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MAY 2014

Caroline Review

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Caroline County's Information Magazine Since 1980

Caroline Review

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June Issue Deadline: May 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.

JULY DEADLINE
will be June 10th due to an upcoming family wedding.

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4-H for Youth Ages 5-7

Caroline County 4-H is hosting a 4-H club for all youth ages 5-7 as of January 1, 2014. This program focuses on the younger child. It offers experiences covering a variety of topics including how each child is special and an individual, citizenship, the weather and so much more.

The next meeting of the club will be held at the Caroline County 4-H Park, on Monday, May 5 at 6:30 PM. Please contact the Caroline County University of Maryland Extension office at 410-479-4030 or by email to: spahlman@umd.edu., by noon on May 5 if your child plans to attend this meeting.

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Paddlefest on the Choptank Planned for May 17th

For paddlers and non-paddlers alike, join us on the beautiful Choptank River for a paddle down the river from Greensboro to Denton and a free family festival at the 5th Annual Paddlefest on the Choptank hosted by the Caroline County Chamber of Commerce. Paddlers can participate in Poker Paddle and win one of several great prizes including a grand prize weekend getaway paddle package.

On Saturday morning, May 17th, paddlers may check in and drop off their vessel at the boat launch area in Greensboro from 8:30 until 10 AM. Free parking will be available near the Choptank River Yacht Club and shuttle busses will be provided to transport paddlers from their vehicles back to Greensboro for the launch which is scheduled for 10:30 AM.

The course will be a 7.7 mile paddle down the Choptank (going WITH the current) and ending at the Choptank River Yacht Club where a free family festival will begin at 12 noon and go until 5 PM. There will be live music with bluegrass band Flatland Drive and the Lockerman Middle School Jazz Band. There will be hamburgers, hot dogs, hand cut French fries, barbecued chicken, fried fish, Italian sausage, fresh kettle corn, peanuts, homemade ice cream and Italian ice. Displays and activities will include an Indian Life exhibit, Scales and Tales wildlife exhibit, live alpacas, a canoe ballet performance, and more, along with the Paddle Poker awards presentation - all on the beautiful Choptank River.

It is not too early to register to participate in the 5th Annual 'Paddlefest on the Choptank' hosted by the Caroline County Chamber of Commerce. For more information or to register to paddle go to www.carolinechamber.org or contact the Chamber office at 410-479-4638.

On June 24th in the Republican Primary for

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Ambulance Subscription Plan Offers Security to Caroline County Residents

In April, all households in Caroline County received enrollment packets for the Caroline County Emergency Medical Services' Ambulance Subscription Plan. Protect yourself against unexpected expenses by enrolling in the program, which ensures that in the event of an emergency, you will not be charged for ambulance transportation to a hospital.

The cost of emergency ambulance transportation to a hospital can exceed $600. Even if you have excellent insurance, your provider often only covers a fraction of the cost. For just $45 per year for an individual or a family of two, the Ambulance Subscription Plan guarantees that you will not be charged for ambulance transportation by Caroline County providers to a hospital in the event of an emergency. The cost for a family of three or more is $75, and businesses with up to five employees can enroll for $100 per year, with each additional employee costing just $10.

"We want the public to be informed about this fantastic program that is offered to county residents," says Bryan Ebling, Director of Caroline County's Department of Emergency Services.

Enrollment in the Ambulance Subscription Plan also gives back to the community. Funds are used to support Caroline's emergency service providers, including eight volunteer fire companies and the county paramedics.

"The Caroline County EMS team is committed to providing the best possible care to local residents through the Ambulance Subscription Plan."

If you are interested in joining, simply fill out the subscription form included in the mailing and return it in the pre-addressed envelope with payment. For additional information, please contact the Caroline County Department of Emergency Services at 410-479-4103 or visit www.carolinedes.org, where you can also download the subscription form.

Spring Rummage Sale

Saturday, May 17 • 7 AM – Noon

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Hosting a Bridal, Baby or Graduation Party? Clever Food Shortcuts Big on Taste, Low on Stress

(BPT) - It's that time of year - bridal showers, baby showers and graduation parties are likely dotting your calendar. If you're the lucky host of one of these milestone events, you might feel excitement paired with a bit of trepidation as you start the party-planning process. The good news is, there are some simple ways to be the "hostess with the mostest" and limit stress at the same time.

1. Make a plan

Sit down and brainstorm your ideas. Record them on paper or electronically. Once you have a list of themes, decor, food and activities, you can start narrowing your options down to what really aligns with the guest of honor's tastes and preferences. Remember, you want the party to reflect you since you're the host, but make sure it speaks to the person whom the party is being hosted for.

2. Accept help

Planning a party can be time-consuming and costly. If the mother of the bride or best friend of the mother-to-be offers to help, don't turn her away. The best way to ensure you get the help you need and no one oversteps boundaries is to assign specific tasks. For example, assign someone to make a dessert, plan an activity or stop at the store to pick up colored napkins and cutlery.

3. Determine a menu

The warmer months beg for fresh party fare, so be sure to highlight healthy foods and everyday favorites in your menu. Salads, fresh veggies and fruit are light and versatile. Furthermore, you can highlight the best of your region's seasonal produce by visit

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BETHLEHEM: 5230 Bethlehem Rd, Preston
EASTON: RT. 50 (next to Pizza Hut) opens in June/no flowers
Contact: Julie Harris 410-714-2137

www.harrisfarmsmarket.com

ing your local co-op or farmers market to select items that were locally grown and made.

4. Think dips

With your menu focused on lighter, fresh fare, you need to add extras to complement those items, and nothing works better than a classic variety of dips. Luckily, you don't have to rely on fatty sour cream-based dips anymore. Consider serving Simply Organic Greek Yogurt Dip Mixes, which are easy to make and taste great. Plus, by replacing sour cream with Greek yogurt there's zero fat and more protein, meaning guests will feel healthful and satisfied. Other popular dip options include fruit dip and guacamole. Visit www.simplyorganic.com for more ideas.

5. Decide on drinks

Make sure you provide a variety of drink options for guests, especially if you're hosting your event outdoors. Always stock water, but be sure to add other beverages to your menu also. For example, lemonade and sweet tea is perfect for afternoon parties. A popular trend is to select a specialized drink to serve - for example, you might serve pink rose tea for the gal expecting a baby girl or create a tropical concoction for your friend who will be honeymooning in Hawaii. For recent graduates, you can't go wrong with fruit punch in the school's color.

No matter the type of party you are hosting, a few trendy touches and clever food shortcuts will wow guests and keep them raving long after it has ended. Above all else, have fun and enjoy these special moments with loved ones because the memories will last a lifetime.

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

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Pea Patch Island Bus Trip

On Saturday, June 7th, AAUW (The American Association of University Women) is sponsoring a trip to Delaware City, Pea Patch Island, and Chesapeake City. The bus will leave from Easton and arrive at Fort Delaware State Park, Delaware City.

Fort Delaware, the Union fortress dating back to 1859, once housed Confederate prisoners of war. It was originally built to protect the ports of Wilmington and Philadelphia. From there the group will board a ferry to Pea Patch Island which is an historic Civil War living site. A jitney will provide transport from the island dock to the granite and brick fortress. Here, costumed interpreters take us back to the summer of 1864. We'll have an opportunity to help the blacksmith hammer out new parts for a cannon, or work with the laundress. We will be on hand when the 8-inch Columbia gun fires a live gun powder charge and see a replica of Pea Patch Island as it appeared in 1863. We will ferry back and board a bus for the ride to Chesapeake City and lunch at Chesapeake City Restaurant & Marina. There will be free time to walk to shops & sightsee in Chesapeake City.

The bus will leave from the Easton Firehouse parking lot at 7:30 AM, and leave from Chesapeake City at approximately 4:30 PM arriving in Easton at 6 PM. The cost is $85. Call 410-763-8265 for reservations and choice of luncheon entrée: stuffed flounder, London broil or chicken marsala. Choice of salad or soup will be made at the restaurant. Dessert, bread/rolls and beverages are included.

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Greensboro Lions Club

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Sporting Clay Tournament

Our 7th Annual Sporting Clay Tournament was held on February 22nd at Schrader's Bridgetown Manor. The Tournament was a huge success and we wish to say THANK YOU to the following station sponsors:

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And many thanks to the following two businesses for donating beverages for the tournament:
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2nd Annual

Marty Gangemi Memorial Car Show

Saturday, June 14, 2014 8 AM – 2 PM (Rain Date: June 21)

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50/50 Raffle **Music by "Rick Ivens"** **BBQ Chicken on Sale**

Independence Day Parade

We will host this year's Independence Day Parade in Greensboro on the last day of the Greensboro Volunteer Fire Company Carnival on June 28th.

July 4th Activities

Games for all ages, ice cream and BBQ chicken. Starting at 10 AM at Charles Bilbrough Memorial Park, Rt. 480, Greensboro.

Interested in Joining the Greensboro Lions Club?

Meetings are the 1st and 3rd Tuesday of each month, excluding July and August, at Wheatley Hall, St. Paul's Methodist Church, Sunset Ave. and Academy St. Contact: P. O. Box 429, Greensboro, MD 21639 or email jpwood@verizon.net.

Dollars and Sense

by Tolbert Rowe

The Importance of a Credit Report

Now that the smell of the burning woodstove has turned into a fixture to look at and the coating of white we have endured this winter has been replaced by daffodils, ladybugs and the pungent smell of farmers glorifying the soil with an abundance of seasoned chicken droppings, a young man's fancy turns to love, lawn mowers and a desire to understand what the heck is so important about credit reports. Ok, maybe a young man's fancy really is elevated by the excitement of that first run around the yard on the John Deere riding mower and not so much on his credit report. But it sounded good.

Whether buying a house, refinancing your existing mortgage, getting automobile insurance, renting an apartment, applying for a job, applying for a credit card doing almost anything of significance in your life, your credit is the single most important factor in whether you get what you want.

So it would stand to reason that making sure you manage your credit appropriately would be the single most important factor in your financial life that you and only you can control. When you do not make your payments on time you are the one who alone makes that decision. When you refuse to pay a creditor as agreed or you default on any type of obligation you are the one who alone makes that decision. And you alone will suffer the consequences of less than sufficient credit.

By saying these things it is not my intent to overlook or trivialize those who have, by no fault of their own fallen victim to the loss of a job, serious medical emergencies, divorce and/or separation or other financial emergencies that force one to choose food or a roof over their head versus paying an obligation. It is to make a point that absent some kind of financial upset, choosing to pay one obligation over another is exactly that. It is a choice.

Because your credit is so important, it is imperative to monitor what is on your credit report to make sure it truly represents what you believe your credit history to be. If it neeeds correcting, you and only you can have it corrected, no one is going to do it for you. So what is there, be it right or wrong, is what others will see when accessing the information.

To keep an eye on what is going on with your credit you first must see what it contains. Everyone is granted the right to receive one report every 12 months from each of the three major repositories of credit information. Equifax, Transunion and Experian are required by law to provide one report per year through the website, www.annualcreditreport.com. If you use any other website, such as www.freecreditreport.com you will end up paying a fee.

Getting the report is simple, and you can get access to the report immediately. If you have problems doing it online there is a simple form that you can print out and send to them and they will mail a copy to you.

I suggest that you only get one per request and that you stagger getting reports from all three throughout the year. That way you can access your information for free every three or four months by requesting a report from a different repository each time. You

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can pay a fee and get your credit scores with the report but I do not recommend paying to get your credit score. Knowing what your credit score is only serves your ego. And to be honest, if you know you pay your bills on time and you have not been delinquent or in default on any obligations, you will, in all likelihood, have good credit scores. Your "utilization rate" is the main reason credit scores are lowered for those who pay their obligations when due.

Having credit cards at or near the limit can be devastating to credit scores. I have seen someone's credit score drop over 100 points in four months because they went over their limit on one credit card and had a balance of 95% of available credit on another. Word to the wise, if you want to get and keep high credit scores, do everything you can to keep your credit card balances at or below 50% of their limit. Never, and I mean never, allow a credit card balance to get to 80% of its credit limit. Having one credit card whose balance is 80% of its limit will have a more significant negative impact on credit scores than two cards at 40% of their limit.

Another variable that will negatively impact credit scores is inquiries, how many and for what type of credit. But before we talk about the negative impact of inquiries into your credit you need to understand one very important fact. Multiple inquiries into your credit for a car loan or a mortgage within a 30 day period are recognized as a single inquiry for credit score purposes. I am going to repeat this……Multiple inquiries into your credit for a car loan or a mortgage within a 30 day period are counted as a single inquiry, regardless of how many there are.

I have seen 10 inquiries on a person's credit report within three days for a car loan. They started shopping for cars in Smyrna on Thursday and ended up buying a car in Snow Hill on Monday and they had inquiries from car dealers from Smyrna to Snow Hill. They had great credit scores when I ran their credit for a mortgage three months later because all of those inquiries counted as one. It would have been a very different story if they were applying for credit cards or unsecured loans during this same period because those types of inquiries are not grouped as one.

The balances on your credit cards in relation to their credit limit and how many times you have applied for credit in the last 120 days are the biggest negative factors that lower your credit scores when you pay everything on time. And I think everyone should know that not paying bills when due or not paying them at all will destroy your credit.

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Volunteer Members Needed for Caroline County Board Membership

The Caroline County Commissioners Office is accepting expressions of interest in membership on several County Boards. Information received will be held and considered for future board openings.

Recreation & Parks Board:
There is currently an opening on this Board for a Ridgely/ Hillsboro Area Representative for a four year term. The Board mission is to consult with and advise the Parks director and the Commissioners in matters pertaining to recreation and parks policies, programs, personnel, finances, and to its long-range, projected program for recreation & parks development. Meetings occur on the first Wednesday of February, April, June, August, October and December at 7:00 p.m., at the Recreation and Parks Offices at 107 South 4th Street, Denton.

Caroline County Board of License Commissioners:
There is currently one opening on this Board for an alternate member. The member must be a Caroline County citizen available to participate at meetings when a full member is unable to. The Board has the power and duty to issue alcoholic beverage licenses provided for by Maryland Code, Article 2B §15-112. The term of office is three years. Appointments are designated by the Governor with the advice of the House of Delegates. Meetings are held during the day on the third Wednesday of every month at the Health & Public Services Building, Denton, MD. ***This is one of the few boards where members receive compensation for their participation.***

Candidates must submit a brief letter of interest describing why they would like to serve on the board and complete a Biographical Information Form, which can be obtained from Melanie Smith, Administrative Assistant III, by calling 410-479-0660. Completed applications may be submitted to the attention of Melanie Smith, Caroline County Commissioners, 109 Market Street, Room 123, Denton, MD 21629 or faxed to 410-479-4060, or via email, to msmith@carolinemd.org.

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Sue Simmons Earns Rotary's Paul Harris Fellowship Award

The Rotary Club of Denton is proud to announce its latest member earning the prestigious Rotary International's Paul Harris Fellowship Award.

Sue Simmons recently earned this award by donating $1000 to the Rotary Foundation of Rotary International. Donations to the Rotary Foundation are essential to securing and growing Rotary programs throughout the world. Sue is the third generation in her family to earn this award.

Established in 1957 to show appreciation for and encourage substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the Foundation now funds many projects around the world, including the eradication of polio. Just in the news this week was that the world is now 80% polio free.

The club is also proud to announce its two newest members; Kelly Malone, Community Outreach Coordinator of the Benedictine School and Angela Visintainer, Executive Director of Economic Development, Caroline Economic Development Corporation.

Some of the Denton Rotary's local service projects include sponsoring the Denton Boy Scout Troop 165, and providing an annual Chesapeake College scholarship to a Caroline County resident. Denton Rotary organizes with partners Denton Women's Club and the Lions Clubs in Caroline County the donation of dictionaries to all the third graders of the Caroline County Public Schools each year. The Denton Rotary held its first annual Youth Career Fair for 10th graders in October, 2013.

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Caroline Council of Arts

2nd Saturdays at the DENTON ARTSWAY

Free Paper Crafting Activity for Second Saturday at the Artsway

On Saturday, May 10th from 2-4 PM, the Caroline County Council of Arts (CCCA) will host a paper-crafting activity with Carolyn Serviss at the Fiber Arts Center of the Eastern Shore, as part of the "Second Saturday" series offered at the Denton Artsway in downtown Denton. The event is free and open to the public.

The Artsway is located on Fourth Street, between Market and Gay Streets in Denton. Free demonstrations and activities from a variety of artists are held the second Saturday of every month from 2-4 PM. Events will typically be held either at The Foundry community arts gallery (401 Market St.), FACES (7 N. Fourth St.) or at the Community Demonstration Garden (behind FACES).

Upcoming dates are June 14, July 12, and August 9. For more information please contact the CCCA office 410-479-1009 or visit www.carolinearts.org. Sign up for the CCCA e-newsletter at carolinearts.org, or friend us on facebook for more details.

Fiber Arts Center of the Eastern Shore (F.A.C.E.S.) 7 N. Fourth Street, Denton

CLASS INFORMATION

The following classes are being presented by FACES. Visit www.fiberartscenter.com to register and for more information:

***Learn to Quilt Basics*; Sunday, May 4th / 1-5 PM; Monday & Tue. / May 5 & 6 / 6-9 PM; Instructor, Donna Hayes; $45; for adults.**
Gain a basic understanding of how to make quilts on the sewing machine. Techniques include beginning level piecing, quilting, and finishing. It is recommended that you bring your own sewing machine but other basic tools and pattern will be on hand for student to test run. Students will have a completed lap quilt square at the end of the course.

***Needlepoint Workshop*; Saturdays, May 10-31 / 4-6 PM. Instructor, Bunny Zaremba; $35; for adults.**
Learn the art of color and creativity that is needlepoint. Students will learn how to creatively transfer a photographic image into an original piece of needlework.

***Beginning Knitting*; Saturdays May 10th through 31st / 10 AM - 12 PM or Tuesdays, June 17th – July 8th / or 6-8 PM; Instructor, Alida Greenhalgh; $40 for adults.**
The course consists of four 2 hour sessions. Students will learn all the basics for successful knitting, open to beginners or those needing a refresher course. Topics covered will include pattern reading, assembling materials, knit, purl, casting on and off, increasing, and decreasing. All projects end with a series of cotton dishcloths.

***Drop Spindle 101*; Sunday, May 18th / 1-4 PM or Sunday, June 15th / 1-4 PM; Instructor, Drew Bogda; $25 for ages 8 and up.**
In just a few hours, you can learn to make your own yarn on a drop spindle. Students will first make a "homemade" spindle then get started on learning the basics of understanding fiber. Supplies available for use during class and students will have a working drop spindle to take home.

***Torch-Fired Enameling*; Sunday, June 29th / 1-4 PM or Saturday, July 12th / 9 AM to noon; Instructor, Barbara Martin; $109 includes kit, fee and use of workshop equipment; for adults.**
Learn the fast and easy immersion process of torch-fired enameling. You will leave the class with a collection of enameled beads and pendants that you made yourself! All levels of experience welcome.

***Beginning Basket Weaving*; Sunday, July 6th / 12-4 PM; Instructor, Heidi Wetzel; $15 for ages 8 and up.**
This class with Heidi Wetzel is the perfect introduction to basket weaving, ideal for beginners and children (8 yrs. and up), and would make a wonderful parent-child activity. Attendees will complete one basket (pencil holder) from the materials and tools supplied.

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***Kumihimo Braiding*; Saturday, July 26th / 1-5 PM; Instructor, Barbara Martin; $45 includes kit fee; for adults.**
Learn the basic 8-strand round braid using a foam kumihimo disk. When complete you will have a braid about 24" long that can be used to make a necklace and bracelet set. You will learn how to cut the braid and glue on end caps. All workshop equipment and supplies provided. All levels welcome. Students will be able to take home a kumihimo disc for future projects.

***Basket Vase*; Sunday, July 27th / 11 AM - 5 PM; Instructor, Heidi Wetzel; $50; for adults.**
Learn the art of basketry or hone your skills. This class will feature complete instructions on the basics of construction. Students will have a finished vase at the end of the class.

SUMMER CAMP INFORMATION

F.A.C.E.S is presenting the following youth summer camps:

***Weaving Camp*; June 2 – 6 (Mon – Fri) / 6 PM - 8 PM; Instructor, Amy Jacocks; $79; for ages 8-12 years old.**
Campers will have fun exploring the art of weaving. Several different types of weaving will be introduced as campers learn the basics of fabric structure. Campers will have several small projects completed at the end of camp.

***Sewing Camp*; July 14 - 18 (Mon – Fri) / 9 AM - noon; Instructor, Donna Hayes; $99; for ages 9-12 years old.**
Campers will have fun exploring the world of sewing and get to experience the joy of making. Topics to be explored will include how to understand fabric, use paper patterns, use a needle and thread, and how to use a sewing machine. Campers will use their new skills to make a pillow, pillow case, and "ugly" doll by the end of the course.

***Fiber Arts Camp*; July 21 – 25 (Mon – Fri) / 9 AM - 12 PM; Instructor, Amy Jacocks; $85; for ages 6-10 years old.**
Campers will have fun exploring the world of fiber arts. Topics to be explored will include doll making, dying, knotting, weaving, and surface design. Designed for younger campers to be able to experiment and use their imagination in artistic methods.

Knitting Camp; July 28 – 31 (Mon – Thu) / 6 PM - 8 PM; Instructor, Alida Greenhalgh; $69; for ages 6-10 years old.
Knitting is a great activity for younger kids to help with creativity and finger dexterity. Campers will have the opportunity to learn all the basics of beginning knitting and turning yarn into fabric. By the end of the four day course campers will use their new skills to make a doll and be set to move on to other more complicated projects.

Visit www.fiberartscenter.com to register and for more information. The Fiber Arts Center of the Eastern Shore (FACES) is a program of the Caroline County Council of Arts and is open Thursday to Saturday from 12-4 PM. FACES is proud to host classes for students of all ages. Children and adults are encouraged to come and learn together in one of our intergenerational classes. Visit our new exhibit, Strictly Alpaca.

FACES welcomes the participation of all individuals, including those with disabilities, into our programs. We will fully comply with the Americans with Disabilities Act in making reasonable accommodations to encourage participation. If you need accommodations for any of the programs listed on the website, please contact our office at least two weeks prior to the start of the program. Certain accommodations, such as the provision of a program companion (additional staff), require at least four weeks notice. For more information, call us at 410-479-0009 or Maryland Relay Service 800-735-2258 TDD.

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Ridgely Lions Prepare For 35th Annual Strawberry Festival

On Sunday May 25, 2014 the Ridgely Lions Club will host the 35th Annual Strawberry Festival at Martin Sutton Memorial Park in Ridgely MD from 9 AM to 5 PM. This annual event is the largest fundraiser for the Ridgely Lions Club. The Lions partner with many of the community's volunteer and service organizations to make it one of Caroline county's premier events. All proceeds raised by the Lions Club through the festival are used to support community service projects and local charities.

The festival kicks off at 9 AM with a non-denominational church service led by the Fish Locker Ministries. Also starting at 9 AM is the 4th Annual Strawberry Chase 5K Run/Walk At 10 AM the festival gets into full swing with musical entertainment and food and craft vendors open for business. At noon the children's entertainment area opens and the Strawberry Festival Parade kicks off on Bell St. and ends at Martin Sutton Park. If you'd like to participate in the parade contact Lion Charlie Poukish at cnjjptrout@verizon.net or 410-634-1122. The afternoon continues with raffle drawings, awards for the best parade entries, and presentation of the 2014 Ridgely Lions scholarships.

If you're looking for a day filled with good wholesome fun, delicious food and entertainment, then the Ridgely Lions Club's 35th Annual Strawberry Festival is the place to be. For more info about the festival go to www.ridgelylions.org.

4th Annual Strawberry Chase
5K to Benefit Ronald McDonald House Charities

On Sunday May 25, 2014 the Ridgely Lions Club will host the 4th Annual Strawberry Chase 5K Fun Run & Walk at Martin Sutton Memorial Park in Ridgely MD as part of the 35th Annual Strawberry Festival. All proceeds from the race benefit the Ronald McDonald House Charities.

This flat 5K course will take participants through town, utilizing the town's Rail Trail and tour scenic farm land west of Ridgely. There will be two water stops. Race will begin at 9 AM on 4th Street at Martin Sutton Park.

On-site registration will be open on the day of the race from 8 AM – 9 AM. Early registration thru May 15 is $20 per person (includes t-shirt). Late registration after May 15 through Race Day is $25 per person. Kids age 12 years and younger can register for $10. You can also register as a sleepwalker and contribute to Ronald McDonald House from the comfort of your own bed for $25 per person. Prizes will be awarded to the top three male and female finishers.

Participants can register on-line at www.active.com and search 5K races in Ridgely, MD/Strawberry Festival. You can also download a race registration form at www.ridgelylions.org and mail it to the Ridgely Lions Club at P.O. Box 143, Ridgely, MD 21660 or contact Lion, Dave Davis at 443-786-2547 or ddavis@goeaston.net. Make checks payable to: Ridgely Lions Club-SB Chase.

The 4th Annual Strawberry Chase 5K Fun Run & Walk is co-sponsored this year by Jen's Gems Running, Advantage Rehab, Inc., Chincoteague Pony Rescue, Inc, the Caroline County Department of Recreation & Parks, and 96.7 WCEI & 94.3 WINX-FM Radio.

So come out and help the Ridgely Lions support the Ronald McDonald House and then stick around and enjoy the 35th Annual Strawberry Festival. For more info about the festival go to www.ridgelylions.org .

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 to www.ridgelylions.org .

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Lindsay and Shane Young to Edward and Miranda Ragsdale, 25822 Hunters Point Lane, Denton, $249,900

Sandy Meadow II LLC to Maggie Stevenson and Paul Samuels, 108 Briarwood Circle, Denton, $254,920

Robert Thorton Jr. to Christopher Barnes, Henry Road, Trinity, $5,500

Thomas Dore, Mark Devan, Gerald Miles, Jr. Shannon Menapace, and Erin Gloth to Nationstar Mortgage LLC, 315 Cool Spring Road, Marydel, $208,776.27

Thomas Dore, Mark Devan, Gerald Miles, Jr. Shannon Menapace, Erin Gloth, and Christine Drexel to Wells Fargo Bank, 418 Old Denton Road, Federalsburg, $27,720

Federal National Mortgage Association to Le Ann Fordham, 203 Caroline Avenue, Ridgely, $28,000

Frank Gearhart, Jr. to David and Terri Ross, 8 Park Avenue, Ridgely, $35,000

William and Sherri Councel, III to Maryland State Highway, 615 Morover Road, $30,000

WRL Properties, LLC to Megoben Properties, LLC, 19 Central Avenue, Ridgely, $108,000

Alexis Kramer and Patrick Fitzgerald to Bloor Holding Company, LLC, 10265 Bridge Street, Denton, $7,000

Secretary Department of Housing and Urban Development to Wendy Znaniec 309 Maple Avenue, Federalsburg, $34,601

Andrew Steele to Paul and Kelley Yiannakis, 25782 Goldsboro Road, Goldsboro, $106,000

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Olivia Larlham to Federal National Mortgage Association, 208 Vaughn Avenue, Greensboro, $133,114.02

Federal National Mortgage Association to Seth Albrecht, 208 Vaughn Avenue, Greensboro, $43,000

Michael and Margaret Eskow to Karinda Williams, 107 Greenridge Road, Federalsburg, $75,000

Lawrence and Mary Hansel to George Hudson, 8109 Laurel Lane, Denton, $237,000

John and Theresa Lessner to Jane Stockhausen, 10949 Holt Court, Denton, $225,000

Michael Blades III to Federal Home Loan Mortgage Corporation, 321 North Main Street, Federalsburg, $153,500

Matthew and Alexandra Voshell to Robert and Beverly Gorsuch, 1109 Trice Meadows Circle, Denton, $200,500

Jae Woo to Easton Farm, LLC 24425 Pinetown Road, Preston, $1,200,000

Howard Bierman to U.S. Bank National Association, 24892 Steamboat Alley, Denton, $25,400

Karen Peck to Charles Lenderking, 1106 Blue Heron Drive, Denton, $96,503

Federal Home Loan Mortgage Corporation to Marie Williamson, 110 North Park Lane, Federalsburg, $34,900

David Schaik to Dufferin and Gina McConnell, 3024 Choptank Road, Preston, $700,000

Mark and Georgia Landry to Jean Reinthaler, 24371 East Cherry Lane, Goldsboro, $159,900

Kent Callahan and Melissa Jones to Michael and Emily Motily, 414 Wood Lane, Denton, $183,000

Lisa Drummond to Jerry Christy Williams, 10277 Bridge Street, Denton, $50,000

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Thomas Dore, Mark Devan, Gerald Miles, Jr. Erin Gloth, Christine Drexel, and Brian McNair to PNC Bank, 24399 Holsinger Lane, Ridgely, $226,710

Gregory Britto to Secretary Department of Housing and Urban Development, 507 Pintail Street, Greensboro, $133,595

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Cara Martin to Oliver and Tandy Morgan, 417 Lockerman Street, Denton, $84,000

Bradley Jones to Andrew Witt, 15559 Union Road, Goldsboro, $232,000

Jacob Geesing to Wells Fargo Bank, 211 Maple Avenue, Ridgely, $123,000

Howard Bierman to JP Morgan Chase, 26176 Auction Road, Federalsburg, $51,000

Nicholas and Marcia Parks to George and Barbara Short, 104 Fisher Avenue, Federalsburg, $75,000

Bank of America to BAC Home Loans Services, 8590 Briar Patch Drive, Denton, $234,000

Jacob Geesing to Penny Mac Loan Services, 305 Park Avenue, Ridgely, $65,000

Penny Mac Loan Services to Tye Dorrell, 305 Park Avenue, Ridgely, $43,000

Alexis Kramer and Patrick Fitzgerald to Dover Street Reality Inc, 103 Reliance Road, Federalsburg, $45,000

Alexis Kramer and Patrick Fitzgerald to Dover Street Reality Inc, 109 West 1st Street, Ridgely, $35,000

William Hilt, Sr. to Lena Luedtke, 316 Buena Vista Avenue, Federalsburg, $65,000

Diane Rosenberg, Mark Meyer, John Ansell III, Stephanie Montgomery, and Kenneth Sovitz to Federal Home Loan Mortgage Corporation, 303 South 2nd Street, Denton, $155,000

Howard Bierman to Bank of America, 600 North Main Street, Greensboro, $74,414.70

Bruce Satatis and Barbara Bohlen to Dale Alexander and Valerie Laird, 25580 Hill Road, Greensboro, $214,900

East Coast Homes Inc. to Brandon and Katie Cunningham, 109 Elmor Court, Greensboro, $156,000

William and Nancy Schuyler to Ashley Gibber and Patricia Gibber, 25683 Garey Road, Denton, $229,000

Marshall and Judith Hodges to Ronald and Kristen Chester, 202 Carter Avenue, Denton, $181,000

Joyce Ober to Richard Rogers, Jr. and Karen Burd, 12288 Ober Lane, Ridgely, $230,000

Jason and Carrie Miller to Chipper and Jeanine Darling, 16731 Herritage Hills Lane, Henderson, $195,000

Ramjit Ramraittan to Steven and Amy Barrett, 12064 Overlook Drive, Greensboro, $262,293

Federal Home Loan Mortgage Corporation to Trevor and Melony Enzor, 5592 Harmony Woods Drive, Preston, $221,900

Thomas Dore, Mark Devan, Gerald Miles, Jr. Shannon Menapace, and Erin Gloth to Secretary of Veterans Affairs, 501 Elaine Avenue, Denton, $85,486.10

Vicki Santello to John and Karin Wall, Greensboro Road, Greensboro, $8,000

Mark and Ida Cranfield to Mark Carroll, 1203 Fairfield Court, Denton, $123,000

Howard Bierman to Federal National Mortgage Association, 3510 Houston Branch Road, Federalsburg, $103,500

Sharon Jennings to Mid Atlantic Farm Credit, 22544 Hog Creek Road, Preston, $354,000

Dorothy Scully to Daniel Downes and Karrie Wheeler, 12688 Greensboro Road, Greensboro, $176,700

Joseph Spain III to Danny and Lori Moore, 7036 Statum Road, Denton, $4,000

Teresa Goss to Pamela Bailey, 111 South 2nd Street, Denton, $96,000

Daniel Pesachowitz to Federal Home Loan Mortgage Corporation, 11433 Greensboro Road, Denton, $160,666

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Recreation and Parks Events and Classes

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

Kayaking

These kayak trips are beginner-paced and include introductory instruction on boat safety and operation 45 minutes before trip departure. Fee includes snacks, trained guides, and a 1 ½ - 2 ½ hour river tour. Canoe or kayak rentals are available for an additional $20 per boat. Boat reservations and payment required by the Wednesday before each weekend trip. There will be instruction at 2:15 PM and departure at 3 PM. Cost is $15 per person or $25 per couple.

Marshyhope River Paddle and Natural Neighborhood Scavenger Hunt is Sunday, May 11th at the soft landing boat ramp in Federalsburg. This is a great family outing and the friendly challenge of an all-eyes hunt. (Rain date May 18)

Trips

Join us for an extended day in New York City. Only here will you find the diversity, culture, and style that New York is so famous for - not to mention the Statue of Liberty, Chinatown, Times Square, Empire State Building, Broadway shows, and the shopping! You will be free for the day to shop or do any of the many other things New York City has to offer. We will leave from the Health and Public Services building on Saturday, May 17th at 6 AM, leave New York City at 8 PM and return to Denton around midnight. Cost is $55 per person.

Sports

Miss your high school and college days of playing sports or just miss playing backyard volleyball? **Open Gym Volleyball** is a great way to get some exercise and have some fun. Come out on Thursday nights at Lockerman Middle School from 6 – 8 PM through May 29th. There is a $3 drop-in fee. Open to ages 18 & up.

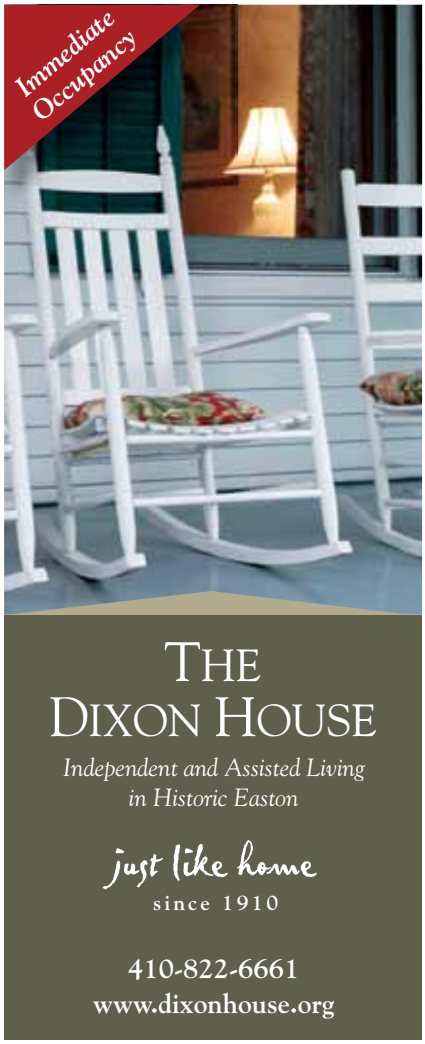
Adult Tennis Rally & Play is a free program where you can connect with area tennis players. Bring your racquet for informal competitive play in the cool of the early spring evenings. This FREE class is Thursdays, April 24 – May 15 from 8-9 PM at the Denton 4th Street Park tennis courts.

Summer Camp

Summer Camp will be held at Denton, Federalsburg, and Greensboro for full or ½ day. The theme this year is SS Adventure Cruise. Five weeks of non-stop activities including games, arts & crafts, special events, trips, and much more. It's a great time and place to meet and make new friends. Camp days are filled with learning and doing, mixing educational enrichment activities, active sports, and the arts. Camps are designed to introduce kids to learning in a whole new way and to help them grow in mind, body, and spirit. We will take one field trip during the summer to the Maritime Museum in St. Michaels and take a cruise on the river. Additional cost will apply.

Please call Recreation & Parks at 410-479-8120 for more information.

Look for the Recreation & Parks Summer Brochure May 1.



Town of Greensboro

FARMERS MARKET

We are accepting local farmers from the Eastern Shore who wish to sell their produce, cheese, jams/jellies, baked goods, flowers and plants. Vendor spots are $5 per day or $100 per season. You must be pre-registered to participate. Contact Greensboro Town hall for more information, 410-482-6222 or via email at jdelude@greensboromd.com

SATURDAYS starting May 3rd and running through October 4th

Open 8 AM to 12 PM

Held beside Greensboro Town Hall in the main parking lot

PRODUCE • CHEESE • JAMS/JELLIES • BAKED GOOD

FLOWERS • PLANTS

Caroline Humane Society Benefits from U.M. Shore Home Care Donations

Staff members of University of Maryland Shore Home Care and Hospice conducted a drive earlier this month for donations to support the Caroline County Humane Society. The drive for donations was a project under Nursing Shared Leadership at UM Shore Regional Health.

The Easton-based home care and hospice staff had purchased, collected and brought in a van-load of items, including cat and dog food, bedding, collars and leashes, laundry soap, and grooming and cleaning supplies to help the Caroline Humane Society take the best possible care of their pet population.

"Just about everyone was able to pitch in, and we felt happy knowing that our donations really help the animals and their caregivers," commented Deborah Reeder, RN, COS-C, home health manager for UM Shore Home Care and Hospice.

VOTE DAN

FRANKLIN

CAROLINE COUNTY COMMISSIONER

Authority Supporters of Dan Franklin for County Commissioner, John S. Hurley, Treasurer

My experience with Denton Police Department, Denton Volunteer Fire Company and Caroline County DES has allowed me to have a solid working knowledge of how the complex Government of Caroline County operates. I come from a family of educators, and will support our educational system. I believe in and will practice conservative Republican values. My only promises are to exercise common sense in decision making and practice conservative, responsible spending.

I Support

- Public Safety
- Smart Commerce
- Local Agriculture
- Retention of Quality County Employees
- Responsible Management of Taxation

"I am a long time Public Servant, and look forward to continuing to serve the citizens of Caroline County by being their voice as a County Commissioner."

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Poultry Pads
Laser Grading System
Millings

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Sand
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Dirt Moved on Site
Rip Rap

Marriage Licenses

Kayla Laine Copple, 19, Ridgely, and Andrew Chester Sage Turner, 21, Denton

Heather Marie Jamison, 22, Preston, and Scott Richard Hildenbrand, 32, Same

Sarah Nicole Hutchison, 31, Easton, and Joshua Michael Focht, 23, Same

Rachel Elizabeth Emory, 24, Felton, DE, and Eric William Matthew Weissenfech, 26, Hartly, DE

Stacey Nicole Plutschak, 25, Preston, and Chadwick Frank Ruckart, 32, Same

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Library Corner

Caroline County Public Library
www.carolib.org
info@carolib.org

by Jeanne Trice

Partner of the Month - Greensboro Lions

The Greensboro Lions Club has been a main supporter of the Friends of the Library, donating funds to benefit the North County Branch in Greensboro each year since 1994! Funding from the Lions through the Friends will purchase a Special LEGO® building table this year. A roaring thank you to these great library partners!

Minecraft at the Central Library

Come play Minecraft with a group of other fans! Minecraft offers children the opportunity to build literacy, science, technology, and engineering skills all while playing an engaging game with their friends. Beginning and experienced players are welcome. Players ages 5-10 will play in the library's Computer Lab, and players ages 11-17 will play in the Teen Zone.
Thursdays: May 1, 15, 29, 6 - 7:30 PM / Saturdays: May 3 & 24, 1 - 2:30 PM

"Ask the Expert" Health Series at the Central Library

May 1, 7 PM: "Diabetes Management,"
Kenneth Patrick Ligaray, MD and Faustino Macuha, MD, UM Center for Diabetes and Endocrinology

May 21, 7 PM : "What's New and What's Old in Breast Cancer Care"
Roberta Lilly, MD, MPH, FACS, Comprehensive Breast Center and
Christopher Levey, MD, University of Maryland Shore Regional Health

Meet and ask questions of the physicians and expert clinicians who provide services in our region. Attendees are asked to RSVP to Cathy Wright, cwright@shorehealth.org or 410-822-1000, Ext. 5222. Walk-ins are welcome. Free!

Spring/Summer Storytime begins the week of May 12 at all locations

For children birth to age 5 and their caregivers.

Central Library, Denton: Wednesdays, 10:15 and 11 AM

Federalsburg Branch: Mondays, 10:15 AM

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410-754-8397

101 Cedar Lane
Greensboro
410-482-2173

Caroline County Public Library

www.carolib.org

North County Branch, Greensboro: Tuesdays, 11 AM

Don't Miss the Best Free Movie Night in Caroline County!

Join the Friends of the Library at their next "Talkin' Pictures" movie. Watch and discuss. All free at the Central Library in Denton.
Thursday, May 29, 7 PM: ***The Searchers*** (John Wayne)

Mega LEGO® Thon

LEGO madness continues for kids grade K-8!

Greensboro: May 7, 6 PM

Denton: May 8, 6 PM

Federalsburg: May 27, 6 PM

Caroline County Council of Arts Youth Art Show at the Central Library

Artwork will be on display in the library and the large meeting room through May 23rd. Save the date! Reception will be May 7th at 7 PM.

Online Job Application Assistance

Get uninterrupted help from a librarian with your online job application. By appointment only; Friday - 5 PM in Denton. Sign up for a one-hour session by calling 410-479-1343, Ext. 1.

Read to a "R.E.A.D." Dog at All Three Locations!

Cricket, Diego, Doozy and Rosie are trained Reading Education Assistance Dogs. Perfect for reluctant or struggling readers ages 5-12. Space is limited so please register.

Central Library in Denton: Cricket visits on Thursday, May 8, 4 - 6 PM

Federalsburg Branch: Diego visits on Tuesday, May 13, 6 - 8 PM

North County Greensboro Branch: Doozy and Rosie visit on Monday, May 12 & 19, 4 - 6 PM

Free Computer Classes begin May 2 at the Central Library

Fridays, 2 PM - 3:30 PM in the Computer Lab at Denton.

May 2: Basic Computer Use

May 16: Intermediate Computer Use

No personal laptops please. Registration is limited to 8 participants. Please call 410-479-1343, Ext. 1 to register or to obtain more information.

Join a 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.

May:

Hooked on Books on May 13, 6:30 PM *"The 100 Year Old Man Who Climbed out the Window and Disappeared"* by Jonas Jonasson. Jeanne's Bookies on May 20, 1 PM *"The Dovekeepers"* by Alice Hoffman.

June:

Hooked on Books on June 10, 6:30 PM *"Never Cry Wolf"* by Farley Mowat. Jeanne's Bookies on June 17, 1:00 PM *"On The Road"* by Jack Kerouac.

Chamber of Commerce Offers Free Financial Education Workshops at Central Library!

The Caroline County Chamber of Commerce is hosting a series of workshops presented by Financial Advisor Tom Duncan of Edward Jones Investments.

Lunch and Learn sessions: Bring your lunch! 12:00-1:30 PM

May 7, ***Foundations of Investing***
May 13, ***Health Care and Your Retirement***
May 20, ***A Woman's Guide to Money Matters***
May 21, ***Focus on Fixed Income***

Evening Workshops 5:15-6:45 PM
May 5, ***Retirement by Design***
May 14, ***Preparing your Estate***
May 19, ***Take Stock in the Market***

Otaku

The Otaku Club meets on Friday, May 30 from 6 - 8 PM in the Central Library. Teens from the ages of 13-17 are invited to come, hang out, have a snack and watch anime. Anime rated PG-13. For more information, call 410-479-1343 ext. 1.

Library Closings

Memorial Day; Monday, May 26, all locations will be closed.

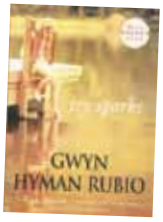
Tuesday Night Book Club

Meeting Dates/Times:
3rd Tuesday / 6:30 – 8:00 PM

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

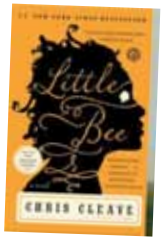
Purpose: To discuss selected books reflecting topics of interest & to generate lively discussion.

May 20



Discussion of ***Icy Sparks*** by Gwyn Rubio. Winnie Holden will be leading the discussion. A light snack will be provided by Mary Ellen Wise.

June 17



Discussion of *Little Bee* by Chris Cleave. Mary Lou Schoonover will be leading the discussion. A light snack will be provided by Nancy Campbell.

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

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Caroline County Chamber of Commerce to Host Financial Educational Workshops

Caroline County Public Library
100 Market Street
Denton, MD

Presented by Edward Jones Financial Advisor, Tom Duncan

MAY WORKSHOPS

Monday, May 5th / 5:15-6:45 PM
Retirement by Design (40 mins.)
During the presentation individuals can translate their visions for retirement into tangible goals by answering the following questions: What will I do when I retire?; Am I saving enough?; Will I even be able to retire?

Wednesday, May 7th / 12 - 1:30 PM
Tax-Free Investing: It's Not What You Make, It's What You Keep (40 mins.) -
This workshop is designed to help participants determine if tax-free investing is one way to help them reduce their tax burdens. Other topics include: Tax-advantaged investment & their features; Tax-free investment returns vs. taxable investment returns; three ways to purchase muninciple bonds & how tax-free investing can help you achieve your goals.

Tuesday, May 13th / 12 - 1:30 PM
Health Care and Your Retirement (45 min)
What steps investors should take to prepare for health care costs to help ensure their retirement savings stay healthy, we will discuss: Medicare coverage and traditional medical expenses; Long-term medical care expenses; Strategies for addressing uncovered expenses

Wednesday, May 14 – 5:15-6:45 PM
Preparing your Estate (50 mins.)
Learn the basic steps of Estate Planning- an attorney will be present. During this presentation, participants will learn more about: What to consider when creating a Will; Benefits of trusts in Estate Planning; How to help reduce taxes on one's estate; How insurance can help protect one's family.

Monday, May 19th / 5:15-6:45 PM
Take Stock in the Market (50 mins.)
Explores stock market basics, terminology and the basic structure of the stock market and principles that can help in stock investing

Tuesday, May 20th / 12 – 1:30 PM
A Woman's Guide to Money Matters (60 mins.)
During this workshop, participants will learn more about: What you can do now to prepare for retirement; Options to pay for a child's or grandchild's education; Develop a strategy to help achieve your financial goals.

Wednesday, May 21st / 12 – 1:30 PM
Focus on Fixed Income (45 mins.)
Teaches the basics of bonds, the advantages of laddering and how fixed income may be part of your investment strategy.

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11th Annual

Greater Greensboro Open

Monday, May 19th at Caroline Golf Club
9 AM registration / 10 AM shotgun start

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Awards for: Holes in One | Team Gross
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Putting Contest:
Week at the Beach

For more information call 410-482-8903, 410-482-2242 or 410-482-2100. Event to benefit the Greensboro Chapter of the C.C. Historical Society.

80 player limit

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BY GOD'S GRACE TOGETHER WE CAN

Church News and Events

Saturday, May 3rd / 5 PM, New Generations Gospel Choir will be hosting **"Joy Night"** at

Sunday, May 11th / 7-9 AM, **Mother's Day Breakfast.** Free to all mothers. Sponsored by the United Methodist Men Unit.

May 11th, / 10 AM, "Hat Rally" sponsored by Total Praise Dance Ministry of New Beginnings United Methodist Church. Donation is $5.

May 15th and 16th / 7 PM nightly, "Spring Revival" at New Beginnings United Methodist Church, 12020 Central Avenue Ridgely. Sponsored by the New Beginnings Board of Lay Servants.

May 17th / 12 noon, New Beginnings UMC will be hosting its 2nd annual **"Praise in the Park".** All choirs, soloists and praise dancers are invited. Location: Sutton Park in Ridgely. Food vendors will be on-site. Call 410-482-4174 for more information.

May 18th / 3:30 PM, Annual Women's Day. Guest preacher will be Bishop Violet Fisher accompanied by the Abrams Memorial Church Choir of Denton. For more information call 410-482-4174.

The above events will be held at New Beginnings United Methodist Church, 12020 Central Avenue, Ridgely unless otherwise noted.

RIDGELY LION'S CLUB
35TH ANNUAL

STRAWBERRY FESTIVAL

MARTIN SUTTON PARK – RIDGELY, MARYLAND

SUNDAY, MAY 25TH

STRAWBERRY CHASE 5K RUN/WALK
Registration Starts at 8 AM - Race Begins at 9 AM

NON-DENOMINATIONAL CHURCH SERVICE
9 AM at Martin Sutton Park Pavillion

PARADE will start at 12 Noon
go to www.ridgelylions.org for a parade application

PARADE LINE-UP starts at 10:30 AM at
Provident State Bank (Central & Bell Avenues)

For additional information, please visit www.ridgelylions.org or send email to ridgelylions@verizon.net

PRESTON Automotive Group
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CAROLINE Chamber of Commerce

PADDLEFEST
ON THE CHOPTANK

SATURDAY, MAY 17TH 2014

Paddlefest features a 7.7 mile paddle down the Choptank followed by a family-friendly festival at the Choptank River Yacht Club in Denton featuring entertainment, food, kids activities and more!

FREE POST-PADDLE FESTIVAL
12:00 pm - 5:00 pm

Live Music by Flatlad Drive & LMS Jazz Band • Kids Korner • Canoe Ballet
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To register, visit CarolineChamber.org or call 410-479-4638

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Essential Dog Bowl Buying Tips

A dog bowl is necessary for giving food or water to your dog. Available in various forms, and designs, dog bowls must be selected after careful consideration, but finding the right dog bowl is easier than you may have thought.

Whether you have brought a new puppy home, or have a dog for many years, dog bowls are necessary to give food or water to your pooch. Just like with any other dog item, you should stop to consider a few important factors before you buy dog bowls for your precious pet.

Dog Bowls - Why Do I Need One?

Dog bowls are really convenient and offer your dog the means to get nourished and quench his thirst. Imagine, if you dog didn't get water to drink when he was thirsty, he'd probably get very sick due to dehydration. But now all you need to do is fill the dog bowl with fresh water, every morning and evening, and let you precious pooch quench his thirst whenever he wants! Dog bowls are also a necessity because they ensure that your dog is trained to eat, drink, and urinate outside the house. Dog urine could be the problem if the pet is not house trained properly.

Since there are dog bowls for all dog breeds, the bowl size is a crucial consideration depending on the needs and requirements of your dog. Most pet owners opt for dog bowls that have a water bowl on one side and food bowl on the other. But don't limit your choices, because there are some really exciting choices for dog bowls on the market! From stainless steel to plastic to glass, dog bowls need to be easy to clean, rough and tough, and should defeat bacteria from growing.

Small dogs require small dog bowls, while larger dogs require larger dog bowls because they require more food and water.

Dog Bowls - Here's What You Need To Look For

1. Easy to clean
2. Spill proof
3. Durable
4. Easy to maintain
5. Dishwasher safe
6. Perfectly sized for your breed
7. Safe to use

Dog Bowls - Best Tip Ever!

One of the best types of dog bowls are those that are made of

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stainless steel and have a rubber bottom with tapered sides. While these bowls are heavy, the rubber bottom ensures that your dog is unable to push his bowl and spill its contents on the floor. The tapered sides have been designed to prevent tipping. And best of all, stainless steel, used to make these dog bowls, is not just durable, but easy to clean, dishwasher safe, and can't be chewed, broken or tampered with. Remember to buy a dog bowl that is large enough to contain at least enough water to last a day depending on the size of your canine friend.

Dog Bowls - Top Shopping Tips

If your dog doesn't drink enough water, dog urine may become a problem. An attractive, yet functional dog bowl will not just invite the dog to consume water, but also offer him comfort while drinking water. Here's what you need to look for:

- Durable and indestructible dog bowls that can't be broken, chewed, or thrashed around. Must avoid - light weight plastic, glass, and pottery dog bowls.
- Consider buying bowl holders that prevent the dog bowls from sliding, overturning, or skidding on the ground or floor.

Tip: A dog drinks about 25 ml of water per pound/day or less than an ounce/pound. A 15 pound dog would require a dog bowl that can hold around 15 ounces of water.

Pet Article courtesy of http://pet-articles.blogspot.com.

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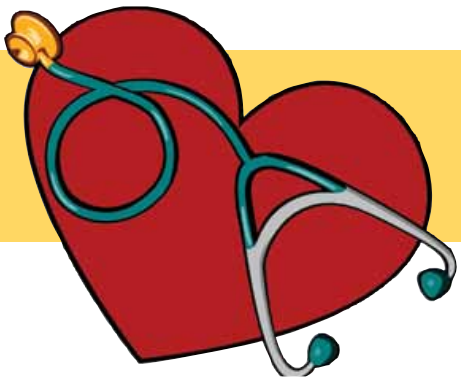

Health Corner

Tips, Classes and Programs to help you live healthier!

May is Melanoma Awareness Month

Submitted by Leigh Marquess, RN Coordinator for Cancer Screening Program at the Caroline County Health Department.

We all welcome the warmth and sunshine that May brings. Gardens and farmland get planted, boats are being readied for summer crabbing and fishing, outside projects are underway, kids are playing ball and riding bikes until the sun goes down. Now and truly all year round is the time to build safe sun habits into your family's daily routine to prevent sun damage and potential skin cancer.

Skin Cancer is the most common type of cancer with more that 3.5 million new cases diagnosed in the USA every year. There are three main types of skin cancer. Most are either Basal cell or Squamous cell carcinoma. These seldom become life threatening. The third type, Melanoma is less common but a more serious cancer. It is responsible for more than 75% of skin cancer deaths. In Maryland, the highest melanoma rates are on the Eastern and Western shores of The Chesapeake Bay and Central Maryland counties.

When diagnosed early, melanoma can be cured! It is also the most preventable type of cancer. Everyone has some risk for developing skin cancer, some more than others. These include (1) light skin that burns or freckles easily, (2) naturally light hair, blonde, red or light brown, (3) light colored eyes, blue, green or grey, (4) family history of skin cancer, and (5) a history of sunburns as a child. One or two blistering sunburns as a child doubles a person's chance of developing melanoma later in life. (6) Tanning bed use.

Dark-skinned people are more likely to get melanoma on palms of hands, soles or feet, nail beds and lips.

Recognize Melanoma

Know your ABCDE's! A: Asymmetry. One half of a mole doesn't look like the other. B: Border. Irregular edges to a mole, not defined. C: Color. Different colors appear in the same mole. D: Diameter. The mole is larger then the end of a pencil eraser. E: Elevated or Enlarged. Other warnings may be a sore that doesn't heal, a spread of color from the border into neighboring skin, a change in sensation in a mole such as itchiness, tenderness or pain, oozing or bleeding from a mole, a brown or black spot underneath a nail.

Ways to protect you and your family. (1) Avoid direct sun when it is strongest, 10 AM - 4 PM. (2) Encourage your children to play in the shade. (3) Wear protective clothing such as a wide-brimmed hat, long sleeve shirt and UV protection sunglasses. (4) Use 15 SPF or higher UVA/UVB sunscreen. Keep an extra small bottle in your car, purse and kids backpack (5) Avoid tanning beds. (6) Check your skin thoroughly once a month. Get to know your skin and your own pattern of moles, freckles and birthmarks. Have someone else check your back and scalp (places that may be hard for you to see). Call your doctor if you find any new or changing skin growths. Taking these steps will significantly reduce your chances of developing skin cancer and significantly increase your chances of enjoying a happy, sunburn-free summer!

The Caroline County Health Department Wellness Program, funded in part through the Maryland Cigarette Restitution Fund, provides skin cancer education to the community. Our staff

Public Health
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Mental Health Services
606 Sunnyside Ave.
Denton, MD 21629
410-479-3800

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

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)

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teaches groups, including churches, businesses, day care providers, local school systems and individuals. If you have questions related to skin cancer education, or are interested in learning about our cancer screening programs, tobacco cessation programs, including P.A.T.C.H. (Pregnancy And Tobacco Cessation Help), and ways to help small businesses improve the health of their employees, please call our office at 410-479-8080.

A Free Skin Cancer Screening is being offered on May 14, 2014 at The Shore Regional Cancer Center in Easton, MD. Appointments are available from 5-8 PM. To schedule an appointment and get directions call 410-820-6800.

World NO Tobacco Day

Cathy McKelvy, R.N, B.S.N.
Caroline County Health Department

World NO Tobacco Day is Saturday May 31, 2014. It is an initiative run by the World Health Organization (WHO). The aim of this event is to inform the public about the dangers of using tobacco and make them aware of the marketing practices of tobacco companies. Tobacco companies spend billions of dollars on advertising each year, portraying people who smoke as being cool, glamorous, macho, and having other valued traits.

The goal of World No Tobacco Day is to educate both present and future generations not only about the devastating health consequences due to tobacco, but also the social, environmental, and economic scourges of tobacco use and exposure to tobacco smoke. (World Health Organization, Geneva, Switzerland).

Free Health Events Slated for May in Caroline County

University of Maryland Shore Regional Health's May calendar of events, support groups, screenings, and classes includes four free offerings in Denton, as follows:

Ask the Expert: "Diabetes Management" - Thursday, May 1, 7 p.m., Caroline County Library (2nd Floor Conference Room), Denton. Presenters: Kenneth Patrick Ligaray, MD and Faustino Macuha, MD, UM Center for Diabetes and Endocrinology, Free. RSVP: Cathy Wright, 410-822-1000, ext. 5222.

Diabetes Support Group Meeting – Tuesday, May 6, 6 p.m., St. Luke's UM Church, 100 S. Fifth Ave. Denton. Education and support for persons with diabetes and their family member or other loved ones to learn how to best manage diabetes health issues and symptoms. Discussion led by Doris Allen, RN, CDE, of the UM Center for Diabetes and Endocrinology. Free: RSVP: 410-479-217.

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Film Screening: "The Anonymous People" – Friday, May 9, 6:30 PM, Caroline Public Library, 100 Market Street, Denton. Documentary film highlights the 23 million Americans in long-term recovery from addiction. Sponsored by Recovery for Shore (see us on Facebook). Free, ticket required: eventbrite.com/directory/Maryland/Denton. Questions: 410-479-3501.

Ask the Expert: "What's New and What's Old in Breast Cancer Care" -- Wednesday, May 21, 7 PM, Caroline County Library, Denton. Presenters: Roberta Lilly, MD, MPH, FACS, Comprehensive Breast Center, and Christopher Levey, MD, UM Shore Regional Health. Free. RSVP: Cathy Wright, 410-822-1000, ext. 5222.

UM Series "Ask the Expert"

University of Maryland Shore Regional Health is presenting the latest "Ask the Expert" Series, which will run through May 21st at locations throughout the region. These free programs offer residents an opportunity to meet and ask questions of physicians and other expert clinicians who provide services in our region.

Each presentation lasts about an hour, including an informative talk by an expert in a particular health care subject and a question-and-answer period. The "Ask the Expert" series is an ongoing program offered during the year in Caroline, Dorchester, Kent, Queen Anne's and Talbot counties.

Seating is limited; attendees are asked to RSVP to Cathy Wright at 410-822-1000, ext. 5222 or cwright@shorehealth.org.

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The Benefits of Minimally Invasive Surgery
Tuesday, May 6, 7 p.m., Talbot County Free Library, 100 W. Dover St., Easton.

The Benefits of Minimally Invasive Surgery"
Tuesday, May 13, 7 p.m., UM Shore Medical Pavilion at Queenstown, Suite 320, 125 Shoreway Drive.

Dyslipidemia: Review of New Cholesterol Guidelines
Thursday, May 8, 6 p.m., UM Shore Medical Pavilion at Queenstown, Suite 320, 125 Shoreway Drive.

Maximizing Mobility and Communications for Parkinson's Patients
Monday, May 12, 5:30 p.m., UM Shore Medical Pavilion at Queenstown, Suite 320, 125 Shoreway Drive.

The Positive Impact of Low Sodium Diets on Wound Healing
Thursday, May 15, 6 p.m., Talbot County Free Library, Frederick Douglas Room, 100 W. Dover St., Easton.

Hearing Loss in Seniors

Tuesday, May 20, 2 p.m., Grasonville Senior Center, 4802 Main St., Grasonville.

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Gina will be on maternity leave from April 12 - June 24. Becky Elmendorf will be taking her place during this time. Please contact her at 410-739-7816 to schedule an appointment. Becky is also available for Prom on Saturday, May 3rd.

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Tide Table

Predictions for Tuckahoe
(See below for other factors)

Local Daylight Time

May

Date	AM		PM	
1 Thur	4:35 Lo	9:21 Hi	2:40 Lo	10:46 Hi
2 Fri	5:20 Lo	10:01 Hi	3:25 Lo	11:36 Hi
3 Sat	6:05 Lo	11:41 Hi	4:10 Lo	
4 Sun	12:15 Hi	4:50 Lo	11:22 Hi	5:56 Lo
5 Mon	12:55 Hi	5:37 Lo	12:05 Hi	6:45 Lo
6 Tue	1:13 Hi	6:58 Lo	12:32 Hi	6:39 Lo
7 Wed	2:05 Hi	7:13 Lo	1:32 Hi	7:29 Lo
8 Thur	2:54 Hi	7:42 Lo	2:19 Hi	8:17 Lo
9 Fri	3:42 Hi	8:46 Lo	3:11 Hi	9:05 Lo
10 Sat	4:29 Hi	9:39 Lo	4:02 Hi	
11 Sun	10:32 Lo	5:31 Hi	10:52 Lo	5:12 Hi
12 Mon	11:16 Lo	5:53 Hi	11:26 Lo	6:46 Hi
13 Tue	12:25 Lo	6:54 Hi	12:10 Lo	7:34 Hi
14 Wed	1:12 Lo	7:45 Hi	1:02 Lo	8:25 Hi
15 Thur	2:03 Lo	8:38 Hi	2:55 Lo	9:18 Hi
16 Fri	3:59 Lo	9:32 Hi	3:51 Lo	10:14 Hi
17 Sat	4:59 Lo	10:27 Hi	4:48 Lo	11:03 Hi
18 Sun	5:01 Lo	11:22 Hi	5:46 Lo	
19 Mon	11:04 Hi	6:18 Lo	12:41 Hi	6:51 Lo
20 Tue	12:50 Hi	7:04 Lo	1:14 Hi	7:34 Lo
21 Wed	1:41 Hi	7:48 Lo	2:07 Hi	8:22 Lo
22 Thur	2:30 Hi	8:49 Lo	3:58 Hi	9:07 Lo
23 Fri	3:17 Hi	9:35 Lo	3:46 Hi	10:50 Lo
24 Sat	4:02 Hi	10:19 Lo	4:33 Hi	11:31 Lo
25 Sun	4:46 Hi	11:01 Lo	5:19 Hi	
26 Mon	12:30 Lo	5:41 Hi	11:04 Lo	6:26 Hi
27 Tue	12:45 Lo	6:37 Hi	12:53 Lo	7:23 Hi
28 Wed	1:25 Lo	7:59 Hi	1:02 Lo	8:07 Hi
29 Thur	2:23 Lo	8:07 Hi	2:27 Lo	8:25 Hi
30 Fri	3:09 Lo	8:41 Hi	3:12 Lo	9:31 Hi
31 Sat	4:30 Lo	9:52 Hi	4:21 Lo	10:59 Hi

Add or Subtract Hours and/or Minutes as indicated:

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

Iris Show Coming to Easton

The recently organized Bayshore Iris Society will be holding its first American Iris Society-accredited iris show at the Talbot County Free Library in Easton, MD on May 16th - the first such show at Easton in decades! The show will be open to the public (after the judging is completed) - from 12 noon to 4 PM.

Anyone (except judges and their families) may enter irises in the show if they bring their irises to the show in clean, dark green, wine-type bottles with labeling removed (one stalk per bottle) between 9 AM and 10 AM.

Persons wanting more information or show rules should contact Pat McNeal, founder of Bayshore Iris Society and Show Chair, by email at thegoodlife-4all@verizon.net or by phone at 443-786-3668.

McNeal grows more than 400 different irises and sells the rhizomes at the Easton Farmers' Market, as well as giving free advice on how to grow irises. She also donates irises to non-profit organizations for fundraising activities. McNeal has been a member of the American Iris Society since 2008.

To join Bayshore Iris Society (BIS) or for more information on BIS or the American Iris Society and/or how to grow irises, contact Pat McNeal at the phone/email above or visit www.irises.org.

RE-ELECT

Wilbur LEVENGOOD, Jr.

CAROLINE COUNTY COMMISSIONER

"I have logged over 45,000 vehicle miles representing Caroline County in other parts of the State, as well as attending Community and County events. I like to be part of the events that are happening in our County. I feel as a County Commissioner, it is part of my job to be involved in the community. That is one more way I am accessible to all of our citizens. We have good people in Caroline County and it is my pleasure to serve you and be part of what you value."

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DEPARTMENT OF AGING

Caroline County is one of only two counties in the state without a Department of Aging. The program would not be an additional financial expense for the County, but would take advantage of State funds that Caroline is not currently utilizing.

Early Voting:

June 12th to 19th at the HAPs building in Denton
10 AM to 8 PM (including Sunday)

Primary Election Day:

June 24th at your regular polling place from 7 AM to 8 PM

Wilbur4CarolineCounty@gmail.com
www.wilbur4carolinecounty.com

Wilbur Levengood, Jr. for Caroline County / Sherry Levengood, Treasurer

Building Permits

Franklin and Brenda Prettyman, 21182 Marsh Creek Road, Preston, Mobile Home

Brian and Diana Gourley, 16927 Heritage Hills Lane, Henderson, Deck

Paul Pskowski, 11973 Greensboro Road, Greensboro, New Home

Stacy Frank, 12587 Eveland Road, Ridgely, New Home

Michael Winstead, 8590 Briar Patch Drive, Denton, Detached Structure

John and Pamela Meyer, 8736 Harmony Road, Denton, New Home

David Regulski, Jr. 22716 Havercamp Road, Preston, Addition

Trevor Enzor, 5582 Harmony Woods Drive, Preston, Detached Structure

Douglas Lord, 11612 Holly Road, Ridgely, New Home

Charles and Casey Duld, 26074 Sennett Road, Denton, Detached Structure

David and Debra Muhleman, 25221 Schuyler Road, Henderson, Detached Structure

Clifford and Pamela Geib, 24583 Holsinger Lane, Ridgely, Addition

Raymond and Mary Wolfe, 5095 Gina Lane, Federalsburg, Detached Structure

Philip and Jennifer Yost, 8596 Hickory Place, Denton, Pool/Spa

Seamus and Kimberly O'Brien, 18717 Templeville Road, Marydel, Addition

Scott and Nancy Young, 17358 Cool Spring Road, Marydel, Fireplace

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Community Calendar

MONTHLY

Breakfast on the third Sunday of each month from 8 -11 AM through June at the **American Legion Post #29**, Legion Rd., Denton. Cost: $7 for adults, $3 for kids. Menu: Eggs any style, toast, bacon, sausage, scrapple, home fries with onions, pancakes, chipped beef gravy & toast, orange juice, tomato juice, coffee, hot tea, milk.

Ravens Nest 20 monthly meetings are scheduled on the first Mondays of the month at 7:30 PM 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 PM to 3 PM or by appointment. Our mission is to preserve our town's history for future generations.

SATURDAYS IN MAY

Skipjack Sail on the Nathan of Dorchester, 1-3 p.m. on May 3, 10, 17, 24, 31. Long Wharf, Cambridge. Adults $30; children 6-12 $10; under 6 free. Reservations online at www.skipjacknathan.org. For more information call 410-228-7141.

6th Annual New Life Wesleyan Church

Hot Rod & Custom Car Show

Saturday, June 7th • 10 - 3 (rain or shine)

13699 Greensboro Road • Greensboro, MD

- **$10 registration fee per car** (day of show)
- **(5) trophies awarded**
- **Dash plaques for first 25 entries**

Hot Dogs, Hamburgers, Sodas

For more information call
410-310-0701
410-479-9098

All Proceeds benefit the Wounded Warrior Project

WOUNDED WARRIOR PROJECT

THURSDAY AND FRIDAY, MAY 1 & MAY 2

The Children's Theater of Caroline County wants to put a "spoonful of sugar" into your life this spring with its rendition of **"Mary Poppins"**, a favorite children's movie. Mr. Banks is a no nonsense father who expects the nanny to care for his children. When the new nanny takes over, things suddenly change, and in the end, for the better. Show time is 7 PM at New Life Wesleyan Church in Greensboro. There is no charge for admission, but donations are gladly accepted.

FRIDAY, MAY 2

Fairy Forest Garden Party at Joviality from 6:30 - 8:30 PM., 406 Market Street. Experience the Fairy Garden at Joviality aglow with lights, fairies and tree gnomes. Make a wish at the Wishing Tree, meet the fairies, and get your face painted at this family friendly event. $2.00 admission to benefit the Denton Child Development Center, Inc. Contact: 410-479-0426.

SATURDAY, MAY 3

Treat Mom to Breakfast at **Saturday Morning Buffet** at the Community Civic League of Federalsburg, 3439 Laurel Grove Road, Federalsburg, from 7 AM to 10:30 AM. Buffet includes pancakes, french toast, bacon, sausage, scrapple, eggs, applesauce, fried potatoes, coffee and orange juice. Cost is $8, children four and under are free. Dine-in, call-in or carry-out.

Caroline Foundation for Mental Health's Kentucky Derby Party from 5:30 - 9:30 PM at Denton Fire House, 400 S. 5th Avenue, Denton. Find your best big-brimmed hat and head to the Kentucky Derby Party to benefit the Caroline Foundation for Mental Health. The event will feature live streaming of the races, heavy hors d'oeuvres, cocktails, a silent auction, a contest for the best hat, casino table games and more! $35 admission includes food & one drink ticket. For tickets and more information, contact Sara Visintainer at 410-924-7423 or visintainer@gmail.com.

Ole Time Ridgely Days from 10 AM - 3 PM at Railroad Memorial Park, Ridgely. Bring the entire family to this great event that includes old time vendors, games, vintage costumes, music, food, antique cars, ice cream cones and more! Contact: 410-991-8225.

9th Annual Fishing Derby from 8:30 AM – 12 noon at Greensboro Carnival Grounds, Sunset Avenue, Greensboro. This FREE family-friendly fishing derby is a great day to get your little ones out there fishing. Prizes will be given in several different age categories and everyone will go home with a t-shirt and free lunch provided by Greensboro Parks and Rec. Committee. Bring your own fishing pole and tackle, bait will be provided. Open to ages 16 and under. Contact: Erin Braband 410-482-6222.

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Delmarva Driving Club's Pleasure Carriage Driving Show at 9 AM at Caroline County 4-H Park, Denton. One of the Eastern Shore's best-kept secrets! This event opens with formal classes in the morning, followed by an afternoon of participants competing in obstacle and cross-country carriage-driving events. Refreshments are available for purchase. FREE! Contact: 410-708-3588 or delmarvadrivingclub.com

Rebuilding Together Salvage Depot Sale, Corner of River Landing and Bridge Street, West Denton from 9 AM – 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. **Preakness Special: Doors ½ off !** Contact: Patrice Morrison at Rhea.Build07@gmail.com or 410-479-2929.

Giant Yard Sale from 8 AM – 12 PM. The first space is $10, each additional space is $5. Ladies American Legion Unit 70, 29511 Canvasback Dr (behind Easton Walmart). Call 410-770-5778 or 410-745-2089 to reserve your space now.

SUNDAY, MAY 4

Talbot Mentors Spring Brunch, 11 AM at Talbot Country Club. Live music, silent auction, raffle. $75 per person, benefits Talbot Mentors. Call 410-770-5999.

MONDAY, MAY 5

Grocery Bingo will take place at the Cordova Firehall. Doors open at 6 PM and games start at 7 PM. There will be extra prizes in honor of Mother's Day! Refreshments will be available. For more information, call Belinda at 410-820-1283.

THURSDAY, MAY 8 and SATURDAY, MAY 10

Caroline County Habitat For Humanity Women Build Event from 9 AM - 3 PM. CCHFH calls for women volunteers to participate in a Women Build project. Women Build, underwritten by Lowe's, is a program of Habitat for Humanity International that empowers women to address the crisis of children in poverty by building homes with local families in need of safe and affordable housing. Volunteers of all skill levels are encouraged to call 410-479-9200 or email mservice1@comcast.com to get involved.

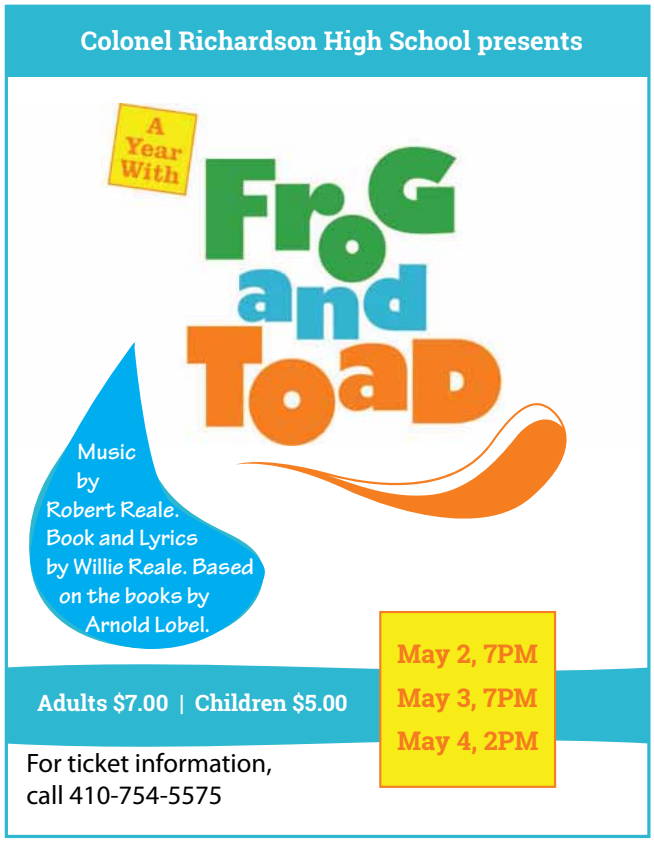
FRIDAY, MAY 9

Friday Night Cruise In from 6 PM until dark in Downtown Denton. Step back in time with a Friday Night Cruise-In. Spend a spring evening strolling the streets of Downtown Denton and enjoying the classic cars parked along Market Street. There will also be a DJ spinning oldies tunes. For more information, contact Dean Danielson at 410-829-6493.

SATURDAY, MAY 10

Moving Sale (Indoor/Outdoor) from 9 AM - 1 PM. Glassware, jewelry, furniture, pictures, books, household and kitchen items, lots of women's clothes. Located at 24330 Robins Creek Road, Preston (Two Johns Community). Call 410-490-0307.

Rockin' Out for Charlie Hill benefit at Federalsburg VFW Post 5246 starting at 11:30 AM. Preorder tickets are $10 per person or $15 per couple. Kids under 10 are free. Cost is $1 more at the door. We are featuring several local bands such as Sweetwater, Busthead, Ashley Mitchell and Donny Marvel,



the Aughts, Off the Hook band, 2/3rds Band, 3rd Rail and Chill & the Rabbits. There will be silent auctions, great food, cake wheel and many other fun things. For more information please call 443-669-3268.

Quarter Mania at Farmington Fire Dept., 20920 South Dupont Hwy., Farmington, DE. Doors open at 5 PM, starts at 6 PM. First paddle is $5, additional paddles are $1. Event to benefit Harrington Lions Club. For advanced tickets call Annie at 410-479-3627 or Mildred at 410-482-6949. With advanced ticket receive five Chinese auction tickets. Bring a friend that purchases their first paddle at the door and you receive a paddle FREE.

Karaoke from 8 to 11 PM. Kitchen is open until 9 PM. American Legion Post 70, 29511 Canvasback Dr (behind Easton Walmart). Contact: 410-822-9138.

SUNDAY, MAY 11

AUCE Breakfast from 8 - 11 AM. Cost is $8 for all the scrambled eggs, sausage, bacon, scrapple, fried potatoes, pancakes, waffles, biscuits, juice, coffee, dessert (alternate weeks they have chipped beef or sausage gravy over biscuits). American Legion Post 70, 29511 Canvasback Dr (behind Easton Walmart) Contact: 410-822-9138. Bring Mom for Mother's Day and she will receive a special gift from the Ladies Aux.

Mother's Day Breakfast will take place at the Cordova Firehall. Breakfast will be served from 7:30 until 11 AM. It's an All You Can Eat Breakfast with made to order omelets, scrambled eggs, pancakes, scrapple, bacon, creamed chip beef and sweet treats. For more information, call 410-364-5752.

MONDAY. MAY 12

AARP#915 will meet at noon at the Denton Church of the Nazarene for a covered dish lunch. Entertainment will be provided by "The Sunshine Gospel Group". New members welcome. For information call 410-673-7565.

The Colonel Richardson Middle School Spring concert will be held at 6:30 PM in the Colonel Richardson High School auditorium. The concert is FREE and open to the public. We hope you can come out to support our students!

WEDNESDAY, MAY 14

The Activities Singles Klub (ASK) will meet at Easton Diner on Route 50 in Easton at 6PM. You may purchase dinner, placing orders upon arrival, then participate in a short business meeting. 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.

THURSDAY, MAY 15

Third Thursdays in Downtown Denton from 5 - 7 PM in Downtown Denton. Where can you shop for the freshest floral arrangements, find one-of-a-kind gifts and home decor, dine

on the porch with views of the Choptank River or enjoy a delectable fusion of Irish-American fare in a traditional public house? Downtown Denton during Third Thursdays! Come rediscover downtown Denton as restaurants and businesses extend their hours on the 3rd Thursday of every month.

The Colonel Richardson Middle School Jazz Band and Chorus will be held at 6:30 PM in the Colonel Richardson High School auditorium and is FREE and open to the public. We hope you can come out to support our students!

FRIDAY, MAY 16

Please join the **CRHS Department of Music for the 2014 Spring Concert** at 7 PM in CRHS Auditorium. Performances will feature selections by the Wind Ensemble, Jazz Band, Orchestra and Choir.

SATURDAY, MAY 17

Caroline Paddlefest launch at 10:30 AM. Caroline Paddlefest features a 7.7 mile paddle down the Choptank River followed by a family-friendly festival at the Choptank River Yacht Club. Paddlers will depart Greensboro at 10:30 a.m. for a 7.7 downriver paddle to historic Denton, where there will be a festival featuring live entertainment, food, kids activities and more. For more information or to register as a paddler, visit www.carolinechamber.org or contact 410-479-4638.

Federalsburg Historical Society's Art Show & Sale from 4 PM - 8 PM at Federalsburg Area Heritage Museum, 100 Covey & Williams Alley, Federalsburg. Local artists will be featured at this annual event, which will include wine, cheese & hors d'oeuvres. Admission is $10. Contact: Jim Truitt 410-754-8974.

Marydel Lions Club Chicken BBQ & World Famous Funnel Cakes. The Marydel Lions Club will hold its Spring Chicken Barbecue beginning at 9 AM at State Line Gas (intersection of MD Route 454 and MD Route 331). Dinner includes ½ Eastern Shore BBQ chicken, baked beans, apple sauce, & roll. Also available will be hot dogs, sodas, and the Marydel Lions Club's 'World Famous' Funnel Cakes. The raffle drawing for the GE Sensor Microwave Oven will be held at the conclusion of the event. One hundred percent of the monies raised by the Marydel Lions Club is used to support projects that benefit the folks and families in the Maryland and Delaware Mason-Dixon Line Communities of the Marydel area. For more information call 302-492-3354.

Rebuilding Together Salvage Depot Sale, Corner of River Landing and Bridge Street, West Denton from 9 AM – 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. **Preakness Special: Doors ½ off !** Contact: Patrice Morrison at Rhea.Build07@gmail.com or 410-479-2929.

Genealogy Research from 10 AM -3 PM at Upper Shore Genealogical Society, 12156 Greensboro Road. Covered dish luncheon at noon, annual meeting at 2 PM followed by election of officers. For more information call 410-438-2878.

Spring Rummage Sale from 7 AM – Noon at Immanuel Lutheran Church, Main St. and Back Landing Rd., Preston. Rain or shine. Shop for great bargains in household, kitchen and yard items, kids stuff, clothing, books, awesome treasures and seriously underpriced things you didn't realize you needed. Tell your friends!

Karaoke from 8 to 11 PM. Kitchen is open until 9 PM. American Legion Post 70, 29511 Canvasback Dr (behind Easton Walmart). Contact: 410-822-9138.

SUNDAY, MAY 18

One-Hour Skipjack Sail on the Nathan of Dorchester, 1-2 p.m., Long Wharf, Cambridge. Adults $15; children 6-12 $7; under 6 free. Reservations online at www.skipjack-nathan.org. For info, 410-228-7141.

AUCE Breakfast from 8 - 11 AM. Cost is $8 for all the scrambled eggs, sausage, bacon, scrapple, fried potatoes, pancakes, waffles, biscuits, juice, coffee, dessert (alternate weeks they have chipped beef or sausage gravy over biscuits). American Legion Post 70, 29511 Canvasback Dr (behind Easton Walmart) Contact: 410-822-9138.

SATURDAY, MAY 24

Karaoke from 8 to 11 PM. Kitchen is open until 9 PM. American Legion Post 70, 29511 Canvasback Dr (behind Easton Walmart). Contact: 410-822-9138.

SUNDAY, MAY 25

The Annual Strawberry Chase 5K Fun Run and Walk benefitting the Maryland Ronald McDonald House and sponsored by the Ridgely Lions Club with support from Jen's Gems Running, Advantage Rehab, Inc., Chincoteague Pony Rescue and the Caroline County Department of Recreation & Parks will be held at Martin Sutton Park as part of the Ridgely Lions 35th Annual Strawberry Festival. Race registration will begin at 8 AM. The kid's 100 yard dash will be at 8:45 AM and the 5K run/walk starts promptly at 9 AM. You can pre-register at www.active.com for the 5K Run/Walk for $20 until May 15. After May 15 all runners and walkers will be $25. Kids age 12 years and younger can register for $10. You can also register as a sleepwalker for $20 and support the Ronald McDonald House from the comfort of your bed. For more information and registration forms go to www.ridgelylions.org or on www.facebook.com/ridgelylions or contact Lion Dave Davis at 443-786-2547 or email to the ridgelylions@verizon.net .

Ridgely Strawberry Festival from 9 AM - 5 PM at Martin Sutton Park, Route 480 & Park Ave, Ridgely. Head to Ridgely for a day of fun for the whole family, with games for kids, live entertainment, crafts, exhibits, the Strawberry Chase 5K Run/Walk & strawberries galore! FREE! For more information on the festival, visit www.ridgelylions.org.

All You Can Eat Breakfast, Omlets to Order from 8 AM to 11:30 AM at Easton Elks Lodge, Dutchman's Lane Easton. Adults are $8, children under 10 are $5.

MONDAY, MAY 26

FREE Skipjack Sails on the Nathan of Dorchester, celebrating Memorial Day. 12:30, 1:30, 2:30, & 3:30 p.m., Long Wharf, Cambridge. No advance reservations accepted. www.skipjack-nathan.org.

SATURDAY, MAY 31

Annual Chicken BBQ and Strawberry Festival from 11 AM to 2 PM at Trinity United Methodist Church, Church Lane, Goldsboro MD. Dinners include 1/2 chicken, baked beans, coleslaw, roll and drink. At the Strawberry Festival enjoy strawberry shortcake, ice cream, music and a bake table.

SATURDAY, MAY 31

Romeo and Juliet at the Arboretum from 6 - 9 PM at Adkins Arboretum, 12610 Eveland Road, Ridgely. Shore Shakespeare returns for its second season at the Arboretum with one of Shakespeare's most enduring plays and the greatest of all love stories, Romeo and Juliet. Join Shore Shakespeare in the Arboretum Meadow for an unforgettable evening of love and fate—and surely some of the most glorious language ever written. Bring chairs, blankets, and a picnic, and enjoy this production in the Arboretum meadow. Meals from the Lily Pad Café will be available at each event but must be ordered by Wednesday, May 28th. Fee: $10 members, $15 non-members.Contact: www.adkinsarboretum.org.

WEDNESDAY, JUNE 11

The Activities Singles Klub (ASK) will meet at Easton Diner on RT 50 in Easton at 6PM. You may purchase dinner, placing orders upon arrival, then participate in a short business meeting as the evening 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.

Dinners served every evening!

NEW! Open Mic night Wednesday

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Thursday: Fashion Show
Wednesday: Bake Sale Benefit

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talbotcountyfair.com

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!**

Saturday, May 10 – Caroline May Bird Count. Contact Debby Bennett at 410-829-4952 or dabennett1996@gmail.com for more information.

Thursday, May 15 – Program. Members Night. 7:30 PM, Caroline County Public Library, 100 Market St., Denton. All activities are free and open to the public.

Contact: carolinebirdclub@gmail.com. And don't forget to visit our Facebook page and Like us! Just go to Caroline County Bird Club!

AARP #915 Caroline County

TRIPS OPEN TO THE PUBLIC

Sign up as soon as possible since we have to reserve the bus. (NO REFUND after bus has been paid!)

June 16-21 Thrills in Louisville, KY

6 days-5 nights, $725 per person (double occupancy). $75 signup (single slightly higher). Backstretch Breakfast Tour, Churchill Downs, Derby Dinner Playhouse & Belle of Louisville Riverboat Dinner Cruise. Tribute to the Legends Show at Renfro Valley, Kentucky Derby Museum; Shaker Village, Louisville Slugger Museum, Glassblowing at Glassworks, Heaven's Hill Distillery, Historical Arms Museum. For more information call Lucille Richardson @ 410-754-8588 or Vicki Galloway @ 410-754-9997.

September 3-10 New England

Cape Cod, Martha's Vineyard, Boston & Charming Seaside Villages of Boston's North Shore. Attractions: Provincetown Whale Watch, Breakers Mansion, National Seashore Dunes, Hyannis Port Cruise, Plymouth Plantation, Duck Tour, Fenway Park, Glouchester Foodies, much more. (13 meals, 7 night lodging). $75 with signup. Call: Diana Matthews for details @ 410-754-8189.

Seating is assigned as checks are received.

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Annual Art Show and Sale in Federalsburg

The Federalsburg Historical Society will sponsor its annual Art Show and Sale on Saturday, May 17th from 4 PM until 8 PM at the Federalsburg Area Heritage Museum. Local artists will be featured at this fun event. Refreshments including wine and cheese, meatballs and other appetizers will be served. Interested artists should call Jim Truitt at 410-754-8974. Admission to the show is $10 at the door or by advance ticket sales from Jim Truitt at the above number or from other members of the society. The Federalsburg Area Heritage Museum is located at 100 Covey & Williams Alley (behind Town Hall) in Federalsburg.

Prevention Place

...strategies, programs and services for drug and alcohol prevention.

Prescription Drug Abuse
What's In Your Medicine Cabinet?

Portion of article written by Shirley Lake

Not so very long ago, after a dental procedure, I was prescribed prescription pain medication. Fearing the worse pain imaginable, I went to my pharmacy and waited for a considerable amount of time to receive these "little miracles" in a bottle. "Pain, I will be ready for you." I thought to myself as I happily exited my favorite pharmacy's doors. "Pain" would not defeat me, I had my miracle weapons and I was ready for battle. So, I waited.

Eventually, my mouth began to feel normal as the numbness faded away. My lips were once again a pair, and not the deformed entities that the numbness had created. "Where is the pain," I asked myself. I was ready for a battle, but "pain" had abandoned the fight. Yes, there was a little discomfort, but a discomfort that I could tolerate. There I was, in possession of a prescription pain medication that I did not need. I did what so many people in America choose to do with their prescription drugs I placed them in my un-secure medicine cabinet. (to be continued).

National Institute On Drug Abuse Research Report Series

By Prescription Drug Abuse Director, Dr. Nora Volkow

Prescription drug abuse is the use of a medication without a prescription, in a way other than as prescribed, or for the experience or feelings elicited. According to several national surveys, prescription medications, such as those used to treat pain, attention deficit disorders, and anxiety, are being abused at a rate second only to marijuana among illicit drug users. The consequences of this abuse have been steadily worsening, reflected in increased treatment admissions, emergency room visits, and overdose deaths.

What are opioids?

Opioids are medications that relieve pain. They reduce the intensity of pain signals reaching the brain and affect those brain areas controlling emotion, which diminishes the effects of a painful stimulus. Medications that fall within this class include hydrocodone (e.g., Vicodin), oxycodone (e.g., OxyContin, Percocet), morphine (e.g., Kadian, Avinza), codeine, and related drugs. Hydrocodone products are the most commonly prescribed for a variety of painful conditions, including dental and injury-related pain. OxyContin and heroin have similar chemical structures and bind to the same receptors in the brain.

How do opioids affect the brain and body?

Opioids act by attaching to specific proteins called opioid receptors, which are found in the brain, spinal cord, gastrointestinal tract, and other organs in the body. When these drugs attach to their receptors, they reduce the perception of pain. Opioids can also produce drowsiness, mental confusion, nausea, constipation, and, depending upon the amount of drug taken, can depress respiration. Some people experience a euphoric response to opioid medications, since these drugs also affect the brain regions involved in reward. Those who abuse opioids may seek to intensify their experience by taking the drug in ways other than those prescribed. For example, OxyContin is an oral medication used to treat moderate to severe

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Funded by a grant from the Caroline County Human Services Council

Caroline Mentoring Project @ the YMCA

TOPIC OF THE MONTH:

Attend the April 25th event, The Harsh Reality of Underage Drinking, give us your feed back in essay form and win a gift card to the Market Street Pub. To comment on the TOPIC OF THE MONTH, email me at shirleylake12@gmail.com.

pain through a slow, steady release of the opioid. People who abuse OxyContin may snort or inject it, thereby increasing their risk for serious medical complications, including overdose.

What are the possible consequences of opioid use and abuse?

Taken as prescribed, opioids can be used to manage pain safely and effectively. However, when abused, even a single large dose can cause severe respiratory depression and death. Properly managed, short-term medical use of opioid analgesics rarely causes addiction—characterized by compulsive drug seeking and use despite serious adverse consequences. Regular (e.g., several times a day, for several weeks or more) or longer term use or abuse of opioids can lead to physical dependence and, in some cases, addiction. Physical dependence is a normal adaptation to chronic exposure to a drug and is not the same as addiction. In either case, withdrawal symptoms may occur if drug use is suddenly reduced or stopped.

These symptoms can include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), and involuntary leg movements.

How many people abuse prescription drugs?

According to results from the 2010 National Survey on Drug Use and Health (NSDUH), an estimated 2.4 million Americans used prescription drugs nonmedically for the first time within the past year, which averages to approximately 6,600 initiates per day. More than one-half were females and about a third were aged 12 to 17. Although prescription drug abuse affects many Americans, certain populations, such as youth, older adults, and women, may be at particular risk. Adolescents and young adults abuse of prescription drugs is highest among young adults aged 18 to 25, with 5.9 percent reporting nonmedical use in the past month (NSDUH, 2010). Among youth aged 12 to 17, 3.0 percent reported past-month nonmedical use of prescription medications. According to the 2010 MTF, prescription and OTC drugs are among the most commonly abused drugs by 12th graders, after alcohol, marijuana, and tobacco. While past-year nonmedical use of sedatives and tranquilizers decreased among 12th graders over the last 5 years, this is not the case for the nonmedical use of amphetamines or opioid pain relievers. When asked how prescription opioids were obtained for nonmedical use, more than half of the 12th graders surveyed said they were given the drugs or bought them from a friend or relative. Interestingly, the number of students who purchased opioids over the Internet was negligible. Youth who abuse prescription medications are also more likely to report use of other drugs. Multiple studies have revealed associations between prescription drug abuse and higher rates of cigarette smoking; heavy episodic drinking; and marijuana, cocaine, and other illicit drug use among adolescents, young adults, and college students in the United States.

Why a decrease in prescription drug use and a rise in heroin use?

A recent study done by the New England Journal of Medicine may have the answer to this question. According to their study, as OxyContin use decreased due to the manufacturers decision to reformulate its product, heroin use is steadily rising. Manufacturers of this drug changed its composition to make it difficult to misuse in 2010. The new version makes it more difficult for users to inhale or inject. This study revealed that "one-fourth of participants were able to abuse OxyContin despite the reformu-

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For more information please call 410-479-8301 or email us at carolinecasa@verizon.net.

Drop it in the Box

Help stop this dangerous trend by safely disposing of your old, unused or expired prescription drugs. Simply bring unused and outdated medications to the Denton Police Department, 100 N. Third Street, Denton, Monday – Friday between 8 AM and 4 PM. Call 410-479-1414 for more information.

lation and 66% switched to heroin."(The Partnership of Drug-Free.org) Heroin is cheaper, costing as little as $5 for a small bag; an 80 milligram bag of OxyContin can cost as much as $80. Fellow citizens, we should be concerned.

*****

(continued from the beginning)

My miracle pain pills sat in my medicine cabinet until I was exposed to prescription drug abuse awareness. I called a friend to tell him about my substance abuse education, and mentioned the pain killers I possessed. He said, "What are you going to do with them? Do you know that people are making $25 for one pill?" I could not believe what I was hearing. The pills that were meant to relieve pain, could also create devastation to a family, if abused. I immediately disposed of them. All medications should be under lock and key, and if you have no use for them, get them out of your homes. Don't be responsible for your child's addiction.

http://www.drugabuse.gov/sites/default/files/rxreportfinalprint.pdf

https://www.drugfree.org/join-together/addiction/as-oxycontin-abuse-drops-heroin-use-increases-study-finds

2nd Annual Drug-Free Caroline Coalition's Middle and High School Substance Abuse Contest

"Be The Wall" Cell-Phone Video Contest

The Drug-Free Caroline Coalition's message "Be the Wall Between Teens and Alcohol," can be seen throughout the county on billboards, signs, and post cards mailed to most residences in 2013. Becoming the wall means that under no circumstances will you allow underage drinking.

We want to see the youth perspective in this message. Do you have the ability to make "Be the Wall" your very own message to parents, siblings, and peers? Do you have that star quality to make "be the wall" the next popular catch-phrase of 2014? If yes, this is the contest for you!!!

Prizes
Middle School & High School (each)
First place: $100 Gift card
Second place: $75 Gift card
Third place: $50 Gift card

1. All entries must be a digital video.

2. Cell-phones, and other video-making devices can be used.

3. Each video must focus on your "Be the Wall" message

4. The length of the video must be at least 45 seconds, but cannot exceed 90 seconds. Your video must contain a title screen, poster (Be the Wall)

5. All entries must begin with a 10 second title screen that includes the following information:

   a. Title of the Video (must include "be the wall")

   b. Lead Person's Name

   c. School Name

   d. Grade(s)

   e. Credits page, with everyone who participated in the making of your video.

6. Content must not 1)promote illegal behavior 2)support racial, religious, sexual or other negative prejudices 3) advocate sexual or violent exploita-

tion 4) violate rights established by law or agreement; 5) invade anyone's privacy; 6) be otherwise inappropriate as determined by The Drug-Free Caroline Coalition. Be respectful!

7. Entries must be submitted through our website starting on May 12, 2014. The deadline for submissions is 5 PM on September 30, 2014. Winners will be announced no later than October 30, 2014.

8. No copyrighted materials (music, images, etc) may be used for this contest unless you own the copyright or have a license to use the material for this contest. Written permission must be obtained and provided upon request for all copyrighted materials.

9. No professional assistance is allowed. Adults may assist with the production but limited to verbal guidance only. Adults are allowed to be actors or cameramen but not content contributors.

10. All portions of the online entry must be completed when you upload your video for it to be eligible.

11. All participants must submit a parent permission slip, signed and completed by the parent(s). All winners and their parents must sign a release form.

12. The judges' decision is final. Entries will be judged on originality, creativity, and relevance to the theme.

13. The only compensation for submitting a video is the opportunity to be awarded a prize if entry wins. The Drug-Free Caroline Coalition will pay video makers no additional compensation nor be liable to the filmmaker under any circumstances.

14. Students should keep a copy of their video. The Drug-Free Caroline Coalition is not responsible for any videos lost, damaged, or do not upload properly.

15. All entries become the property of the drug-free caroline coalition.

16. To upload your video and fill-out the online registration form, please go to www.drugfreecaroline.org ; and download a Parent Permission Slip.

17. This contest is open to Caroline County Middle and High School- aged children.

For more information, call Shirley Lake, MSPF Coordinator, at 410-479-3501 ext. 308 or email shirleylake12@gmail.com.

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Caroline County 4-H Recognizes 2013 Achievements

"Out of this world adventures" was the theme of the University of Maryland Extension 2013 Caroline County 4-H Achievement Banquet held on Saturday, March 15th at the Caroline County 4-H Park in Denton. The banquet was held to honor 4-H members and volunteers for their accomplishments during the previous year.

Thirty-four 4-H members completed project records in numerous areas of interest including topics such as leadership, animal care, health science, crafts, sewing, food and nutrition, theater, sports, and woodworking and received project pins and awards for their work. In addition, 46 4-H members were recognized for providing 1,683 hours of service to the county.

Julie Cesarini and Celebrity Epps received the "I Dare You" - American Youth Foundation award for accepting a challenge and working hard to attain goals with their work in 4-H. This program recognizes youth who accept challenges and attain their goals through hard work, perseverance and determination.

Gabrielle Parsley was the 2013 4-H'er of the Year. Some of Gabrielle's many accomplishments in 2013 were: 183 hours of community service, 4-H camp counselor, Public Speaking (county, regional, state), MD 4-H Teen Council representative for Caroline County, teen leader/teacher for MD 4-H Healthy Lifestyles program, and assisting younger level 4-H members with their projects.

The following "Spirit" award winners were recognized as people of character exhibiting the ideals of "Head, Heart,

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EQUAL HOUSING LENDER

Hand and Health" from the 4-H Pledge: Ashlee Dilling, Kaitlyn Roblero, Deisy Orozcos Fuentes, Calyn Wright, Emma Leavers, William Fisher, Claudette Sylvain, Kelsie Monath, David Huijara, Rosa Cifuentes, Emma Panciocco, Quinn Cochran, Sandra Todd, Jarrett Keys, Kaitlyn Strong, Lisa Nguyen, Erick Nelson, Thaisha Striplet, Stanley Louis-Pierce, and Caitlyn Adams.

Club Officer Awards included: Club President Award – Julie Cesarini; Club Secretary Award – Caroline Saathoff, Monica Simpson; Club Treasurers' Award – Tabitha Lednum, Gabrielle Parsley, and Julie Cesarini.

Outstanding 1st Year 4-H Members were Gus Clark and Danielle Schuman. They were nominated by their club leaders for their outstanding club work for 2013.

Top Record Books were: Clovers: Gus Clark, David Saathoff. Juniors: Danielle Schuman, Caroline Saathoff. Intermediates: Quinn Cochran, Jarrett Keys. Seniors: Julie Cesarini, Gabrielle Parsley. Youth submitting record books all earned a special award along with their year pins/certificates. Record keeping is a life skill that will benefit every 4-H member and is best accomplished by working on it throughout the year. Those 4-H members completing record books each year will be eligible for state and national 4-H trips and opportunities as a result of their work.

Wade Bishop was awarded the Joanne Wooters Scholarship.

The Diamond Clover award is designed to encourage members ages 8- 18 to engage in a variety of projects and activities that will enable them to acquire the skills necessary to lead successful lives as competent caring and contributing citizens. The following 4-H members have completed various levels of the Maryland 4-H Diamond Clover requirements. All 4-H members are eligible, but they must submit complete details of their 4-H year efforts to receive recognition. When a 4-H member completes this program through diamond clover level 6 their work is comparable to the Boy Scouts – Eagle Scout Award. The following members are being recognized for their completion of various levels of the Diamond Clover program: Level 6 – Connor Cochran; Level 5 – Sandra Todd, Quinn Cochran; Level 3 – Cynthia Lednum, Jarrett Keys, Caroline Saathoff; Level 2 – Jarrett Keys, Caroline Saathoff, Cynthia Lednum, and Tabitha Lednum.

National 4-H youth development research shows that 4-H youth are more likely to pursue future careers in science, engineering and technology. Youth who engage in 4-H club programs are 3x more likely to actively contribute to their communities, and are nearly two times more likely to plan to go to college.

If you are interested in joining 4-H, please call the office at 410-479-4030 for details.

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Saturday: 11 AM - 6 PM ish (Lunch)
Sunday: 9 AM - 6 PM (Breakfast and Lunch)

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All About Kids

May Reminders and Updates

By: Elaine Cowgill, Caroline County Health Department
Immunization & Lead Outreach

With spring into high gear and summer around the corner, it's time to think about your child's immunizations as well as lead poisoning prevention. Make certain all immunizations are up to date by following your doctor's schedule or the ACIP schedule which most doctor's use.

Parents, be reminded to surround your loved ones with a vaccinated family. Vaccinate your family members against pertussis (whooping cough) with a Tdap vaccine. Don't forget that this includes your teens, grandparents and close family friends. Family members can unknowingly spread pertussis to the most vulnerable, your own babies or people who can't be immunized.

Pregnant women can protect their babies by getting a Tdap vaccine during every pregnancy. Anyone who has not been vaccinated against pertussis is at a higher risk of getting pertussis and passing it on to an infant or child.

Also, keep in mind to teach your child about proper hand washing, when and how, which is a great health aid in lead poisoning prevention. Maintain well balanced meals by making good food choices. Serve foods high in iron, calcium and vitamin C. The food that your child eats can make a difference in how much lead gets into your child's blood. Serve as many fresh and frozen foods as your budget will allow. With the coming of summer, check out farmer's markets for fresh vegetables.

Upcoming Events

Ridgely Vol. Fire Dept.

8 W. First St. / Ridgely / 410.634.2424

www.rvfd400.com

SPAGHETTI DINNERS

4 - 7 p.m. / May 1st and June 5th.
All you can eat includes salad, bread, drink.
Adults $8; kids under 3 FREE. Take-out available.

CHICKEN BBQ at **RVFD**
w/ **BAKE SALE** **Sunday, May 4th**

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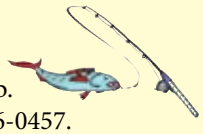

July 19th at Choptank River Yacht Club.
For more info, contact Barbie at 443-786-0457.

DREAM CITY MUSIC FESTIVAL

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$25 advance tickets, $30 at gate.

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

DISCOVERY DAY

A Resource Fair for Families of Children Ages Birth to 5 Years

Wednesday, May 21
10 AM – 1 PM
Tuckahoe State Park
Cherry Lane Picnic Area

- Are you concerned about your baby's growth and development?
- Do you have questions about your child's health?
- Are you looking for good, affordable daycare?
- Is your child ready for preschool?

Come and talk to the experts!
Professionals in children's health, development, education, safety, and recreation will be on hand to answer all your questions.

Free lunch for everyone!
Fun, moon bounce, games, face painting, Scales and Tales, and make and take activities for the kids!

For more information or to RSVP for Discovery Day, please call:

Caroline County (Dolly)
410-479-3609

Talbot County (Carol)
410-820-6940

Queen Anne's County (Kristy)
410-827-4629 x16

Sponsored by the Family Support & Resource Centers and Special Education Citizen's Advisory Committees (SECAC) of Caroline, Talbot and Queen Anne's County Public Schools

Updates for May include "Discovery Day" at Tuckahoe State Park, Cherry Lane Picnic Area in Ridgely on Wednesday, May 21st from 10 am to 1 pm hosted by The Family Support Services of Caroline, Talbot & Queen's Counties AND Greensboro Health Fair on Thursday, May 22nd from 5:30 to 7:30 PM at Greensboro Elementary School during the Annual Golden Pencil Award celebration. Mark your calendar with these dates to come and join the community to ask questions and gather information.

Protecting Children's Eyes From the Sun

(NewsUSA) – No matter what season it is, skin isn't the only thing that gets burned by sunlight. Eyes are just as sensitive, and children's eyes are especially vulnerable.

(continued on page 62)

Now Accepting Applications

Federalsburg Judy Center
Federalsburg, MD
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Family Support Center - Denton, MD
410-479-3751

Caroline County Head Start

WE SERVE FAMILIES WITH INFANTS, TODDLERS AND PRESCHOOLERS WITH AND WITHOUT DISABILITIES AS WELL AS PREGNANT WOMEN THROUGH THE FOLLOWING PROGRAMS:

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- ❖ Parents As Teachers Home Visiting Program (pregnant women & children 0 to 5)
- ❖ Federalsburg Judy Center (families with children 0 to 5)
- ❖ English as a second language & adult education classes

Deaths

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

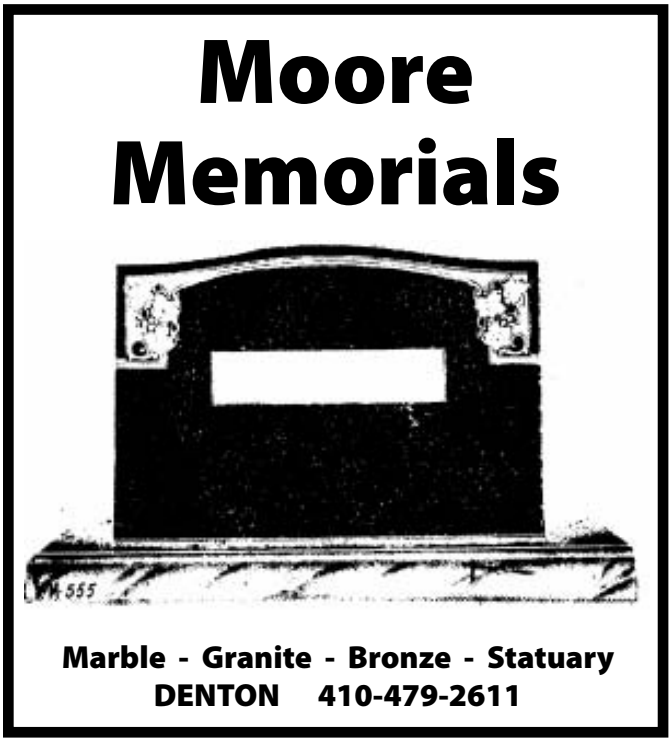
March 16	Gilbert W. Grable, Sr. 81, Ridgely
March 16	Della Mae Dixon, 70, Felton, DE
March 22	Naomi May Taylor, 82, Federalsburg
March 22	Veronica Joan DeFord, 69, Greensboro
March 25	Mary K. Kibler, 94, Denton
April 2	Anna Violet Carlisle, 66, Greensboro
April 3	Charles Edward Ohler, 94, Millersville
April 7	Rose Mary G. Dixon, 69, Goldsboro

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

March 15	Geraldine Jackson Dennis, 83,
March 20	Leo Charles Mastronardi, 61, Easton
March 20	Richard Lee Bowdle, 79, Federalsburg
March 22	Carl A. Watson, 80, Seaford, DE
March 23	William Frazier Callaway, 91, Federalsburg
March 23	Fannie Mildred Cephas, 75, Cambridge
March 26	William E. Cluff, 76, Federalsburg
March 26	Mardella Scarborough Magee, 97,
March 31	Shelly Marie Marine, 53, Hurlock
April 1	Lawrence M. Durham, 59, Federalsburg
April 4	Mary Louise Hayes, 89, Federalsburg
April 7	Michael C. Lankford, 65, Federalsburg

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

March 4	Janet B. Malphrus, 63, Ridgely
March 4	Billy Blockston, 73, Denton
March 6	Oscar Babbitt, 89, Denton
March 7	David D. Holder, 77, Denton
March 10	Lindsay Edmonds Clendaniel, 90, Denton
March 17	Oleata Dorothy Rayne, 88, Denton
March 18	Edith Marie Spies, 91, Denton
March 19	Charlotte Virginia Brooks, 77, Cordova
March 20	Michael James Gower, 42, Ridgely
March 24	Raymond Carroll Gray, 84, Denton
March 25	Roland Frederick Jester, 90, Denton
March 27	Shirley Ann Breeding, 72, Bridgeville, DE



Caroline Review Word Puzzle

Spring Activities *by Melinda Warfield*

Circle words forward, backward, up, down, and diagonally. Words in parentheses are not in the puzzle.

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

Archery
Badminton
Baseball
Basketball
Bowling
Boxing
Bull Fighting
Canoeing
Crabbing
Cricket
(Cross Country) Running
Cycling
Diving
(Field) Hockey
Fishing
Flag Football
Golf
Gymnastics
Hang (Gliding)
Hiking
Horseshoes
Karate
Lacrosse
Mountain (Biking)
Paint Ball
Parachuting
Racket Ball
(Rock) Climbing
Sailing
Scuba (Diving)
Shooting
Skateboarding
Sky (Diving)
Soccer
Surfing
Swimming
Tennis
Volleyball
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White Water Rafting
Wrestling

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June Issue Deadline: May 15

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

410-443-5922 • Fax: 1-866-311-7598

Website: carolinereview.com / carolinereview@gmail.com

"The crystalline lens in children's and teenagers' eyes is more transparent than in adults, which makes them more susceptible to cornea and retina damage from the sun," says Corinne McCormack, spokesperson for The Vision Council and Fashion Director at FGX International, Inc. "Having your kids wear sunglasses while outdoors is actually as important as getting them to wear hats and sunscreen."

The Vision Council just launched a Bureau of Missing Sunglasses initiative informing adults and children that "sunglasses are absolutely critical for keeping vision safe from UV damage," as stated in their 2012 report.

So, what can you do to protect your young tike's eyes?

"If you're concerned your little guy or gal won't wear sunglasses, look for designs you know they love — like bright patterns, fun shapes or sunglasses with their favorite cartoon or movie character," adds McCormack. The following safety guidelines can also help:

Seek shade for mid-day sun. UV rays are most powerful from 10 a.m. until 2 p.m., so avoid being in direct sunlight without access to shade, umbrellas or protective clothing.

Wear protective apparel. A wide-brimmed hat and sunglasses are musts. Look for sunglasses with the 'MaxBlock' sticker, which indicates 100 percent UVA and UVB lens protection. The Foster Grant sunglass line (www.fostergrant.com) offers styles especially for kids as well as bands to keep them secure on small heads, and every pair has a MaxBlock seal.

Set a good example. Your children will learn many habits from you, so reapply sunscreen often, and always remember to wear your sunglasses. Remind kids to pack their sunglasses and hats for vacation, and reward them for reapplying sunscreen. Don't forget, sunglasses protect your eyes all year round.

Failure to comply with eye safety may lead to long-term complications, including cataracts, retinal problems, macular degeneration, cancer and abnormal growths on the eye's surface. Experts at the World Health Organization say ultraviolet (UV) damage is largely preventable. Encouraging good sun-exposure habits from childhood is a must.

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Caroline County Candidates Forum

The Caroline County Public Library and League of Women Voters of the Mid-Shore of Maryland invite Caroline County residents to attend our Caroline County Candidates Forum at the Caroline County Public Library, Denton on Wednesday, June 4 from 6:30 - 9 PM.

Included in the forum will be candidates running for County Commissioner, Sheriff, Judge of the Orphans Court, State's Attorney, Clerk of the Court, Register of Wills and Board of Education.

Members of the League will facilitate the meeting. They will allow each candidate a brief time to make an opening statement, then they will take written questions from the public for candidates.

This is your time to learn more about the candidates and their platforms before you vote in the Primary! Students invited as well!

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