

Caroline County's Information Magazine Since 1980

FEBRUARY 2015

Caroline Review

FREE

VALENTINE GIFT

Ideas for Your
Loved Ones

Stop Smoking Classes p. 37

Daddy-Daughter Dance p. 10

St. Paddy's Day 5K/10K Run and Walk p. 28

**Valuing the Cost of Education-Cost Versus
the Benefit of the "College Experience"** p. 18

Caroline Mentoring Offers Guidance to Youth p. 12

**Up from the Ashes – A Mother's Pledge to Redefine
Her Daughter's Memory After a Heroin Overdose** p. 30

NEWS • EVENTS • ACTIVITIES • CLASSES AND MORE...



Love Your Carpets?

Revive the original beauty of your carpets.

No Mess! No Fuss! No Odor!

Call for your appointment today.

PRISTINE CARPET CARE

410-482-7700 • 410-820-8880

Toll Free: 1-877-220-5400 • Cell: 443-496-0833

*We offer a complete line of carpet and upholstery
steam and dry cleaning services.*

- FREE deodorizer/sanitizer treatment with all steam cleaning jobs.
- Two (2) carpet areas steam cleaned \$48.
- Four (4) carpet areas steam cleaned \$80.
- Specials are for residential clients only. Large or combined areas count as two (2). Stairs, baths and (1) area.

24 Hour Emergency Water Removal.

**Teflon Protection Treatment Available
@ \$10 per area/room.**

Vehicles cleaned, standard size \$30.

Butler Van Mounted Cleaning System.

**Insured (Boats & RVs too!)
Free Estimates**

Residential and Commercial

PRICES FOR CAROLINE COUNTY RESIDENTS & BUSINESSES.
SUBJECT TO CHANGE FOR ANY REASON AT ANY TIME.

Ask about our SPECIALS!

Call today...we'll get you cleaned up!

Maryland Emergency Management Association Announces 2015 Scholarship

The Maryland Emergency Management Association is offering five (5), \$1,000 scholarships for the school year 2015-16. One scholarship per Association Area:

Area I: Western Maryland. Area II: Central Maryland. Area III: Maryland's Eastern Shore. Area IV: Southern Maryland and Area V: National Capital Region.

The Maryland Emergency Management Association's Objective is to promote Emergency Management in the State of Maryland and to assist students pursuing a career in Emergency Management or a related field. The applicant must be a senior enrolled in an accredited Maryland High School.

Applications can be obtained from your local high school guidance office or from the Caroline County Department of Emergency Services, Emergency Management Division Office. Applications and essay deadline is April 1, 2015. For additional information, contact Cindy L. Towers, CEM, at 410-479-2622 or e-mail: eminfo@carolinemd.org.

Hollingsworth-Riddleberger Agency



Nationwide®
On Your Side

A part of the Mid-Shore Community since 1959

For Life, for Home, for Auto, for Business



Denton
502 S. 5th Ave.
410-479-9002 / 410-479-0494

Ridgely
One Central Ave.
410-634-2571 / 410-673-7451

Nationwide Mutual Insurance Company and Affiliated Companies. Home office: Columbus, Ohio 43215-3220. Nationwide, the Nationwide T trademark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company.



Setting A New Standard In Service

Locally Owned & Operated. \$5 per cart is donated for Breast Cancer Awareness!



Offering residential waste removal curb side service, back door service, roll off dumpsters and commercial rear load service.

Weekly residential service \$21 monthly.

Backdoor residential service \$52 monthly.



Eastern Shore Waste and Recycling, LLC

11026 Greensboro Rd., Denton, MD

410-479-1500

info@eswasteservice.com



February Index

MEMA Scholarships	3
Caroline Bird Club	5
New Denton Plaza Stores	6
Marydel Lions Scholarships	7
CBMM Adventures	8
Recreation and Parks Events	10
Antique Lecture Series	27
Caroline Mentoring Guidance	12
Council of Arts	14
4-H Shotgun Club Earns Medals	16
Dollars and Sense	18
Harness of the Power of Resolve	20
Soil District Scholarships	21
Land Transfers	22
Marriage Licenses	26
Friday Nites	27
St. Paddy's Day 5K / 10K Run	28
Up From the Ashes	30
Better Living Expo	33
Health Corner	34
Library Corner	38
Reviving Caroline FFA	41
Community Calendar	42
Building Permits	46
Word Puzzle	48
Tide Table	49
Deaths	50
Local Denton Author	51
Business Directory	52
Chocolat: Chesapeake Culinary	54
Ridgely Lions Fruit Sale	55

Samaritan House Thrift Shop

Hours: Wed. - Fri. 10 am - 2 pm;
Sat. 9 am - 12 pm

**Fifth Street in Denton
behind the Post Office**

*Serving the Community
Through Your Support*

**Sponsored by
United Concerned Christians**

Keeping you warm this winter !

HEATING OIL • KEROSENE • GASOLINE

HOME DELIVERY

Residential &
Commercial

*Guy Murphy,
President*



*Happy
Valentine's
Day*



America's Best Oil, Inc.

410-482-7729

*Since
1992*


Offering: Prepay Plans

We now participate in MEAP (MD Energy Assistance Program)

Caroline Review

PUBLISHED MONTHLY • PUBLISHER - LORETTA B. WARFIELD

*Contributors: Cathleen Bilodeau, Pat Bradley, Elaine Cowgill,
John Evans, Shirley Lake, Leigh Marquess, Tolbert Rowe,
Jeanne Trice, Melinda Warfield and Rich Warfield*




March Issue Deadline:

February 15

*Please email or fax all ad information
by the above date. Proofs will be sent the
following week.*

ALL ARTICLES MUST BE SENT VIA EMAIL.




410-443-5922 • Fax: 1-866-311-7598

Website: carolinereview.com

carolinereview@gmail.com

P.O. Box 171, Denton, MD 21629



© Do not copy or use any portion of the Caroline Review
without permission from the publisher.

Caroline County Bird Club

The Oldest Eastern Shore
Chapter of The Maryland
Ornithological Society!



Below you will find the upcoming schedule of programs and birding outings. You don't have to be a member of the club or a great birder to attend! **Just come join the fun!**

Thursday, February 19 – Movie. “Opposable Chums: Guts & Glory at the World Series of Birding with David Sibley, Pete Dunne and Kenn Kaufman”. 7:30 PM, Caroline County Public Library, 100 Market St., Denton.

A fun look at the annual competitive bird watching event that takes place in New Jersey one day each Spring, where you get to know some of the best birders in North America. And did you know it is also a major fundraiser for conservation?

Thursday, March 19 – Program. Phil Davis. Update of the Maryland Next 10 Bird Species List. 7:30 PM, Caroline County Public Library, 100 Market St., Denton.

Maryland's Next Species – Periodically, the editors of the Maryland Yellowthroat have polled a number of Maryland birders to determine which species they predicted would be the next to be observed in our state. This presentation provides an update to the latest survey, indicating which species have since been recorded in the state, which ones are currently under review by the MD/DC Records Committee, and which ones are still predicted. For the still-predicted species, field identification is discussed, including key field marks with particular emphasis on how to separate similar species. This multi-media presentation includes both

Full-Service Legal Support for Veterans and Families



Solid Professional Legal Help with VA Benefits Claims, Consumer Problems, Bankruptcy, Traffic Tickets, Business Planning and Other Legal Matters

The Veterans Law Office of Jared Levinson, P.C.
1200 S. Washington Street, #1311 • Easton, Maryland 21601
410-822-4555
Jared@veteranslawofficeofjaredlevinson.com
website: www.veteranslawofficeofjaredlevinson.com
YouTube Page: VETS-TV 2012



- Professional Consulting
- Diagnostics/Repairs
- Virus/Spyware Removal
- Wireless Networking
- Computer Sales
- Lenovo Laptops & Desktops
- Drop-Off Service
- Data Recovery

We Come to your Home or Business!

EASTON • ST. MICHAELS • OXFORD



410-924-7987
9231 Centreville Road, Easton, MD



images and vocalizations. Tips on where and when to look are also covered.

All activities are free and open to the public.

Check out more Caroline County Bird Club information at: <http://carolinebirdclub-mos.blogspot.com> or contact carolinebirdclub@gmail.com.

Also, visit our Facebook page and Like us! Just go to Caroline County Bird Club!

First New Store Opens in Denton Plaza, More To Follow Soon

By JOHN P. EVANS III

With the opening last month of the Dollar Tree store, the new-look Denton Plaza shopping center had its first new tenant since renovations began. The new store opening is a significant event in that several more businesses are expected to open in renovated space within the next few months.

According to Denton town administrator Don Mulrine, Dollar Tree is just one of four new stores expected to move by May into the shopping center along State Route 404 next to the Super Wal-Mart on Legion Road.

According to Mulrine, soon to follow are Petco (end of March), Sleepy's (end of April) and Verizon (end of April).

"We're excited about the Dollar Tree because it is the first of the new stores," said Mulrine in a phone conversation the week of Dollar Tree's expected opening. "When it opens, the others should follow quickly."

Soon after the mall's new property managers, Black Oak took over, the shopping center began to take on a new look – giving the strip center a cleaner, more modernized appearance.

Mulrine commented that when the four new stores open for business it will leave

only the old indoor mall part of the center unoccupied.

"They are still looking for a Big Box store (larger retailer) to go into that part of the center," said Mulrine, who said a number of retailers had been contacted but backed out over their concern that Denton could draw enough customers, even with the new Wal-Mart nearby.

"Face it, Denton just isn't big enough to draw the really big retailers, although many of them have been contacted," he said.

Mulrine added, however, that there is some optimism that space can be filled by a single retailer because figures compiled by Wal-Mart gave an "astounding" positive picture as to the number of shoppers who have come to that store since its 2013 opening.

"We hope that we can use some of those figures to attract other stores of the Big Box nature to that space," said Mulrine.

Mulrine said that at 32,000 residents, Denton alone isn't big enough to draw a bigger store, but Wal-Mart figures, which keep track of the zip codes of its customers, show that it draws customers from far beyond Denton, throughout the Mid-Shore area and even into some areas further away.

Mulrine added that a Rite-Aid will move into one of the free-standing, parking lot locations by April, as well.

Also under contract, according to Mulrine, is a pub-type restaurant to go into the space occupied by the now-closed

Snappy's. He added that negotiations are also in the works to bring a free-standing restaurant into the mall.

"Several years ago, we underwent a study that showed us the amount of dollars that were leaving town because local residents needed to go somewhere else to shop for items they want," Mulrine said. "It showed \$14 million (a year) was leaving the county."

"Now, we're hoping that with the Wal-Mart and the stores that are coming to Denton Plaza, we can keep (the spending dollars) at home, here in Denton," said Mulrine.

Mulrine said the new look of the mall, its location along Route 404 and next to the Super Wal-Mart, and all the new stores, should sell other retailers on coming to Denton.

Mulrine added that the new stores would hopefully mean new jobs for local residents looking for work, especially younger job-seekers, and that the new stores would hire locally.

"It's an exciting time. It will be even more exciting when all the new retailers move in and the mall is full and looking fresh from its more modern, fresher look," he closed. "The likelihood for economic growth through added revenue and job opportunities for the Denton-area offers great opportunity."

Attempts were made to contact management at the Denton Wal-Mart and at Black Oak Associates, but calls were not returned.



Marydel Lions Club College Scholarships

The members of the Marydel Lions Club are pleased to announce the continuation of the Marydel Lions Club College Scholarship Program. The \$500 scholarships will be awarded to individuals from the Maryland and Delaware Mason-Dixon Line Communities of the Marydel area. Applications are available from any member of the Marydel Lions Club or at 302-492-3354. Application due date is to be postmarked no later than June 15, 2015 with the announcement of the recipients occurring in July, 2015 for the 2015 - 2016 academic year.

CALVARY BAPTIST CHURCH



"A Church That Cares"

Don Reynolds, Pastor

9:45 AM Sunday School (for all ages)
 11:00 AM Exciting Praise and Worship (also 7 PM)
 7:00 PM Wednesday - Prayer, Bible Studies, Patch Ministry for Children, Impact Youth Group

1120 Market St., Denton 410-924-6404
www.calvarybaptist.name

GOD IS ABLE-- Eph. 3:20,21

Golf Cart Sales and Service LLC

15945 Henderson Rd
 Goldsboro, MD

410.482.7110

800.452.9034

410.482.9029 FAX

ezgo21636@gmail.com

New & Used

Options: Rear Seats Paint, Windshield, Rims & Tires, Lights, Tops, Utility Boxes

We can rebuild your cart's engine, install new batteries and fix major and minor problems.

Most parts and accessories available for EZ-GO.

www.golfcartpc.com



Marydel-Hartly Little League

2015 Registration

SAFE, smaller, fun, well kept facilities. Family atmosphere. Less expensive than Travel Ball and more satisfaction. 1 complete complex location. Inter-league Play (Major-Big League Divisions)

Boys & Girls Ages 4-18 years old Registration Dates

All registrations at Hartly Volunteer Fire Co. Banquet Hall
 2898 Arthursville Rd., Hartly, DE. 19953

Wed., February 4 • 6 PM - 8 PM

Sat., February 7 • 10 AM - 1 PM

Wed., February 11 • 6 PM - 8 PM

Sat., February 14 • 10 AM - 1 PM*

*Final registration date. Additional fees may be applied for late registration.

Documents Needed: Birth Certificate and three proofs of parent/guardian residential address or one proof of school document dated before October 1st, 2014.

Costs: \$75/child* \$45/additional sibling. \$20 refundable snack bar fee

Season: Mid-March thru July*. 12 or more guaranteed games.

MHLL hat, uniform and shirt provided. *Includes Tournament Play

302-492-1529

eteamz.com/mhll



★ **SAVE THE DATE** ★

AUCTION

Saturday, June 13 • 5 PM - 11 PM

Hartly Volunteer Fire Co. Banquet Hall

Now accepting auction donations / sponsors

Check our website www.eteamz.com/mhll

or call 302-492-1529 for info

ATTENTION ALL BUSINESS OWNERS: Marydel Hartly Little League is a non-profit organization which runs by sponsorships, donations, and fees to operate. We are looking for local businesses within the area to provide tax deductible sponsorships / donations for our league teams. Sponsorships are available by March 8, 2015 for \$350 or less which include names on uniforms, large outfield business logo / info banners, team picture plaques and more. If your business is interested in sponsoring a team, our contact information is located on our website, www.eteamz.com/mhll or call 302-492-1529 and leave message.

We
PAY
to
SPAY



ALL CATS & PIT BULL-TYPE DOGS

The Caroline County Humane Society will pay all expenses to spay or neuter your cat or Pit Bull. Will also provides rabies shot if needed at no charge.

Must be a Caroline County resident.

Call 410-820-1600 to see if you qualify.



Program support provided by  **Caroline County Humane Society**
Open Door, Open Heart
carolinehumane.org

East of the Bay Farrier Service
Giving Your Horse A Solid Foundation



Vinnie Bianco
Farrier

410-200-3376

Providing gentle care for the Shore's pets for over 20 years.



Caroline Veterinary Clinic

9 N. Central Ave., Ridgely
410-634-2666

www.carolineveterinaryclinic.com

ChesAdventures Begins February 7 at CBMM

The Chesapeake Bay Maritime Museum's ChesAdventures program begins February 7 and continues each Saturday in February, bringing age-appropriate, Chesapeake themed, hands-on activities and a take-home art project to children four to nine years old.

The four-session program runs through February 28, with advanced registration needed as participation is limited. On each of the dates, the four to six year old program runs from 10-12 noon, and the seven to nine year old program runs from 1-3 p.m.

Small classes and age-appropriate projects facilitate the learning process while offering kids a special place and opportunity to explore the Chesapeake's unique people, animals, and environment. Each program is conducted inside and on the museum's waterfront campus, and includes activities inspired by the museum's exhibitions and historic vessels.

Enrollment in ChesAdventures engages children through hands-on games, arts and crafts, and storytelling. This year's themes include "Oh Deer! It's Winter!," "We Heart Snow," "Who Who Who knows about Owls," and "Weir are the Fish? Fishing the Native American Way."

The cost for the ChesAdventures program is \$12 per class for museum members and \$17 per class for non-members. A special four-session pass is available at \$40 for museum members and \$60 for non-members. Scholarships for individual sessions are available for qualifying students. To register or for more information, contact Allison Speight at aspeight@cbmm.org or 410-745-4941.

"Grooming With Love & Care For Your Special Pet"



Zoom-N-Groom

OVER 25 YEARS OF PROFESSIONAL GROOMING

Full Service Grooming Salon



Pick up & Delivery Available

Specializing in Small Breed Grooming

410-479-0404



Connie Tobler,
Professional Groomer

403B Market St., Denton



Dinner & Dance

All proceeds support the Caroline County Humane Society.

Saturday, February 21, 2015

6-11 pm

Denton Fire Hall

400 South Fifth Avenue, Denton, MD 21629

\$40 per person in advance, \$45 at door

Music by Steve Moody

Catered by the Chesapeake Culinary Center

Food stations of Appetizers, Hand Carved Coco Rubbed Roast Beef and Turkey, Pasta Station, Caesar Salad & Focaccia Bread, Chocolate Fondue with Fruit, Marshmallows, Oreo Cookies, Pretzels

Live, Silent and Chinese Auction • Cash Bar

Liquor and Cake Wheel • Buck-a-Shuck Oysters

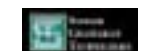
Tickets available at CCHS or 410-634-2303 | jshiple55@comcast.net



THE STAR
StarDem.com



Smiles
by HOLSINGER
& HIGGINS
General, Sedation
and Cosmetic Dentistry



Recreation and Parks Events and Classes

Check out the complete list of classes and online registration at carolinerecreation.org
410-479-8120

Daddy Daughter Dance

Escort your princess to a special evening full of smiles, dancing, and fun at the Daddy-Daughter Sweetheart Dance. Dad and daughters ages 3-12 will enjoy dancing, refreshments, souvenir photos and more! Dance is Sunday, February 15 at the General James F. Fretterd Community Center from 5-7 p.m. Cost is \$30 per couple and \$5 for each additional daughter. Registration deadline is February 6. The Community Center will be open from 3 – 5 p.m. to allow dads and daughters to have their pictures made.

Family Fun Night

Bring the entire family to Family Fun Night at the Fretterd Community Center. Beat the winter blues with a steaming evening of pirates and lost boys as we take a trip to Neverland with Robin Williams in "Hook" on Saturday, February 21 from 5-8 p.m. Dominos will pro-

vide pizza and Hershey's will provide the ice cream. Popcorn and drinks will be available for purchase. Bring comfy pillows, blankets, or chairs. Cost is \$5 in advance and \$7 at the door. Children 3 & under are free.

Love to Line Dance?

Recent studies have linked dancing with a significant drop in the incidence of dementia including Alzheimer's disease. It can improve memory, balance, cardio, and vascular circulation. You don't need a partner but register with a friend and save! Classes are Mondays, March 2-30 from 7-8 p.m. at the North Carolina High School dance studio. Cost is \$25 or \$40 per couple.

St. Paddy's Day 10K and 5K

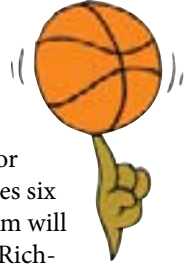
Start your salute to the Irish in all of us March 14th on this certified fast and scenic course through scenic residential neighborhoods. Event proceeds benefit Recreation & Parks youth and family programming scholarships. There will be Irish fiddling on the course and always a few lucky surprises. Finish line production by Seashore Striders. On-site registration starts at 7:30 a.m. Race starts at 9 a.m. at the Fretterd Community Center in Denton. You can register at www.active.com and look for the St. Paddy's race in Denton.

The Lil' Leprechaun Dash is a thrilling 200 foot chase exclusively for youngsters under the age of 5 from the corner of Randolph and 4th streets to the finish line and cheering crowds. Participants will make their own lucky gold medal. Dash will be at 8:45 a.m. before the St. Paddy Day race and cost is \$5 in advance and \$7 on site.

Sports

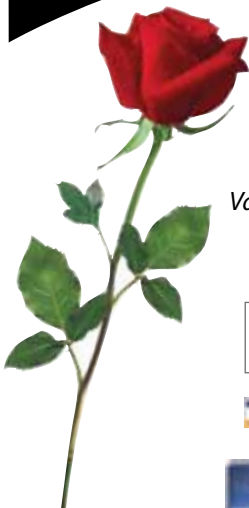
South Carolina Youth Basketball

instructional league for boys and girls in grades six through eight. Program will be offered at Colonel Richardson Middle School. This league is intended to foster the athletic talent of youth through specific skills associated with basketball. Following up on the Junior NBA/WNBA program currently taught in grades two through five, this program expands the program to middle school youth. Practices/skill development will last a total of 10 weeks on Mondays for boys and Thursdays for girls. Approximately every other week, games will be scheduled on Saturdays (five Saturdays in all). League starts the week of March 2 at 5:30 p.m. through May 9. Cost is \$29.



A Just Because Florist

She's the best so give her the BEST...



Valentine's Day is
February 14



Find us on
Facebook

Candles • Ballons
Centerpieces
Arrangements
Bears

Dish Gardens
Grave Blankets
Fruit Baskets
Gourmet Baskets
and more

FRESH
& SILK
FLOWERS

410-634-1222

23792 Bridgetown Rd.
Henderson, MD 21640

Beverlee Crouse Wadeschurman

www.ajustbecausedshoppe.com

Wishing everyone a Valentine's Day of full of chocolate hearts...and some time for hairstyle pampering at

Magic Mirror Beauty Shoppe

410-479-0735

Nancy & Tina

370 Deep Shore Rd.
Denton, MD

Hours: Wed. 9-5;
Thurs. 9:30-9;
Fri. 9-5; Sat. 8-1

Gift Certificates Available

Rowe Insurance Agency, Inc.

110 W. Sunset Ave., Greensboro

- Auto
- Home
- Farm



- Business
- Motorcycle

Call us for all your insurance needs.

410-482-8603

roweins@verizon.net

Happy Valentines Day

Please join us!

Reiki Level I Class

Saturday, February 7th • 9 AM – 1 PM

Call for details.

Massage Therapy

Cindy Draper, LMT, Michele Wade, LMT, Marilyn Ziegler, LMT

NLP and Hypnotism

Penny Hadaway

Aromatherapy Diana Limberis; Essential Oils & Products Available.

Foot Ionization Spa

Karen McMullen, Diana Limberis

Reflexology

Diana Limberis

Acupuncture Lydia Wainwright, M.Ac., [Wed. & Sat] Accepting Blue Cross/Blue Shield

Cranio-Sacral Therapy

Michele Wade

Usui Reiki Cindy Draper, Michele Wade, Cindy Spicer; Usui Reiki Masters. Reiki Shares held first Monday of every month from 6:30 PM.

Class information can be found at



www.cindydraper.com

311 Franklin St., Denton, MD

Open 7 Days a Week by appointment

410-479-0596



Center for Conscious Healthy Living

Cindy Draper, LMT & Associates

"Promoting Wellness and Unity in Family and Community Through the Healing Power of Touch"

Tharpe Antiques in Easton to begin Antiques Lecture Series February 21st

Tharpe Antiques and Decorative Arts at 25 S. Washington St. in Easton is beginning a new Antiques Lecture Series on February 21st at 5 PM. February's lecture is "Monumental English Brass and Early American Tombstone Rubbings". Learn about the fascinating world of English and Early American tomb rubbings. The lecture covers history, techniques, examples and hands-on demonstrations. There will be free food and drinks served at the event. Attendees will be able to rub their own miniature rubbing after the lecture, to experience the thrill of making a rubbing! Seating is limited, so please RSVP for free tickets by contacting Tharpe Antiques via email at tharpe@hstc.org. Visitors must have a ticket to attend the lecture. Tharpe Antiques is part of the Talbot County Historical Society, preserving, communicating and sharing Talbot County's fascinating history. For more information call DeeDee Wood, Tharpe Antiques Store Manager at 410-820-7525.

Caroline Mentoring Program Offers Guidance To Youths

By John P. Evans III

Active since 1998, the Caroline County Mentoring program currently has mentors for 28 youths, but is always looking for more adults to become involved.

“We currently have 21 adult mentors, but we can always use more. Right now, we’re a little above average in the number of mentees we have, which is currently 28,” said Tony Gianninoto, who became involved in the program four years ago after retiring from the county public school system.

“When I retired from teaching I was looking for something to continue working with youth in the county,” said Gianninoto. “My wife, Karen, has been a mentor for six years.”

Gianninoto said the mentoring program in the county got a shot in the arm a few years back when funding for and supervision of the program was taken over by the YMCA of the Chesapeake, which

now offers financial support with funds raised through its annual Strong Kids fundraising campaign.

According to its website, the YMCA Strong Kids project is an annual fundraising campaign “focused on raising much needed resources to support proven YMCA programs that give kids the opportunities they need to reach their full potential: to live healthier, happier lives today, and grow into productive adults in the future.”

Gianninoto added that although funding for the mentors program comes



This photo was taken at Jewels Landing Farm in Ridgely. The program enjoyed a visit to the horse farm.

from the YMCA, the program also benefits from the support given it from the

Caroline County Public Schools, the Caroline County Health Department and the Christ Episcopal Church in Denton.

“It really is a collaborative effort from all these groups that keeps the program going strong,” he said.

According to Gianninoto, each mentor is assigned a school-age youth and makes a commitment to spend at least two hours a week with that child doing some sort of activity, during which he/she helps in teaching life skills and instilling positive values. The child’s family must also be committed and involved in the program by supporting the relationship between the mentor and the child and being involved in the activities as well.

“The mentoring project focuses on developing a trusting relationship between a caring adult and a child,” he added. “But it also involves the family in the program, so the relationship actually is with the child and their family.

“Sometimes, more than one child from a family is involved in the program. In that case, a mentor might take on one or more kids who are related,” Gianninoto added.

Baby New Year knows where to get winter weather survival products ...

Choptank Supply, Inc.

Your Local Commercial & Homeowner Construction Supply Company

802 Crystal Ave. Denton
410.479.1233
www.choptanksupply.com





Snow Shovels
Wood Pellets
Pellet Stoves
Work Clothes
Boots, Salt
and more...








LUMBER • BUILDING SUPPLIES • LAWN & GARDEN • EQUIPMENT RENTAL

Once a month or more, activities are arranged through the mentoring program and could include a trip to the Tuckahoe State Park, the Salisbury Zoo, ice skating, swimming or even a trip to a minor league or major league baseball game. Costs for these activities is paid for by the YMCA.

Gianninoto added that each child who is part of the mentoring program also gets a free membership to the YMCA of the Chesapeake, which allows them to use the Easton YMCA facilities as well as the Denton facilities.

Great care is taken in screening the mentor. All persons applying to be a mentor must go through a background check and finger-printing process before being approved, then go through a training program.

Not only is the program rewarding for the youth, but the mentors themselves benefit from the relationships.

“My mentee is a joyous addition to my life as I am privileged to see things as a new adventure through her eyes,” Norma Schultz, a third-year mentor, said of her experience.

Another program associated with the Caroline Mentoring program, but not a direct part of it, is the after-school tutoring program at North Caroline High School. Through this program, tutoring sessions for high-school age teens are held Tuesdays and Thursdays after school at the high school. Adult and high school juniors and seniors serve as tutors with needy students on their studies or homework. A large number of the tutored students in this program are from the school system’s English Language Learner (ELL) program.

“Often, kids in the after-school tutoring program are plugged into the mentoring program and assigned mentors,” said Gianninoto. “The after-school program also helps some of the student tutors to earn their service learning hours.”

Back to the mentoring program, Gianninoto said mentors must be 21 years or older and willing to make the time commitment necessary to make the relationship with the child worthwhile, at least two hours each week is the norm

Basket & Coach Purse Bingo

featuring Longaberger Baskets

Sunday, February 15th

Doors open at 12:30 PM / Games start at 2 PM

Goldsboro Volunteer Fire Company
Routes 313 & 287, Goldsboro

TICKETS: \$20 in advance \$25 at door.
Includes: 20 regular games and 1 door prize ticket.
Five special games and 50/50 tickets will be available.

RAFFLES • CHINESE AUCTION

Refreshments by GVFC

For more information, call Joanna Reedy at 302-270-1948, Chrissy Bartz at 410-310-3705.



Bring donation for food pantry and receive an extra raffle ticket!

Hosted by Marydel Lions Club. Your support allows us to donate 100% of funds raised to local families in need.

Look your best on Valentine's Day....



Facials Waxing Makeup

410.829.5015

20 Years Experience
Susan Andrew, Licensed Esthetician
(located upstairs at Defining Moments)



Defining Moments

SALON & SPA

410.479.2678

Men, Women, Children

HAIR • SKIN • NAILS

Monday-Saturday / Call for hours

Owner and Stylist, Gina Martin

Gift Certificates

for your
Special Sweetheart

106 Market St.,
Denton

BRAZILIAN BLOWOUT KERATIN
HAIRTREATMENT
by *Becky Elmendorf*

Exclusive Moroccan Oil products

though many mentors spend more time with their child.

Gianninoto said anyone wishing to be a mentor should contact him at tgianninoto@comcast.net. Those wishing to make a financial contribution to support

the program, should do so by giving to the YMCA'S Strong Kids program and designating that the donation should be used to fund the Caroline Mentoring program.



Fiber Arts Center of the Eastern Shore (FACES)

The Fiber Arts Center of the Eastern Shore (FACES) is a program of the Caroline County Council of Arts and is located at 7 N. Fourth Street, Denton. Visit the current exhibit Thursday to Saturday from 12-4 PM.

Exhibit Information

Art in the Weave, Early American Coverlets: The Spence Collection

On display through March 28, 2015. The coverlet collection of the Spence family will make you wonder why you haven't spent more time looking for your own piece of American history. These hand woven beauties from the 1800's were



made by women, men, the housewife, and the itinerant weaver. Easily overlooked in their day as necessary items, today the art in their various designs, use of color, durability, and charm is hard to miss. This slice of America's material culture will be on display in the FACES gallery for visitors who want to experience a lost art form.

Men At Work, Looking at the Local Artist

On display through March 28, 2015. In an art form often dominated in modern times by women, there is a different point of view to be found - the male perspective. Through various media the male fiber artist does not create to define their gender but to express themselves in this versatile media. Come help

us to honor the work of some local artists who are experimenting in the world fiber.

Join us at the opening reception! Saturday, February 14th, from 2-4 p.m.

Class Information

Knitted Irish Moss Hat; Tuesdays, February 17 & 24, 6 -8 p.m.; Instructor, Alida Greenhalgh; \$30; for adults. A two session class for knitters. Learn how to take a basic stitch and turn it into a work of art.

Jelly Role Quilt Top; Friday, February 20, 6-9 p.m.; Instructor, Lynn Davis;

COMPLETE AUTO & LIGHT TRUCK CARE



**BRAKES • TIRES
OIL CHANGE • TUNE UPS
MD STATE INSPECTIONS**

1109 Industrial Pkwy. Denton, MD
(next to High's)

410-479-1188



LUBE, OIL & FILTER
\$19.95 (up to 5 qts.)
*FREE Coolant Check



Yes, we can fix it!

ALL BRANDS OF TIRES



Lester Walls, owner/operator

24 Hr. Towing

410-479-1188 (day) 410-310-5313 (night)

\$10; for adults. Ideal for beginners. A “jelly role” is a bundle of pre-cut fabric strips. Learn how to sew these strips into a wonderful quilt top that can be used for the Jelly Role Throw class on Sunday, February 22.

Quilt As You Go Jelly Role Throw; Sunday, February 22, 9 a.m.- 4 p.m.; Instructor, Lynn Davis; \$30; for adults. Ideal for beginners. Learn an easy way to quilt using your standard home sewing machine. Students can bring their own Jelly Role quilt top, or attend the companion class on Friday, February 20.

Intro to Quilting; March 1st -3rd, Sunday 1 - 5 p.m, Monday & Tuesday 6-8 p.m.; Instructor, Donna Hayes; \$45; for adults. Gain a basic understanding of how to make quilts on the sewing machine. Techniques will include beginning level piecing, quilting, and finishing. Students will have a completed lap quilt square at the end of the course.

Teen Friday Night Sew-In; Fridays, March 6, 13, 20, & 27, 5:30-8 p.m.; Instructor, Lynn Davis; \$10 per session or \$30 for all 4 sessions; ages 14 and up; parents welcome. Learn basic sewing skills while making four cool projects: three seam pillow case, quilted cell phone cozy, infinity scarf, and zippered wristlet.

Knitting a Shawl; Tuesdays, March 24, 31, April 7, & 8, 6-8 p.m.; Instructor, Alida Greenhalgh; \$60; for adults. Four session class for knitters who would like to broaden their knitting skills. Students will complete a simple shawl.

Scrappy Mod Quad Quilt; Sundays, April 12 & 14, 10 a.m.-4 p.m.; Instructor, Lynn Davis; \$30; for adults. Ideal for beginners. Learn how to make a modern looking quilt using a special quilt-as-you-go technique that makes the joining strips disappear.

Beginning Knitting; Tuesdays, April 21, & 28, 6-8 p.m.; Instructor, Alida Greenhalgh; \$30; for adults. Learn the basics of knitting. Students will complete a cowl.

For more information and to register for classes visit www.fiberartscenter.com or contact 410-479-0009, info@fiberartscenter.com.

CCCA Publishes Story Tellers: Stories by Writers from Caroline County, Maryland

The Caroline County Council of Arts has had a long standing tradition of

providing programs for local writers, including an annual short contest for all ages, and, most recently, an adult writing club called Write On! which meets twice a month at The Foundry. At these meetings writers share their work, encourage fellow writers, and generally enjoy the process. All this activity has culminated in the publishing of “Story Tellers”, a selection of writings from Write On! members and Short Story Contest winners. The book is illustrated by artwork from last year’s Youth Art Show winners.



Dr. John P. Sloan

Family Dentistry

★ ACCEPTING NEW PATIENTS ★



405 Market St. - Denton | 410-479-1320

Serving 42 Years in Dentistry in Caroline County



We offer

Cupid wants you to love weigh LESS of yourself!

- Blood Pressure Checked
- Vitamin B-12 Injection
- Weigh in on body fat composition scale
- Nutritional Guidance
- Blood Analysis
- Diet Medication
- Multi-Vitamins



Affordable & Safe

Medically Supervised

CHESTER RIVER WEIGHT LOSS CENTER

1 mile south of Chester River Bridge - Chestertown, MD

www.crweightloss.com • 410-778-9215

SPACE AVAILABLE TO SUBLEASE

Caroline County 4-H Shotgun Club Earns Medals

Ryan Boyles, Brockman Harris, Cole Patrick and Matthew Lloyd are members of the Caroline County 4-H Shotgun Club. Each one earned medals during the Maryland 4-H Shotgun Match. These teens gained skills through interaction and directions provided by Ed Biscoe and Travis Elliott, who both serve as University of Maryland Extension volunteers. The Caroline County 4-H members practice regularly at the Talbot Rod and Gun Club near Easton. This club is very much appreciative of the support that the Talbot Rod and Gun Club members provide to help them gain marksmanship skills.



Like all of the 4-H programs, the purpose of the shooting sports programs is youth development and teaching of life skills to young people. The shotgun club helps youth develop self-confidence, personal discipline, responsibility, teamwork, self-esteem and sportsmanship. The discipline and self-control required for responsible firearms use carries over into many other aspects of life.

Are you interested in learning more about 4-H shooting sports programs? Caroline County 4-H has programs for all youth ages 10-18 in the disciplines of archery, rifle and shotgun. All University of Maryland 4-H programs are "Equal Access/Equal Opportunity." Please check out the details at the following website: extension.umd.edu/caroline-county or by calling 410-479-4030.

Mr. Rooter
SEPTIC • SEWER • DRAIN
410-820-8701
\$30 OFF Septic Tank Cleaning or Drain Line Service
(Not Valid With Other Offers) CR
24 Hr Emergency Service! www.mrrootermde.com
TOLL FREE 1-888-MR-ROOTER

SHORELY COMFORTABLE AIR

Refrigeration • Heating • Air Conditioning
Commercial & Residential Service • Installation

443-786-4506

Licensed and Insured MD-HVACR-01-63574

Call us Toll Free: 1-855-852-7933

- Heat pumps
- Ductless systems
- Sheet Metal Ductwork
- Oil and gas furnace cleaning
- 24 hour emergency service
- Free estimates
- Service contracts
- Affordable and dependable

0% FINANCING available for any job or repair!
ALL MAJOR CREDIT CARDS ACCEPTED

Upcoming Events

Goldsboro Volunteer Fire Company

700 Old Line Rd, Goldsboro

All You Can Eat

Shrimp Night

Friday, February 6th • 6-9 PM



CASH BAR
\$10 (per person)
Bottomless Beer Mug

DJ
Entertainment



Adults: \$20 per person / \$35 per couple; children 6-12 \$10;
Children 5 & Under Free. For more information call
Vince at 410-924-2904



Cash Bash

Saturday, March 21

DOORS OPEN AT 3 PM / GAMES START AT 5 PM
\$25 TICKET INCLUDES 1 ENTRY, BEER, SODA AND
FOOD (CASH BAR AVAILABLE)

CASH WHEEL • SILENT AUCTION

TEXAS HOLD'EM - \$100 buy in includes entry into tournament and one Cash Bash ticket for tournament player. \$10 satellites for tournament. Starts at 3 PM

CORN HOLE TOURNAMENT

Registration starts at 11 AM. Bags fly at 12 pm. \$40 per team.

5:00 \$500	5:45 \$100	6:30 \$500	7:15 \$100	8:00 \$500	8:45 \$100	9:30 \$500
5:05 \$100	5:50 \$100	6:35 \$100	7:20 \$100	8:05 \$100	8:50 \$100	9:35 \$100
5:10 \$100	5:55 \$100	6:40 \$100	7:25 \$100	8:10 \$100	8:55 \$100	9:40 \$100
5:15 \$100	6:00 \$500	6:45 \$100	7:30 \$500	8:15 \$100	9:00 \$500	9:45 \$100
5:20 \$100	6:05 \$100	6:50 \$100	7:35 \$100	8:20 \$100	9:05 \$100	9:50 \$100
5:25 \$100	6:10 \$100	6:55 \$100	7:40 \$100	8:25 \$100	9:10 \$100	9:55 \$100
5:30 \$500	6:15 \$100	7:00 \$500	7:45 \$100	8:30 \$500	9:15 \$100	10:00 \$2,000
5:35 \$100	6:20 \$100	7:05 \$100	7:50 \$100	8:35 \$100	9:20 \$100	
5:40 \$100	6:25 \$100	7:10 \$100	7:55 \$100	8:40 \$100	9:25 \$100	

VISA AND MASTERCARD ACCEPTED. PRIZES NOT CLAIMED WITHIN 30 DAYS OF DRAWING BECOME PROPERTY OF GOLDSBORO FIRE COMPANY. NEED NOT BE PRESENT TO WIN. TICKET HOLDER IS RESPONSIBLE FOR ANY AND ALL STATE AND FEDERAL TAXES THAT MAY APPLY.

For information or tickets call 410-253-6114 or see any GVFC Member

Wednesday Night Bingo

Doors Open at 5:30; Bingo at 7:30

LARGE PAYOUTS / LARGE JACKPOTS



For information on any of the above events or hall rental, call 410-253-6114, 410-482-7183, visit facebook or our webpage, goldsboro700.com or email goldsboro700@gmail.com

HALL RENTALS



Valuing the Cost of Education-cost versus the benefit of the “college experience”

It is February and that time of the year when high school seniors are making their final choices as to where they are considering going to college. They have spent the last four years preparing for this day and have worked diligently in making themselves look the best they can, both personally and academically.

Some will get accepted to numerous institutions of higher learning while others will hope and pray that the one school that they really want to attend chooses them to grace their halls. Some soon to be high school graduates are convincing themselves that the career path they have chosen must begin at a particular school, and there is no other school on the planet that comes close to being able to provide the educational experience they will get at this particular school.

The reality of all this is that choosing a college is much more of an emotional decision for many instead of a business decision. Institutions of higher learning promote themselves not only as meccas of knowledge and enlightenment but as sanctuaries of opportunity for young adults to morph into mature contributing members of society with skills

and know how to achieve gainful employment and fulfill the promise of the American Dream. In our lovely State of Maryland colleges and universities have spent literally over a billion dollars during the last eight years building state of the art facilities to entice and draw those seeking a higher education.

Go around this state and look at the new construction that has been done at huge taxpayer expense at the likes of Salisbury University, University of Maryland, Towson University, UMBC, Bowie and any other college under the University System in Maryland, not to mention all the construction done at Community Colleges throughout this state. If you don't think that Higher Education is big business just take some college tours and see what is being spent on physical plant.

Attracting students is the number one reason for building new and more attractive facilities. The number two reason is to attract and retain professors who are actually teaching less. According to The Higher Ed Research Institute at UCLA the percentage of full time faculty teaching nine or more hours per week has dropped from 63.4% in 1989 to 43.6%

in 2010. At the same time the increase in Administrative expense at colleges has increased 61.2% from 1993 to 2007 and actual instruction cost increased only 39.3% according to the Goldwater Institute. It is obvious that colleges are attracting students for reasons other than instruction. Academics have taken a back seat to the business of the “college experience”.

But attracting students is becoming more of a challenge because potential students are looking at the cost versus the benefit of the “college experience”.

Colleges have had a pretty free ride with tuition costs. Increases in tuition rates would be absorbed by students by taking on additional student loan debt. Another tactic used by colleges is the granting of scholarships through outright reductions in tuition or trustee/presidential grants. These grants are usually for the entire four year program and actually help college's lure more potential students. These grants can actually increase the bottom line to the college. By offering more grants (discounts) more students can actually attend without the college lowering tuition across the board for everyone. Car dealers have this down to an art with rebates.

If colleges are so expensive, but I need a college education to achieve my career goals, what am I able to do? How can I get the education that will move me to where I need to be without me having to take on mountains of student loan debt?

The first thing I would suggest is to go to the myplan.com website and find out the income ranges for the career you feel you will work toward. This website provides a ton of additional information regarding salaries of those in the career path you have chosen. It also shows college satisfaction ratings for over 600 colleges in the country. It gives all kind of information about how to pay for college, loans and tuition assistance. I highly recommend checking it out be



Large firm resources with small town hospitality

We have attorneys from the community providing quality legal services and real estate settlement services to the community

FAMILY LAW • ESTATES & TRUSTS • BUSINESS LAW
MUNICIPAL LAW • COMMERCIAL LITIGATION
REAL ESTATE SETTLEMENT & TITLE SERVICES

Our attorneys and local Settlement Agent, Sandy Hayman, are available to travel to your preferred location.

Call us for all your legal needs. 443-448-4599
300 Market Street, Suite 104, Denton, MD 21629

fore you finalize your decision.

Granted many high school graduates are not sure what they want to do with their life, and that is okay. There are not a lot of 40 year olds that are working at a job that they envisioned when they graduated from high school. And many of us, me included, have a degree that is not related at all to the career they have chosen. For many of us the college degree opens doors of opportunity that would not necessarily be opened without a college degree. Not everyone chooses their individual career path. Sometime it chooses you.

Up until recently colleges have had carte blanche in what they charged in tuition and room and board without having to suffer the loss of significant numbers of students. Tuition increases were, and to some extent still are, offset with additional student loan borrowings. A student's ability to repay is never a factor when getting a student loan, only the student's need is required. So what if the student already has \$50,000 in student loans? Here is one more! And unfortunately these loans begin repayment at the most fragile time of a young adult's career, the beginning.


Think of the excitement of getting that first job, first apartment, new car. To all this excitement add the baggage of a \$200, \$300 or even \$500 student loan payment and before you know it something is not getting paid on time and/or not getting paid at all. Student loan debt needs to be a funding source of last resort when paying for college.

Before you get what you think at the time is free money, be sure to milk all you can from scholarships and grants and tuition assistance. Work a part time job to help offset expenses. Have a frank conversation with parents about help from them, and parents, consider a Home Equity loan, assuming you have equity in your home. Pay the interest while your child is in school and, when they graduate, have them repay what you have borrowed.


Today, there is a cheap alternative for those who wish to continue with their education after high school but just aren't sure what they want to do, and that is Community College. For a tenth of what it would cost to go to a four year college, one can access all that college


"Your Mortgage Consultant Since 1985"

PURCHASE or REFINANCE



115 E Dover St. Ste 3 - Easton, MD
tolbert@baycapitalmortgage.com
www.baycapitalmortgage.com

NMLS 182844 



C. Tolbert Rowe,
Vice President/Lending

410-819-3005 / cell 410-310-3520

SANDWOOD CORPORATION
NEW HOME BUILDERS / ROOM ADDITIONS



Contact: Maynard Woodworth
Office: **410-634-1515**
Cell: **410-490-0152**
email:
sandwoodhomes@gmail.com
MHIC 51265 MHBR 826



Sandwood Corporation
Ridgely, Maryland

SPIERING'S GARAGE, INC. **AUTO SERVICE CENTER**
FULL SERVICE:

Repairs • Maintenance • MD Inspections Alignments • Tires



Robert Spiering

410-482-2238
Toll Free: 1-888-847-3252



13281 Greensboro Rd
Greensboro, MD

has to offer, except the expense of room and board, at Chesapeake College. A two year degree can also lead to a four year degree without the expense of a four year school for the first two years.

Make your college decision a business

decision and not an emotional decision. If you don't, you could find yourself paying a lot more than you need to for longer than you want to.

Ch-Ch-Ch-Changes Harness the Power of Resolve in 2015

By Penny Hadaway

You have had a month to implement your New Year's Resolutions and if you are already feeling irresolute, you are probably with the majority. So what is stopping you from creating the person you want to be? Common impediments to greater happiness are: carrying around problems you can't seem to get over, being intimidated by challenges and giving up, or not getting to the things that make life worth living. Feeling ill-equipped to get over it, get through it, or get to it, leaves you starting out with the scales tilted toward disappointment. The following tips from Navy SEAL training may benefit you when you are having difficulty getting through something.

The first training that SEALs are put through is a sorting out process that concludes with hell week, where they get four hours of sleep over a sixty-hour period of time, and they spend a lot of time being cold and wet. (Does this already make your resolution seem easier to achieve?) In this phase of training the Navy discovered that despite selecting high IQ candidates who were great physical specimens, in this six week period of time, 76% of these carefully selected candidates were dropping out of the program. By studying these people to find out what made the difference between quitting and persevering, the Navy was able to begin training SEAL candidates intensively in four critical habits that increased the graduation rate by 50%!

Habit 1: Focus On Right Now. The major way to combat stress

when you're doing something very difficult is to narrow your focus. Narrow it down to the immediate future. Navy SEALs focus on just getting to the end of the twenty-mile run. They don't think about anything after that, not the next meal, or the inspection coming after that, nor any further test. The Navy SEALs are trained to just focus on the job directly in front of them..

Habit 2: Imagine How Good It Will Feel.

When rehearsing past successes, it is important to go through a victory list in a way that you are reliving it all over again (as opposed to running a movie of your past successes in your mind's eye). By the time you're done with twenty or thirty of those successes, you'll be very familiar how your body conveys feelings that tell you, "I'm pleased with myself. I'm on top of this. I'm doing this. It's working." Then take that feeling of success and imagine what it will be like when you successfully do the thing you're doing right now. The trick to that is to transfer those wonderful feelings to the task you're doing and tell yourself how good it feels to be making progress, how good it feels to be almost done, how good it feels to be completing this task. Make a habit of noticing that every little step feels good and moves you forward. You can do this over and over again. And as you do, you're providing your brain with extra experiences of success, which will further deepen the feelings and make them easier for you to access when you need them.

Habit 3: When all Else Fails, Breathe Deeply.

When you are in the process of being discouraged, demotivated, or physically drained, there is often a sort of inner collapse and panic reaction. "I can't do it! I can't hold on! Oh, no!" That's when two little parts of your brain about the size of a pair of thumbnails take over your life. The amygdala determines when you are safe and when you're not. When you feel yourself failing, the amygdala decides that everything has gone to hell in a hand basket and you're likely to have a panic reaction of some kind. The way to beat this primal reaction is by flooding your body with oxygen. You actually change your blood chemistry, when you do, it calms down the amygdala. The Navy SEALs are taught to do this special kind of breathing, you can try it right now.

Inhale for the count of six. Hold it for a count of two. Then exhale for a count of six—completely emptying your lungs. Do this three times, just three times, anytime during the day. Doing this kind of breathing lowers your blood pressure. You flood your brain with oxygen, increasing your ability to think and react without panic or excess emotion. Being able to breathe easily and think clearly makes using the other habits possible.

Habit 4: Cheer yourself on.

The Navy SEALs are taught to create their own cheering section—to be their personal chorus of encouragement. They mentally hear their own voice say, "You can do it! This is easy. Forget that mistake. Focus on the next (shot, step, swim stroke, etc.) and on getting it better." They constantly cheer themselves on while they're in the process of doing it—instead of saying, "This is terrible. This is exhausting. I wonder if my ankle is go

Buddy Spa

...new special
now available



Bring a friend or family member and enjoy Reflexology together!

A Reflexology Session for Two Includes:

- Facial Reflexology (*feels great to the sinuses*)
- Hand Reflexology (*very relaxing*)
- Foot Reflexology (*great for the whole body*)
- Also Chi Machine and
- Therapeutic Essential Oils



Buddy Spa Session \$75

Standard sessions also available.

DONNA J. CONNELL-
CERTIFIED REFLEXOLOGIST

15 years experience

11078 Central Ave, Ridgely
(Located near North Caroline High School)

410-200-0692

GIFT
CERTIFICATES
AVAILABLE



ing to hold up. I've got a blister. My pack is loose and shifting around."

Instead of listing their troubles, they list everything that feels good. This isn't about being reasonable; this about being successful. If this methodology is working for people who are in the most challenging situation that humans can invent, how well will it work for you?

So next time you are wavering in your resolve, feeling wishy-washy, or freaking out in the moment, try these steps. Six-two-six count breathing will help you regain some equilibrium and enable you to put your focus on the task at hand, tap into past successes, and cheer yourself on. (Adapted from NLP: The Essential Guide)

In making any new year's resolution, you've recognized it is essential to shift something about your current way of life to arrive at the sweet spot of accomplishment. Perhaps you have decided to work at changing small pieces of yourself—like eliminating clutter, or ending procrastination. Or maybe you've decided to just go for it—a total transformation: get your body and soul to a higher and happier plane and park yourself there until further notice. That body and spirit come as a package deal makes for an efficiency of effort I can appreciate. An upgrade in one positively affects the other. What usually gets in the way is that these two facets of being are connected by the mind.

Intellect formulates the possibilities from which you make your choices. What goes on in your head, the stories you tell yourself, matter. Begin to think in a new way and you get to do new things and feel new things. Resolutions are about updating, renewing, and enhancing your life. To keep a resolution is to give yourself a promotion. Harness the power of your resolve. Join me in a free seminar Essential Resolve: Plan to Succeed.

Sat., February 7th, 9:30 – 11:30 a.m.
Chesapeake NLP and Hypnosis
136 Lednum Avenue, Suite 2, Preston
410-443-8994

Sunday, February 8th, 1:30 – 3:30 p.m.
Cindy Draper & Associates
311 Franklin Street, Denton
410-479-0596

Penny Hadaway is a certified Hypnotist, Neurologist and Language and Behavior Specialist.

Caroline Soil Conservation District is offering a \$1,000 a Caroline County graduating senior continuing his/her education in the agricultural field. Application deadline is April 10th. Please contact the CSCD at 410-479-1202 x3 for further information.

Please join us for

ENDLESS
SUMMER TANNING STUDIO

Grand Opening

Saturday, March
7th 9 AM - 1 PM
FOOD & PRIZES

Enter to win a **FREE** month of tanning
just for stopping by.

443-448-4118
601A North 6th St. Denton (next to McDonalds)

Monday-Friday 8 AM-8PM
Saturday & Sunday 9 AM-2PM

HOT DEAL
One week of tanning for ONLY \$5
limit one per customer

Visit our web site for specials and daily deals at www.esdenton.com

Land Transfers

Robert Pepper to Jason Bailey, 222 South 2nd Street, Denton, \$114,000

Leonard Harrington, Jr. to Federal Home Loan Mortgage Corporation, 10122 New Bridge Road, Denton, \$255,900

Leonard Harrington, Jr to Christopher Manno, 25485 Goldsboro Road, Henderson, \$251,758.77

Paul and Cherry Wood, Jr. to The Bank of New York, 213 Apple Lane, Preston, \$146,400

M STEWART, LLC to Monarch Properties, LLC, 121 Mill Street, Greensboro, \$128,000

Federal National Mortgage Association to Bradley Evens, 1208 Market Street, Denton, \$79,000

Branfield, LLC to Stafford General Contractors, Branfield Drive, Ridgely, \$39,900

Judith Gustafson to Richard Diehl and Breanna Vanmeter, 20931 Tanyard Estates Drive, Preston, \$149,900

Carol Trice to Kathryn Belmonte, 322 South 3rd Street, Denton, \$139,900

Howard Bierman to Federal National Mortgage Association, 24184 Mallow Drive, Preston, \$359,000

Howard Bierman to Deutsche Bank National Trust, 25630 Mockingbird Lane, Greensboro, \$208,000

May Deford to William Moore, Sr. 12651 Hog Lot Road, Ridgely, 32,500

Calvert Thompson, Jr. and Phyllis Thompson to Queenstown Bank of Maryland, 7465 Harmony Road, Preston, \$300,000

Clarence Blair to Megan and Donna Messix, 117 Walnut Street, Ridgely, \$219,900

Mark Wittstadt to US Bank National Association, 904 Market Street, Denton, \$138,000

Gregory Britto to Wells Fargo Bank, 201 South 1st Street, Denton, \$48,450

GREENSBORO SELF STORAGE

301 Wheeler Dr., Greensboro, MD

410-482-9700

Available: Boat, Camper & R.V. Storage

SECURED ACCESS
& LIGHTED

Also, trailer and tow dolly rentals.

Call us for that extra space you need!

Brighten Up Your Place With
TOMMY THOMASON

BRUSH & ROLLER **FREE ESTIMATES** **Interior & Exterior Painting**
MHIC# 35627

300 S. Fifth Ave.,
Denton, MD **410-479-1982**

CHOPTANK EXCAVATING, LLC

SNOW REMOVAL

Excavating • Grading & Seeding
Erosion Control • Septic Install
Driveways • Site Work • Demolition
Stone • Fill Dirt • Top Soil
Hauling • Mulch

802 Crystal Ave, Denton, MD
410-479-1223 Fax: 410-479-1232

James and Pamela Proud to Frederick and Elaine Broening, 14398 Drapers Mill Road, Goldsboro, \$196,270

Thomas Tisher and Robbie Trassbach to Arthur and Jessica Eaton III, 24187 Holsinger Lane, Ridgely, \$168,000

Nancy Jackson to John Church, 15786 Wharton Road, Goldsboro, \$282,000

McClain Williamson to Michael Pinder, 27523 Williamson Drive, Federalsburg, \$158,000

Federal National Mortgage Association to Allen Crites Sr. and April Harris, 10530 Knife Box Road, Denton, \$50,000

Geoffrey Willis to Maqbool Kayani and Maryam Mansoor, 4969 Howard Road, Federalsburg, \$765,000

Daniel Messick to Ronnie Southard, Oak Grove Road, Federalsburg, \$122,000

John Mace Jr. to Edward Machado and Dawn Moats, 102 Hobbs Street, Greensboro, \$47,950

Diane Rosenberg, Mark Meyer, John Ansell III, Stephanie Montgomery, and Kenneth Sovitz, to Wells Fargo Bank, River Road, \$111,287.48

David and Anne Jones to Roger Mallery, 227 Briarwood Circle, Denton, \$125,000

John Satterfield, Jr. to Doris Marisela and Bautista Vasquez, 108 Granby Street, Greensboro, \$40,000

Catherine Moore to Marvin Guerra, River Road, Federalsburg, \$18,000

Diane Rosenberg, Mark Meyer, John Ansell III, Stephanie Montgomery, and Kenneth Sovitz to Bank of America, 11557 Ridgely Road, Ridgely, \$31,500

Diane Rosenberg, Mark Meyer, John Ansell III, Stephanie Montgomery, and Kenneth Sovitz to Federal Home Loan Mortgage Corporation, 15984 Henderson Road, Goldsboro, \$113,000

David Talbert and Ursula Ferrier to Lawry Reid to Linda Reiad, 7092 Statum Road, Denton, \$105,000

Bay Breeze Builders Inc. to Bruce and Lynn Kranz, Collinswood Drive, Denton, \$170,000

Sunflower Fields, LLC to Life's A Peach, LLC 8416 Harmony Road, Denton, \$625,000

Laura O'Sullivan, Erin Brady, Diane Theologou, Jonathan Elefant, Chasity Brown, and Laura Curry to LNV Corporation, 17380 Gooden, Marydel, \$60,000

Laura O'Sullivan, Erin Brady, Diane Theologou, Jonathan Elefant, Chasity Brown, Laura Curry, and Alyson Gromak to Ever Bank, 409 Lincoln Street, Denton, \$59,228.73

Branch Banking and Trust Company to Wallace Kline, 14957 Cherry Lane, Ridgely, \$195,000

Howard Bierman to Federal National Mortgage Association, 25350 Kent Street, Greensboro, \$52,000

Jacob Geesing to Federal National Mortgage Association, 12 West Railroad Avenue, Ridgely, \$40,000

Jacob Geesing to Federal National Mortgage Association, 6252 Harmony Road, Preston, \$73,137.35

Jacob Geesing to PennyMac Holdsongs, 141 Brooklyn Avenue, Federalsburg, \$47,000

Robert Callett Jr. to Richard Coulbourne, IV, 17198 Melville Road, Henderson \$241,000

Queenstown Bank of Maryland to Northeast Property Management, 2846 Meadowbrook Road, Federalsburg, \$65,000

Richard and Laura Breeding to Lance and Shannon Brown, 27623 Substation Road, Denton, \$50,000



ROB BREEDING'S ROLL-OFF SERVICE

Call us today about our flat rate specials starting at \$450

*Includes delivery of one 30 yd container (max 3 tons hauled away, 14-day use).
If weight exceeds 3 tons, customer will be charged \$65/ton for overage in MD; \$85.50/ton in DE.
Daily can rental charge will apply after 14 days.

Please feel free to call us at any time with questions.

410-479-4248

www.rbrolloff.com

SERVICES

- Refuse/Construction Debris
- Concrete/Block Removal
- Non-Haz Environmental Hauling
- Bulk Recycling
- Scrap Tire Removal
- Mulch Delivery & Customer Pick-up

907 Crystal Avenue
Denton, MD 21629
410-479-4248
Fax: 410-479-5548

WELL DRILLING

PLASTIC CASING WELLS

Commercial / Residential
& Irrigation

Also Gould
Pumps

Lifetime Well Drilling

Call Kenny Wood
410-479-0397

Joseph and Zina Lichaa to James Leslie,
319 Kerr Avenue, Denton, \$150,000

Bank of New York Mellon to JP
Morgan Chase Bank, 316 Carter
Avenue, Denton, \$54,700

Diane Rosenberg, Mark Meyer,
John Ansell III, Stephanie
Montgomery, and Kenneth
Sovitz to Marilyn Harris, 6300 Statum
Road, Preston, \$120,000

Stafford General Contractor to Thomas
Brown III and Lacy Fishman, 11424
Shane Circle, Ridgely, \$219,900

Federal National Mortgage Association
to ASI Leasing LLC, 26236 Mead Road,
Federalsburg, \$28,500

Walter Palmer, III to 9585 Legion Road,
LLC, 24190 Shore Highway, Denton,
\$15,000

Patricia Griffith to Clarence Zebley,
5358 American Corner Road, Federals-
burg, \$104,000

Olegarin Ramirez to Susan Breeding,
11403 River Road, Ridgely, \$39,900

Federal Home Loan Mortgage Corpo-
ration to Timothy and Torey Jester,
22121 Dover Bridge Road, Preston,
\$70,000

REFINISHING AND INSTALLATION OF HARDWOOD FLOORING

Mike's Floor Service, LLC

Offering 25 years of experience, quality, service
and craftsmanship with affordabale prices.

410-479-4855

410-924-5893

FREE ESTIMATES
mikesfloorservice@gmail.com

"We make hardwood floors look new again"

SITE PREP FOR POULTRY HOUSES - TILE DRAINAGE
AGRICULTURAL DRAINAGE & SITE WORK
GRASSSED WATERWAYS - DITCH EXCAVATION
PONDS (WILDLIFE, EMBANKMENT, SEDIMENT)
EROSION CONTROL &
WATER QUALITY PROJECTS

RIP-RAP - CURLEX - SILT FENCE - TYPAR
GRASS SEED - BAG LIME & FERTILIZER
MAGNESIUM CHLORIDE
DRAINAGE TILE
CULVERT PIPE & FITTINGS
(METAL, ALUMINUM & PLASTIC)

HOBBS CONTRACTORS, INC

EXCAVATING

Suppliers of Drainage & Erosion Control Products



COMMERCIAL & DEVELOPMENT SITE WORK

410-479-0914

1-800-773-9128

26425 Hobbs Rd, Denton, MD

Navy Federal Credit Union to Lacy
Lynch, 25650 Castle Hall Road,
Henderson, \$31,500

Federal National Mortgage Associa-
tion to Brian Stayton, 215 Maryland
Avenue, Denton, \$124,000

PNC Bank to Thomas Claytor, 27962
Ruritan Road, Denton, \$81,400

Jeremy Fishman and Samuel
Williamowsky and Erica Davis to
Secretary Department of Housing and
Urban Development, 26007 Fox Grape
Road, Greensboro, \$84,700

Catherine Moore to Robert Pickens,
404 Lincoln Street, Denton, \$3,162.29

Edward Cohn, Stephen Goldberg,
Richard Solomon, Richard Rogers, and
Rondall Rolls to S-2 Properties LLC,
27378 Patricia Court, Federalsburg,
\$49,000

Elizabeth Thompson to Rafael and
Maricela Arellano, 3525 Houston
Branch Road, Federalsburg, \$60,000

Jeffery Fisher, Virginia Inzer, William
Smart, and Carletta Grier to U. S. Bank
Trust, 3901 Old Denton, Road, Feder-
alsburg, \$127,050.14

Rosalie Cesal to Casey and Megan
Ingram, 26064 Sennett Road, Denton,
\$300,000

Chesapeake District of the Wesleyan
Church to Jericho Faith Deliverance
Church, 201 Park Avenue, Ridgely,
\$75,000

Ernest and Cathy Carter to Adrian and
Terra and Lillquist, 417 Mallard Drive,
Greensboro, \$142,000

T&J Stump Grinding



FREE ESTIMATES

410-479-5517
443-786-7471

Tim & Jason Schreiber
25490 Piney Branch Lane
Denton, MD 21629

ED'S LAWN & HANDYMAN SERVICE

- Lawn Mowing
- Mulching
- Landscaping
- Snow Removal
- Tree Trimming
- Debris Cleanup
- Tractor Work
- Bush-Hogging
- Power Washing
- Odd Jobs
- Land Management
- Construction Cleanup
- Post Construction Cleaning

FREE ESTIMATES

3204 Greenfield Ct. - **410-924-0401** • **410-673-1131**
Preston, MD 21655

DUCT CLEANING • HUMIDIFIERS • PROGRAMMABLE THERMOSTATS • AIR CLEANERS

STEELE'S



REFRIGERATION ♦ HEATING
AIR CONDITIONING, INC.

Lic # MD MASTER 01-4795

FINANCING AVAILABLE!
Payments as low as
\$76 /month

UNIT BROKE? FREE
2nd OPINION

\$1,000 OFF
INSTALLATION OF NEW SYSTEM
Call for details!
Not valid with any other offer. Exp. 2/28/15

Happy Valentine's Day!

\$50 OFF
Annual Service Agreements
(*NEW CUSTOMERS ONLY)
SAVE on Costly Repairs!!
Not valid with any other offer. Exp. 2/28/15

\$25 OFF
ANY SERVICE CALL
Not valid with any other offer. Must be
presented at time of service. Exp. 2/28/15

turn to the experts 

\$50 OFF
WiFi THERMOSTAT INSTALLATION
Call now for details.
Not valid with any other offer. Exp. 2/28/15

\$79⁹⁵ per system
HEAT PUMP SYSTEM TUNE-UP
Call now for details.
Not valid with any other offer. Exp. 2/28/15

410-643-0005 **WWW.STEELESHVAC.COM** **410-479-5560**

Marriage Licenses

Linda Jane Arthur, 62, Aiken, SC, and Charles Franklin Marshall, 55, Same

Sarah Nicole Marinelli, 24, Denton, and Garey Lee Ruhl, Jr. 29, Same

Penelope Leigh Manning, 51, Henderson, and Kerry Lonny Davis, Jr., 55, Camden, DE

Keyona Lanae Adams, 21, Denton, and Jacob Ryan Clere, 22, Greensboro

Fontella Michelle Hoxter, 47, Denton, and Eric Patrick Mealey, 45, Preston

Abraham Misael Dominguez, 27, Greensboro, and Linda Marie St. Aubin, 38, Same

Carol Ann Zinser, 61, Denton, and Russell Dale Williams, 63, Same

Amanda Renee Durham, 27, Seaford, DE, and Michael Dwayne Breeding, 27, Denton

Nataleigh Christine Pettis, 25, Denton, and Sean Ryan Griffith, 27, Same

Victoria Lee Wangus, 25, Baltimore, and Brandon Terence Brown, 25, Same

Amy Loraine Bednar, 41, Preston, and Frank Joseph Carioscia, 46, Same

Jennifer Lyn Choyce, 40, Ridgely, and Travis Reese Stafford, 40, Same

Sandi Atkins, 33, Federalsburg, and Raul Sadiki Diallo, 35, Cambridge

Joann Leigh Lambert, 39, Federalsburg, and Timothy Adam Paul, 38, Same

Joseph H. McCarthy, D.D.S., P.A.

FAMILY DENTAL CARE

Accepting New Patients

Evening & Saturday Appointments Available



410-482-2242

13155 Greensboro Rd – Greensboro, MD



Come visit our small country store!

**SCARVES • SOCKS • WARM SWEATERS
HATS • GLOVES • AND MUCH MORE!**



**Sweaters,
Scarves, Socks**

February 1st - 11th



Glenn & Elaine Orme

TUCKAHOE TREASURES
Alpacas and Yarn Barn

8955 Tuckahoe Road, Denton

410-479-2971





**Friday Nites in
Caroline Presents
New Moon Theater's
"The Old Man and
the Bay"**

Friday Nites in Caroline proudly presents "The Old Man and the Bay", a New Moon Theater production, on Friday, February 27, 7 p.m. at the Caroline County Public Library's North County Branch in Greensboro. This free performance is a great way to introduce children to live theater!

Explore the history of the Chesapeake Bay with explorers, pirates, settlers and watermen, told in tale and song. Singer and actor Tom Zielinski spins the tales, sings the sea chantey sing-a-longs, and keeps audiences actively engaged in history.

Stories include tales of 17th century settlers, the dangers of shipwrecks, and how real pirates and privateers started their adventures in the Chesapeake Bay.

Singing songs such as "Blow the Man Down", "The Coast of High Barbary", "Yankee Doodle Dandy", "Roll Alabama Roll" and "The Star Spangled Banner", children learn how important music is to seafaring life and American history.

For more information, contact the Library at 410-479-1343 or info@carolib.org.

Friday Nites in Caroline is presented by the Caroline County Council of Arts and the Caroline County Public Library; is sponsored by Caroline County Recreation and Parks, Tri Gas & Oil, Best Western Denton Inn, Eastern Shore Regional Library, Maryland State Arts Council and is FREE for all attendees.

For your Valentine...

Beautiful Roses, Fresh Arrangements of Imported Holland Flowers as well as Long Lasting Traditional Flowers such as Carnations, Daisies in Reds, Pinks & Whites

Cookies & Snack Baskets (featuring Herr's Chips & Products) along with White Chocolate Macadamia Nut & Chocolate Chunk Cookies, Chocolate Covered Pretzels, Plush Bears, and Balloons (mylar & latex).

Green & Blooming Plants w/ Valentine Trim

**John's Four Seasons
FLOWERS & GIFTS**
Stein Hwy. at Reliance
302-629-2644 410-754-5835
24 HOUR VOICE MAIL

Open Valentine's Day 'til 4 PM.
This year, send the one you love a Special Gift Created by Terri and John & Staff of John's Four Seasons Florist

ALL MAJOR CARDS ACCEPTED
Open Mon.-Fri 8 am to 5 pm
Saturday 9 am to 12 noon

Valentine's Day is Saturday, February 14
We will be making deliveries for that holiday Thursday, Friday & Saturday, Feb. 12-14

Caroline Hospice Foundation

**Longaberger Basket
Coach Purse &
Michael Kors**

All items valued at over \$5,000!

B I N G O

Sunday, March 22nd
Doors open @ 12:30 p.m. Games start @ 2 p.m.
Held at Denton Fire Co., 5th Ave.- Denton

**20 Regular Games (with a fill) • 2 Raffles
6 Special Games**

Tickets: \$25 in advance; \$30 at the door.
Each ticket includes: game pack, door prize ticket & raffle ticket.

Food & Beverage for sale by Fire Dept.

Please call Caroline Hospice at 410-479-3500 for more information or to get the advanced purchase list.

PLAY...WIN...HELP HOSPICE!

Rec & Parks Annual St. Paddy's Day 5K/10K Run Set for March 14th

Share your Irish spirit and dare to sport your green and join Caroline County Recreation and Parks for the 8th annual St. Paddy's Day 5K Run and Walk on Saturday, March 14. And this year, the more ambitious runners can opt to "Go the distance" and participate in the 10K Run. The race starts at 9 a.m. and on-site registration opens at 7:30 a.m.

This a fun event for the whole family! Also added to the schedule this year is a Leprechaun Dash at 8:30 a.m for runners ages 3 – 5 and every little leprechaun will be a winner with a special kid crafted medal. There will also be festival give-aways, pre-race crafts, face-painting, door prizes and live music. You can even bring your Lucky Dog to pace you. Just remember to bring a leash and register in the Lucky Dog Category.

Tim Bamforth from Seashore Striders provides finish line coordination and registration can be done on-line through Seashore Striders website at seashorestriders.com or by calling Caroline County Recreation & Parks.

Register by March 6th to guarantee your Tech Performance T or opt to save \$5 and skip the memorial tee. For the first time this year, women's cut shirts are available as well as Men's Cut.

Proceeds from the event help kids in Caroline County participate in summer enrichment programs that their families might otherwise not be able to afford. Event production sponsors include Sustainable Science, Provident State Bank, the Methodist Board of Child Care and Win Transport.

Registration fees for the 5K are \$20/advance; \$25 after March 6th and \$30 in advance and \$35 after March 6 for the 10K. Take a \$5 discount for a No Shirt Discount. Run with your favorite four-legged companion in the 5K for \$30 in advance/\$35 after March 6th and the Leprechaun Dash is \$5 per participant. For more information call 410-479-8120 or visit carolinerecreation.org or seashorestriders.com.



Greensboro resident Levi Porter with his lucky "Lepre-dog" before the start of the 2014 race.

Your Business Here



ONLY \$50,000



Call **Mike Shipley**
at **410-924-4807**
[michaelshipley@
championrealty.com](mailto:michaelshipley@championrealty.com)

Champion Realty
410-479-3993




Central Avenue, Ridgely, MD

GLANDEN

CONSTRUCTION, LLC



DECKS • REMODELING • ADDITIONS
LAND AND PROPERTY MAINTENANCE
PRESSURE WASHING

Mike Glanden

410-310-3078
glanden@intercom.net



MHIC #80641
Caroline County Septic License #021

Men

...looking for something special for your
Special Valentine?



Come visit our Alpaca Store here at Outstanding Dreams Farm. Shop any afternoon from February 9th - 14th between 1 - 6 PM, and receive, **10% off** your total purchase. Free gift wrapping and a single silk rose for your Sweetheart.



Warm Paca Socks • Luxurious Alpaca Blankets & Throws
Super Soft Alpaca Teddy Bears • Fragrant Candles • Mittens
Adopt-an-Alpaca - The Perfect Gift for Animal Lovers of All Ages!



24480 Pinetown Rd.,
Preston, MD (near Harmony)
410-673-2002 / 410-829-2012

FARM STORE HOURS: Tuesday - Friday: 12 - 4 p.m.
Saturday & Sunday: 12 - 5 p.m. Monday by appointment



OutstandingDreamsFarm.com

Up from the Ashes – A Mother’s Pledge to Redefine Her Daughter’s Memory After a Heroin Overdose

By Amy Blades Steward

It starts like any other love story. For Valerie and Rick Albee of Easton, their daughter, Mariah Albee, was the apple of their eye. Their only child, they raised Mariah with love and support. Born in Anchorage, Alaska, the family relocated to Severna Park, Maryland when Mariah was three. They enrolled her in Montessori School where she was a high achiever. Her mother, Valerie recalls, “She was very artistic, self-confident, and although shy, she had many friends. It was a happy childhood.”



Left to right: Mariah Albee, Valerie Albee, and Rick Albee.

As her interests grew, Mariah competed on the swim team and participated in cheerleading. She took private flute and ballet lessons and by the age of 10, she was the youngest member of the Anne Arundel Community College Concert Band and in the All County Middle/Jr. Band. She also performed with the Ballet Theatre of Annapolis in several Nutcracker productions.

In the middle school years, however, Mariah began to experience bullying by her peers. She went on to attend Severna Park High School and by age 14, she began suffering from anxiety and depression. Her mother recalls the trips to the therapists, who at different times diagnosed Mariah’s behavior as either acting out or Attention Deficit Disorder (ADD).

During high school, Mariah began self-medicating with alcohol and prescription drugs to deal with her anxiety and depression. Even though she was experiencing these conflicting emotions, she still managed to be a cheerleader, football manager, and a member of the Maryland Youth Symphony Flute Choir. She also found time to help the poor and the homeless. Eventually, the debilitating effects of her emotions required her to be homeschooled to complete her senior year. In 2000, she was ultimately diagnosed at Johns Hopkins Hospital with having bipolar disorder.

Although Mariah was capable of acquiring several jobs, she was unable to sustain them due to her emotional conflicts. During this time, Mariah was slipping away. By 2003 she attended drug rehabilitation for the first time. By this point, she was using heroin, prescription drugs and alcohol. The addiction continued through the next five years, with repeated rehabilitation stays. In 2008, she was able to “get clean” and was married in 2009, only to have the marriage dissolve in 2010. During that time, Mariah was happy and worked as a manager for approximately two years. Her employer commented how she was loved by everyone for her organizational skills, her great attitude, her giving personality, and most of all, for her

enthusiasm.

By 2012, Mariah had moved home and was again trying to get her life together – attending Anne Arundel Community College to pursue her dream of becoming a nurse. The family took a two-week vacation to visit Valerie’s sister Eileen and her family in Michigan. Everything seemed perfect. Then one week after returning home, the unthinkable happened. On September 7, 2012, Mariah died of a heroin overdose at her parents’ home at the age of 29.

For Valerie and Rick Albee, the effects were devastating. Their only

child was gone. Valerie turned to grief counseling to try and deal with her loss and eventually found solace in a bereavement group of parents in Pasadena. The members were like her, having lost children to substance abuse. She recalls, “I wouldn’t be alive today without their counseling help.”

It has been two years since her daughter’s death and Valerie has been searching for meaning in it all. She comments, “I don’t want drugs to define who Mariah was. These kids don’t want to be drug addicts.”

In November 2013, the Albees moved to the Eastern Shore for a new start. While living in Easton Village in Easton, Valerie met a group of women who have embraced her and want to get involved in making a difference with the issue of substance abuse on the Eastern Shore.

**Perfect Touch
Hair Design**

Ann Draper & Lisa Murray, Stylist
Over 30 years combined experience

1143 Shore Hwy - Denton
410-479-2833

Appointments Appreciated /
Walk-Ins Welcome
Tues. & Thurs. 9:30 -8;
Wed. Closed; Fri. 8-4; Sat. 8-5

The Maryland Department of Health and Mental Hygiene reported in July 2014 that the number of heroin-related emergency department visits for Marylanders has more than tripled, with 1200 visits in 2013 – up from 871 visits in 2012. Two age groups showed large increases in heroin deaths between 2012 and 2013, one of which was individuals ages 25 to 34 years of age, just like Mariah. The State reported that there has been an 88 percent increase in heroin-related deaths in Maryland since 2011.

Encouraged by her group of friends, Valerie approached the Mid-Shore Community Foundation and established Mariah's Mission Fund. The purpose of the Fund reads: "Mariah's Mission Fund has been established to honor our beloved daughter, Mariah, who lost her life to heroin. The mission is to provide resources for worthy organizations that support families who have lost loved ones to drugs and/or alcohol. We will use our struggles and experiences to empower the community through awareness and education."

Valerie adds, "I recently decided to tell my story to gain support for services to help families struggling with the issue of addiction on the Shore. By establishing the fund at Mid-Shore Community Foundation, I hope to support the development of these services and make them available to the community here."

Buck Duncan, president, Mid-Shore Community Foundation, states, "We are thrilled that the Albees have decided to start a fund of this kind. It will provide resources to help families

in our region who are trying to cope with the stresses of substance abuse and increase awareness of this important community issue."

Valerie's friends are helping her raise funds for Mariah's Mission Fund, meeting monthly to plan fundraising activities. Currently, the group is planning to hold a silent auction in the spring of 2015. Valerie is also working with the bereavement staff at Talbot Hospice Foundation in hopes of creating a support group by next spring on the Eastern Shore to help parents who have lost children to substance abuse. In the meantime, she is encouraging any parents in need of these supportive services to attend a bereavement group for parents at the Chesapeake Life Center in Pasadena, MD. The group meets on Mondays once a month from 6 to 7:30 p.m. For further information on meeting times, call 410-987-2129, ext. 1271.

Sharon Huseman, Executive Director of Talbot Partnership, comments, "I am reminded of how courageous it is for parents to share their experiences like Valerie has after dealing with the pain of losing their child to addiction. Addiction is like the elephant in the room that no one wants to talk about. Parents often feel a stigma in having a child who is suffering from substance abuse problems."

Donations to Mariah's Mission Fund are tax-deductible and can be made by contacting the Mid-Shore Community Foundation at 410-820-8175 or by visiting www.mscf.org. For fur-

Valentine's Day
Saturday,
February 14

Touch her heart with these Sweetheart gifts!



Teleflora's Sweet Embrace Bouquet



Teleflora's Send A Hug "I Ruff You"



Teleflora's Swirls of Love Bouquet



FTD - Love Rushes In Bouquet



FTD - The Sweet Surprise Bouquet



Thank You to the Caroline County Chamber of Commerce for voting us "Entrepreneur of the Year"

Holidays • Birthdays
Weddings • Funerals

Superior quality guaranteed!



The Greensboro FLORIST



103 W. Sunset Ave., Greensboro (Across from Fleegle and Helfenbein Funeral Home)
Open Mon - Fri 9 - 5, Sat 9 - 2 • Greensboroflorist1@verizon.net • 410.482.2143



Owner,
Dawn Nepert

Daily deliveries to local surrounding areas

ther information about helping with the spring silent auction for the Fund, contact Valerie Albee at mariahsmission2014@gmail.com. For parent resources in dealing with teen substance abuse, visit the Talbot County Parent Coalition at parentscoalitionoftalbotpartnership.org.

Poem

by Mariah Albee

(Written to her parents while she was in rehab in 2007)

When I was little my dreams were so bright.
I never imagined my life wouldn't be alright.
Like any little girl, I played and went to school.
Taught to always live by the rules.
My mind was filled with dreams and hope.
Unaware of the nightmare of dope.
Somehow, somewhere, my dreams went up in smoke.
With real life I could no longer cope.
With drugs and danger I began to flirt.
After all, who could I hurt?
Whenever there was pain or anger to feel.
It was stopped and stifled with little pills.
Oh, but I made some progress didn't I?
I found stronger drugs to get me high.
My dreams turned to hallucination.
My world was empty of imagination.
If my visions were to become real
There was always another pill.
Slowly, all my hopes and dreams were destroyed by addict schemes.
My morals and values were tossed aside
As I deserted my hopes and dreams
My childhood lullabies were replaced by bent spoons
I woke to the nightmare of looking through bars
I knew I could no longer reach for the stars
I finally had to face a scary reality
No one could change this situation but me.
I have learned it's ok to think and feel.
To go through life without the needle
Now I can reach for the stars.
ONE DAY AT A TIME!
(Postscript: Maybe you can understand me a little better now.
I love you mom, dad and grandpa! – Mariah)

DOT / CDL MEDICAL EXAMS

Complying with New
Government Requirements

FMCSA CERTIFIED PHYSICIAN
C.E. Jensen, MD

410-924-8560



Prompt
Service

Competitive
Price

Evenings and Saturdays by appointment

Call to ask questions or for an estimate.



Sylvia's TAX SERVICE

Personal and Small Business

Sylvia A. Wilhide
Tax Preparer
25374 Calvert Drive
Greensboro, MD 21639
410-479-2067 / 410-253-8479
sylviawilhide@yahoo.com

Ridgely Vol. Fire Dept.

8 W. First St. / Ridgely / 410.634.2424
www.rvfd400.com

Please join us for our
Spaghetti Dinners



THURSDAYS

March 5, April 2,
May 7, June 4.
4 - 7 p.m.

All you can eat includes salad,
bread, drink. Adults \$8; kids
under 3 FREE. Take-out available.

HALL RENTAL for all occasions.
Visit website for availability and info.

Optimist Club of Salisbury Hosts 50th Annual Better Living Expo, Celebrates 60th Year as 'Friend of Youth' in Wicomico County

The Optimist Club of Salisbury hosts its 50th Annual Better Living Expo on Friday-Sunday, February 20-22, at the Wicomico Youth and Civic Center. Over 125 regional vendors showcase products, services and innovations for the home and garden, as well as fine arts and crafts.

"Last October the Optimist Club began its 60th year in Wicomico County," said Jason Curtin, the club's president for 2014-15. "Our mission is to support youth-oriented programs in the community and we appreciate everyone who supports us by coming out to see what's new at the expo year after year."

Featured are landscaping and HVAC companies, contractors and remodelers, custom-made Dutch furniture and quilts, gutter/leaf relief, pest control, insurance agencies, health and fitness, and more. The Midway Room also is entirely devoted to fine arts and crafts, including jewelry, alpaca clothing, paintings and foods, among other specialties.

A stage features live entertainment and demonstrations throughout the weekend. There also will be children's activities.

Expo hours are 4-8 p.m. Friday, 10 a.m.-8 p.m. Saturday, and 11 a.m.-4 p.m. Sunday. Friday admission is \$1. Saturday and Sunday tickets are \$4 and may be used both days. All proceeds support Optimist programs for youth in the community.

Throughout the year, the Optimist Club sponsors a Youth Appreciation Day, the Sea Gull Classic Basketball Tournament, essay and oratorical contests for middle and high school students, a Respect for Law banquet and Wicomico County Parks and Recreation girls' softball teams. The Club also offers five \$1,500 college scholarships to area students annually, and donates funds to a variety of

educational and youth-related efforts.

The Better Living Expo is the Optimist Club's main fundraiser for these endeavors, along with its Golf for Kid's Sake Tournament in October. Club officers for 2014-15 are: President Jason Curtin of Denton; First Vice President Kort Dickson of Salisbury and Second Vice President Will Tyler of Marion; First Director Don Fitzgerald, Second Director Jim Walling and Treasurer Dave Corry, all of Salisbury; Secretary Nikki Tyler of Marion; Sargent at Arms Tom Chesser

of Delmar; Scribe Katie Curtin of Denton; and Past President Mike DeFiore of Salisbury.

Optimist Clubs have been "Bringing Out the Best in Kids" since 1919. Optimist members believe in young people and want to empower them to be the best they can be. For more information, visit the Salisbury Optimist Club website at www.salisburyoptimist.org or Facebook page at www.facebook.com/SalisburyOptimist.

GOOD THINGS HAPPEN WHEN WE'RE IN IT TOGETHER.



By banking with The Talbot Bank or CNB, members of the Shore Bancshares community of companies, customers have access to 21 banking locations across Maryland's Eastern Shore and Delaware.

THE TALBOT BANK

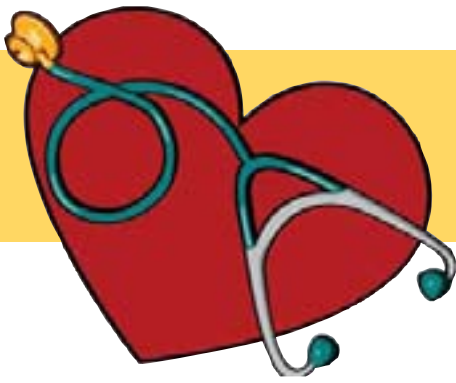
CNB

Good things are happening here.™

talbot-bank.com • 410.822.1400
cnb-bank.com • 410.758.1600

**MEMBER
FDIC**

**SHORE
BANCSHARES**
COMMUNITY of COMPANIES



Health Corner

Tips, Classes and Programs to help you live healthier!

Adult Grief Support Group

Compass Regional Hospice is forming a new grief support group for adults 18 years and older who have lost a loved one. The group will meet at Sacred Heart Catholic Church Hall, 508 High Street in Chestertown from 3 to 5 p.m. The group will meet every Tuesday for ten consecutive weeks.

The grief support group will be co-facilitated by Ann O'Connor, LCSW-C, and Wayne Larrimore, MEd, grief counselors for Compass Regional Hospice.

For more information about the adult grief support group, contact Ann O'Connor, 443-262-4100, aoconnor@compassregionalhospice.org or Wayne Larrimore, 443-262-4100, wlarrimore@

compassregionalhospice.org. To learn more about other grief support programs available through the Compass Regional Hospice Hope & Healing Center, visit www.compassregionalhospice.org/hopeandhealing.

Healthy Families Caroline

Healthy Families Caroline is a new program offered to pregnant women and families with children from 0-3 months. We offer free home visiting services to provide support, education, community resources and referrals to assist families in reaching their goals and grow happy and healthy children. (This first year services are being offered in the Federalsburg zip code with expansion to the rest of the county as we grow to meet your needs!) For more information please call us at 410-479-8080.

Brockson Named Regional Patient Advocate for U.M. Shore Regional Health



Amy Brockson, RN, BSN, CEN, has been appointed regional patient advocate for U.M. Shore Regional Health.

Amy Brockson, RN, BSN, CEN, of Ridgely, has assumed the new position of regional patient advocate for University of Maryland Shore Regional Health, according to Kim Billingslea, RN, BSN, NE-BC, regional director, patient and family-centered care.

Brockson, who had served U.M. Shore Regional Health as emergency clinical coordinator of U.M. Shore Medical Center at Dorchester since 2010, has diverse clinical, management and leadership skills, including the management of direct and indirect care for patients of diverse ages and backgrounds with a wide variety of medical issues with care requirements ranging from minor to critical care. She also spent nine years in emergency nursing.

The recipient of a 2nd place Spectrum Nurse Excellence Award for Clinical Implementation from Care.com (Maryland, Delaware and Virginia), Brockson holds several specialized nursing certifications, including stroke, pediatric



CAROLINE COUNTY HEALTH DEPARTMENT

403 South 7th St. / Denton, MD 21629

410-479-8000

Services by Appointment or Walk-in:

- Adult Immunizations
- HIV Screening/Testing
- Sexually Transmitted Infection Screening/Testing
- Pregnancy Testing
- Emergency Contraception
- Family Planning
- Emphasis on Abstinence Classes (After school programs in middle/high schools)

Medical Assistance Accepted. Expanded Family Planning Card. Sliding Fee for Uninsured and Under Insured. Now accepting Visa/Mastercard.

MENTAL HEALTH SERVICES

606 Sunnyside Ave.
Denton, MD 21629
410-479-3800

ADDICTION SERVICES

104 Franklin St.
Denton, MD 21629
410-479-1882

emergency and advanced pediatric life support, trauma and nonviolent crisis intervention. She is a member of the Maryland chapter of the Emergency Nurses Association and the Professional Practice Committee for Emergency Nurses, and founder of the Nursing Preferred Scheduling Committee.

“Amy will be working with our patients throughout the region and addressing any concerns regarding patient care and treatment,” notes Billingslea. “Her exceptional experience and her many accomplishments are very well suited to this new position.”

How Sugars and Sweeteners Affect Your Health

Illustration of a woman surrounded by healthy foods that don't contain added sugar.

Most of us love sweet foods and drinks. But after that short burst of sweetness, you may worry about how sweets affect your waistline and your overall health. Is sugar really bad for us? How about artificial or low-calorie sweeteners? What have scientists learned about the sweet things that most of us eat and drink every day?

Our bodies need one type of sugar, called glucose, to survive. “Glucose is the number one food for the brain, and it’s an extremely important source of fuel throughout the body,” says Dr. Kristina Rother, an NIH pediatrician and expert on sweeteners. But there’s no need to add glucose to your diet, because your body can make the glucose it needs by breaking down food molecules like carbohydrates, proteins, and fats.

Some sugars are found naturally in foods, such as fruits, vegetables, and milk. “These are healthful additions to your diet,” says Dr. Andrew Bremer, a pediatrician and NIH expert on sweeteners. “When you eat an orange, for instance, you’re getting a lot of nutrients and dietary fiber along with the natural sugars.”

Although sugar itself isn’t bad, says Rother, “sugar has a bad reputation that’s mostly deserved because we consume too much of it. It’s now in just about every food we eat.”

Experts agree that Americans eat and drink way too much sugar, and it’s contributing to the obesity epidemic. Much of the sugar we eat isn’t found naturally in food but is added during processing or preparation.

About 15% of the calories in the American adult diet come from added sugars. That’s about 22 teaspoons of added sugar a day. Sugars are usually added to make foods and drinks taste better. But such foods can be high in calories and

offer none of the healthful benefits of fruits and other naturally sweet foods.

Sugar-sweetened beverages like soda, energy drinks, and sports drinks are the leading source of added sugars in the American diet. Juices naturally contain a lot of sugar. But sometimes, even more is added to make them taste sweeter.

“Juices offer some vitamins and other nutrients, but I think those benefits are greatly offset by the harmful effects of

WE MOVED



...to better serve our clients!
Larger, brighter and closer to most!

KEEP THE BEAT

CPR & First Aid Training

CPR and First Aid valid for 2 years

WE ARE AHA INSTRUCTORS

For upcoming classes:
www.ktbtraining.net

Training for:

- Boat Captains
- Healthcare
- Daycare
- Coaches...
- we do them all!*

410-758-2022
147 Log Canoe Cir.
Stevensville, MD 21666

Quality, fun & affordable training!



CHOPTANK

COMMUNITY HEALTH SYSTEM, INC.

“Serving the Mid-Shore Since 1980”

Offering Specialists in the areas of:
FAMILY PRACTICE • PEDIATRICS • GYNECOLOGY



- Welcoming New Patients
- Medicare, Medicaid and Most Major Insurance Plans Accepted
- No Annual Administrative Fees
- **DISCOUNTED FEES AVAILABLE BASED ON INCOME**

DENTON MEDICAL CENTER
609 Daffin Lane 410-479-2650

FEDERALSBURG
215 Bloomingdale Ave.
MEDICAL CENTER 410-754-9021
DENTAL CENTER 410-754-7583

GOLDSBORO
316 Railroad Ave.
MEDICAL CENTER 410-634-2380
DENTAL CENTER 410-482-2224

DOT/CDL PHYSICALS

Follow us on  

www.choptankhealth.org

ADULT CARE

Mid-Shore Residential Care

Compassionate Care in
Your Home for 24 Years

INDIVIDUALIZED SERVICES

CNA's • Sitters • Home Health Aids
Meal Preparations • RN Evaluations
Residential Cleaning

410-820-1131

www.midshorehomecare.com
Lic.# R922

too much sugar," says Bremer.

Over time, excess sweeteners can take a toll on your health. "Several studies have found a direct link between excess sugar consumption and obesity and cardiovascular problems worldwide," Bremer says.

Because of these harmful effects, many health organizations recommend that Americans cut back on added sugars. But added sugars can be hard to identify. On a list of ingredients, they may be listed as sucrose (table sugar), corn sweetener, high-fructose corn syrup, fruit-juice concentrates, nectars, raw sugar, malt syrup, maple syrup, fructose sweeteners, liquid fructose, honey, molasses, anhydrous dextrose, or other words ending in "-ose," the chemical suffix for sugars. If any of these words are among the first few ingredients on a food label, the food is likely high in sugar. The total amount of sugar in a food is listed under "Total Carbohydrate" on the Nutrition Facts label.

Many people try cutting back on calories by switching from sugar-sweetened to diet foods and drinks that contain low- or no-calorie sweeteners. These artificial sweeteners—also known as sugar substitutes—are many times sweeter than table sugar, so smaller amounts are needed to create the same level of sweetness.

People have debated the safety of artificial sweeteners for decades. To date, researchers have found no clear evidence that any artificial sweeteners approved for use in the U.S. cause cancer or other serious health problems in humans.

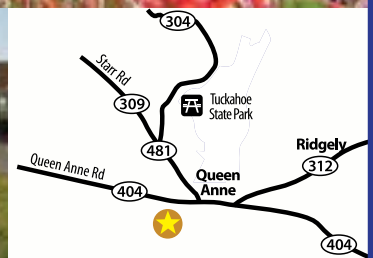
Give the gift of good health to yourself.

Chiropractic Care searches for the cause of your problems and doesn't just mask the symptoms.

Call for your Free Consultation... Allow us to assist you in getting back to enjoying your life.

Physical Therapy Services

0% Financing Available
up to 12 months for approved applicants.



"Shore Health In Sure Hands"

www.tuckahoechiropractic.com • 410.364.9222

32201 Queen Anne Hwy • Queen Anne, MD 21657

Located at the Rte. 309 & Rte. 404 Intersection near Royal Farms.

CHOPTANK COMMUNITY HEALTH

Announces

Pediatric Health Care in our Denton Medical Center

New Patients Welcome

To make an appointment

Denton Medical Center 410-479-2650

Fassett Magee Center 410-228-4045



Mona Schultz,
CRNP

Come In and See How Healthy You Can Be!

www.choptankhealth.org



But can they help with weight loss? Scientific evidence is mixed. Some studies suggest that diet drinks can help you drop pounds in the short term, but weight tends to creep back up over time. Rother and other NIH-funded researchers are now working to better understand the complex effects that artificial sweeteners can have on the human body.

Studies of rodents and small numbers of people suggest that artificial sweeteners can affect the healthful gut microbes that help us digest food. This in turn can alter the body's ability to use glucose, which might then lead to weight gain. But until larger studies are done in people, the long-term impact of these sweeteners on gut microbes and weight remains uncertain.

"There's much controversy about the health effects of artificial sweeteners and the differences between sugars and sweeteners," says Dr. Ivan de Araujo of Yale University. "Some animal studies indicate that sweeteners can produce physiological effects. But depending on what kind of measurement is taken, including in humans, the outcomes may be conflicting."

De Araujo and others have been studying the effects that sugars and low-calorie sweeteners might have on the brain. His animal studies found that sugar

and sweeteners tap differently into the brain's reward circuitry, with sugars having a more powerful and pleasurable effect.

"The part of the brain that mediates the 'I can't stop' kinds of behaviors seems to be especially sensitive to sugars and largely insensitive to artificial sweeteners," de Araujo says. "Our long-term goal is really to understand if sugars or caloric sweeteners drive persistent intake of food. If exposed to too much sugar, does the brain eventually change in ways that lead to excess consumption? That's what we'd like to know."

Some research suggests that the intensely sweet taste of artificial, low-calorie sweeteners can lead to a "sweet tooth," or a preference for sweet things. This in turn might lead to overeating. But more studies are needed to confirm the relative effects of caloric vs. non-caloric sweeteners.

"In the long run, if you want to lose weight, you need to establish a healthy lifestyle that contains unprocessed foods, moderate calories, and more exercise," Rother says.

When kids grow up eating a lot of sweet foods, they tend to develop a preference for sweets. But if you give them a variety of healthy foods like fruits and vegetables early in life, they'll develop a liking for them too.

"It's important for parents to expose children to a variety of tastes early on, but realize that it often takes several attempts to get a child to eat such foods," says Bremer. "Don't give up too soon."

The key to good health is eating a well-balanced diet with a variety of foods and getting plenty of physical activity. Focus on nutrition-rich whole foods without added sugars. Get tips on healthy eating and weight control at <http://win.niddk.nih.gov>. Source: NIH News in Health

NEW Smoking Cessation Group will be starting in February!

This group is for any adult looking to quit smoking now or in the next month. The group will meet for a total of six (6) sessions at the Denton library from 10:30 - 11:30 a.m. The first session is scheduled for Tuesday, February 24th and the remaining sessions will be held on Tuesdays through March 31st. Participants are expected to make an effort to attend each of the six sessions for best results. If you would like to take advantage of free nicotine replacement products during the group sessions, such as patches or gum, a doctor's note will be required before products can be dispensed. Space in the group is limited. Please call the Caroline County Health Department at 410-479-8080 to reserve your space today!



Library Corner

by Jeanne Trice

And now for a huge thank-you to our sponsors!

2014 was an exciting and productive year at your library, and we have many partners who helped to make it so.

A special thank-you to Jake Jacobs, Jon Christopher and the rest of the crew at Caroline County Public Works, the Caroline County Board of Education's Dale Kenton and his crew, Eastern Shore Regional Library's great support staff, the Division of Library Development and Services, the Friends of the Library, and our Summer Reading sponsors: Centreville National Bank, Walmart Foundation, imPRESSive Printing Company, Heritage Financial Consultants LLC, Rex Landscaping, Better Days Farm, Avon-Dixon Insurance Agency.

AARP Tax Aide Begins in February

Schedule your appointment now. AARP Tax Aide is designed for taxpayers of low or middle income with special attention to those aged 60 and older. Tax preparation and e-filing are free. Please call any open location to make your appointment.

Denton appointments are Mondays, 3:30-6:30 p.m. and Tuesdays, Noon-3 p.m.; 410-479-1343. **Federalsburg appointments** are Mondays, Noon-5 p.m.; 410-754-8397, **Greensboro appointments** are Wednesdays, 3-5 p.m.; 410-482-2173.

Need a quiet place with a computer to study or look for a job?

Visit the Computer Lab at the Central Library in Denton, open daily from 3 – 6 p.m. exclusively for homework study and job/career searches. Staff assistance available. Black and white and color printouts available for .20 per page.

New Year, New You!

2015's most popular resolutions include losing weight, shaping up your finances, quitting smoking and getting organized. The library's collection of helpful books, DVDs, magazines, and digital resources can help! Visit any library location and check out the "New Year, New You" display.

Seed Swap

Despite the cold and gray weather, it's not too early to start dreaming and planning for your spring garden. Visit the Central Library's Seed Library and borrow some seeds to start indoors. Have some extra seeds? Bring them along and share!



New Moon Theatre presents "The Old Man and the Bay". Explore the history of the Chesapeake Bay with explorers, pirates, settlers and watermen, told in tale and song.

February 27, 7 p.m., North County Branch, Greensboro FREE!

ONGOING ADULT PROGRAMMING Community Partners offering assistance in the library

- Maryland Veteran's Outreach Services: discuss benefits, ask questions and get referrals from Caroline County Veterans' Representative Sharon Egerson every Thursday, 1-3 p.m., Central Library, Denton.
- Explore lifelong learning, degree options, financial aid and Workforce Investment Board programs with Chesapeake College. Central Library, Wednesday, February 18, 11 a.m. - 3 p.m.
- Child care providers are invited to participate in Maryland EXCELS, a voluntary Quality Rating and Improvement System. Mary Beth Johnson visits the North County Greensboro Branch, Thursday, February 18, 5:30-7:30 p.m.

First time buyers - discover the path to home ownership at your library.

Learn the basics about home buying from Re/Max Realtor Terri Murray at this free informational seminar at the Central Library, Denton. Thursday, February 5, 6 p.m. For more information, call 410-479-1343, Ext. 1. Free!

GO DIGITAL @ YOUR LIBRARY!

eBooks & Audiobooks

Borrow Ebooks and audiobooks for all your digital devices. FREE with your library card!



Digital Magazines

Download full digital editions of all your favorite magazines. FREE with your library card!



Free Wi-Fi at all Locations

100 Market Street
Denton
410-479-1343

123 Morris Avenue
Federalsburg
410-754-8397

101 Cedar Lane
Greensboro
410-482-2173



www.carolib.org

Library brings students and seniors together to master technology

Student Tech Mentors are available for free tutoring sessions on Saturday, February 14 & 21, 1-2:30 p.m.

Central Library, Denton. Register at the library or call Laura Powell, 410-479-1343, ext. 161.

February Book Discussion Group at Federalsburg. New members always welcome!

For more information about either group, contact Jeanne Trice 410-754-8397 or jtrice@carolib.org.

“Hooked on Books” will be discussing *A Brief History of Time* by Stephen Hawking on February 10 at 6:30 p.m.

“Jeanne’s Bookies” will be discussing *The Death of Bees* by Lisa O’Donnell on February 17 at 1 p.m.

FAMILY, TEEN AND KIDS PROGRAMMING

Free Family Fun Night

Tuesdays at Federalsburg; Wednesdays at Greensboro; Thursdays at Denton.

Visit our website to see which of these great family-friendly programs is happening at your favorite location tonight.

- **Family Game Night.** Is your family bored? Grab a board and have some old-fashioned fun with the family. Federalsburg: February 17, 6 p.m.; Greensboro: February 11, 6 p.m.; Denton: February 19, 6 p.m.
- **Art in a Box** – self-directed art projects for kids and families; grab a box and create! Federalsburg: February 3, 6 p.m.; Greensboro: February 25, 6 p.m.; Denton: February 26, 6 p.m.
- **Mega LEGO® Thon** - LEGO madness for kids grade K-8! Federalsburg: February 24, 6 p.m.; Greensboro: February 4, 6 p.m.; Denton: February 12, 6 p.m.
- **Minecraft** (Central Library only) - beginning and experienced players are welcome. Ages 5-10 will play in the library’s Computer Lab, and ages 11-17 will play in the Teen Zone. Thursday, February 5, 6-7:30 p.m. and Saturday, February 14, 1 - 2:30 p.m.

R.E.A.D. to a trained dog!

Perfect for reluctant or struggling readers ages 5-12. Space is limited so please register. **Central Library in Denton:** Cricket visits on Thursday, February 12, 6 - 7 p.m. **North County Branch Greensboro:** Brodie visits on February 18, 4 - 6 p.m.

Winter/Spring Storytime continues through February

For children birth to age 5 and their caregivers. Central Library, Denton, Wednesdays, 10:15 and 11 a.m.; Federalsburg Branch, Mondays, 10:15 a.m.; North County Branch, Greensboro: Tuesdays, 11 a.m.

Kids Book Club at the Federalsburg Branch

January’s title is *From the Mixed-Up Files of Mrs. Basil E. Frankweiler* by E. L. Konigsburg. February 9, 4:30 p.m.; for ages 9-12; books are available at the Federalsburg Branch.

Closings

February 16, Presidents Day

What does your Caroline County family need?



My Family Needs _____.

Find Caroline County Information and Resources all in one place.

Access from your computer or mobile device.

www.myfamilyneeds.info

www.carolib.org



Tuesday Night Book Club

Meeting Dates/Times:

3rd Tuesday / 6:30 – 8:00 PM

Location: Small meeting room 2nd floor of Denton Library, 100 Market Street.

Purpose: To discuss selected books reflecting topics of interest & to generate lively discussion.

February 17

Discussion of *Wuthering Heights* by Emily Bronte. Mary Ellen Wise will be leading the discussion. A light snack will be provided by Jane Terebey.



March 17

Discussion of *The Dovekeepers* by Alice Hoffman. Nancy Campbell will be leading the discussion. A light snack will be provided by Carol Middleton.



For more information, contact Patrice Morrison at 410-479-2929 or email fpmorrison07@comcast.net

PRO CLEAN
STEAM CLEANING PRESSURE WASHING SERVICES

RESIDENTIAL

- Low Pressure Roof Cleaning
- Siding / Windows
- Decks / Dock Cleaning
- Carpet Steam Cleaning
- Hot Water Cleaning

MOBILE TRUCK MOUNTED UNITS

COMMERCIAL

- Restaurant Kitchen •
- Exhaust Hood Cleaning •
- Hotels / Gas Stations •
- Store Fronts / Drive Thru's •
- Gum Removal •
- Marine & Fleet Service •

Take years off the weathering of your roof with our

LOW PRESSURE ROOF CLEANING

...you'll be amazed at the difference it will make on your home!

www.procleanteam.com

410-708-4060

\$25 OFF
any service with this ad

APPLIANCE REPAIR

Adams Appliance Service
Prompt Service / Reasonable Rates
410-479-2355
410-310-0445
Gas - Electric
All makes and models

Mentoring is learning throughout the day.

Start something for a child; become involved and the results will impact a young person and you!

Become a **MENTOR.**

Call Tony Gianninoto-Project Coordinator
410-924-7402 for more information.

Sponsored by the Caroline County Family YMCA, a branch of the YMCA of the Chesapeake.

Caroline Mentoring Project @ the

Reviving Caroline F. F. A.

A meeting held on December 15th at the Caroline Career and Tech Center discussed reviving the Caroline County F.F.A. Alumni. Terri Shank, Mark Milby, Brook Ridinger and David Tribbett of the Maryland State F.F.A. Association were also in attendance. They were instrumental in guiding those in attendance through the process of reviving the Alumni.

Officers elected were, President, Carroll Hetrick; Vice President, Nikki Swann; Treasurer, Alica Meredith and Secretary, April Kinnish. By-Laws and a constitution were adopted. Newly elected President Carroll Hetrick stated "This is an exciting time. We are very pleased at the response that we've received already. The Caroline County F.F.A. Chapter really needs our support."

The next meeting will be held on Monday, February 9 at the Caroline Career and Tech Center in Ridgely at 6 p.m. All past F.F.A. members and F.F.A. Alumni members are invited to attend. A member does not have to be a past F.F.A. member to join.



Caroline
NURSING & REHAB
caring community • caring hearts • caring for you

520 Kerr Avenue • Denton, MD 21629
410-479-2130 / www.carolinenursing.org

Specializing in short term rehabilitation after surgery, fracture, stroke, etc. and long term care.

Ask about availability of our private rehab rooms equipped with cable TV, telephone, microwaves, mini refrigerator, etc...



Annual INDOOR YARD SALE

Saturday, March 14th • 7-11 AM

Caroline Nursing & Rehab

For a table please call 410-479-2130 ext. 142.



Love is in the Hair!

...so, show your love with a

Gift Certificate!

J.D.'s HAIR PLUS

Cuts • Color Perms • Highlights
Manicures • Ear Piercing

Janet Dove, stylist/owner
Kayla Little &
Allison Wood, Stylist

920 Gay St., Denton
410-479-0727



★ Walk-Ins ★ Apts. only on Thursdays

CLOSED TUESDAY AND SUNDAY



Third Thursdays in Denton *participant.*

Join us every third Thursday of the month for new ideas, techniques and specials. For more information check out our Facebook page.

The Gables at Caroline QUALITY ASSISTED LIVING



701 S. Fifth Ave • Denton, MD 21629
www.gablesatcaroline.org 410-479-3102

Community Calendar

MONTHLY

Ravens Nest 20 monthly meetings are scheduled on the first Mondays of the month at 7:30 p.m. at Doc's Riverside Grille, Centreville. (On Holiday Mondays—we meet the first Tuesday). If you would like to join Ravens Nest 20, or receive more information, please feel free to come to a meeting, or, contact Michael Parsons at mikeparsons66@yahoo.com.

Visit the Greensboro Historical Society Museum located at 114 Sunset Avenue, behind the cabin, in Greensboro. The museum is open the first and third Sunday of each month from 1 to 3 p.m. or by appointment. Our mission is to preserve our town's history for future generations.

FIRST SATURDAYS

Breakfast with Community Civic League on the 1st Saturday of each month, located at 3439 Laurel Grove Road, Federalburg. Includes scrapple, sausage, fried potatoes, eggs, apple sauce, bread, coffee and orange juice for \$6. Breakfast hours are 7 to 10:30 a.m. For information call 410-754-6011.

MONDAYS

Co-Dependents Anonymous (CoDA) General 12 Step Program Meeting at 8 p.m. (except Holidays). Co-Dependents Anonymous (CoDA) is a fellowship of men and women whose common purpose is to develop healthy and loving relationships. "The only requirement for membership is a desire for healthy and loving relationships". Meetings held at St. Mark's United Methodist Church; 100 Peach Blossom Road; Easton. Take basement steps behind flag pole to first room on right.

For more information contact Mary Lou 410-758-2378 or Kirk 410-353-5677. We look forward to meeting you!

THURSDAYS

Take Off Pounds Sensibly (TOPS) support group meets at the Talbot County Senior Center at Brookletts Place, 400 Brookletts Avenue, Easton at 6 p.m. every Thursday. Contact 410-200-4101 or 410-673-2971.

MONDAY, FEBRUARY 2

Grocery Bingo at the Cordova firehall. Doors open at 6 p.m. and games start at 7 p.m. Contact: 410-820-1283.

FRIDAY, FEBRUARY 6

Denton American Legion Post #29 will be serving **steamed shrimp and/or talapia fish** from 5 to 7 p.m. and is open to the public. For more information call 410-479-1324.

SATURDAY, FEBRUARY 7

Rebuilding Together Salvage Depot Sale, Corner of River Landing and Bridge Street, West Denton from 9 a.m. – 12 noon. Sale of appliances, cabinets, ceiling fans, lights, vanities, chandeliers, mantles, sinks, reusable building materials, windows, doors, plus electrical fixtures at very reasonable prices. **Valentine's Special: Chandeliers ½ off!** Contact: Patrice Morrison at Rhea.Build07@gmail.com or 410-479-2929.

First Saturday Guided Walk from 10 - 11 a.m. at Adkins Arboretum, 12610 Eveland Road, Ridgely. Explore the Ar-

Hate going to the MVA???
Don't have time? Call...

New Location

Shelley's Tag & Title Service

New Title Work • Temporary Tags • IRP's Tag Returned • Tag Renewal • Duplicate Titles Driving Records • Boat Titles • ATVs and more

Shelley Walls, owner
30 years experience • Licensed and Bonded

**7334 Church Hill Rd.,
Chestertown, MD 21620**

443-282-0069
Fax: 443-282-0074
swalls@atlanticbb.net

New 1 Day Tag Service: Tags and stickers issued same day at my place of business *without* going to the MVA.

www.shelleystagandtitle.com



Sweetheart styles are here!

All About Hair
in Ridgely

AFFORDABLE HAIR CARE

Cuts – Color – Hi-Lites – Foils
Perms – Nails – Waxing – TANNING

REDKEN
KENRA
CREW
SEBASTIAN
OPI
CREATIVE
PAUL MITCHELL

7 N. Central Ave., Ridgely
410-634-9200
Men, Women & Children
Hours: Tues.-Fri. 10-7; Sat. 10-3



Gift Certificates Available

Trish Puckett, Stylist & Barber;
Stylists: Crystal & Kristi & Lindsay



boretum's diverse plant communities on a guided walk led by an Arboretum docent naturalist. Explore the bottom-land forest and upland paths, meander through majestic beech trees, traverse the native meadows, and follow the narrow Tuckahoe Creekside path. Guided walks are free for members and free with admission for the general public. Tours begin at the Visitor's Center and last approximately one hour. Contact: www.adkinsarboretum.org or 410.634.2847 ext. 0.

MONDAY FEBRUARY 9

AARP 915 will meet at noon at the Denton Church of the Nazarene with a covered dish lunch. Members are asked to bring valentine cards to distribute to nursing home residents. All AARP members are invited to attend. For information call 410-634-8009.

WEDNESDAY, FEBRUARY 11


The Activities Singles Klub (Ask) will meet at the Easton Diner on Rt 50 at Noon. You may purchase a meal, plac-

ing orders upon arrival, then participate in a short business meeting as the afternoon unfolds. Adult singles (single, divorced, separated or widowed) are invited to attend. We hope you'll come out and meet some new single friends and learn about the many activities offered through the Klub. Current newsletter and activities calendar will be available. Call 443-837-7929 for more information.

FRIDAY, FEBRUARY 13

Chocolat: A Decadent Evening to Benefit the Chesapeake Culinary Center from 7-10 p.m. at Chesapeake Culinary Center, 512 Franklin Street, Denton. Indulge your senses at Chocolat, an evening to benefit the Chesapeake Culinary Center featur-

Dave's
**Riverside
Garage, Inc.**



David Grinavic, ASE
Master Technician
32600 Main St.
Queen Anne, MD 21657
410-364-9336

COMPLETE AUTO REPAIR & MAINTENANCE:

- Computerized Engine Diagnostics
- Performance Tune-Ups
- Front End Alignments
- Brakes • Shocks • Electrical Repairs
- Battery Replacements • Mufflers
- Tires (Rotate and Balance)
- A/C Service • Exhaust Systems
- Lock-Out & Jump-Start Service
- And more!!!

Oil & Filter Change

up to 5 quarts of oil (most cars)

\$25⁹⁵ + tax

MD State Inspections \$55



The Salisbury Optimist Club's **50TH ANNUAL**
BETTER LIVING EXPO

Home & Garden • Fine Arts & Crafts • Family Entertainment

FEBRUARY 20, 21 & 22

Wicomico Civic Center

FRIDAY 4-8 p.m.
SATURDAY 10 a.m.-8 p.m.
SUNDAY 11 a.m.-4 p.m.

Over 125 Vendors • Prizes & Giveaways • Live Demonstrations

ADMISSION: \$1 Friday; \$4 Saturday-Sunday
Tickets good all weekend

SPONSORED BY:



The Roof Center
Roofing • Siding • Windows • Insulation
A Beacon Roofing Supply Company



Professionals with years of experience...

RESIDENTIAL, COMMERCIAL
& CONSTRUCTION

CLEANING

Window Cleaning, too!

One Time - Weekly
Bi-weekly - Monthly

Details Cleaning Service

YOU'LL GET THE SAME
CLEANER EACH TIME!

15% OFF
first month's
service.
New clients
only!

FREE ESTIMATES
Bonded and Insured

Owners: Shelly Macmillan &
Christopher Macmillan

800-482-8009

detailscleaningservice@hughes.net

Strawberry Blonde

A Distinctive Salon

Cuts - Color - Perms

Highlighting - Tanning

Manicure - Pedicure

WALK-INS 410-479-5131

WELCOME 105 W. Bell St., Ridgely

Hours: Mon. 10-4; Tues & Wed. 9-7;
Thurs. & Fri. 9-6; Sat. 9-3



MANICURE & PEDICURE \$40

PEDICURE \$30



PARAFFIN MOISTURIZING DIP

Proprietor & Stylist, Kelly Hayman • Stylists: Donna Barnes,
Megan Breeding, Cari Fisher, Megan Lanning
Nail Tech, Kathy Bradley • Spray Tan Tech, Hope Lane

ing a chocolate-inspired gourmet menu and cocktails. Tickets are \$35 and include two drink tickets. For reservations, call 410-479-2144 or visit chesapeakeculinarycenter.com. Contact: 410.479.2144.

SUNDAY, FEBRUARY 15

Breakfast at Denton American Legion Post #29. Cost is \$8 per person, served 8-11 a.m. For further information call the Legion 410-479-2708.

Sweetheart Breakfast at the Cordova firehall from 7:30 til 11 a.m. All you can eat. Adults \$8 children 6 - 12 \$5. For more information call 410-364-5752.

The Marydel Lions Club will be sponsoring a Bingo at the Goldsboro VFC in Goldsboro. This Bingo will feature Longaberger baskets and Coach purses. Doors will open at 12:30 and bingo will begin at 2 p.m. Tickets include 20 regular games and one door prize ticket. Tickets are \$20 in advance and \$25 at the door. There will be five special games. Raffles, 50/50 and Chinese Auction available. Bring a donation of non perishable food item and receive one free raffle ticket. Your support allows Marydel Lions Club to donate 100% of funds raised to help local families in need. For more information or to reserve tickets call Joanna Reedy 302-270-1948 or 410-482-7625 Chrissy Bartz 410-310-3705.

Daddy-Daughter Sweetheart Dance from 5 - 7 p.m. at the Fretterd Community Center, 107 S. 4th Street, Denton. Escort your princess to a special evening full of smiles, dancing, and fun at the Daddy-Daughter Sweetheart Dance. Dads and daughters ages 3-12 will enjoy dancing, refreshments, souvenir photos and more! \$30 per couple and \$5 for each additional daughter. Registration deadline is February 6. The Community Center will be open from 3 - 5 p.m. to allow dads and daughters to have their pictures made. Contact: 410.479.8120.

SATURDAY, FEBRUARY 21

Soup Kitchen from 11 a.m. - 2 p.m., Greater New Hope Church and Ministries, 4514 Preston Road, Preston. For more information please contact Patrice Flamer at 443-362-9469 or Teshyra Downes at 302-331-0869. Sponsor: Fireflies, Denton.

Rebuilding Together Salvage Depot Sale, Corner of River Landing and Bridge Street, West Denton from 9 a.m. - 12 noon. Sale of appliances, cabinets, ceiling fans, lights, vanities, chandeliers, mantles, sinks, reusable building materials, windows, doors, plus electrical fixtures at very reasonable prices. **Valentine's Special: Chandeliers ½ off!** Contact: Patrice Morrison at Rhea.Build07@gmail.com or 410-479-2929.

Family Fun Night at the Fretterd Center from 5 - 8 p.m. at the Fretterd Community Center, 107 S. 4th Street, Denton. Beat the winter blues with an evening of pirates and lost boys as we take a trip to Neverland with Robin Williams in "Hook" as part of Family Fun Night. Dominos will provide pizza and Hershey's will provide the ice cream. Popcorn and drinks will be available for purchase. Bring comfy pillows, blankets, or chairs. Cost is \$5 in advance and \$7 at the door. Children 3 & under are free. Contact: 410.479.8120.

SATURDAY, FEBRUARY 21

Hopeful Hearts Dinner & Dance from 6 - 11 a.m. at the Denton Fire Hall, 5th Avenue, Denton. The Hopeful Hearts Dinner & Dance to benefit the Caroline County Humane Society features music by Matt Spence of Steve Moody Entertainment and cuisine by the Chesapeake Culinary Center. The event also features Live, Silent and Chinese Auctions, Buck-a-Shuck Oysters, a Cake Wheel and more! Tickets are \$40 per person/advance and \$45/door. Tickets are available at the Caroline County Humane Society or by calling 410.643.2303. Contact: jshiple55@comcast.net.

SUNDAY, FEBRUARY 22

Jigsaw Puzzle Jamboree from 10 a.m. - 2 p.m. at Talbot County Free Library, 100 W. Dover Street, Easton. Teams of one to six members compete to be the first to assemble a 500-piece jigsaw puzzle. Families, friends, co-workers - all ages welcome. Lunch provided. Prizes awarded. Fundraiser hosted by Soroptimist International of Talbot County. \$20 per participant or \$100 per team of six. To register or for more information call Debbie at 410-770-8555 or www.talbotsoroptimist.org

FRIDAY, FEBRUARY 27

Friday Night Dinner at Denton American Legion Post #29. Hot turkey sandwich, with mashed potatoes and a green side. Cost is \$7 per person. For more information call the Legion at 410-479-2708.

Friday Nites in Caroline: New Moon Theatre presents *The Old Man and the Bay* at 7 p.m. at Caroline County Public Library: North County Branch, Greensboro. Come out and enjoy a FREE performance by New Moon Theatre. Contact: 410.479.1009 or www.carolinearts.org.

AMERICA'S CHOICE IN HOMECARE



THE MOST RECOGNIZED AND RESPECTED NAME IN SENIOR HOME CARE

- Bathing Assistance
- Dressing Assistance
- Grooming
- Assistance with Walking
- Medication Reminders
- Errands
- Shopping
- Light Housekeeping
- Meal Preparation
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families



Available 24 hours a day,
7 days a week

We're here for YOU!

443-746-0494

221 Glenwood Avenue • Easton, MD 21601
visitingangels.com/mideasternshore

HEATING COOLING SERVICE PLANS GENERATORS REFRIGERATION ELECTRIC



We're here for year-round home comfort.



866-950-COLD (2653)
www.comfortplusservices.com



0% FINANCING
Available

Knipple Excavating

GRADING - DITCHING - SITE PREPARATION

COMMERCIAL - SUBDIVISION - PONDS

DEMOLITION - CLEARING - DRIVEWAYS

ROADS - STONE - TOPSOIL - GRAVEL

MILLINGS - RECYCLED CONCRETE - SLAG

410-479-1917

410-820-8696

*Serving the Eastern Shore
for over 50 years*

Rebuilding Together Salvage Depot Sale

River Landing and Bridge St., West Denton

Saturdays, February 7 & 21 • 9 AM - 12 noon

Sale of appliances, cabinets, ceiling fans, lights, vanities, chandeliers, mantles, sinks, reusable building materials, windows, doors + electrical fixtures at very reasonable prices. Contact: Patrice Morrison at Rhea.Build07@gmail.com or 410-479-2929.

Valentine's Special: Chandeliers ½ off!

CONTROL YOUR POWER. YOUR LIFE.

Back your home up with a Generac generator and get the power to live.



All American Electric

410-479-1277

25289 Smith Landing Road
Denton, MD 21629

www.all-american-electric.com



Trust us for all your installation & service needs!

Authorized Generac Dealer

GENERAC

MacDonald Firewood

410-820-WOOD (9663)



10677 Kittys Corner Road
Cordova, Maryland 21625

**WHOLESALE & RETAIL
DELIVERY AVAILABLE**

GOT WOOD?

**Call for
Delivered Price**

**Please leave message.
All calls returned.**

FPO LIC#3351



TIDE TABLE

Predictions for Tuckahoe
(See below for other factors)

Local Daylight Time

February

Date	AM		PM					
1	4:10	Hi	10:48	Lo	5:31	Hi	11:15	Lo
2	4:13	Hi	10:46	Lo	5:28	Hi		
3	12:06	Lo	5:16	Hi	11:44	Lo	6:31	Hi
4	12:59	Lo	6:15	Hi	12:41	Lo	7:22	Hi
5	1:51	Lo	7:12	Hi	12:36	Lo	7:16	Hi
6	1:43	Lo	7:06	Hi	1:29	Lo	8:10	Hi
7	2:34	Lo	8:59	Hi	2:20	Lo	8:04	Hi
8	2:25	Lo	9:51	Hi	2:10	Lo	9:57	Hi
9	3:15	Lo	9:40	Hi	3:59	Lo	9:49	Hi
10	3:07	Lo	10:28	Hi	4:48	Lo	10:54	Hi
11	4:40	Lo	11:59	Hi	5:15	Lo	11:37	Hi
12	5:33	Lo	12:51	Hi	6:02	Lo		
13	12:28	Hi	6:45	Lo	1:51	Hi	8:05	Lo
14	1:25	Hi	7:39	Lo	2:41	Hi	9:06	Lo
15	2:23	Hi	8:33	Lo	3:33	Hi	10:56	Lo
16	3:20	Hi	9:27	Lo	4:25	Hi	10:46	Lo
17	4:15	Hi	10:21	Lo	5:18	Hi	11:35	Lo
18	5:36	Hi	11:06	Lo	5:15	Hi		
19	12:25	Lo	6:54	Hi	12:06	Lo	6:47	Hi
20	1:13	Lo	6:39	Hi	1:55	Lo	7:41	Hi
21	1:00	Lo	7:23	Hi	2:42	Lo	8:24	Hi
22	2:46	Lo	8:05	Hi	3:28	Lo	9:07	Hi
23	3:31	Lo	9:46	Hi	4:14	Lo	10:50	Hi
24	4:16	Lo	10:26	Hi	5:59	Lo	10:33	Hi
25	4:02	Lo	11:06	Hi	6:44	Lo	11:26	Hi
26	5:16	Lo	12:50	Hi	7:46	Lo		
27	12:03	Hi	6:41	Lo	2:27	Hi	8:38	Lo
28	1:15	Hi	8:34	Lo	3:13	Hi	9:06	Lo

Add or Subtract Hours and/or Minutes
as indicated:

	AM		PM	
Greensboro	Add	.25	Add	.43
Choptank	Subtract	3:06	Subtract	2.23
Denton	Subtract	.40	Subtract	.03

Care on your terms 24/7

255 Comet Drive, Centreville MD
443-262-4100
www.compassregionalhospice.org



- Hospice care wherever you call home
- Residential and general inpatient care in the six-bed Hospice Center
- Bridges non-medical supportive care
- Compass Kids pediatric hospice program

- Grief support groups and individual counseling
- Spiritual counseling
- Camp New Dawn for children, teens and families
- School-based grief counseling
- Holiday workshops and remembrance events



Like us on Facebook!

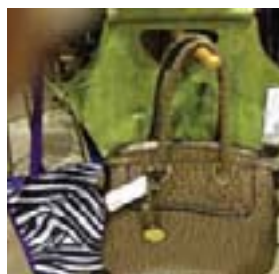
Serving Queen Anne's, Kent & Caroline Counties

The Good Shed Consignment & Retail Shop

405 W Belle Rd, Ridgely, MD
Thursday & Friday 11-5; Saturday 10-3

410-634-2052

No appt. Just Stop, Drop & Roll
Thursday or Friday



Deaths

Fleegle Helfenbein Funeral Home - Greensboro
410-482-8914 www.fleegleandhelfenbein.com

- Dec. 12 William Ronald Henderson, Jr. 32, Greensboro
- Dec. 16 Ruth Thompson Edwards, 88, Goldsboro
- Dec. 20 Richard Thomas McCord, 73, Crisfield
- Dec. 20 Tyler Fauset DeWitt, 21, Greensboro
- Dec. 21 William C. Lanning, 97, Leesburg, FL
- Dec. 28 Irene Esther Garrettson, 66, Greensboro
- Jan. 3 Ann Nichols Stoops, 81, Centreville
- Jan. 4 Brianna Taylor and Caroline Brooke Ross,
1 Day, Easton
- Jan. 6 Roland James Taylor, 102, Dover, DE

Framptom Funeral Home - Federalsburg
410-754-8888 www.framptom.com

- Dec. 14 Gracie L. Hutson, 71, Federalsburg
- Dec. 15 Anna Marie Rhodes, 97, Preston
- Dec. 17 Patricia "Pat" Daffin, 73, Denton
- Dec. 22 William Newton White, 76, Federalsburg
- Dec. 22 Helen Ann Taylor, 79, Salisbury
- Dec. 26 Erma W. Haley, 88, Selbyville, DE
- Jan. 1 Ruth Nichols Johnson, 72, Federalsburg
- Jan. 2 Linda Kaye Elliott, 64, Easton

- Jan. 8 Mary Ann Fountain, 73, Clarksville, TN
- Jan. 9 Bernice Cecil Miller, 91, Fredericksburg, TX
- Jan. 11 Janet L. Blades, 67, Federalsburg

Moore Funeral Home - Denton
410-479-2611 www.moorefuneralhomepa.com

- Dec. 8 Charles Russell Bassford, Jr., 72, Denton
- Dec. 13 Rebecca L. Fountain, 36, Denton
- Dec. 14 Glen Allen Garey, 41, Denton
- Dec. 17 Catherine "Pat" Brown, 83, Denton
- Dec. 22 Katherine "Kitty" Margaret Bilbrough, 87,
Denton
- Dec. 25 Thelma Marie Starkey, 90, Cockeysville
- Dec. 25 M. Jean Hurst, 81, Denton
- Dec. 27 Edward Elon Wright, 85, Denton

St. Martin's Barn Thrift Shop

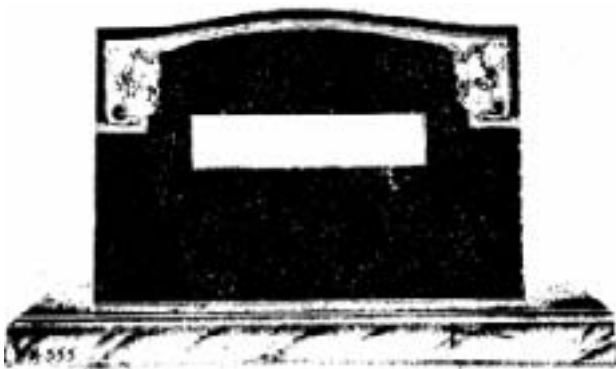
14376 Benedictine Lane, Ridgely, MD

Tues., Thurs. & Fri. 8:30-11:30

SPECIAL SALE

1st Saturday of each month / 8am-noon
All Sales Benefit St. Martin's Barn Food Program

Moore Memorials

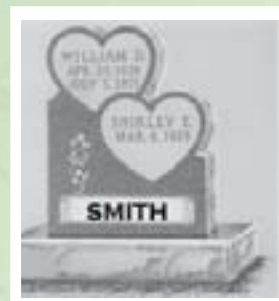


Marble - Granite - Bronze - Statuary

DENTON 410-479-2611

Fleegle & Helfenbein

FUNERAL HOME



MONUMENTS • PRE-ARRANGEMENTS

STEPHEN C. FLEEGLE

410-482-8914

106 W. SUNSET AVENUE - GREENSBORO, MD 21639



"We love the activities, the staff and each other's company. Homestead Manor is a very nice place to live."

~ Homestead Manor Residents

**Take Advantage of our Special Limited Offer...
Pay NO Admission Fee ~ Call Now for a Tour!**

- * Share Campus with Heritage Community for Independent Living
- * Resort Style Respite Stays * Delicious Meals * Trips & Activities
- * Private Patio & Bathroom in each Resident's Room
- * Peaceful Campus * Scenic Lake & Wildlife Views
- * Feels Like Home



Homestead Manor Assisted Living

410-Colonial Dr., Denton

410.479.CARE (2273)

www.homesteadassistedlivingdenton.com

Denton Author Shares Enlightening Thoughts in New Spiritual Book



An encouraging new book "God is Speaking to You" by local author Olin Kelley has just been released nationwide.

In "God is Speaking to You," the author believes that God has jobs for everyone. The result of these jobs is all part of God's plan. The problem is people are not always listening to what God wants them to do. Oftentimes, they do not recognize that it is God who is speaking to them.

In this book, the author inspires readers to pause and listen to God's voice. After reading "God is Speaking to You," they will be able to recognize the moments when God is speaking to them. Only then can they do their part in carrying out God's master plan.

Published by Tate Publishing and Enterprises, the book is available locally at the What's New Shop in Denton and at Al Docs Christian Shop in Cambridge or from me at owkelley@gmail.com. It is also available from the publisher at www.tatepublishing.com/bookstore, or amazon.com.

Kelley is a 52-year old insurance agent. He lives in Denton with Beverly, his wife of 32 years. They have one son, a daughter-in-law, three grandchildren and one god daughter. They attend Denton Christian Church and love Jesus.



"Living in the Heritage Retirement Community has been a very enjoyable experience. I think it represents independent living at it's best! I was looking for a carefree retirement community with a capable and caring administrative staff and found it"

-Resident

We are NOW OFFERING AN AFFORDABLE LEASE OPTION with all the community amenities included! Please call for more information.

Amenities include:

- ✿ Scenic Campus
- ✿ Trash Pick Up Service
- ✿ Cable Television
- ✿ Lawn Maintenance / Snow Removal
- ✿ 24-hour 911 Emergency Call System
- ✿ Hair Salon and Manicure Services
- ✿ Delicious Meal Packages
- ✿ Primary Care Doctor on Site
- ✿ Transportation Available
- ✿ Shares the Campus with Homestead Manor for Assisted Living



**HERITAGE COMMUNITY
FOR INDEPENDENT LIVING**

425 Colonial Dr.

Denton, MD 21629

410.479.4404

www.wesleyancenteratdenton.com

ACCOUNTING

Thomas J. McCarthy, CPA
800-848-8365 / Rt. 313, Greensboro

APPLIANCES

Meredith's Appliances
Federalsburg 410-754-9519

APPLIANCE REPAIRS

Adams Appliances
410-479-2355 / 410-310-0445

AUTO SUPPLIES

B & R Auto Parts, Inc.
Denton / 410-479-3322

BANKS

BB&T
Greensboro, MD / 410-482-8921
Chastity Dill, Financial Center Leader

BEAUTY SHOPS

All About Hair
7 N. Central Ave. Ridgely 410-634-9200

Anita's Hair House
Rt. 311, Henderson 410-482-7244

Connie's Cut Above
Goldsboro, MD 410-482-2348

Country Curl
Denton 410-479-2066

Defining Moments Hair Salon
Denton 410-479-2678

J.D's Hair Plus, Inc.
920 Gay St., Denton 410-479-0727

Magic Mirror
Denton 410-479-0735

Perfect Touch Hair Design
Rt. 404 Denton 410-479-2833

Snappy's Salon 39
Greensboro 410-482-2412

Strawberry Blonde
Bell St., Ridgely 410-479-5131

Teri's Trimmery
1211 Market St., Denton 410-479-3103

Tracy's Cuttin Up
Federalsburg 410-754-5549

BEVERAGES

Bargain Beverage
100 Franklin St., Denton 410-479-2215

BUILDERS

Bishoff Builders
Harmony 410-673-1887

Home Works, Inc. 410-708-4060
New Homes, home improvements,
additions. www.homeworkswonders.com

CHILD CARE

Tiny Tots Inc. - Denton - 443-786-4201
Meals and snacks included, flexible times,
weekly, daily and hourly rates available.
License #150121 443-786-4201

Helping Hands Day Care
410-673-2095 Lic.#05-95484
Between Easton & Preston
Day, Evening and Night Shifts Available

Mrs. Michelle's Daycare, Denton
Meals & Snacks Provided,
Pre-School Curriculum, Field Trips
Lic. # 05-103868 410-479-9413

Ms. Tara's Treehouse Family Home Center
Ridgely 443-786-5554. Lic.#162105
Meals and snacks, field trips, pre-school
curriculum.

Successful Seedlings Daycare LLC
"Helping Them Grow". Meals and snacks
included. Reasonable rates & flexible
hours. MD certified, license # 161470.
MD CACFP approved, licensed # 184982.
Denton Area / Caroline County School
District. Call 410-714-3134

CLEANING SERVICES

All in One Cleaning Service
410-482-2214

Cats Cleaning
Donna Hardesty 443-962-7145
Bonded and Insured

Details Cleaning Service
1-800-482-8009 410-482-6522

Mid Shore Residential Cleaning
Commerical & Residential
410-820-1131 Lic. #0097

COMPUTER SERVICES

Choptank Computers
karen@choptankcomputers.com
410-479-6045

Family IT LLC
410-739-7480 www.FamilyIT.net

PC Doctor. Fixit & Upgrades
Does Networks & Wireless' to
Data Recovery & Networks
Zephyr Systems, Inc. 410-479-1410

CONSIGNMENTS

Another Look Consignment
225 Market St, Denton 443-412-1855
Recycle Your Treasures Tues-Sat

The Good Shed-His Hers & Home
405 Belle Rd Ridgely 410-634-2052
No appts needed Open Tue-Sat

DANCE LESSONS /SUPPLIES

To the Pointe Dance Studio & Supplies
Lessons, Supplies, Gifts, Party Rentals
410-634-2430 ttpdancestudio@live.com
tothepointedancestudio.com

DISC JOCKEY SERVICE

Digital Sound DJ Service
Weddings, Bull roasts, all Social Functions
Special rates for non-profits. DJ service at
Relay For Life & Colors of Cancer
www.DigitalsoundDJ.net 443-850-2022

ELECTRICAL

J.R. Leavers Electrical
Greensboro MD 443-790-7935

Ray's Electrical Service
410-479-1864 410-479-0157

EXCAVATING

Rusty's Excavating 410-829-8005

FARRIER SERVICE

East of the Bay Farrier Service
Vinnie Bianco 410-200-3376

FITNESS

Energy in Progress 410-479-3282

FLOOR SERVICE

Mike's Floor Service, LLC
Hardwood floor refinishing & installation.
Free Estimates 410-479-4855

FLORIST

A Just Because Shoppe
FTD. Flowers, balloons, gardens,
bears, gifts, gourmet and fruit baskets.
Bridgetown 410-634-1222

Greensboro Florist
103 West Sunset Ave., Greensboro
410-482-2143

Patti's Petals Florist, Gardens and Gifts
219 Market St, Denton 410-479-4445
pattispetsals@comcast.net

FUNERAL HOMES

Fleegle-Helfenbein Funeral Home
Greensboro 410-482-8914

Moore Funeral Home, P.A.
Denton 410-479-2611

GAS APPLIANCE SERVICE

Serving & Installing Gas Appliances
Cleaning and Conversions
410-714-4363 410-482-7828

GROCERS

Tri-Me Warehouse Food
Groceries and Deli.
Beer, Wine and Lottery
Ridgely 410-634-2366

HEATING EQUIPMENT

B & J Distributing Company
Greensboro 410-482-2421

HEATING & AIR

Liberty Heating and Cooling
libertyheatingandcooling.com
855-820-HVAC

Ray's Electrical Service
410-479-1864 410-479-0157

Steele's Refrigeration
Heating & Air Conditioning, Inc.
Denton 410-479-5560 410-643-0005

INSURANCE

Avery Hall Benefit Solutions
Insuring individuals, families, and
businesses across Delmarva.
410-822-7300|averyhall.com

Debbie Brohawn, Medigap & Part D
410-754-7500, dbrohawn@gmail.com

Gondeck Insurance Agency, Inc.
410-479-2463 / 410-310-1597
bullsandbears@comcast.net

Hollingsworth-Riddleberger Agency
Nationwide Insurance
Ridgely 410-634-2571
Denton 410-479-9002
Preston 410-673-7451

Rowe Insurance Agency
Greensboro 410-482-8603

LIQUOR STORES

Bargain Beverage
100 Franklin St., Denton 410-479-2215

LAWN MOWER AND SMALL ENGINE REPAIR

V&C Services, LLC 410-443-2779

MONUMENTS

Fleegle-Helfenbein Funeral Home
Greensboro 410-482-8914

Moore Memorials
Denton 410-479-2611

NAILS

J.D's Hair Plus, Inc.
920 Gay St., Denton 410-479-0727

Tips and Toes by Kelly
Henderson 410-482-7244

PET FOOD

Beaverdam Pet Food 410-479-2971

PHARMACIES

Denton Pharmacy
508 S. 5th Ave., Denton
410-479-1100 Fax: 410-479-1240

Ridgely Pharmacy
7 West Belle St., Ridgely
410-634-9800 Fax: 410-634-9008

PIANO LESSONS

Piano lessons by Nancy Blythe
410-310-5785. Serving Denton, Easton,
Greensboro, Ridgely
nancy.blythe@comcast.net

PLUMBING & SEPTIC PUMPING

Bishop's Backhoe & Plumbing, Inc.
410-482-2195

POWER WASHING

V&C Services, LLC 410-443-2779

PRESSURE WASHING & ROOF STAIN REMOVAL

Pro Clean Power Washing Services
410-708-4060 / www.procleanteam.com

PRINTERS

imPRESSive Printing
Hillsboro 410-364-5881

REAL ESTATE

Long and Foster
Barbara Blosser, Denton 410-924-8603

Linda D. Webb, Realtor
Champion Realty, Inc., Denton
LindaWebb@ChampionRealty.com
Cell: 410-302-7084 Office: 410-479-3933

Susan Chambers
Long and Foster Real Estate Company
Cell 410-924-3772 Office 410-479-1200.
e-mail: susanchambers@mris.com

ROOFING CONTRACTORS

Howard J. Eaton, Sr.
MHIC#42313 Insured 410-634-2211

SKIN CARE

Skin Sanity, LLC
Facials, Waxing, Makeup
106 Market St, Denton 410-829-5015

SWIMMING POOLS

Grand Pools 410-673-2038
Maintenance, Chemicals, Liner Replacements,
Renovation, Openings & Closings,

Sparkle Pools Swimming Pools & Spas
10375 River Rd, Denton 410-819-8218
sparklepoolinc.com

TANNING

Snappy's Salon 39
Greensboro 410-482-2412

TAX PREP

Sylvia's Tax Service
410-479-2067 or 410-253-8479

TROPHIES

Awards & Engravings
214 Market St., Denton 410-479-8330

imPRESSive Printing
Hillsboro 410-364-5881

TUTORING

English and Language Arts
MSDE Certificate - Connie Connolly
302-229-3801

UPHOLSTERY

Lew's Custom Upholstery
Greensboro 301-345-7273

VETERINARIANS

Caroline Veterinary Clinic
E. Mitchell Arion, VMD
Ridgely 410-634-2666
www.carolineveterinaryclinic.com

Denton Animal Hospital

Dr. Michael D. Schriver
Pet Animal Practice
Office Hours Daily & Sat. mornings
Rt. 313 & Fleetwood Rd Denton
"Next to McDonalds" 410-479-0388

WELDERS

R & E Welders
John Richard Mace & Elmer Jefferson
Liden School Road 410-479-2479

St. Martin's Barn

Thrift Shop

14376 Benedictine Lane,
Ridgely, MD

Tues., Thurs. & Fri. 8:30-11:30

SPECIAL SALE

1st Saturday of each month /
8 am-noon

All Sales Benefit
St. Martin's Barn Food Program

Chocolat

A DECADENT EVENING TO BENEFIT THE CHESAPEAKE CULINARY CENTER

FEBRUARY 13TH 2015
7:00 PM - 10:00PM

CHESAPEAKE CULINARY CENTER
512 FRANKLIN STREET, DENTON, MD



\$35
PER PERSON

INCLUDES TWO
DRINK TICKETS.

INDULGE YOUR SENSES AT CHOCOLAT, AN EVENING TO BENEFIT THE CHESAPEAKE CULINARY CENTER FEATURING A CHOCOLATE-INSPIRED MENU.

TO RESERVE YOUR SPOT, CONTACT 410-479-2144 OR VISIT CHESAPEAKECULINARYCENTER.COM



Chocolat: A Decadent Evening to benefit the Chesapeake Culinary Center

Indulge your senses at Chocolat, an evening to benefit the Chesapeake Culinary Center featuring a chocolate-inspired gourmet menu and cocktails. The event will take place on Friday, February 13th from 7 p.m. – 10 p.m. at the Chesapeake Culinary Center, located at 512 Franklin Street in Denton.

With offerings that include a decadent chocolate fountain, chocolate-inspired cocktails, white chocolate risotto, beef tenderloin, chicken mole, cocoa roasted vegetables and more, this is one evening you aren't going to want to miss!

Tickets to the event are \$35 and include two drink tickets. Reservations can be made by calling 410-479-2144 or online at www.chesapeakeculinarycenter.com. Proceeds benefit the Chesapeake Culinary Center, a community-driven facility that promotes a positive culinary learning experience for students, and a professionally trained workforce for the hospitality industry.

About the Chesapeake Culinary Center
The Chesapeake Culinary Center is a grassroots, nonprofit organization committed to the betterment of the community through job training and economic development. Established in the fall of 2004, this organization provides culinary training to youth and adults and offers many student-run programs, affording practicum-learning experience. In 2014, the Chesapeake Culinary Center moved into the recently rehabilitated circa 1903 Caroline Schoolhouse. In addition to serving as the headquarters for the organization, the multi-use facility is home to the Career and Technology Center's culinary arts classes. The center also features a Commercial Kitchen Incubator, where prospective clients, including caterers, bakers and farmers, are able to produce their culinary product in a health-approved commercial facility that provides a wealth of shared resources. For more information on the Chesapeake Culinary Center, please visit www.chesapeakeculinarycenter.com.

Valentine's Day is Saturday, February 14
Love is said in so many ways...



Chocolate Covered

Strawberries & Cupcakes

Must be pre-ordered by Feb. 11.

Made Locally!

DISCOUNTS on orders placed for delivery on Thurs. and Friday.



FRESH & SILK ARRANGEMENTS
Patti's Petals Florist,
Gardens and Gifts

410-479-4445 www.pattispetals.net
219 Market St, Denton

Serving Caroline, Talbot, Queen Anne and parts of DE

NO DELIVERY FEE to local nursing & assisted living homes, local churches and local funeral home.

Check out our
FACEBOOK
to see what we
are offering

CRABS

AVAILABLE LIVE AND STEAMED

Bushel - 1/2 bushel - dozen

SOFT SHELL CRABS

Primes - Hotels - Mediums

ASK ABOUT COURTESY STEAMING!

CRABMEAT

AVAILABLE IN:

Backfin - Jumbo Lump - Claw

PREPARED CRABMEAT ITEMS

Crab Cakes - Jumbo Lump Crab & Backfin. Crabmeat delicately blended with a light mix of spices and seasonings.

Crab Balls - Crab Cakes made in a festive appetizer size.

Crab Pretzel - Delicious soft pretzel topped with crab dip and cheese

Homemade Maryland Crab Dip

SPECIALTY CRABS

Dungeness Crab Clusters - Crawfish
Snow Crab Legs - King Crab Legs

SHRIMP

SIZES AND QUANTITY AVAILABLE :

Large - 26/30 ct.

X Large - 16/20 ct.

Large - 5 lb. frozen block

X Large - 5 lb. frozen block

PREPARED SHRIMP:

Breaded Shrimp

Premium shrimp hand breaded

CLAMS

TYPES AVAILABLE :

Little necks - Cherrystones

PREPARED CLAMS:

Breaded Clam Strips 6 oz Bag

Savory clam strips hand breaded



9620 New Bridge Rd., Denton

410-310-2336

Mon-Fri 11-6

Sat-Sun 10-6



EBT Accepted

SMITH ISLAND CAKES

FISH

FILLETS & WHOLE FISH AVAILABLE

Catfish - Whiting - Flounder - Cod

Salmon - Mahi Mahi - Sea Trout

Shark - Tilapia - Grouper - Tuna

Haddock Fillet - Rockfish

Red Snapper - Swordfish

Wahoo - Orange Roughy

Chilean Seabass

LOBSTER

Lobster Tail - Lobster Meat

Live Lobsters

Please give two days notice

for live lobster orders

OYSTERS

AVAILABLE SHUCKED AND IN THE SHELL

Bushel - 1/2 Bushel - Peck 1/2 Peck

Pints - Quarts - Gallons

On the 1/2 Shell - Dozen

PREPARED OYSTERS

Breaded Oysters 6 oz Bag

Deliciously hand breaded

Calamari & Mussels & Scallops

CALAMARI AVAILABLE IN

Baby Octopus - Whole Squid
Tubes

MUSSELS & SCALLOPS

Green Shell Mussels - Scallops

SPECIALTY ITEMS

Frog Legs - Alligator

Raccoon - Muskrat



SOUPS

**AVAILABLE BY
PRE-ORDER**

*Ask about our Cocktail
Horseradish & Tartar Sauces!*

February Specials

EXPIRE
2/28/15



**Backfin
CRABCAKES**
\$1 off

Box of
**GREEN SHELL
MUSSELS**
\$2 off

**WHITING
FILLETS**
\$4 lb

Ridgely Lions February Fruit Sale

The Ridgely Lions Club is holding their fourth fruit sale of the season during the month of February. Lions will be selling oranges, tangerines and red grapefruit to support their vision and hearing programs and for donations to local charities.

Fruit orders will be available for pick up at Ridgely United Methodist Church,

109 Central Ave. Ridgely on Saturday February 28th from 9 a.m.- Noon.

Cost for 2/5 bushel box (20 lbs) of oranges, red grapefruit or tangerines is \$22; 4/5 bushel box (40 lbs) is \$37.

To order fruit contact Lion Dave Davis at 443-786-2547 or email ddavis@goeaston.net no later than Saturday, February 21st. Please include your phone number with all email orders. Make checks payable to Ridgely Lions Club. In case of inclement weather the

fruit pick-up will be at Ridgely Elementary School from 9am-Noon.

Lions clubs are groups of men and women who identify needs within the community and work together to fulfill those needs. For more information or to get involved with the Ridgely Lions Club, please contact Lion John Voshell at 410-634-2214 or jevoshell@comcast.net or go www.ridgelylions.org.

Don't wait for **WINTER WEATHER** to arrive...

Call TODAY and get security with our
PROMISE PLAN

- Price Protection
- Automatic Delivery
- Never run out of fuel... guaranteed
- Equal monthly payments
- 3% APR credit rebate
- \$50 referral bonus

ENROLL NOW

800-638-7802

www.trigas-oil.com



WE DELIVER THE PROMISE

Cambridge Easton Federalsburg Grasonville Galena Georgetown, DE

