



Judy Center programming is developed with funds from the Maryland State Department of Education, Division of Early Childhood



Toxic Tobacco Trash

By Heather Grove, BSN, RN



Tobacco products are harmful- not just to the human body but to our environment as well. Take a walk down the street, through the park, or on the beach and you are bound to see it: cigarette butts, vape pods, cigar tips, and even cellophane wrappers and packaging. All of these items contribute to the growing problem of tobacco-related waste.

Environmental clean ups consistently report cigarette butts as one of the most commonly collected items. Often thrown on the ground or out of car windows, many people may not realize the depth of their toxicity. Carelessly discarded cigarette butts can start fires, endangering both communities and natural habitats.

When cigarette butts break down, their toxins -including arsenic, cadmium, nicotine, barium, and copper, leak into the environment. Cigarette filters are made from a plastic material called cellulose acetate. It only degrades when under severe biological circumstances, like being exposed to sewage. More often, cigarette butts just break into smaller pieces which get into the water and soil.

Tobacco companies have a long history of exploiting both people and the environment. With the rise of electronic cigarettes and vaping products, tobacco-related waste has become an even greater environmental threat. Vapes contain metals, circuitry, single-use plastics, batteries, and chemical residues from e-liquids. Some devices and batteries contain hazardous substances such as lead and mercury. Unlike organic waste, vape components do not decompose—even under extreme conditions. Worse still, there is little guidance from manufacturers on how to safely dispose of these products once they are no longer usable.

Tobacco waste also poses a direct threat to wildlife. Household pets and wild animals may ingest toxic tobacco trash, leading to illness or even death. In addition, cigarette butts and vape waste are carried by storm runoff into local streams and rivers that feed the Chesapeake Bay. The chemicals released into the water are lethal to plankton and small fish—organisms that serve as food for larger aquatic species like rockfish, oysters, and crabs. This contamination ultimately disrupts the entire food chain.

Young children may mistake cigarette butts on the ground or the sweet scents of e-liquids as candy or food, and poisoning can result.

We can all do our part in raising awareness about the dangers of toxic tobacco waste. It's yet another compelling reason to stop smoking—or never start in the first place. Protecting our lungs, our communities, and our environment begins with making informed choices.

If you are interested in stopping smoking, the Maryland Tobacco Quitline can help. Free support is available to anyone 13 and older who wants to stop using any type of tobacco or nicotine products. Call 1-800-QUIT-NOW or visit smokingstopshere.com for more information.

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*It is
essential*
to get screened for
colon cancer.

Did you know?

Everyone should start regular screening for colorectal cancer (CRC) at age 45. Earlier if you are at high risk based on symptoms, family history of CRC or polyps, and certain genetic factors. Black individuals, and those with chronic diseases such as type 2 Diabetes have a higher risk for CRC.

Several tests are available for screening including:
Stool-based tests (every 1-3 years depending on the test)
Visual exams
(colonoscopy/sigmoidoscopy)

Ask your primary care provider which test is right for you.

The most important thing is to get screened no matter which test you choose.

MARCH IS COLORECTAL CANCER AWARENESS MONTH

**OVER 45?
GET SCREENED FOR
COLORECTAL CANCER**

Let us help you get your colonoscopy/Cologuard test!

The Caroline County Health Dept may be able to help with **No-Cost** CRC screening, including Pre-screening exams, prep meds, and colonoscopy / Cologuard.

For more information about guidelines and to see if you qualify call 410-479-8080.



MARYLAND
Department of Health



CAROLINE COUNTY
HEALTH DEPARTMENT
Working For Healthy Living

FUNDED BY MARYLAND DEPARTMENT OF
HEALTH & CIGARETTE RESTITUTION FUND

Environmental Investigation for Lead

By: Casey Sonzone BSN, RN

If a child in Caroline County under the age of 6 years old is found to have an elevated blood lead level and is started under the Childhood Lead Poisoning Prevention Case Management program with the Health Department, they are eligible to have an Environmental Investigation completed. What is an Environmental Investigation?

At a blood lead level of 3.5 a child is entered into case management. This is when assessment and education by the nurse case manager is completed with the family. If a child's blood lead level is found to be 5 or greater than an Environmental Investigation is recommended. This will be completed by a lead inspector from MDE or Maryland Department of the Environment. This inspector is certified by the State of Maryland. The EI can be completed for those who are renting their home and currently on a case by case basis for those who own their home. It is also free of any charge to the family.

After an assessment is completed with the nurse case manager and the family requests the Environmental Investigation, a notification is sent to the inspector. The inspector will contact the family to determine a day and time that works best for them. If language interpretation services are needed, these are provided. The child is not required to be present for this, however the parent(s) or adults in the home that will be responsible for the information obtained should be present.

The inspector will arrive at the home and the investigation will begin. The investigator will discuss with you any concerns you have and answer any questions. The investigator is trained to look for suspicious items and areas that may be contaminated with lead. This includes paint, furniture, surfaces, toys, spices, dust, and dirt. The inspector will take samples of areas that they believe may be contaminated and from areas that the child is frequently in such as bedroom, play areas inside and outside, and items the child plays with often that may be contaminated.

Samples can be taken various ways. The inspector is able to take samples of dust from inside and dirt outside, as well as frequently used spices and have them sent to a lab for testing. The inspector also has tools available to check surfaces that can provide an immediate result. Once all sample results are obtained a few weeks later, a report is put together and shared with the family and the nurse case manager. At that point the inspector will make suggestions about what can be done to remediate the problem areas. Further discussion can also be had with the nurse case manager to help make a plan to ensure a healthy environment for the child.

The family always has options. Families with children in lead case management can also have an environmental investigation done by a private agency of their choosing. There are also home testing kits available on the market, but their reliability is not guaranteed. It is highly recommended that any testing be completed by a trained and licensed/certified professional to ensure the most accurate results.



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National Colorectal Cancer Awareness Month

By: Leigh Marquess, RN



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 45 (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 45, 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.
- Adopt a physically active lifestyle.
- Eat a healthy diet.
- Don't use tobacco products.
- Limit alcohol intake.

The Caroline County Colorectal Cancer Screening Program provides assistance for colonoscopy services at no cost for people over the age of 45 or younger with any of the above risk factors or symptoms. If you have limited or no insurance, and meet income guidelines, you may qualify. New this year is no-cost Cologuard (stool-based DNA testing) availability for asymptomatic average risk individuals. This requires an order from your primary doctor/practitioner.

For more information and to see if you qualify for services, please call The Wellness Promotions office at The Caroline County Health Department at 410-479-8080.




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HEALTHY AND UNHEALTHY RELATIONSHIPS

Contributed by Mental Health Association of Maryland

Understanding the signs of healthy and unhealthy relationships empowers us to set clear boundaries, which are essential for promoting positive mental health. Signs of an unhealthy relationship include possessiveness, manipulation, isolation, belittling, and betrayal. Recognizing these patterns empowers us to seek the support we need to maintain emotional safety.

A common misconception about relationships is that conflict automatically means a relationship is unhealthy. In reality, conflict is a natural and expected part of healthy relationships. Conflict becomes unhealthy when negative behaviors like ignoring or belittling occur.

Do not ignore feelings that your relationship may be unhealthy. Reaching out to a trusted third party can offer valuable support and guidance. Online resources from trained professionals can help you develop actionable steps and provide direction.

Visit www.mhamd.org for resources on healthy relationships or to enroll in a Mental Health First Aid class. If you're in a crisis situation, call 988. CR



Signs of Healthy and Unhealthy Relationships

Building and maintaining healthy relationships is crucial for emotional and mental wellbeing.

<u>Healthy</u>	<u>Unhealthy</u>
Trust	Possessiveness
Independence	Manipulation
Respect	Isolation
Equality	Belittling
Ability to Have Healthy Disagreements	Betrayal

Don't ignore feelings that your relationship may be unhealthy. Seek trusted support—whether from a friend, hotlines, online resources, or community groups—for guidance and actionable steps.

Everyone deserves to be in a healthy relationship where they are provided with respect, equality, and support.



Dine with Helffenbein


Tuesday, Mar. 25, 2025 • 4:30PM - 6:30PM

Come have dinner on us at Fisherman's Inn, Grasonville, MD and discover unique ways to honor a loved one, planning in advance and how you can save your family thousands!

Seating is limited.

To register please give us a call at 410-604-3862.

Ryan Helffenbein is partner of Fleegle & Helffenbein Funeral Home along with Fellows, Helffenbein & Newnam Funeral Home and familiar columnist for Outlook by the Bay magazine. In his upcoming educational presentation, he'll touch on topics such as green burial, veteran's benefits, creating a meaningful celebration of life, pre planning, pre payment and much more.


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Caroline Better Together



CHOPTANK COMMUNITY HEALTH SYSTEM WORKS TOGETHER TO BRING BETTER HEALTH

Contributed By Caroline Better Together

Choptank Community Health System has been the cornerstone of healthcare and wellness in Caroline County and the region for nearly half a century. Today, Choptank Health operates a network of health centers and providers to serve more than 30,000 adults and children across Maryland's Mid-Shore with medical and dental services.

With a mission to provide access to exceptional, comprehensive, and integrated healthcare for all, Choptank Health has introduced new and innovative ways to provide extensive care. Choptank Health's Medical services include primary healthcare, women's health, prenatal care, pediatrics, behavioral health, medication assisted treatment, chronic health management, lab services, care navigation, and more. Dental services include primary and pediatric care, oral surgery, and more.

In 1999, Choptank Health began its School-Based Health

Centers program in partnership with Caroline County Public Schools and Health Department. School-based health centers provide essential access to care by bringing services to students and families at familiar, convenient locations. Choptank Health's school-based health centers are now operating in 18 schools across five counties offering medical, dental, nutrition, and behavioral health services.

Choptank Health also recently expanded primary care in Caroline County by introducing mobile health units. The introduction of a Mobile Health Unit, made possible through a partnership with the Preston Motor Group, expands on this model of bringing healthcare to people where they are, rather than requiring people to go to healthcare.

Choptank Health continues to invest in Caroline County and is a model of rural care that exemplifies the collective impact approach Caroline Better Together is founded on.

CR

Did you know you can directly submit an event to the CarolineBetterTogether.Org Calendar!?!?



Here's how:

- ☒ Click on "Submit an Event" at the top of the homepage!
- ☒ Enter the details of your event and upload a promotional image!
- ☒ Submit the form!
- ☒ 24hrs Later your event is published on the calendar!*

*All events must either be sponsored by a local non-profit organization OR free for the community. All submissions are subject to review before being published.

GET INVOLVED!





Caroline Better Together

Do You Live In the 21632 Zipcode?

With the help of Maryland's ENOUGH initiative funding, collective impact is coming to Federalsburg!

Starting this Spring, community members, organizations, public agencies, and local leaders are coming together to build capacity and to work toward improving the lives of Federalsburg residents. Bring your voice and your ideas to the process of making Federalsburg Better Together!

Scan the QR code below and sign up to hear about how you can be part of this movement from the start.



SCAN HERE!



FEDERALSBURG CHOSEN AS ENOUGH COMMUNITY

Contributed By Caroline Better Together

Federalsburg was one of 27 communities selected as an inaugural grant awardee for the Engaging Neighborhoods, Organizations, Unions, Governments, and Households (ENOUGH) initiative. ENOUGH is a first-of-its-kind, community-based strategy to address concentrated child poverty in Maryland. The Caroline Human Services Council, Inc., the Local Management Board for Caroline County, is the grantee and quarterback for the Federalsburg initiative. The HSC will help build Federalsburg's capacity to develop community-based solutions to priorities identified by community members.

"The Federalsburg community has really engaged with collective impact work at the county level over the past few years and it is exciting that they will be able to take this to the next level with the support of Governor Moore's ENOUGH initiative," said Susan Runnels, director of Caroline Human Services Council. Along with the HSC, the Federalsburg Mayor and Council, Federalsburg Elementary School, and more than a dozen local nonprofit and public service organizations are committed partners in building this place-based response to community development.

ENOUGH grantees were selected through a highly competitive process and the Caroline Human Services Council received a Track 1 award of \$65,000 to support work with Federalsburg community members, businesses, public serving agencies and community-based non-profits. This investment will help establish a coalition of place-based leaders to design a community effort toward ending childhood poverty and supporting economic mobility.

Community residents, businesses, and non-profit organizations are encouraged to use the QR code to the right to sign up to receive information about the community kick-off and visioning session planned for mid-March. If you have questions or would like more information please contact Susan Runnels at carolinehumanservicescouncil@gmail.com.

The Governor's Office for Children funded this project under award number ENGH-2025-0003. All points of view in this document are those of the author and do not necessarily represent the official position of any State agency.

Caroline Better Together



CAROLINE COUNTY SAFE STATION PROVIDES HARM REDUCTION

Contributed By Caroline Better Together

Harm reduction focuses on safety, compassion and dignity for people seeking to improve their health and well-being, especially those grappling with Substance Use Disorder. While everything from wearing bicycle helmets to needle exchange programs are part of a harm reduction approach to public health, harm reduction is especially important in the context of rising overdose rates. As the Substance Abuse and Mental Health Services Administration puts it, “Harm reduction is a practical and transformative approach that incorporates community-driven public health strategies — including prevention, risk reduction, and health promotion — to empower people who use drugs (and their families) with the choice to live healthy, self-directed, and purpose-filled lives.”

Here in Caroline County one harm reduction approach being put to work is the Caroline County Safe Station.

Located in the Sheriff’s Office, the Safe Station “is a peer run program through the Affiliated Santé Group Eastern Shore Crisis Response, that provides substance recovery services, as well as mental health and wellness resources.” Peer providers offer a low-barrier point of contact for people looking for help in improving their health and seeking stability. Rather than a one-size-fits-all stance, the Safe Station meets people where they are. In addition to helping those seeking treatment, the Safe Station provides overdose prevention and safe-use resources such as narcan training and needle exchange programs, which are an essential part of harm reduction. “The safe station’s ultimate goal, besides providing linkage to treatment resources, is to provide a safe space for the person.”

Harm reduction efforts, like the Caroline County Safe Station, are key to making Caroline Better Together.

CR

CAROLINE BETTER TOGETHER Community Dinners and Conversations



Spring into Wellness

Studies show that participating in events like Community Conversations promotes well-being so come talk with your neighbors about the wellness resources in our community. Just attending is good for your health!

- **Date:** Wednesday, March 26th, 2025
- **Location:** Goldsboro Volunteer Fire House Hall, 700 Old Line Road, Goldsboro
- **Time:** 5:30-7:30 pm
- **RSVP appreciated but not required**



For more information contact:
admin@carolinebettertogether.org



Community Dinners are sponsored by Caroline Human Services Council and Facilitated by Shore Strategies, LLC

RSVP appreciated but not required



Or Visit:
bit.ly/CBTDinner





Caroline Better Together


APHSA SHINES A NATIONAL SPOTLIGHT ON CAROLINE COUNTY COMMUNITY RESOURCE NAVIGATOR PROGRAM

Contributed By Caroline Better Together

Caroline County is being highlighted as one of APHSA-NKH's four case study sites for their ongoing Coordinating SNAP and Nutrition Supports (CSNS) efforts. Along with sites in North Carolina, Illinois, and San Francisco, CA, Caroline County's Resource Navigator Network project is "drawing on lessons learned, experience, and relationships built in the first cohort to leverage real-time data, couple language justice with cultural humility, and innovate the delivery of services to meet participants where they are..."

In the most recent issue APHSA's "Policy and Practice," Caroline County Department of Social Services (CCDSS) Director Shari Blades describes Resource Navigator Network origins in community conversations and partnerships, which helped identify gaps in awareness and access to resources among community members. Based on this information, as Director Blades writes, "we set out to bring

in people with lived experiences as CRNs [Community Resource Navigators]. They would be responsible for supporting and engaging individuals and families in navigating the complex systems needed to enroll in our Supplemental Nutrition Assistance Program (SNAP) and other economic supports." The Resource Navigator Network draws together local public agencies, like CCDSS, with the Local Management Board and partner organizations such as the Chesapeake Multicultural Resource Center to, as the APHSA Case Study puts it, "empower[ing] people with tools and resources to help one another and influence the design of supports meant to serve their needs."

Caroline County's collective impact work is, as APHSA's investment and recent attention illustrates, part of a national movement to address systemic and generational policy through community collaboration. 

WE CAN HELP YOU APPLY!



STOP BY AND SEE YOUR COMMUNITY RESOURCE NAVIGATOR!

THEY CAN HELP WITH PUBLIC BENEFITS AND MORE!

OR CALL FOR AN APPOINTMENT

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DENTON

Caroline County Public Library
100 Market St, Denton
Monday 10 am - 2 pm

DC Center
401 Aldersgate Rd
Tuesday 9 am - 12 pm

His Hope Ministries Resource Center
109 Gay Street
Friday 9 am - 12 pm

GREENSBORO

Greensboro Judy Center
625 North Main St
Wednesday 9 am - 12 pm

MD Rural Development
101 Cedar Lane
Wednesday 1 pm - 5 pm

PRESTON

Preston Connects
105 Backlanding Road
Thursday 9 am - 12 pm

FEDERALSBURG

Federalsburg Judy Center
323 South University Ave
Thursday 1 pm - 4 pm



SUPPORTED BY





Women's Suffrage Movement on the Eastern Shore

by Kennedy Thomason



One of the big topics in women's history is the Women's Suffrage Movement, which eventually culminated in the passage of the 19th Amendment in 1920. But the fight for women's suffrage started much earlier than that— and places like Caroline County played its part.

The first documented woman to attempt to vote on American soil was colonist Margaret Brent in 1648, who already stepped outside the feminine bounds of her time by daring to own land. Unsurprisingly, she was denied. The status quo of familial politics from our nation's founding was called coverture. Essentially, once married, women were "covered" by their husband's political will. Those in power (men) were afraid that if given the vote, women would use it to vote strictly one way or another. This was scary, especially for conservatives, considering it was largely women who spoke out in favor of racial and sexual equality, birth control, and prohibition.

Suffragists in Maryland were divided on how exactly the vote should be won. The first organized Women's Suffragist camp in Maryland formed shortly after the Civil War; the Maryland Equal Rights Society aimed to change Maryland's state constitution to afford women the right to vote. Others, however, believed that an amendment to the United States Constitution was necessary — this group later formed the Just Government League in 1907 under the leadership of Edith Hooker of Baltimore. Considering the meltdown that the Maryland legislature had even after the 19th Amendment's passage, I'd say Hooker was right that the federal route was the better choice. While a handful of Maryland women could vote as early as 1900 on municipal bonds since they were landowners and therefore taxpayers, they still were not permitted a say in any state or federal election. In 1908, Still Pond in Kent County was officially founded, and the town received a charter that authorized taxpaying women to vote. However, that taxpaying requirement only applied to a handful of women.

Maryland Suffragists' biggest problem was balancing

work in the urban Western Shore versus the rural Eastern Shore. While marches and protests got a lot more coverage and support in the city, who was to enlighten the rural folk about Women's Suffrage? The answer, as we now know, was Nannie Melvin.

Nannie was born in 1865 in Hillsboro to the popular Maryland State Senator Thomas Frederick Garey and his wife Annie Garey. She grew up in Caroline County and in her late teens married James Fisher Melvin, who owned and operated the Denton Journal newspaper. She often published her poetry in the paper. The Melvins had four children including two daughters, Anne Delia and Mary. Unfortunately, Mary lost her eyesight due to an illness at age 6.

James moved the family to Ellicott City to found the Ellicott City Times. Anne Delia and Mary were accepted into the Women's College in Baltimore (now Goucher College). Nannie sued James for divorce in July of 1904, citing "cruelty." James claimed he was not cruel and blamed Nannie's "unsound health" for these accusations. It was quite common for women to be labeled insane for doing anything but sitting still and looking pretty, so a woman filing for divorce was easily discredited. She sued for divorce again in March 1905 and succeeded. James moved West to launch more publications and Nannie remained close to her daughters in Baltimore. It was Mary who first became enthralled with the Women's Suffrage Movement while in college, and seeing her excitement for the cause, Nannie quickly hopped on board.

Nannie became a field secretary for the Just Government League. This meant it was her job to travel around the state and convince Marylanders to support women's suffrage. Having experienced the isolation from national politics that Eastern Shore life brought, she chose to spend her time preaching the suffrage gospel from the mid-shore's waterways and byways. She would often take boat rides up and down the Chesapeake Bay and its tributaries — mainly the Choptank River — stopping to interview others on the

Continued

Poetess And Suffragist



Nannie Melvin pictured in the Nov. 19, 1911, Edition of
The Baltimore Sun

water. She took detailed notes, writing down who she talked to and what their position on women's suffrage was. In an article in the *Baltimore Sun* she described one such boat trip from Cambridge to Denton during a snowstorm. With her political leverage due to her father's good reputation, her connections to Maryland newspaper publications, and her knowledge of the Eastern Shore's physical and social landscape, Nannie Melvin was an unstoppable force – despite being labeled a “prohibitionist” by media outlets trying to turn the liquor-loving Maryland legislature against her.

In addition to her sailing ventures, Nannie was known to borrow cars to deck out in pro-suffrage decor and drive around the Shore. One election day she drove a total of 90 miles on Caroline's roadways distributing leaflets. She wasn't the only one. Hikes and drives became a staple of the Movement on the Shore. Groups of Suffragists would stop to say their piece, hand out pamphlets and Just Government League membership cards, and then hop to the next town.

Unlike women in the city who were exposed to suffrage parades, literature, and picketing whether they liked it or not, women on the rural Eastern Shore were usually confined to their small and often spread-out communities. Nannie understood that Caroline County women “needed connection”; a space to fellowship with their neighbors. When she started the Just Government League office at Denton in September of 1911, she stressed that the gathering place was for all local women, not just those in favor of suffrage, to socialize. Many suffrage activists also visited the plentiful canneries that operated in and around Caroline County, where women often worked, as a method of bringing the cause to their attention. The JGL Denton office was located inside the Masonic Building in Downtown Denton, which is still on Market Street.

The next month she founded the Just Government League for Caroline County. She even got the National American Women's Suffrage Association President Anna Shaw to give a speech from the Caroline County courthouse steps (if you aren't familiar with the Suffrage Movement, just know that this is a big deal). Nannie also led a group of Caroline County women to hear the famous British Suffragist Emiline Pankhurst speak in Baltimore. In a February 1912 telegram campaign to the Maryland State Legislature, Eastern Shore women sent a “deluge” of telegrams in support of a suffrage amendment. Nannie's telegram said, “Eastern Shore women are ready and desire the ballot.” Unfortunately, the amendment didn't pass, but Caroline County women pledged to urge their husbands to only support candidates that supported suffrage. Between 1910 and 1912, Nannie Melvin was instrumental in starting suffrage clubs in Dorchester, Cecil, Wicomico, and Delaware. She had tried to set up an office in Centreville in 1911, but could not convince any local women – even those who supported suffrage – to oversee it. She did, however, get a popular horse breeder and racer from North Carolina to promise to name his next prize colt “Suffragette” during the 1911 season.

Nannie's daughters remained close to the fight, both volunteering as field secretaries alongside their mother. In 1913 Mary Melvin participated in a large suffrage march in Washington D.C. and was violently assaulted by hecklers. Anne Delia helped to organize a slew of suffrage events in Baltimore City.

Even though the required two-thirds of the states ratified the 19th Amendment in 1920, the state of Maryland refused to do so until 1941. The General Assembly tried to get in cahoots with some other anti-suffrage states to oppose the Amendment even though it was passed by Constitutional means. Regardless of the state's intolerance, Nannie Melvin was instrumental in ensuring the women of the Eastern Shore were not left out of the suffrage conversation.

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OBJECTS IN MIRROR ARE CLOSER
THAN THEY APPEAR

Vintage repairs in modern times

by Bryan Gadow



I saw a post on social media recently where someone was nervous about making a one-hour drive; after all, their vehicle was a 2019. Downright scary, indeed, to be forced to drive such an old car! The newest rig in my drive is a decade beyond that, but most of my miles lately are behind the wheel of a 75-year-old Chrysler. One thing I have in common with that online poster: as a human, I'm never satisfied. They want a newer model, and in the meantime, I went out last summer and purchased a sedan built when Calvin Coolidge was in the White House.

The string of vintage cars joins a wide array of ancient gear that I've acquired, often to my wife's chagrin. At the root, I suppose, is a desire to tinker, which take it a step further, is an actual a love of learning. I find great pleasure in researching each machine: where was it built, what was its place in the market, and what made it tick? As the automobiles in my garage have grown older, they have also become easier to work on, naturally. In the 2020's cars have become all but zero maintenance, but in the 1920's they needed nearly the same amount of attention as the horse they had replaced.

It has been my goal to resurrect this 1928 Nash entirely on my own; among other things I was able to change the tires myself, using only hand tools. One detail (which some may find boring) caused some delay. Between the steel rim and the inner tube is placed a protective flap, to prevent chafing and cutting. Generally, this will be of rubber but within two of these old tires (last changed in the early fifties) the flap was of a heavy cotton material. The drawback? It absorbs moisture, thus promoting rust. This made dismounting and remounting the tires a real challenge. By the time I had reached the spare I had taken a much needed break that lasted several months! Finally, knowing I could put it off no longer, I set to work on getting that last tire in place. It actually came together well at the end. I grabbed my airline, started pumping it up...and found I had a leak! Well!

I would like to take a bow, telling you about the fantastic attitude that overcame me at this moment. The truth is, I actually DID have a rather positive feel, but I can take no credit. No, it must have been something from above. I'm really not such an elevated human!

I knew I would "get" to tear the tire down again, then wrestle it back together. In between, what would I find? Had I somehow ruined that brand new inner tube? You can't just run up to the corner filling station these days and grab 'em, especially not for such an antique. There was a calm swelling over me, though. Actually, more than that: joy! I praised God.

The tire came loose easier than it went on. Quite a bit easier. The tube slipped out; finding the puncture was easy-peasy. I knew right away it would be the perfect candidate for a patch, an operation I'd never performed. And this excited me! You see, once every schoolboy knew how to repair an inner tube. The little kits were easy to find. There's a decent chance that, if you waltz through Dusty Finds or Denton Station, you might find such a kit dating back to the twenties or thirties. Yet, in this modern world, I'd driven hundreds of thousands of miles never needing this basic skill. Until now!

A year or so ago I was nursing back to life another of my nutty projects, a 60-year-old snow blower, and had picked up a patch kit at the hardware store...in vain, as the tire was well beyond what it could do. Ha! I thought I was making the purchase for that Snow Bird when I was actually getting it for a car I didn't, back then, even knew existed. But, somebody knew. I followed the simple instructions and in no time, all was right, if not with the world, at least with my inner tube.

It practically fell back together, that tire and rim. 24 hours later and, whaddya know? It still holds air! Thank you, God!

As many do, I often battle depression. I was a bit glum when I walked out to the garage that day but a couple hours later, I was grinning and thanking God. Challenge into praise. Remember earlier I talked about the root cause of why I work on these old devices? I think now, perhaps, it's not about learning skills after all. It's about putting me in touch with Him. Oh, you should have been there the day I removed the head from the engine, readying for a valve job. Any of those umpteen bolts could have snapped, but with each one (since nobody was watching!) I danced and I sang, and I praised God! I didn't get that head off without a single broken bolt; He did. And now, another simple lesson with some rubber and steel, that left me better than before. Because of Him. Thank you, God!

CR

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Andrew Smith,
Founder and CEO

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Pinwheels for Prevention 2025

By Victor Reynolds, Interim Director

Every child should grow up in a nurturing environment, free from neglect and fear of abuse. For example, when children experience physical abuse, they may later display violent or aggressive behaviors. Youngsters who have suffered abuse or neglect are at a higher risk of entering the juvenile justice system, developing substance use disorders, dropping out of school, and facing other adverse outcomes. The more serious the abuse is, the deeper and more prolonged the effects can be. By raising awareness, we can reduce child maltreatment and help children lead healthier lives.

In recognition of National Child Abuse Prevention Month in April, CASA of Caroline is hosting its 5th Annual Pinwheels for Prevention campaign. Festivities kick off in March with the "Pinwheels of Hope" Coloring Project, where CCPS students are invited to decorate pinwheel images. These student-created pinwheels will be displayed in local businesses and showcased at the Wharves of Choptank in the "Pinwheels of Hope" exhibit

Throughout April, we encourage businesses, government offices, and community members to plant pinwheel gardens. Blue and silver pinwheels serve as a national symbol for preventing child abuse, offering a vibrant reminder of the bright future every child deserves. CASA of Caroline's Pinwheels for Prevention campaign highlights our collective resolve to protect children in Caroline County and maintain safe neighborhoods for all families. Join us for our community-wide Pinwheel Planting Ceremony and Pinwheel Exhibit on April 16 at 3:00 p.m. at the Wharves of Choptank Visitor Center.

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." CR



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Pinwheels for Prevention Sponsorship Form

Every year during the month of April, local businesses, leaders, and citizens join together to display pinwheel gardens around Caroline County to represent the countless children who experience abuse and neglect every year and show our county's commitment to keeping kids happy, healthy, and SAFE!

Please join us in raising awareness to STAND UP FOR CHILDREN and stop abuse!

- | | |
|--|---|
| <input type="checkbox"/> PINWHEEL PIONEER
\$1,000 | <ul style="list-style-type: none"> • Presenting sponsor recognition • Logo featured prominently on Pass the Pinwheel Video with significant dedication |
| <input type="checkbox"/> PINWHEEL CHAMPION
\$500 | <ul style="list-style-type: none"> • Recognition as a CASA of Caroline Community Partner all year • Name and logo featured prominently on Pinwheel Garden banner • Dedicated pinned posts and banner space on all social media • A public thanks on social media with personalized video • 30 pinwheels at location of choice* • Pinwheels for Prevention campaign sign |
| <input type="checkbox"/> PINWHEEL PARTNER
\$300 | <ul style="list-style-type: none"> • Recognition in event-related materials • Name and logo on Pinwheel Garden banner • Partner thanks on broad social media posts • 20 pinwheels at location of choice* • Pinwheels for Prevention campaign sign |
| <input type="checkbox"/> PINWHEEL PLANTER
\$150 | <ul style="list-style-type: none"> • Recognition in event-related materials • Name on Pinwheel Garden banner • 10 pinwheels at location of choice* |
| <input type="checkbox"/> PINWHEEL AMBASSADOR
\$50 | <ul style="list-style-type: none"> • Recognition in event-related materials • 5 pinwheels at location of choice* |

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☐ Credit Card or Digital
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Phone

Website URL

Business Name

Town

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Zip Code

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Pinwheel Location Choice :

☐ Please deliver my pinwheels to
my place of business

☐ Please use my pinwheels for
the community-wide pinwheel
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CASA of Caroline, 114 Market St., Suite #100, Denton, MD 21629

Email: info@casaofcaroline.org Phone: 410-479-8301

Pay online at linktr.ee/casaofcaroline or by using the QR code

For the Birds


By Tammy Coulbourne



One of the objectives of the Caroline County Garden Club is the conservation of the natural beauty of our county, including the protection of birds. How do birds contribute to the beauty of our county? The most obvious way they do is just by being their naturally gorgeous selves. Seeing a striking red cardinal, a bright bluebird, or the vibrant yellow of a goldfinch at any of my feeders is to catch a glimpse of Mother Nature's most beautiful handiwork. The absence of birds at our feeders or in our gardens would be a real loss, but the loss would extend beyond the aesthetic.

Birds play a vital part in the ecosystem. They distribute seeds via their "droppings." Their "deliveries" on your just-washed car may be a delivery you can do without, but when their droppings help spread seeds that sprout into new plants, that's a benefit. Birds are great for insect control and cut down on the need for chemical insecticides, which is a good thing for everyone. And think about the less-than-lovely buzzards you see picking through an animal carcass on the side of the road; not a lovely sight but the alternative of carcasses lying about for an extended length of time. Not a pretty picture. (Or smell!)

This winter can be particularly hard on the bird population. It has been colder and snowier, and the Avian Flu is impacting wild birds in addition to domestic poultry. Help prevent the spread by regularly cleaning bird feeders and noting sick or dead birds. To report suspected bird flu in Maryland, you can call the Maryland Department of Agriculture (MDA) Animal Health Program at (410) 841-5810. You can also email MD.Birdflu@maryland.gov.

Birds that are looking for homes would appreciate birdhouses and nesting materials as they begin to raise their new families. If you can, consider leaving a corner of your garden "wild" by creating a brush pile of fallen tree limbs, branches, and leaves. Such an area makes a great shelter for smaller birds. These simple steps can help add to the beauty of your yard, our county, and the world. 



Cardinalis cardinalis. Photo by Mickey Pullen



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6:00pm Approximate Return

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Please contact: ccgardenclubinfo@gmail.com
or call Kim 240-419-9177



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**GROUPS AND BUS
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Annual Wellness Visit is NOT a physical

By Mary Moran

Editor's note: The information provided by Mary Moran relates to the State Health Insurance Program (SHIP), and Maryland Access Point (MAP). Ms. Moran is available at 410-479-2535 or 410-490-3078 to offer information and assistance.

As we start seeing more sunshine and less snow, Medicare recipients may be rearranging postponed doctor appointments. It is important to remember that Medicare only pays for medically necessary provider visits, tests, and procedures. It does not pay for routine physical exams. Medicare does, however, pay for some preventative measures such as vaccines, which are exempt from the part "D" deductible. Since the cost of the vaccines is zero, zero will be applied to the annual \$2000 cap discussed in last month's column. Medicare also offers the Annual Wellness Visit free of charge, but this Wellness Visit is not a physical.

An annual, routine physical exam is one that is not related to diagnosing and treating a specific illness. Therefore, routine physicals and tests ordered as part of that physical, are NOT covered by Medicare. You will pay 100 percent out of pocket for the exam plus any routine blood work, such as cholesterol tests, ordered during a routine physical. According to costsidicarehealth.com, in Maryland an annual physical for one having a first time visit with a provider will average about \$441 in addition to lab work.

When a beneficiary joins Medicare, they receive a one-time Welcome to Medicare Initial Physical Exam. This is a health risk assessment only and is totally free. It is provided to document and review the beneficiaries' medical and social health history; it is not an actual physical. The doctor may not go beyond taking information outlined by Medicare,

such as making a list of your current providers and documenting past surgeries. If one asks the provider to specifically address or diagnose a physical ailment or chronic issue, it is no longer considered the Initial Physical. The doctor is required to bill for a medical visit, and you will not have completed the documentation for the Welcome to Medicare Initial Physical.

Once per year Medicare beneficiaries are entitled to a free Annual Wellness Visit, so the Part B deductible and copays are waived for the AWW. This is an Annual Documentation meeting which provides specific information and updates your personalized risk assessment to set up a personalized prevention plan. It is meant to address preventative care and health maintenance only. Again, this is not a hands-on exam. The AWW includes, but is not limited to, one's family health history, your past medical and surgical history, evaluation of one's mental and cognitive health using a Health Risk Assessment, abilities with Activities of Daily Living (ADLs), and routine measurements such as height and weight.

Based on the health risk assessment, the provider will discuss potential preventative services such as high cholesterol, diabetes, and other chronic condition screenings. Although the appropriate referrals may be made, routine blood work or other clinical lab tests are not included during the AWW.

The provider may make referrals to self-management services and programs, such as addressing behavior risks with referrals to tobacco cessation programs. It's a good idea to have a dated list of your vaccinations and recent screenings with you to help with scheduling vaccinations and prevention strategies. They will take measurements of your height, weight, body mass, and blood pressure. It is not the time to get into specifics about a current issue. Once again, this is about documentation of one's health history and current health status so your provider can treat you early with preventative care and health maintenance. At your discretion, you can also discuss advanced directives and may complete the forms about your care in the future.

On another note, the 2025 guidelines have come out for the Medicare Savings Plans.

Qualified Medicare Beneficiary (QMB), which acts as a supplemental plan for low-income Individuals, caps individual gross incomes at \$1,325/month with an asset limit



Calvary United Methodist Church

145 Halltown Road, Marydel MD

Sunday Worship 11:00 AM

Sunday School 9:45 AM

September-June

Pastor Dale Krupla



of \$9,660. Couples' incomes are capped at \$1,783/month with an asset limit of \$14,470.

Specified Low-income Medicare Beneficiary (SLMB) pays only the part "B" premium of \$185/month. It does not cover any other costs. Individual gross incomes are capped at \$1,585 and Couples gross monthly incomes are capped at \$2,135. Asset Limits are the same as for QMB.

Extra Help has 4 levels of assistance for paying the "D" premium (up to \$46.32) and puts a \$4.90 cap on generic drugs and \$12.15 on Brand name drugs for 2025. The monthly income limit for Individuals is \$1,976 with an asset cap of \$17,600, and a couples' gross income is capped at \$2,664 with an asset cap of \$35,130.

The Maryland Senior Prescription Drug Assistance Program (SPDAP) Pays up to \$75 per month toward the Medicare "D" premium and allows a one-time per year change of prescription drug plan outside of the annual Open Enrollment (October 15-December 7). Monthly individual incomes are \$3,912 and couples \$5,287. There's No Asset Limit.

Folks celebrating a Birthday in March should remember Maryland's Birthday Rule. This law allows those who currently have a Medicare Supplement Plan to change companies and keep the same coverage to save money... with no medical underwriting questions. Currently have a "G" (the best current coverage) but are paying high premiums for it? Keeping the "G" but changing companies could save you money. This opportunity only takes place during the 30 days following your birthdate.

Additionally, those who have an "F" (and are stuck with ever rising monthly premiums) may switch to a "G" with a different company to lower costs. This is considered a drop in coverage because the "F" covers the annual part B deductible of \$257 and the "G" does not. However, the actual health coverage is the same with either "F" or "G". The only difference is that the "F" charges a higher monthly premium to pay the one time per year part "B" deductible of \$257. With the "G", you pay that \$257 early in the year before the supplemental coverage kicks in. Contact a broker to shop for another company for a quote on a "G" monthly premium. Or call Mary Moran with any questions and more information.

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Federalsburg Senior Center is ramping up for fun and even a little mischief in March 2025

Join the senior center in celebrating St. Patrick's Day and enjoy some fun activities for International Woman's Day and World Music Therapy Day. We will be enjoying some Music Trivia on March 4 at 1:00 pm, as well as "Don't Pinch Me, I'm Green" Day on March 20 where we encourage everyone to attend in something green to dissuade any and all St. Patrick's Day pranks.

We welcome Mr. David Murray of Shore Gourmet to do a cooking demonstration on March 27 at 10:00 am. Ms. Michelle Hammond will be coming on March 11 to do her Health Education, with this month focused on Narcan Training. Federalsburg Senior Center will also feature its S.A.I.L. exercise class each Thursday 10:30 am as well as Bingo each week on Tuesday at 11:00 am.

This month's crafts will include: Watercolor Bookmarks on March 4, Washi Tape Art on March 11, Pom-pom Wreath on March 18, and the monthly Caroline Library Craft on March 25. Feel free to stop by for the craft at 1:00 pm after lunch is served at 12:00 pm each day we are open.

March is also "Senior Nutrition Month" which gives us a chance to not only highlight Upper Shore Aging's Nutrition Programs but also a chance to provide our local seniors with more resources and information about nutrition, as it has a huge impact on our daily lives. We all look forward to seeing you and hope you have a chance to stop by and learn more about what we do here at the Federalsburg Senior Center. Have a great month.

Happy Spring from the Caroline Senior Center

March is National Nutrition Month. The purpose of this month is to bring awareness to individuals about the importance of good nutrition. This month we encourage you to make healthy changes to your diet and increase your physical activity. The center welcomes Jannelle Bramble who will be here with SAIL Fitness every Monday and Wednesday at 12:30 pm. Every Tuesday at 10:00 am, Jillian Luna will be here presenting "Life without Limits," a diabetes awareness class.

What better way to celebrate National Nutrition Month by having a healthy coaching presentation with Michelle Hammond on March 5, at 10:00 am. We have Medication with Melanie on the first Thursday of the month, and this month Melanie will talk about Medications and nutrition and some of the effects it has on your blood pressure.

We have plenty of Spring Crafts planned along with a Spring Bingo - call 410-479-2535 and ask for Brandy or Gerri to reserve a spot.

Upper Shore Aging will celebrate 50 years of service on March 25. Come help us celebrate all month of March.

March birthdays: Mary Moran, Margaret Thomas, William Briggs, Alice Smith, Paul Hill, Cole Lippa, Robert Swafford, Patricia Shulties.

CR

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Why Consider Hospice Services Early?

Contributed by Compass Regional Hospice

When most people hear the word “hospice,” they often associate it with the final days or weeks of life. However, hospice care is much more than end-of-life support—it’s about enhancing quality of life, managing symptoms, and providing compassionate care for individuals and their families during a challenging time. One of the most significant misconceptions about hospice is that it’s only for the last moments of life. In reality, hospice care can begin much earlier, offering patients and their loved ones the time and support they need to focus on what matters most.

The Carter Example: Living Life to the Fullest

President Jimmy Carter passed away peacefully at his home in Plains on Sunday, December 29, after 22 months in home hospice care. President Carter was a longtime advocate for hospice care, and chose to enter hospice early in 2023. His decision raised awareness about the benefits of seeking hospice care sooner rather than later. President Carter spent nearly two years in hospice, surrounded by loved ones and focusing on living life to the fullest. His journey demonstrated that hospice care is not about waiting for the end but

embracing every moment along the way. “Hospice care is not just about dying; it’s about helping people live life to the fullest,” a representative noted, emphasizing how Carter’s journey embodied this approach.

To learn more information about how Jimmy Carter supported hospice, visit: <https://bit.ly/3Ppdd4w>.

How to Start the Conversation

Talking about hospice care can be difficult, but it’s an essential conversation. Compass is an organization dedicated to providing compassionate care and support to those facing life-limiting diagnosis or loss. It’s an organization whose value is to enhance the experience of serious illness and end-of-life care by promoting dignity and quality of life through respect, compassion, trust and commitment. Hospice care is not about giving up—it’s about gaining comfort, support, and time to live fully. Considering hospice services early can make all the difference for you and your loved ones.

For more information, visit Compass at: <https://compassregionalhospice.org/> or follow us on social media.

CR

THE IMPORTANCE OF CONSIDERING HOSPICE EARLY

COMPASS

"While hospice cannot add days to your life, it does add life to your days"

When most people hear the word "hospice," they often associate it with the final days or weeks of life. However, hospice care is much more than end-of-life support—it's about enhancing quality of life, managing symptoms, and providing compassionate care for individuals and their families during a challenging time. One of the most significant misconceptions about hospice is that it's only for the last moments of life. In reality, hospice care can begin much earlier, offering patients and their loved ones the time and support they need to focus on what matters most.

Depending on the terminal illness, research suggests that individuals in hospice care live **29 DAYS LONGER** than those who aren't enrolled.

"Hospice care is not just about dying; it's about helping people live life to the fullest"

Considering hospice services early can make all the difference for you and your loved ones.

Why Consider Hospice Services Early?

- Support for Families:** Hospice provides education, counseling, and respite care, ensuring families are not navigating this journey alone.
- Improved Quality of Life:** Starting early allows patients to benefit from pain and symptom management, emotional and spiritual support, and personalized attention tailored to their needs.
- Living Fully:** Many patients and families report a renewed sense of connection and meaning when hospice services are introduced early.

To find out more about our services, visit: www.compassregionalhospice.org

REMINDER - SUBSCRIBE TODAY!

2025

Caroline County Emergency Medical Services

AMBULANCE SUBSCRIPTION PLAN

ENROLL ONLINE AT **CAROLINEDES.ORG**

You may also subscribe using the enrollment packet that was mailed to all Caroline County households.

If you have questions about the plan or would like to request an enrollment packet,
please call 410-479-8140 or visit CarolineDES.org.

If you have an emergency, please dial 911.



Individuals

Families

Businesses



www.Arcadia-Living.com
(888) 880-6771
info@arcadia-living.com

Scan to
visit our
website



Assisted Living & Memory Care

locations in Queen Anne, Caroline, Talbot and Anne Arundel County

Cost ranges from \$4,600-7,700 per month
(Based on room type and service level)
Respite & short-term stays available

- 24/7 care and supervision
- Support for activities of daily living
- **Memory care in secured unit**
- Medication management & administration
- **Walkers & wheelchairs, mobility assistance**
- Incontinence & catheter care
- Diabetic care
- Oxygen management
- Special diet & dining supervision
- **In-house visits from PT, OT, and specialists**
- Hospice & end of life care
- The option to age in place as level of care increases

Caroline County Public Library

www.carolib.org info@carlib.org 410-479-1343

LIBRARY HOURS

CENTRAL BRANCH, DENTON

Monday, Tuesday, Wednesday, and Friday: 10:00 am - 6:00 pm

Thursday: Noon - 8:00 pm Saturday: 10:00 am - 2:00 pm

FEDERALSBURG BRANCH

Monday, Wednesday, and Thursday: 10:00 am - 2:00 pm
3:00 pm - 6:00 pm

Tuesday: Noon - 2:00 pm 3:00 - 8:00 pm

Friday & Saturday: Closed

NORTH COUNTY, GREENSBORO

Monday, Tuesday, Thursday: 10:00 am - 2:00 pm

3:00 pm - 6:00 pm

Wednesday: Noon - 2:00 pm 3:00 pm - 8:00 pm

Friday & Saturday: Closed

NEW

Maker Station: Automaton. Drop by our Makerspace to build a hand-cranked mechanical device. March 1 - 31, Ages 8 - Adults, Central Library, Denton. No registration is required.

Genealogy 101: The second session will review the attendees' research into their own case studies. Saturday, March 1, 12:00 pm - 1:30 pm, Teens & Adults, Central Library, Denton. Registration required*

Playtime at the Library is an hour for your toddler or preschooler to learn through playing with other children. Each session will involve sensory and imaginative play stations with age-appropriate toys. Playtime at the Library is not just for kids. Parents and caregivers can take advantage of some social time, too! Casey Irby, Family Support Coordinator for Caroline County Public Schools, will be joining us! Monday, March 3, 10:30 am - 11:30 am, Birth to age 4, Federalsburg Branch. No registration is required.

CCPL 3D Printing Certification: Come to this program to get certified to use our Bambu X1C 3D printer! We'll go over safety, evaluating models for printing, slicing, and starting a print. Thursday, March 6, 6:30 pm - 7:30 pm, Ages 15 - Adults, Central Library, Denton. Registration required*

Speed Friending: Finding friends can be difficult when you're an adult. Come meet other people looking for friends with a round of "speed friending!" Tuesday, March 11, 6:30 pm - 7:30 pm, Adults, Federalsburg Branch. Registration required*

Petite Picassos: Springtime Fun: Bring your little ones for this process art program where children will experiment with different art materials and techniques. In this session, your child will create spring-themed artwork. Dress for a mess. Monday, March 17, 10:30 AM - 11:30 AM, Birth - 4, Central Library, Denton. Registration required*

Tinkercad Basics: Gain the skills required to create a 3D design that can be used on a 3D printer. Thursday, March 20 6:30 PM - 7:30 PM, Ages 15 - Adult, Central Library, Denton. Registration required*

ONGOING

Winter/Spring Storytime. Tuesdays, 10:30 am, birth to age 4, North County Branch, Greensboro. Wednesdays, 10:30 am, birth to age 4, Central Library, Denton. No registration is required.

Bookies: Tuesday, March 18, 1:00 pm, Adults, Federalsburg Branch. Contact the Central Library at 410-479-1343, or info@carolib.org, for more information. No registration is required.



SECOND Sunday Music

Featuring Bluegrass performers from the Mid-Atlantic Region!

American Legion Caroline Post #29
9238 Legion Road, Denton, MD

Doors open 12:30 pm; ESBA Kitchen Pickers 1 pm
Featured performer 2 pm

\$15 person
Concessions available

Black-Eyed Suzies
March 9

ESBA
Eastern Shore Bluegrass Association


[esbluegrass.carrod.co](https://www.facebook.com/esbluegrass)


Continued

Lego Mania: Calling all young builders! Are you ready to take on this month's Lego® challenge? Join us for Lego® Mania, where you'll work with friends to Build a Scene from a Fairy Tale! Thursday, March 13, Central Library, Denton. 5:00 pm -7:00 pm, Ages 5-12. No registration is required.

Teen Tabletop Club: Join our adventuring party for this month's DND session! Thursday, March 27, 4:00 pm – 7:00 pm, Teens, Central Library, Denton. Registration required*

Paws for Reading: Practice reading to a trained service dog! Grigsby is a great listener and would love to have you read a story to him. Reading to a dog decreases the stress that children often feel when reading aloud. Grigsby is trained to sit or lay calmly beside children while they read. It's a judgement-free zone that allows children to build confidence and develop fluency. Thursday, March 27, 4:30 pm – 5:00 pm, 5:00 pm - 5:30 pm, 5:30 - 6:00 pm, 6:00 pm – 6:30 pm. Ages 5-12, Central Library, Denton. One registrant per session*

*For programs requiring registration, please visit carolib.org or call 410-479-1343. 



CAROLINE COUNTY PUBLIC LIBRARY

Print, fax, copy, & scan at the Library!

Copies are 25¢ each, and faxes are \$1 each. Stop in any branch or visit carolib.org and upload your order for us to print.



 **Caroline Review NEWS**

No paid subscription

Sign up for the free newsletter - twice weekly from Caroline County's trusted news source

carolinereview.com

Marking Her-story!

Women's History Month, celebrated every March, honors the invaluable contributions women have made throughout history. The Caroline County Public Library believes that one of the most powerful ways to honor their legacies is by reading their stories. Biographies offer a window into lives and challenges and triumphs, providing a deeper understanding of the women that have shaped modern culture. Here are some biographies to read during Women's History Month to inspire and empower.

1. "Frida in America: The Creative Awakening of a Great Artist" by Celia Star (2020)

Celia Stahr offers a fresh and insightful perspective on the life and art of Frida Kahlo, one of the most iconic artists of the 20th century. This book takes an in-depth look at a significant but often overlooked period of Kahlo's life: her time spent in America during the 1930s. These years, marked by both personal and professional transformation, were pivotal in shaping Kahlo's work and identity as an artist. Frida in America is an essential read for anyone interested in Frida Kahlo's life and legacy.

2. "Hello, Molly!: A Memoir" by Molly Shannon (2022)
Molly Shannon's memoir is a deeply personal and

humorous reflection on her life, filled with wit and warmth. Beloved in laughter for her iconic characters on Saturday Night Live, such as Mary Katherine Gallagher and Sally O'Malley, Shannon has long been known for her elevated absurdity and physical comedy. In her memoir, she takes readers on a journey through her career, her personal challenges, and the losses that shaped her into the person she is today. Ultimately, Hello Molly! is a story about resilience and the power of humor to heal.

3. "Naomi Osaka: Her Journey to Finding Her Power and Her Voice" by Ben Rothenberg (2024)

Ben Rothenberg provides an intimate and insightful look at the life of Naomi Osaka, one of tennis' most intriguing and groundbreaking players. Known for her presence on the court, Osaka has become a global icon in sports, not just for her success but for how she handles the immense pressures that comes with it. In an industry surrounded by outspoken peers, Osaka's introverted and reserved nature is refreshing and magnetic. Naomi Osaka is a portrayal of a young woman grappling with the pressures of fame, the expectations of being a role model, and a journey toward self-discovery.

Community Calendar

ONGOING

Lions Durable Medical Equipment Loan Closet. If you are in need of a piece of durable medical equipment, have your caregiver or healthcare provider contact a Lions Club near you to see if we can assist you. To contact a Lions Club near you search www.lions22B/projects.

Art & History Tours at The Foundry. Explore Caroline County's vibrant creativity with Kyleen Asche! Learn about our talented local artists and the gallery's special role in the community. Reserve your spot: Kyleen.Asche@carolinearts.org or 410-479-1009.

Mini-Grants Open-Apply Today! CCCA mini-grants are available to support art projects and events. Applications must be submitted at least 60 days before the start date. Email info@carolinearts.org. Details: www.carolinearts.org

Sponsorships Now Open – Support the Arts! Help us enrich lives and foster creativity in Caroline County by becoming a sponsor. Levels start at \$250 and include exclusive benefits. Your generosity fuels art education,

exhibitions, and events. Contact us today: 410-479-1009 or visit www.carolinearts.org

SUNDAYS

Worship Service at Eternal Life Ministries at 11:00 am at 807 Market St., Denton. Contact: Brother Mike at 410-714-4793.

Please join us in person at **New Beginnings UMC** at 12020 N. Central Ave Ridgely at 10:00 am. Virtual via YouTube #NBUMC or Zoom meeting ID: 242 506 3045 Passcode: 421282.

Bethesda Methodist Church 155 Main St., Preston. 410-673-7538. Bethesda Bible Adventures for ages 4 and up every Sunday at 9:00 am, Adult Bible Study every Sunday at 10:00 am, Bible Study with Pastor Nate every Thursday at 6:00 pm. Contemporary Service Sundays at 9:00 am and Traditional Service Sundays at 11:00.

Greater Impact Worship Experience every Sunday at 11:00 am. Impact Kids (ages 3-11) meet during the worship experience.

Immanuel Lutheran Church service at 10:30 am & Sunday school at 9:15 am.

Worship Service at Metropolitan UMC, 407 Gay Street Denton, MD at 9:30 am. Zoom meeting dial in- 1-301-715-8592, ID-857 9523 2970, Password- 147157

Come join us for **Worship Service at Zion UMC**, 219 Old Denton Road Federalsburg, MD 21632 at 11:30 am.

Lakeview Fellowship Church of God invites you to join us every Sunday morning at 8:45 am cafe, 9:30 am Sunday School for all ages, 10:30 am worship service with Kids Church and Nursery available. Address: Hess Frontage Road, Grasonville, MD. 410-827-5665 www.lakeviewfellowship.org Find us on FACEBOOK

Denton Church of the Nazarene, 10660 Greensboro Road, Denton. Sunday School (all ages) 9:30 am – 10:15 am. Sunday morning Worship/Children's Church 10:30 am – 12:00 pm. Nursery is provided and we are handicapped accessible.

Continued



Join us at **Calvary Baptist Church**, 1120 Market Street, Denton. Sunday School at 10:00 am and Worship at 11:00 am and 7:00 pm every Sunday. There's always something special happening at Calvary as "Faith in God is Alive in 2025". All are welcome. Bring a friend! 410-924-6404 donaldwreynolds@comcast.net <https://calvarybaptistchurchofdenton.org/>

St Paul's United Methodist Church located at 300 W Sunset Ave, Greensboro invites you to join us at our Sunday Service at 11:00 am with children's Sunday School during the service and Adult Sunday School at 9:30 am.

Join us for **worship and fellowship** at **St. Luke's Methodist Church**, 100 S. 5th Ave., Denton, MD. We are a Global Methodist Church with Traditional Worship at 8:30 am and Contemporary Worship at 10:00 am. Sunday School starts at 9:45 am and Adult Bible Study is at 9:30 am. Find your place to BELONG at St. Luke's Church!

SECOND SUNDAYS

The **Eastern Shore Bluegrass Association's** concert series at the American Legion Post #29 in Denton. Doors open at 12:00 pm for local musicians picking jam. Guest performers at 2:00 pm. Concessions available. \$15 at the door. March 9: the Annapolis Based Black Eyed Susies. Follow ESBA on FB and Instagram for concert updates and programming.

MONDAYS

The **Ridgely Lions** meet on the second and fourth Mondays of each month at the Ridgely United Methodist Church Social Hall, 107 Central Ave. 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.

Celebrate Recovery is a Christian based 12-step recovery program for all kinds of hurts, habits, and hang-ups. 7:00 pm - 9:00 pm at Greater Impact in Greensboro. For more information, please contact Cathy Bowery at 410-829-7020 or Nick Rukstela at 443-239-7005 or email info@greaterimpactmd.com.

TUESDAYS

Hot Soup at Aaron's Place, 401 Aldersgate Drive, Denton from 11:30 am to 1:00 pm. Come out and enjoy!

Tuesday Bingo at Denton American Legion Post #29 at 7:30 pm. Doors open at 5:00 pm. Snacks and drinks available for purchase at break. Info 410-479-2708.

The Annual **Shrove Tuesday**

PANCAKE SUPPER

March 4 • 4:30 - 7 pm

Pancakes, scrapple, sausage, applesauce



**EAT IN OR
CARRY OUT**

**DONATIONS
GREATLY
APPRECIATED**



Christ Episcopal Church
107 Gay Street, Denton
(behind the courthouse)

English as a Second Language Classes from 9:00 am - 11:00 am at Aaron's Place, 401 Aldersgate Drive, Denton. Any questions, please call 443-243-5906.

Zumba Classes at 6:00 pm with instructor Maria Draves at Aaron's Place, 401 Aldersgate Dr, Denton.

Walk-in Acupuncture Clinic at 5:30 pm - 7:00 pm from Source Point Institute at Aaron's Place, 401 Aldersgate Dr, Denton.

FIRST AND THIRD TUESDAYS

Write On! From 6:30 pm - 8:00 pm on Zoom. An online writer's group for adults. Join us to listen, write, and share your work in a welcoming community. <https://carolinearts.org/events/write-on-february-4th/> <https://carolinearts.org/events/write-on-february-18th/>

SECOND & FOURTH TUESDAYS

Ages & Stages class from 1:15 pm - 2:30 pm for pregnant mothers and infants up to 6 months old. Registration is preferred (410-479-8185). Let's have fun learning about the stages of pregnancy through infancy. Topics include prenatal care, eating healthy, becoming a mom, caring for yourself

Continued

and caring for your baby. This class is hosted by Caroline County Health Department at the Federalsburg Judy Center. There is no charge for participants.

THIRD TUESDAYS

Caroline County Chapter of Maryland **Right to Life** meets 7:00 pm at various locations around the county. All are welcome to help us defend life, educate the public, and work for legislative change. For more information or the location of the next meeting, contact chapter president Tom Lough at 443-996-3024 or Upcycletatime@gmail.com.

WEDNESDAYS

Denton Rotary Club Meetings are held Wednesdays from 12:00 pm - 1:00 pm at the Caroline Culinary Center, 512 Franklin St. Denton, MD 21629. Come join us for a free lunch and find out about the exciting "Service Projects" the club is working on. For more information, contact: Charlie Huber 410-479-2070 charliehuber21@gmail.com.

Community Civic League Food Pantry, 3439 Laurel Grove Road, Federalsburg. Wednesdays, 4:00 pm - 6:00 pm or by appointment. Free food and clothing. Contact: 302-604-4216 or 410-754-6011.

In person Bible Study at 6:00 pm, Eternal Life Ministries, 807 Market St., Denton.

Wednesday Bible Study at 7:00 pm at Calvary Baptist Church. Questions: Contact Don Reynolds, Pastor of Calvary Baptist Church, 1120 Market St, Denton, 410-924-6404, donaldwreynolds@comcast.net, www.calvarybaptistchurchofdenton.org.

The Ridgely Lions Club supports the Ridgely United Methodist Church with their **weekly Food Pantry** from 2:00 pm - 6:00 pm. Folks in need can pick up a grocery distribution behind the Church on Central Ave in Ridgely. For more information, contact Lion Shad Brannock at ridgelionsec@gmail.com.

Come out and join us for **Mommy and Me** classes from 9:00 am - 1:00 pm at Aaron's Place, 401 Aldersgate Drive, Denton. Discussion for health and wellness, baby diapers and needs and care for mommies. Any questions, please call 443-243-5906.

WEDNESDAYS & THURSDAYS

Exercise-Exercise-Exercise! One hour exercise classes at 11:00 am at Aaron's Place, 401 Aldersgate Drive, Denton. Please call 443-243-5906 if you have any questions.

WEDNESDAYS - SATURDAYS

The Fiber Arts Center Presents "**Somewhat Traditional**" a Quilt Exhibit-Deborah Killen. Debbie Killen, Quilt Artist: I love color! Though I love traditional quilts, I find it difficult to do muted or quiet colors. I am very much a scrappy quilter, the more color the richer the quilt becomes. It provides the quilt with texture and movement which keeps your eye moving over the whole quilt and appreciating all the parts of it. I enjoy creating my own designs, from start to finish. I also love to adapt patterns and make them my own, using colors that make me happy. I am a self-taught quilter since 1991 and did not take my first quilting class until 2007. Over the years I have enjoyed being a member of various Quilt Guilds in DE and MD. I have had the great pleasure of sharing my knowledge and love of quilting with others through teaching classes and techniques. This exhibit will be on display at the Fiber Arts Center in Denton, MD until March 15, 2025 and is free for all to see. The Fiber Arts Center is open Wednesday - Saturday from 12:00pm - 4:00pm

The Fiber Arts Center Presents **Mimi Dietrich-Baltimore Hometown Girl Exhibit**. Mimi Dietrich is a Baltimore Hometown Girl, a well-known teacher and author in the

Continued

**UPCOMING
EVENTS**

**Spaghetti Dinner**
March 6
4 pm to 7 pm
All you can eat spaghetti, salad, bread, dessert
Adults \$11. Take-out available

Sub Sale GOING ON NOW
Order/Pay before Feb. 28
Pick up Mar 20 or delivery Mar 21
\$11 includes chips and drink.
Call Tammy at 443-786-9266 to
place orders, pay, info, etc.

**Chicken n
Dumpling
Dinner**
April 6 2 pm to 5 pm
\$15



**Indoor Community
Yard Sale**
April 26
\$15 per spot
Call Tammy at 443-786-9266
to reserve

**For up to date info, check the Facebook page
Ridgely Volunteer Fire Department, Inc. or
Website www.rvfd400.com**

RIDGELY VOL. FIRE DEPT.
101 Sunset Blvd. in Ridgely, MD
410.634.2424 www.rvfd400.com

quilt world, and a member of The Quilters Hall of Fame. Mimi has been quilting for 50 years. Mimi saw her first Baltimore Album Quilt forty years ago at an exhibition at the Baltimore Museum of Art and it changed her life! These gorgeous quilts were made in her hometown in the 1850's and she became obsessed with them! She taught year-long Baltimore Album classes from 1990 until 2024, wrote three books about them, and exhibited her quilts at the Maryland Center for History and Culture in 2019. The quilts in our FACES exhibit are hand appliqued and many of them have wonderful stories stitched with a contemporary thread that connects them to the original historic quilts. This exhibit will be on display from March 19 – May 17. The Fiber Arts Center is open from 12:00 pm – 4:00 pm and the exhibit is free of charge.

THURSDAYS

Thursday Night Bible Study at Lakeview Fellowship Church of God. 6:00 pm Intercessory prayer, 6:30 pm Corporate call to prayer and worship, 7:00 pm - 8:00 pm family classes for all ages. Address: Hess Frontage Road, Grasonville, MD. 410-827-5665 www.lakeviewfellowship.org Find us on FACEBOOK

FIRST THURSDAYS

The **Activities Singles Klub (ASK)** holds its meetings the first Thursday of the month. Meetings are held at the Elks located at 502 Dutchman's Lane in Easton. Single, widowed, divorced and separated individuals are invited. Feel free to come visit with us. We meet at 4:30 pm for social time, dinner will be at 5:00 pm and the meeting will follow dinner. For information call Gladys at 410-822-6205.

SATURDAYS

Greater Impact worships every Saturday at 6:00 pm, and Impact Kids (ages 3-11) meet during the worship experience.

Men, come join us for **"Men Praying Together"** every Saturday. Women, come join us for **"Women Praying Together"** every Saturday. Time is 8:30 am - 9:30 am. Come fellowship with other believers and be strengthened and inspired. All are welcome—bring a neighbor/friend. Join us at Calvary Baptist Church, 1120 Market Street, Denton. Contact: 410-924-6404, donaldwreynolds@comcast.net, <https://calvarybaptistchurchofdenton.org/>

FIRST SATURDAYS

Community Civic League Breakfast, 3439 Laurel Grove Road, Federalsburg. Every first Saturday, 7:00 am -10:00 am.

Continued

Meet the Authors Series

Winter–Spring 2025

Brought to you by...



Friends of the
Caroline County
Public Library



Russell Reece
Tuesday, March 11
6:30 to 8:00 p.m.

Since 2003, Russell Reece's poems, stories and essays have been published in numerous journals and anthologies. He has received fellowships in literature from the Delaware Division of the Arts and the Virginia Center for the Creative Arts along with Pushcart and Best of the Net nominations. He was a finalist in short story in both the 2012 and 2015 William Faulkner/William Wisdom Creative Writing contests. He has won or been a finalist in many local and regional contests. His book of dark stories, *The Mud Lake Trilogy*, was released in May 2014. Russell served as a fiction editor for *The Fox Chase Review* 2014 - 15, as a reader for *The Little Patuxent Review* 2020 - 22, and as a co-host of 2nd Saturday Poets in Wilmington, Delaware for over 12 years.



Jim Duffy-
Tuesday, April 22
6:30 to 8:00 p.m.

Free to the public • Meet the Authors at the Caroline County Library in Denton



Spring Sing Event

Sunday, March 16, 2025 at 4:00PM

Featuring Local Artists and Groups

Supported by Aaron's Place inc.

*Come on out and support addressing
food insecurity in our community.*

Refreshments made available.



Living Waters Assembly

9058 Double Hills Road Denton, Md. 21629

Pastor Peter Harrison, Sr.

Scrapple, sausage, eggs, potatoes, applesauce, biscuit, OJ, coffee. Cost is \$9. Local delivery available. One free breakfast to anyone who attended the original school or day care. Contact: 410-754-6011 or 410-924-0552. There will be no breakfast in April or July.

SECOND SATURDAYS

Giving Grace Food Pantry held at Goldsboro Fire Co., 700 Old Line Road, Goldsboro. Food available from 7:00 am. For more information, call 302-270-1948. Sponsored by Trinity United Methodist Church, Goldsboro.

Eternal Life Ministries will have Fish Dinners available from 11:00 am - 3:00 pm. We are located at 807 Market Street in Denton. For more information, please call the church at 410-714-1087 or 410-725-1484.

Men For Change Outreach will meet every second Saturday, from 11:30 am - 1:00 pm at the Apostolic Pentecostal Church, 123 Liberty Road, Federalsburg. Contact: David Ricks, Sr. 443-786-5182, or Betty Jarman, 302-448-5939.

SATURDAYS & SUNDAYS

Holy Archangels Orthodox Christian Church.

"Proclaiming and Living the Timeless Truth of Christ."

11126 Tuckahoe Rd., Hillsboro-Denton, MD. www.OrthodoxChesapeake.org Email: Fr.RobertMiclean@gmail.com Saturdays: 6:00 pm, Great Vespers, Sunday Worship: 10:00 am, Divine Liturgy. All are welcome!

SATURDAY, MARCH 1 – MONDAY, MARCH 31

Ridgely Vol Fire Dept Fundraiser "Online Facebook Raffles". There will be multiple per month. Call Tammy for more info at 443-786-9266.

SATURDAY, MARCH 1

A training time to help us all be better witnesses will be offered 9:00 am - 12:00 pm! The presentation is called "Conversations - A Simple Approach to Share the Gospel." Mike Eskow - a local Gideon and assistant will be on hand to do the training. Please reserve the morning of March 1st for training and inspiration to be better equipped to present Jesus as the Savior! ALL ARE WELCOME—BRING A NEIGHBOR/FRIEND. Join us at Calvary Baptist Church, 1120 Market Street, Denton, MD 21629 -- 410-924-6404. donaldwreynolds@comcast.net <https://calvarybaptistchurchofdenton.org/>

SUNDAY, MARCH 2 - SUNDAY, APRIL 6

Adkins Arboretum's Yarnstorming Exhibit invites fiber artists, or teams of artists, to wrap dormant trees in colorful fiber creations. Presented in partnership with the Fiber Arts Center of the Eastern Shore. On show from March 2 – April 6. For more information, visit www.adkinsarboretum.org

SUNDAY, MARCH 2

Yarnstorming Reception from 2:00 pm – 4:00 pm at the Adkins Arboretum's Visitors Center. Yarnstorming is a form of public art that employs the use of yarn and fiber, instead of paint or chalk. Adkins Arboretum's Yarnstorming exhibit invites fiber artists, or teams of artists, to wrap dormant trees in colorful fiber creations. Sponsored in partnership with the Fiber Arts Center of the Eastern Shore (FACES), the Yarnstorming exhibit will be on show for Arboretum visitors to enjoy in the weeks just before the first buds of Spring appear. Trees will be judged by FACES members and prizes will be awarded for Best Collaboration, Most Funstastic, Colorfully Creative, and Artistic Excellence. Artists and the general public are invited to attend this free event. Enjoy light refreshments and chat with the artists. Advance registration is appreciated.

WEDNESDAY, MARCH 5

American Legion Post #29, 9238 Legion Rd, Denton, MD. **Chili** from 5:00 pm – 7:00 pm.

Continued

THURSDAY, MARCH 6

Ridgely Vol Fire Dept Fundraiser “Spaghetti Dinner”. Cost: \$11. Time: 4:00 pm – 7:00 pm. Call Tammy for more info at 443-786-9266.

THURSDAYS, MARCH 6, 13 & 20

The Fiber Arts Center is offering **Beginning Traditional Rug Hooking** with Elissa Crouch from 10:00 am – 1:00 pm. The cost is \$150/members and \$160/non-members. The kit fee is \$55 paid directly to instructor at time of first class. This 3-day class format will allow students to accomplish making a small piece by learning the technique, choosing colors, dry-dyeing, painting with wool and finishing. Please call Kathleen in the office to sign up for this series at 443-448-4611 or info@fiberartscenter.com

FRIDAY, MARCH 7

Caroline County Recreation & Parks host **Non-Traditional Sports Night: Street Racket** at the Fretterd Community Center, Gym. Break out of your comfort zone! Join us for an exciting night of non-traditional sports that focus on fun, not skill! This new initiative is designed to get everyone moving, laughing, and trying something new. No experience needed. Purchase 1 session for \$10 or both sessions for \$15. Grades 3-5 from 6:00 pm – 7:00 pm.

American Legion Post #29, 9238 Legion Rd, Denton, MD. **Stuffed shells, green beans, garlic bread, and dessert.** Time: 5:00 pm – 7:00 pm, County Line 7:00 pm – 11:00 pm.

SATURDAY, MARCH 8

Empowering Women’s Health and Wellness at 506 S. 5th Ave. in Denton, Maryland is hosting a free monthly wellness series for women. Sessions are led by a nutritionist and a board-certified women’s health nurse practitioner. Participation is limited, with spaces reserved by calling Jamie Gordon, WHNP-BC at 443-493-7575, or Alice Lloyd, CNS at 410-924-1776. This International Women’s Day, EmpowerHER invites participants to a powerful session dedicated to women’s health and wellness. Participants will learn practical ways to nourish your body, understand your health, and take charge of your well-being. Time: 11:00 am – 1:00 pm.

MONDAY, MARCH 10

Caroline County AARP Chapter 915 meets at 12:00 pm with a covered dish luncheon at the Church of the Nazarene in Denton. Rescheduled BINGO! Come have fun with us. Guests and new members are welcome. Enjoy free magazines. For more information, call 410-482-6039.



PROGRESSIVE JACKPOT

Every Monday Night 6:00 pm
Food until 7:00 pm

Federsburg
VFW

Caroline County, MD Post #5246

TUESDAY, MARCH 11

The Fiber Arts Center is sponsoring a new **Maryland chapter of the Quilts of Valor** which honors our veterans. Volunteers of all skill levels are needed. Meeting from 9:00 am – 4:00 pm at the Fiber Arts Center.

WEDNESDAY, MARCH 12

American Legion Post #29, 9238 Legion Rd, Denton, MD. **Cheesesteak and French fries** from 5:00 pm – 7:00 pm.

THURSDAY, MARCH 13

Stitch and Sews from 12:00 pm – 4:00 pm at the Fiber Arts Center. Members \$5, Non-members \$10. Call Kathleen McCulloch to sign up at 443-448-4611 or at info@fiberartscenter.com

FRIDAY, MARCH 14

The **Caroline County Garden Club** will hold its monthly meeting at 10:00 am at the Denton branch of the Caroline County Public Library. Guest speaker will be Rachel Rhodes from University of Maryland Extension speaking about propagation. For more information on the meeting or how to join CCGC email ccgardenclubinfo@gmail.com or call 410-253-9540.

Continued

American Legion Post #29, 9238 Legion Rd, Denton, MD.
Fish & Shrimp. Time: 5:00 pm – 7:00 pm, Del-Mar 7:00 pm – 11:00 pm.

SATURDAY, MARCH 15

The Fiber Arts Center Offering **Hand Applique Celtic Wall hanging Class.** Come join the rest of the Fiber Arts Center leprechauns to learn the technique of back basting hand applique! You will be making a lovely Celtic wall hanging that's bound to bring the luck of the Irish to your household! Call Kay Butler at 410-829-5136 if you have questions or email mrs.kay.butler@gmail.com. Time: 10:00 am - 2:00 pm. Cost: \$40 members/\$50 nonmembers. Cost of pattern: \$10. Class Supply List at www.fiberartscenter.com. Please call Kathleen McCulloch 443-448-4611 to sign up for this class.

Lil' Leprechaun Dash. Kick off the festivities with a 100-meter dash down 4th Street exclusively for youngsters ages 5 and under. Special prizes for all finishers. at 8:40 am (before St. Paddy's Day event) Advance registration: \$7 (\$10 after February 21 or day of the event). Located at Fretterd Community Center.

St. Paddy's Day 5K and 1-Mile Fun Run. Start your spring fitness conditioning on this certified fast and scenic course through Denton. Seashore Striders will be using the Chronotrack chip timing system. Register early to guarantee a commemorative performance tee. This event benefits youth registration financial aid and scholarship fund for recreation programs produced by CCRP. Check-in: 8:00 am, Race start: 9:00 am. Pre-registration: \$35 for 5K/\$20 for 1-Mile Fun Run. Add \$5 after Friday February 21 or day of the event. Located at Fretterd Community Center.

Eternal Life Ministries "Pray Breakfast" at 8:00 am, 807 Market St. Denton, MD. Carryout available. For more information, call 410-714-1087 or 410-725-1484.

Caroline County Republican Women will be meeting at the home of Julie at 10:00 am. Please call or text 410-924-0904 for address of meeting location. All are welcome. Light refreshments will be served. For information, and to RSVP, text Bobbi at 410-570-0494, or email bremines7@gmail.com.

Caroline County Bird Club Program at 9:00 am. Presenter: Dan Small, Natural Lands Project Coordinator, Washington College Center for Environment & Society will

Continued



TEXAS HOLD 'EM

Spring 2025 Poker Tournament

March 29

Doors Open 11 am - Tournament starts 1 pm

Queen Anne-Hillsboro Volunteer Fire Company
13512 First Street Queen Anne, MD 21657

Tickets:
Entry Fee: \$100 no re-buy
\$65 to Prize pool

Includes Soda & Water
Food & beer available for purchase
Prize money payout to all 8 finalists

For registration and info contact
Tom: tdifatta@comcast.net 443-786-4532
Kenny: khope80@hotmail.com 410-924-1860
Visit www.qahvfc.com for more information



present "The Natural Lands Project and Northern Bobwhite - Build it and they will come". Location: Wharves of Choptank Visitor & Heritage Center, 3 Crouse Park Lane, Denton, MD.

SUNDAY, MARCH 16

Gospel Spring Sing Event at 4:00 pm at Living Waters Assembly, 9058 Double Hills Road, Denton, MD.

TUESDAY, MARCH 18 – THURSDAY, MARCH 20

UFO Stitching Groups. These fiber artists meet to finish "Unfinished Objects", in other words, if you have a project that you need time to finish, then this is the event for you! For three consecutive days you can work on your own sewing projects and enjoy the fun and camaraderie of other stitchers. The best thing is that you can leave your machine and materials overnight. Cost: Members - \$30 per session (3 days), Non Members - \$45 per session (3 days). If you buy 3 sessions you get the fourth for free! Reservations are required. There are waiting lists for some dates. Call Kathleen McCulloch to sign up 443-448-4611 or at info@fiberartscenter.com.

WEDNESDAY, MARCH 19

American Legion Post #29, 9238 Legion Rd, Denton, MD. **Wings.**

THURSDAY, MARCH 20 & FRIDAY, MARCH 21

Ridgely Vol Fire Dept Fundraiser "**Sub sale with chips and drink**". Cost: \$11. Time: 5:00 pm drive-thru on Thursday, delivery on Friday. Call Tammy for more info at 443-786-9266.

FRIDAY, MARCH 21

Caroline County Recreation & Parks host **Non-Traditional Sports Night: Floor Ball** at the Fretterd Community Center, Gym. Break out of your comfort zone! Join us for an exciting night of non-traditional sports that focus on fun, not skill! This new initiative is designed to get everyone moving, laughing, and trying something new. No experience needed. Purchase 1 session for \$10 or both sessions for \$15. Grades 6-8 from 6:00 pm – 7:00 pm.

American Legion Post #29, 9238 Legion Rd, Denton, MD. **Corned beef & cabbage.** Time: 5:00 pm – 7:00 pm, Garrett Roe-Karaoke 7:00 pm – 11:00 pm.

SATURDAY, MARCH 22

Cordova Day, 10:00 am – 2:00 pm at the Cordova firehouse. Local history displays, local vendors, food available for purchase and more.

SPAGHETTI DINNER

Sat. Mar. 29, 2025 4pm - 7pm

At Greensboro Community Fire Hall
13781 Greensboro Rd, Greensboro, MD



**Take out
available**

All you can eat
Spaghetti
Cole Slaw
Bread
Dessert
Adults - \$10
Children
under 12 - \$5

For tickets call
302-331-5634

Proceeds
going to
**Church Capital
Improvement
Fund**



Hosted by **St. Paul's
United Methodist
Church**
**300 W Sunset Ave
Greensboro, MD**

Indoor Craft & Yard Sale to benefit the Caroline County 4-H Program from 8:00 am – 1:00 pm at the Caroline County 4-H Park, 8230 Detour Road, Denton. 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. Food available for sale at the event. Cost is \$15 per table. Set up is on Friday, March 21 from 6:00 pm – 8:00 pm or Saturday March 22 from 6:00 am – 7:00 am. Early deadline to ensure space is March 1. 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 spot, please call Joanne Wooters at 410-479-0565 or email caroco4hcraftshow@gmail.com

Colonel Tench Tilghman SAR Chapter meeting at 11:00 am at the Chester Rivet Yacht and Country Club in Chestertown, MD. In addition to inducting two new SAR members to our chapter and our very first SAR associate, we will enjoy lunch and afterwards receive a presentation about Revolutionary War era clothing. One of our SAR members will be dressed in a military uniform and talk about the clothing worn by military officers and enlisted men during

Continued

the Revolutionary War era. To learn more about the Colonel Tench Tilghman Chapter of the SAR, please go to the Maryland Society of the Sons of the American Revolution website at <https://www.mdssar.org/> and the chapter's Facebook Group page: <https://www.facebook.com/ColTenchTilghman>. Prospective members and guests are welcome to attend this meeting. If interested in participating, please contact Warren at wdtewes@gmail.com by March 12, 2025.

Men's Luncheon. Just like God's love, everything is free! Come, let's talk. I mean really talk about life. Men will be there. Men like you and me. Men that have tried drugs, alcohol, been in trouble with the law, had no income, no family and above all, no hope. But for the grace of God and his mercy we now have homes and important jobs. Lead companies. Have cars and money. And have families that live us and depend on us. Come. Let's share how we got blessed so others may be blessed. Don't we owe God that much? Brother John and Bishop Marvin L. Jenkins, Pastor, Whole Counsel of God Ministries, 302 Church Street, Greensboro.

SUNDAY, MARCH 23

Eternal Life Ministries "Pre Men's Day Celebration" at 3:00 pm, 807 Market St. Denton, MD. Guest preacher Rev.

CALVARY BAPTIST CHURCH

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www.calvarybaptistchurchofdenton.org
Don Reynolds, Pastor

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All are welcome - bring a neighbor or friend



10 am Sunday Bible School – All ages
 11 am Exciting Praise / Worship
 Also, great Junior Church
 (5-11 yrs.)/Nursery
 7 pm Sunday Evening Worship
 7 pm Wednesday Bible Studies

Faith in God is Alive in 2025

Erik Medina of Bell Chapel AME Church of Denton, MD with his choir and congregation. Dinner will be served at 2:00 pm. All are welcome. For more information, call 410-714-1087 or 410-725-1484.

TUESDAY, MARCH 25

"Dine with Fleegle & Helfenbein". Come have dinner on us at Fisherman's Inn, Grasonville, MD from 4:30 pm – 6:30 pm and discover unique ways to honor a loved one, planning in advance and how you can save your family thousands! Seating is limited. To register please visit <https://bit.ly/3j2h5LY> give us a call at 410-604-3862. Ryan Helfenbein is partner of Fleegle & Helfenbein Funeral Home along with Fellows, Helfenbein & Newnam Funeral Home and familiar columnist for Outlook by the Bay magazine. In his upcoming educational presentation, he'll touch on topics such as green burial, veteran's benefits, creating a meaningful celebration of life, pre planning, pre-payment and much more.

WEDNESDAY, MARCH 26

American Legion Post #29, 9238 Legion Rd, Denton, MD.
Shrimp salad sandwich & chips.

THURSDAY, MARCH 27

Getting Ready to Sew-Learning How to Use Your Sewing Machine with Priscilla Hodge from 10:00 am – 2:00 pm at the Fiber Arts Center. This is a hands-on class. This class is for anyone who has a sewing machine in GOOD WORKING ORDER that does not know how to use it. Priscilla will guide you through the basics. Learn the basic machine operation of your sewing machine. Threading, bobbin winding, stitch selection, altering stitches, regular oiling and cleaning will be covered. Supply list on website. Please call Kathleen at 443-448-4611 to sign up for this class. Cost \$40/members, \$50/non-members.

FRIDAY, MARCH 28

Adelina's Applique Floral Garden; Block of the Month Session 3 with Kay Butler from 10:00 am – 2:00 pm at the Fiber Arts Center. Cost: \$60/members, \$75/non-members. Adelina's Flower Garden is a mid-nineteenth century New York applique quilt with a folk-art appearance to the blocks. You will have the opportunity to create this lovely quilt as we delve into the world of back basting applique. The floral quilt contains 12 applique blocks each measuring 22 inches square. For the first session, we will be focusing on four floral blocks. Class Supply List <https://fiberartscenter.com/upcoming/>

American Legion Post #29, 9238 Legion Rd, Denton, MD.
Pork loin, scalloped potatoes & peas. Time: 5:00 pm – 7:00 pm, Chain Break 7:00 pm – 11:00 pm.

Continued

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 APRIL 6TH**

**\$30 in Advance
 \$35 at the door**

Doors Open at 12pm, Bingo Games Start 2pm
 20 Regular Games
 * Extra Packets * Special Games * Pull Tabs *
 * Tricky Tray * 50/50 *
 * Food and Drinks Available for Purchase *

Goldsboro Fire Department
 700 Old Line Road, Goldsboro MD

Contact Deanna Blanch - (443) 786-7359
 *Limited Number Of Tickets will be sold *

Breakfast @ the 
 3rd Sunday of the month 8 am to 11 am
\$10 per person

MENU

EGGS TO ORDER • SLICED POTATOES
 PANCAKES W/NO BLUEBERRY TOPPING
 LINK SAUSAGE, BACON, SCRAPPLE
 CREAMED CHIP BEEF • TOAST
 COFFEE • ORANGE JUICE • TOMATO JUICE
 SYRUP, BUTTER, CREAMER, CONDIMENTS

**SERVED TO YOU AT
 YOUR TABLE**

American Legion Caroline Post 29
 9238 Legion Road, Denton, MD 21629
 1 Mile Behind Walmart

 **QUEEN ANNE HILLSBORO VOLUNTEER FIRE COMPANY**

ANNUAL DINNER

Dine In Buffet-Style or Carryout Available

SUNDAY, APRIL 27, 2025
12:00 PM - 3:00 PM

**TICKETS: \$25 IN ADVANCE
 \$30 AT THE DOOR**

Kids Under 5 are Free for dine-in only

Queen Anne-Hillsboro Volunteer Fire Company
 13512 First Street Queen Anne, MD 21657

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 FRIED CHICKEN
 CHICKEN & DUMPLINGS
 WITH ALL THE FIXIN'S**

FOR MORE INFO OR ADVANCE TICKETS: TEXT OR CALL 410-920-9146



Lions Clubs of Caroline

GREENSBORO LIONS CLUB NEWS

Our Lions members, having slowed down a little through inclement weather, managed to step up the pace and make numerous accomplishments including completing our visitation schedule with a visit to Harrington. Donations were made to the Friends of the Library, Maryland School for the Blind and His Hope Ministries.

Further, we are accepting applications for both the Carlton Porter Memorial Scholarship for NCHS students looking to attend Chesapeake College and the William L. Kinnamon FFA Scholarship. Information can be obtained for these scholarships from either the NCHS Guidance Counselor or by contacting Dr. Joseph McCarthy (docjoe21639@comcast.net)

SATURDAY, MARCH 29

Caroline County Bird Club Walk. Marshy Hope Boardwalk Trail. Leader: Robin Lahnemann and Friends. Beginning birders encouraged to join us! Meet 8 am at parking lot on Veteran's Drive.

Calvary Baptist Church GROW Women's Ministry Invites you!

We would love for you to come spend a special day with one of Calvary Baptist's own Kay Butler, from 10:00 am – 3:00 pm, who will be sharing her testimony of how God has been an integral part of her life. Kay will use some of the quilts she has made in the past 35 years to describe how precious the Lord has been in the midst of stormy roads and blessed times. A lovely lunch will be provided by our GROW ministry, which will be followed by a hexagonal cross project for those who would like to make a quilt wall hanging of their own! Come join us for a special day of fellowship and learning and create a beautiful memory of God's goodness! The cost of this event is \$5.00. Please call 443-786-3855 to sign up and get your supplies list! Proverbs 31:22 "She makes bed coverings for herself; her clothing is fine linen and purple." ALL ARE WELCOME—BRING A NEIGHBOR/FRIEND. Join us at Calvary Baptist Church, Fellowship

Hall, 1120 Market Street, Denton, MD 21629 -- 410-924-6404. donaldwreynolds@comcast.net <https://calvarybaptistchurchofdenton.org/>

TUESDAY, APRIL 1 – WEDNESDAY, APRIL 30

Ridgely Vol Fire Dept Fundraiser "**Online Facebook Raffles**". Multiple per month. Call Tammy for more info at 443-786-9266.

THURSDAY, APRIL 3

Stitch and Sews from 12:00 pm – 4:00 pm at the Fiber Arts Center. Members \$5, Non-members \$10. Call Kathleen McCulloch to sign up at 443-448-4611 or at info@fiberartscenter.com

Ridgely Vol Fire Dept Fundraiser "**Spaghetti Dinner**". Cost: \$11. Time: 4:00 pm – 7:00 pm. Call Tammy for more info at 443-786-9266.

SATURDAY, APRIL 5

Empowering Women's Health and Wellness at 506 S. 5th Ave. in Denton, Maryland is hosting a free monthly wellness series for women. Sessions are led by a nutritionist and a board-certified women's health nurse practitioner. Participation is limited, with spaces reserved by calling Jamie Gordon, WHNP-BC at 443-493-7575, or Alice Lloyd, CNS at 410-924-1776. As we welcome the season of renewal, it's the perfect time to focus on refreshing your body, mind, and spirit with Spring Wellness. This interactive session will help you transition into spring with healthier habits, greater energy, and a more balanced approach to wellness. Time: 11:00 am – 1:00 pm.

SUNDAY, APRIL 6

Ridgely Vol Fire Dept Fundraiser "**Chicken & Dumpling Dinner**". Cost: \$15. Time: 2:00 pm – 5:00 pm. Call Tammy for more info at 443-786-9266.

TUESDAY, APRIL 8

The Fiber Arts Center is sponsoring a new **Maryland chapter of the Quilts of Valor** which honors our veterans. Volunteers of all skill levels are needed. Meeting from 9:00 am – 4:00 pm at the Fiber Arts Center.

TUESDAY, APRIL 8 – THURSDAY, APRIL 10

UFO Stitching Groups. These fiber artists meet to finish "Unfinished Objects", in other words, if you have a project that you need time to finish, then this is the event for you! For three consecutive days you can work on your own sewing projects and enjoy the fun and camaraderie of other stitchers.

Continued

The best thing is that you can leave your machine and materials overnight. Cost: Members - \$30 per session (3 days), non-members - \$45 per session (3 days). If you buy 3 sessions you get the fourth for free! Reservations are required. There are waiting lists for some dates. Call Kathleen McCulloch to sign up 443-448-4611 or at info@fiberartscenter.com.

SATURDAY, APRIL 26

Safe Sitter-Essentials with CPR for ages 11 – 13. From 9:00 am – 3:00 pm at UM Shore Medical Center at Easton, Health Education Center, Classroom C/D, 219 S. Washington Street, Easton, MD. Designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises that simulate real-life babysitting situations and enable students to practice rescue skills, like choking rescue. Class fee is \$50 and includes Safe Sitter Kit. Students should bring a lunch. Register early, as classes fill quickly. To register, email Gladys Peeples at Gladys.Peeples@umm.edu. For questions, call Stephanie Blades at 410-822-1000, ext. 5234.

Ridgely Vol Fire Dept Fundraiser **"Indoor Yard Sale"**. Cost: \$15 per spot. Time: 7:00 am – 1:00 pm. Breakfast available. Call Tammy for more info at 443-786-9266.

CR

SAVE THE DATE

GUN BASH

JUNE 7, 2025



Tickets coming in the very near future.
Any questions: gunbash@denotnvc.com

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Presents

Friday
Apr 25, 2025



DOORS
OPEN AT
5:00 PM



• **Dinner 6:00 PM** • **Concert 7:00PM**

Dinner/Concert \$55 Members \$50
Advance Tickets ONLY!

Concert Only: \$35 Members \$30 Advance or At Door

Tickets on sale Feb. 18 through April 18

TICKETS ONLINE: www.DelmarvaGospel.com

For Information Call Loretta Collins 302-531-7997
 Members MUST call with ID# on Membership Card

Delaware State Fair Exhibit Hall
18500 S. Dupont Hwy. Harrington, DE 19952

ARTISTS Lineup is subject to change without prior notice due to last minute emergencies.

3rd Annual



Saturday | March 29th | 9 a.m.
Colonel Richardson High School



Join the Seashore Striders for a 5k Run & a 1 mile walk as we honor longtime Colonel Richardson High School Coach Merrill Morgan. The former boys' head basketball coach, Morgan, had 505 career victories, earned 485 of those over his 38 seasons at Colonel. He led Colonel to the state finals in 1976, and reached the state semifinals in 1973, 1976, 1990 and 1995.

In the fall of 1967 he joined Caroline County's Colonel Richardson High School where he served as a guidance counselor from 1967-2004; varsity boys' basketball coach from 1967-2005; and assistant girl's track coach in the 1970s. He excelled in all positions, as he encouraged and assisted both athletes and non-athletes, boys, and girls, to be the best they could be. He said he wanted to be remembered for "always being fair."



RACE TIMING: Seashore Strider Event Production will chip time the event using the Chronotrack chip timing system.

RACE AMENITIES: Long sleeve race shirts, medals to age group winners and light refreshments.

AWARDS: Overall male and female, Masters, plus top 3 in 10 year age groups 13 under to 70 over. Top 3 male & female walkers will receive medals.

ENTRY INFO: Make checks payable to "Seashore Striders" if using the Universal Entry Form

RACE DIRECTOR:
Tim Bamforth, Seashore Striders/Seashore Strider Event Production, Inc.
tim@seashorestrider.com

↓ VIEW COURSE HERE!



A loop 5k course on the country roads of Federalsburg, MD.

5K RACE ENTRY FEE:

\$25 "EARLY BIRD" registration
(till March 23 at midnight)

\$30 "RACE WEEK" registration
(till March 28 at 10 pm)

\$35 "RACE DAY" registration
8-8:50 at CRHS Race Start

1-MILE FUN WALK ENTRY FEE:

\$20 "EARLY BIRD" registration
(till March 23 at midnight)

\$25 "RACE WEEK" registration
(till March 28 at 10 pm)

\$30 "RACE DAY" registration
8-8:50 at CRHS Race Start

STUDENT FEE 5K OR 1 MILE FUN WALK ENTRY FEE:

Must be a current MS or HS Student

\$20 registration
(till March 28 at 10 pm)
No discount on Race Day

REGISTER HERE! →



Building Permits

Dolores A Donnelly, Thomas J Donnelly, 24838 Pealiquor Rd, Remodel/Renovation

Eugene M III Chieffo, Yolanda Wiley-Chieffo, 26941 Marydel Rd, Agricultural Building

James K Pryor, 10871 Knife Box Road, Deck

Jaime Vonella, Hall Will J SR Hall Charlotte D Hall, 16911 Heritage Hills Ln, Pole Building

Terrie Joan Collins, George Wesley Collins, 8291 Somerset Lane, Pole Building

Terrie Joan Collines, Gerge Wesley Collins, 8291 Somerset Lane, Porch

Zelie M Knekker, David A Kneller, 27051 Bilbrough Rd, Solor Energy System

Lauren Stoltzfus, Jonathan Stoltzfus, 8507 Mitchell Rd, Pole Building

Sarah E Deluca, Mark E Deluca, 25171 Towers Rd, Solar Energy System

Michael A Fisher, Samantha J Fisher, 12209 Greensboro Rd, Pole Building

Teresa A Brooks, 25592 Zacharias Mill Rd, Deck

Jon Grell, 25980 Shults Rd, Solar Energy System

Tucker Joseph E SR Etal, Dawn M Etal Riddle, 14005 Drapers Mill Rd, Addition

Tucker Joseph E SR Etal, Dawn M Etal Riddle, 14005 Drapers Mill Rd, Pole Building

Dana S Swain, Timothy A Breeding, 26907 Boyce Mill Rd, Pole Building

Mary Lynn Wright, 25660 Brookwood Rd, Shoreline Work

CR

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Deed Transfers

Harry T. Cole, Personal Representative of the Estate of Charles M. Cole to Timothy A. Gott and Christina Gott, \$355,000, 10719 Greensboro Road, Denton.

Logan Limited Liability Company to John S. Alt Jr, \$1, Lot 1F-Fox Grape Farms, Holly Lane, Greensboro.

U.S. Bank Trust Company to Four-Ten Holdings Corporation, \$135,000, 22143 Hillsboro Road, Hillsboro.

Jeremy T. Savin and Kaylin McJilton to Michael Jacobson and Allyson Jacobson, \$525,000, 5836 Beeches Drive, Preston.

Southstar, LLC (formerly known as Southstar Limited Partnership) to Hoffman Irrigation, LLC, \$250,000, 2785 Veterans Drive, Federalsburg.

Terry L. Breeding and Sharon K. Breeding to Bowers Group LLC, \$39,000, 8410 Hickman Road, Denton.

Terry L. Breeding and Sharon K. Breeding to Bowers

Group LLC, \$42,000, 28255 Liden School Road, Denton.

Brad W. Walbert to Caroline Seiden and Richard Siedenm as tenants by the entirety, as to an undivided fifty percent interest and Jacob Seiden as to the remaining undivided fifty percent interest, tenants in common as to the whole, \$260,000, 12185 River Road, Ridgely.

George A. Degrasse III and Morgan B. Degrasse to Terence Richard Perry, \$449,900, 11329 River Road, Ridgely.


Thomas M. Lanning and Patsy C. Lanning to Henry Adonai Capistran Galvez and Mercy Gabriela Felipe Chilel, \$322,750, 12646 Greensboro Road, Greensboro.

Kate Ruth Breeding to Mohammad Anwar Mohammadi, \$239,900, 108 Academy Street, Greensboro.


8919, LLC by The James C. Robinson Revocable Trust, Sole Member LLC to Patricia Joy and Martin Martin A. Baumann, \$339,000, 344 Meadowvale Lane, Denton.

Continued


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 www.mrrootermde.com






Norma L. Lord to Tito J. Roblero De Leon, \$82,500, 406 North Main Street, Greensboro.

Steven Hubble and Helena Hubble (F/K/A Helena Carol Garman) to Elissa Justino, \$205,000, 314 Holt Street, Federalsburg.

Moo Seong Kim and Hee Soon Kim to Edwin Chavarria Ochoa, \$28,000, 105 Bloomingdale Avenue, Federalsburg.

SMS Developers, Limited Liability Company to Kenneth C. Secrist, \$25,000, 22411 Hillsboro Road, Denton.

Verena M. Alexander to Ashley G. Mulrine, \$231,500, 312 Buena Vista Avenue, Federalsburg.

Carole Small (f/k/a Carole Quimby) to Jason Stutzman and Miranda Stutzman, \$75,000, 25734 Brookwood Road & Lot 5R, Greensboro.

Lomaxx LLC to Annette D. Fountain, Jr, \$325,000, 307 West Third Street, Ridgely.

Craig A. Cropper and Dovile Turlinskaite Cropper to Dufferin R. McConnell and Gina D. McConnell Co-Trustees of the Dufferin R. McConnell Revocable Trust Dated June 10, 2019 and Gina D. McConnell and Dufferin R. McConnell Co-Trustee of the Gina D. McConnell Revocable Trust Dated June 10, 2019, \$500,000, 22007 Gannon Road, Preston.

Cynthia Lee Cummings to Lomaxx, LLC, \$140,000, 402 Maryland Avenue, Ridgely.

Wren Causi Hurt III to Michael Thomas Wilson and Kassandra Pumphrey, \$350,000, 12503 Gardner Lane, Greensboro.

Dufferin R. McConnell and Gina D. McConnell, Co-Trustees of the Dufferin R. McConnell Revocable Trust Dated June 10, 2019 and Gina D. McConnell and Dufferin R. McConnell, Co-Trustees of the Gina D. McConnell Revocable Trust Dated June 10, 2019 to Craig A. Cropper and Dovile Turlinskaite Cropper, \$560,000, Lots 13, 14 and 15 Gannon Drive (Tax Acct. Nos. 04/002199 and 04/003985) Preston.

CMH Homes, Inc to Arthur Bailey Baltimore and Verna Ray Bolden, \$271,119, 4534 Federalsburg Highway, Federalsburg.

Shalisa Mack to Ryan Byrd, \$4,000, Nelpine Road, Preston.

Betty F. Ballas, Trustee under the Residuary Trust set forth in Item Four of the Last Will and Testament of LaRue C. Joiner to Rhiannon Rodriquez de Alvarez, \$250,000, 11599 Kibler Road, Greensboro.

Carol McKay Merritt to Katelyn Marie Tate and Andrew Franklin Frazier, \$299,900, 706 Central Avenue, Ridgely.

Daniel Fox, Director and Collector of Taxes for Caroline County and the State of Maryland to RCT Land Partnership, \$2,200, 1.5 AC E/S Ridgely Road, E of Hillsboro.



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(2, 4, 6, & 8 Yard)**

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March Tide Table

Predictions for Tuckahoe
(See below for other factors)
Eastern Daylight Savings Time

Date	AM				PM			
1	3:05	Lo	9:08	Hi	3:30	Lo	9:29	Hi
2	3:51	Lo	10:01	Hi	4:22	Lo	10:14	Hi
3	4:37	Lo	10:53	Hi	5:13	Lo	10:58	Hi
4	5:24	Lo	11:43	Hi	6:04	Lo	11:43	Hi
5	6:13	Lo	12:34	Hi	6:56	Lo		
6	12:29	Hi	7:03	Lo	1:26	Hi	7:47	Lo
7	1:18	Hi	7:55	Lo	2:20	Hi	8:40	Lo
8	2:11	Hi	8:49	Lo	3:17	Hi 9:33	Lo	
9	4:10	Hi	10:44	Lo	5:16	Hi	11:27	Lo
10	5:14	Hi	11:40	Lo	6:14	Hi		
11	12:22	Lo	6:18	Hi	12:37	Lo	7:09	Hi
12	1:15	Lo	7:20	Hi	1:32	Lo	8:00	Hi
13	2:06	Lo	8:16	Hi	2:26	Lo	8:48	Hi
14	2:54	Lo	9:08	Hi	3:17	Lo 9:32	Hi	
15	3:40	Lo	9:55	Hi	4:05	Lo	10:13	Hi
16	4:23	Lo	10:38	Hi	4:52	Lo	10:51	Hi
17	5:06	Lo	11:19	Hi	5:38	Lo	11:28	Hi
18	5:48	Lo	11:59	Hi	6:23	Lo		
19	12:04	Hi	6:31	Lo	12:39	Hi	7:09	Lo
20	12:40	Hi	7:15	Lo	1:20	Hi	7:56	Lo
21	1:17	Hi	8:00	Lo	2:04	Hi	8:44	Lo
22	1:57	Hi	8:48	Lo	2:53	Hi	9:34	Lo
23	2:43	Hi	9:39	Lo	3:46	Hi	10:26	Lo
24	3:38	Hi	10:33	Lo	4:42	Hi	11:19	Lo
25	4:42	Hi	11:29	Lo	5:40	Hi		
26	12:12	Lo	5:50	Hi	12:28	Lo	6:37	Hi
27	1:05	Lo	6:56	Hi	1:26	Lo	7:32	Hi
28	1:56	Lo	7:58	Hi	2:24	Lo	8:23	Hi
29	2:45	Lo	8:56	Hi	3:19	Lo	9:13	Hi
30	3:33	Lo	9:51	Hi	4:12	Lo	10:02	Hi
31	4:21	Lo	10:43	Hi	5:03	Lo	10:49	Hi

Add or subtract hours and/or minutes as indicated:

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

IN MEMORIAM

MOORE FUNERAL HOME

January 10, Mary C. Sullivan, 89, Federalsburg
 January 18, Brian T. Spiering, 67, Greensboro
 January 18, Thomas Francis Beaudet, Jr., 66, Denton
 January 19, Francis M. "Skip" Flater, II, 87, Denton
 January 27, Doris Mae Perry Hynson, 90, Denton
 January 28, Ruth Shirley Susini, 89, Preston
 January 30, Ernest T. Harris, Jr. (Ernie), 87, Denton
 January 31, Carroll G. Hetrick, 64, Preston

FRAMPTON FUNERAL HOME

January 3, John Dale Lednum, 0, Federalsburg
 January 10, Charles Albert Wilson, Sr., 78, Federalsburg
 January 13, Theresa Lynne Beauchamp, 64, Federalsburg
 January 23, Kathleen Mary Speed, 78, Federalsburg

FLEEGLE HELFENBEIN FUNERAL HOME GREENSBORO

January 2, James David Kincaid, 66, Goldsboro
 January 5, Joshua Curtis Bryant, 33,
 January 8, Lillian Jean Gerth Heverin, 91, Greensboro
 January 16, Malinda "Mindy" Joyce Carlson, 41, Marydel, DE
 January 16, Daniel Terrance Finnerin, 86, Denton
 January 24, Jeffery Neil Taylor, 79, Marydel
 January 31, James Clarence Thompson, Sr., 78, Greensboro

BOLDEN-TILGHMAN MORTUARY SERVICE

January 22, Jennifer Dashiell Reed, 72, Denton
 January 24, Franklin "Frankie" Lee Tilghman, Jr., 55, Tampa, FL CR

Moore Memorials



Marble - Granite - Bronze - Statuary

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Monuments

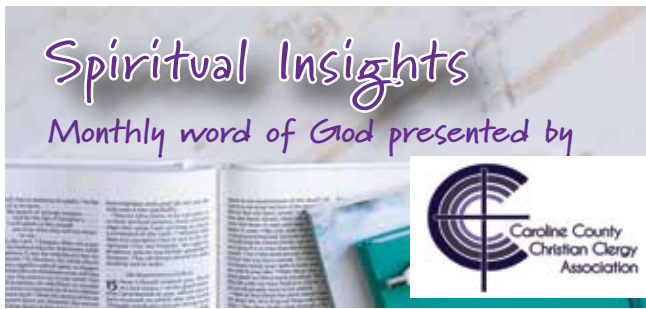


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The Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief but tear your hearts instead." Return to the Lord your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. (Joel 2:12-14)

In the weeks leading up to Easter, people around the world commemorate the life, death, and resurrection of Jesus Christ through acts of repentance, sacrifice, and self-denial. The practice of "giving up something for Lent" is a tangible reminder of our desperate need for God. It keeps us from forgetting that everything we have, everything we are, everything we hope to be comes from Him. And it prompts to draw near to God with confidence because he has already drawn near to us through his Son and our Savior, Jesus Christ.

So, rather than just "giving up something for Lent" will you also "return to the Lord your God" this Easter? Will you give him your heart and experience his mercy, compassion, and unfailing love? God is more interested in our relationship with him than in our religious practices, so "come with fasting, weeping, and mourning" so that times of refreshing might come from the Lord. Will you return to him today, while there is still time?

CR

A large graphic for the 'Live Differently' Lenten Series 2025. The background is a light gray with a subtle pattern of small black silhouettes of people walking along a path that leads towards a large, dark cross on the right. The word 'Live' is in large, white, outlined letters on the left. Below it, the text 'Sundays at 7 pm Starting March 9' is written in a bold, black, sans-serif font. The word 'Differently' is in large, white, outlined letters across the center. Above it, a quote from Jesus is written in a black, sans-serif font: 'Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. -Jesus'. At the bottom left is the logo for the 'Caroline County Christian Clergy Association', which is a stylized 'C' made of concentric arcs and a vertical line. To its right, the text 'Caroline County Christian Clergy Association' is written in a black, sans-serif font. At the bottom right, the text 'Lenten Series 2025' is written in a large, bold, black, sans-serif font. Below that, the text 'Go to www.facebook.com/NCCAInc for details.' is written in a smaller, black, sans-serif font.

Caroline Review Word Puzzle

Shapes

Circle words forward, backward, up, down, and diagonally.
Remember... A string of letters can be used more than once.

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

Acute
Annulus
Arch
Circle
Concave
Cone
Convex
Crescent
Cube
Cuboid
Cylinder
Decagon
Dodecagon

Dodecahedron
Ellipse
Ellipsoid
Equilateral
Frustum
Hemisphere
Heptagon
Hexagon
Hexahedron
Isoscles
Kite
Lens
Nonagon

Obtuse
Octagon
Octahedron
Oval
Parallelogram
Pentagon
Polygon
Prism
Pyramid
Quadrilateral
Rectangle
Rhombus
Right

Scalene
Sector
Square
Tetrahedron
Torus
Trapezoid
Triangle



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