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# Calvert County Times

THURSDAY, AUGUST 13, 2020 THURS

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## N384MD



# TROOPER 7 TO THE RESCUE

**INSIDE** Racial Graffiti  
Arrests Pending

GOP Drops Keen  
Endorsement

Calvert Living 50  
Plus Guide



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## COVER 8

The Maryland State Police Trooper 7 medevac helicopter crew answers emergency calls in Calvert County.



## LOCAL 4

GOP drops endorsement of school board candidate.



## COMMUNITY 18

United Way Day of caring scheduled.

**“RACISM HAS NO PLACE IN OUR COMMUNITY.”**

SENATOR MIKE MILLER ON CALVERT HIGH SCHOOL INCIDENT.

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### WEEKLY FORECAST

Thu 8/13	Fri 8/14	Sat 8/15	Sun 8/16
83°   71°F	82°   71°F	81°   69°F	80°   68°F
Scattered	Scattered	AM	Scattered
Mon 8/17	Tue 8/18	Wed 8/19	Thu 8/20
81°   69°F	82°   67°F	79°   67°F	79°   68°F
AM	PM Showers	AM Showers	Scattered

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# COVID-19

As of August 11

Positive Cases

Deaths

**Calvert**

**716**

**12**

Information provided by St. Mary's and Calvert Health Departments 8-11-2020



# Racial Graffiti Draws Ire On Calvert High Field

By Dick Myers  
Editor

A firestorm of protest has erupted over racial expletives burned into the football field at Calvert High School.

A new Calvert County group called PRISM (Peaceful Resistance in Southern Maryland) posted on their Facebook page: "A 15 year old black young man came across this as he came to school to practice...is this what you want the county you live in to stand for?"

The group posted two photographs of the unedited racial graffiti. Another group called The Maryland office of the Council on American-Islamic Relations (CAIR) in a press release provided an edited version: "F\*\*\* N\*\*\*\*" and "N\*\*\*\*\* suck."

Calvert High School's new principal, Darrel Prioleau is African American.

The Calvert County Sheriff's Office responded to the school on Aug. 9 and issued a statement about the incident on Aug. 11.

"Preliminary investigation revealed a racial slur had been spray painted onto the football field, an outdoor classroom was broken into and damaged, and other areas of the school campus were vandalized with graffiti. The Calvert County Sheriff's Office Criminal Investigative Bureau quickly identified five 18-year-old male suspects. The investigation is ongoing and charges are pending. Anyone with additional information concerning this case is asked to please contact Det. D. Naughton at [Dean.Naughton@calvert-countymd.gov](mailto:Dean.Naughton@calvert-countymd.gov)."

Sheriff Mike Evans said, "The Calvert County Sheriff's Office stands against racism and hate speech. These actions are unacceptable anywhere, especially in our community. The actions of these perpetrators do not represent our community's values and I fully condemn this vile and abhorrent act and will see that the individuals responsible are prosecuted to the fullest extent of the law. We will do whatever

it takes to help ensure that people feel safe and welcome in our community."

U.S. Representative Steny Hoyer and State Senator Thomas V. "Mike" Miller both condemned the incident.

Hoyer said, "The racist graffiti painted on the Calvert High School football field over the weekend is disgusting and abhorrent. This act of hate and bigotry in our community is horrific and cannot be condemned strongly enough. I urge local law enforcement to bring those responsible for this heinous act to justice. Hate has no place in Southern Maryland."

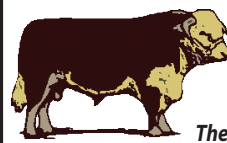
Miller said, "The actions of the perpetrators do not represent our community and I wholeheartedly condemn this heinous act and call on all elected officials and community leaders to join together in this condemnation. I am calling on local and state law enforcement officials to use every resource at their disposal to bring those responsible to justice and to provide that these individuals are prosecuted to the fullest extent of the law. Racism has no place in our community, and we must continue to fight to ensure that it is never accepted."

Calvert County Superintendent of Schools Dr. Daniel Curry said, "We are sad and angry that these racist messages occurred on school grounds. This racist language hurts the school system and the Calvert County community. Calvert County Public Schools promotes an anti-racist environment and denounces hate and discrimination."

PRISM said on their Facebook page: "I noticed that many people couldn't fathom this happening in their hometown and/or believe this is the first act of its kind in Calvert County. From speaking to local black families, I can assure you this is NOT the case."

PRISM's Facebook post with the pictures was reposted on the Calvert County Branch of the NAACP's Facebook page.

[dickmyers@countytimes.net](mailto:dickmyers@countytimes.net)



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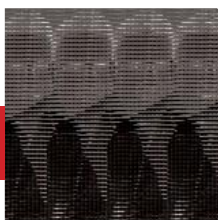


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# Calverton Opens with Hybrid, Online Options

By Dick Myers  
Editor

Calverton School students will be given two options when they return to school: a hybrid model and synchronous online learning.

Under the hybrid model students will attend their classrooms on alternate weeks and do online learning the rest of the time.

The school said, "The de-densification of classrooms will allow for [physical distancing of six feet between student desks. Students will be required to follow all other prevention and risk mitigation strategies" including wearing masks.

For the synchronous online learning, the school said, "Families seeking this option will participate as members of their Calverton classroom in a real-time virtual learning environment. Students will follow the same daily schedule as if they were in-person and will learn along with their in-person classmates."

Head of School Christopher Hayes said of the decision criteria: "first and foremost, the health and safety of the community and trying to figure out what we can do well, taking all reasonable steps to safeguard that, and up against that is the belief that education is better when done in person."

Hayes explained, "We formed early in the summer a Calverton task force that included a bunch of school personnel, and also several of our parents and trustees, including an expert in public health, several physicians, and a college administrator who is responsible for getting her college campus back and running."

Hayes added, "So by the middle of July we felt as though we were ready to vet some proposals. We ran those by the board of trustees and then by the faculty to see what they thought

of the various options. And then we put them out to parents to see what the parents had to say about the options and that brought wonderful feedback. People were incredibly thoughtful, and our level of participation was very, very high."

Hayes said they also sent the options to the Calvert County Health Department, whose representatives reviewed them and added comments.

"It's been a collaborative effort, fully recognizing that the stakes are quite high," Hayes said.

The school feels the decision is theirs, although it was touch and go for a while during the argument between Montgomery County and the governor over whether a jurisdiction had authority to order private schools not to reopen. That was settled when the Montgomery County health officer backed off of his demands.

Calverton went fully virtual when the pandemic broke. Hayes is finishing his fourth year as head of the pre-K to Grade 12 school that had 270 students last year and is expecting a larger enrollment this coming year. "We closed campus on a Friday and opened online the following Monday. And that was, I think, the fastest pivot of any school in this area."

He was asked if they were prepared. He paused at what he said was a loaded question, but then responded, "Had people been thinking in January that by March they might be teaching fully online and therefore they had all their lesson plans ready and then technology ready and it was a seamless, easy transition? The answer to that would be no.

"Were the faculty members able to pull off something pretty remarkable as far as pivoting? You know, my thought was a guarded yes until

I started hearing from parents and what I heard from probably close to two dozen (parents) was how impressed they were with the quality of the online experience. Teachers had made it work really well and frequently that came with a comparison to a friend or neighbor or a relative who had a child in another school or in another school system or another part of the country where things were less than."

Hayes added, "I know how hard our teachers work. And, in many ways the transition from classroom to distance learning, or to distance teaching made every teacher a brand-new teacher all over again."

Hayes was asked if the anticipated enrollment increase might have something to do with the pandemic. He said, "It's been interesting that we've seen families working through their options in a bunch of different ways, but certainly since the public schools has announced that many of them will be starting with full distance learning, we have seen some families exploring

what we will have available and essentially trying to compare, figure out whether it's the right option for them."

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Head of Calverton School Christopher Hayes



Calverton School



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# County Seeks Proposals on Armory

## Majority Oppose Historic Status

By Dick Myers  
Editor

The Calvert County Board of County Commissioners (BOCC) wants to see what interest there is to buy or lease the armory property in Prince Frederick, including the former National Guard Armory building that sits on it.

The majority of the BOCC at their

Aug. 11 meeting, on a motion by Commissioner Steve Weems, voted to issue an RFP (Request for Proposals) to see what interest there is. That could include leasing or purchasing the property and restoring the building for another use, or demolishing it and developing the property. "it's open ended," Weems said of his motion.

The majority resisted efforts by Commissioner Tim Hutchins to apply for putting the property in the National Register of Historic Places and also in a county historic district. That was the recommendation of the county's Historic Preservation Planner Kirsti Uumila.

Uumila had presented the BOCC with three options, including putting the property in the two historic designations. The others were to sell or lease the property for adaptive use or demolish it.

Uumila presented slides showing how older buildings have been reimagined for other uses, including an old armory in Ashland, Oregon that had been converted into a concert and entertainment venue.

Hutchins has a vision of the building being used as a veteran's service center for the 23,000 veterans in Southern Maryland. He said the country's veterans are facing unprecedented challenges, especially with PTSD (Post-Traumatic Stress Disorder).

Hutchins argued for the former National Guard Armory's historic significance that called for its preserva-

tion instead of demolition.

At a meeting several weeks ago, Uumila told the BOCC: "The armory is a significant example of post-World War II armory design that served both military and civic purposes. Designed by Laurence P. Sangston, it was built by Charles B. Tovell in 1953-1954. It was intended to serve the community as a gathering place in peacetime, and as a government and military staging facility in times of disaster, war, or civil unrest.

"Military personnel who served at the armory were members of the Maryland Defense Force, 5th Battalion, Company B and served the three Southern Maryland counties."

Uumila said demolishing the building would be at the cost of "loss of memory." She added, "It is an anchor of the public identity."

But by the vote to consider all options, the majority of the BOCC appear willing to consider the demolition option.

Commissioner Mike Hart said, "We know we don't have the money to take on the project."

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# GOP Withdraws Support for Keen School Board Candidate Suspends Campaign

By Dick Myers  
Editor

Following a viral controversy over Facebook postings and charges of racism, the Calvert County Republican Central Committee has withdrawn its support for Board of Education candidate Dawn Keen.

The central committee said in a prepared statement: "Stay-at-home orders combined with closed schools, churches and cancelled youth sports have caused isolation amongst many citizens in the United States. These restrictions have consequences such as lost jobs, loneliness, and depression, to name a few. It is without question, that millions of Americans are affected due to the isolation caused by government policies. Adults need to get back to work and children need to get back to school.

"Dawn Keen, a candidate running for the Board of Education, has been affected by isolation, as well as unresolved issues from her childhood. She has suspended her campaign.

"On August 5, 2020, the Calvert County Republican Central Committee (CCRCC) discussed this very important issue. CCRCC voted to not support the continuation of her campaign. It is the CCRCC's position that Mrs. Keen is best served by working on her mental health and getting well.

"Our prayers go out to Dawn and her family as she resolves these issues. Moreover, our prayers go out to all citizens of



Dawn Keen

Calvert County as they work through these difficult times."

If Keen stays out of the race, and absent any write-in campaign by another candidate, the path would be clear for the election of the other candidate in the race, Antoine White.

White is a Calvert County native, raised in Adelina, and a Calvert High School graduate. He joined the U.S. Air Force and continued his education there as a civil engineer. He is now a mortgage broker with Universal Mortgage. He and his wife have a son in college and a daughter in 4<sup>th</sup> grade at Barstow Elementary.

*dickmyers@countytimes.net*

# Golf Course as a Cash Cow?

## Consultant: Clubhouse Needed

By Dick Myers  
Editor

The Chesapeake Hills Golf Course in Lusby could be making \$300,000 a year. The proviso according to consultant Richard Singer of the National Golf Foundation: a clubhouse is needed at the county-owned facility.

The other proviso Singer provided is that even though the golf course can be generating operating income, it would be difficult to recoup the monies needed to build that new clubhouse: \$3.5 million.

Singer observed that two-thirds of municipal golf courses are subsidized by taxpayer dollars.

After listening to the optimistic business plan presented by Singer, the Calvert County Board of County Commissioners (BOCC) at their Aug. 11 meeting unanimously approved awarding a contract to Bailey, Cox & Magnani, LLC of Baltimore in the amount of \$280,825 to design the new facility.

Chesapeake Hills Golf Course was obtained by the county in 2008. "On January 7, 2018, a winter storm with very low temperatures caused overhead water pipes to fail in three locations at the clubhouse. The clubhouse was no longer usable and was demolished in May 2019," according to Parks and Recreation Director Shannon Nazzal.

Singer says the golf course is competitively located, although its success may depend more on how many of the county's visi-

tors it can capture than usage by the existing population.

He said, "The golf course is in good condition, with a few minor areas needing improvement – drainage, maintenance facilities, and tee boxes."

But he noted that currently operating without a clubhouse "has negatively impacted revenue and profitability. The addition of a new modern clubhouse (expected in early 2023) will add key amenities to generate additional revenue and support the core business."

Singer said, "Golf playing fees are appropriate for the facility and market, but there is room to charge/add a non-resident premium and off-season discounts."

Among Singer's recommendations are keeping the food operation at the new clubhouse to more of a snack bar instead of a sit-down restaurant.

He also insisted that heavily marketing the new clubhouse will be essential to its success when it opens, according to schedule, in early 2023.

In making the decision to move forward, the BOCC rescinded an earlier decision on a motion by Commissioner Steve Weens to delay any decision until after the end of the state of emergency (which is still in effect).

Weens likened that motion to "a marriage that didn't work out." He added, "I am ready to move on."

*dickmyers@countytimes.net*



# CALVERT SHERIFF'S OFFICE CRIME REPORT

## Fatal Huntingtown Crash Under Investigation

Deputies from the Calvert County Sheriff's Office (CCSO) Crash Reconstruction Team and St. Mary's Crash Reconstruction team responded on Saturday, Aug. 8 at approximately 5:49 p.m. to the area of MD Rt. 4 and Huntingtown High School in Huntingtown for a report of a single vehicle crash.

Preliminary investigation revealed multiple citizens contacted 911 in regard to a white 2006 Honda Ridgeline driving erratic on southbound Rt. 4 in the area of Chaneyville Road in Owings. Deputies located the vehicle and began to observe violations and erratic driving behaviors. A traffic stop was initiated, however the operator failed to stop for the marked patrol vehicles with their emergency equipment activated. Deputies pursued the vehicle south along Rt. 4. Upon approaching the intersection of Rt. 4 and Huntingtown High School, for unknown reasons, the operator lost control and struck the traffic light pole in the me-

dian where the vehicle came to a final rest.

The operator and sole occupant of the vehicle was identified as Hunter Kristian Sondberg, 34, of Sunderland. Life saving measures were attempted by Deputies and Emergency Medical Services personnel on scene, however Sondberg succumbed to his injuries and was pronounced deceased. Speed and driver error are believed to be cause of the crash.

Anyone with information about the crash is asked to contact Cpl. Brian Connelly of the St. Mary's County Sheriff's Office Reconstruction Unit at (301) 475-4200 ext. 8031 or via email [brian.connelly@stmarysmc.com](mailto:brian.connelly@stmarysmc.com) or DFC. W. Beisel of the Calvert County Sheriff's Office Crash Reconstruction Team at (410) 535- 2800 ext. 2131 or via email [William.beisel@calvertcountymd.gov](mailto:William.beisel@calvertcountymd.gov)

*Press Release From CCSO.*

## Sheriff's Office Opts Out of Alert System

### Emergency Notifications Now Through App

The Calvert County Sheriff's Office (CCSO) invites the public to download their new Sheriff's Office Mobile App. CCSO will no longer be using the NIXLE alert system, therefore citizens will no longer receive NIXLE alerts through email or text.

The agency will be utilizing one platform to access road closures, traffic alerts and cameras, weather advisories, press releases, the county's most wanted, CCSO social media, community resources and much more. If you were a former NIXLE subscriber and want to continue to receive CCSO alerts or a new user wishing to receive CCSO alerts download the app today by visiting <https://apps.myocv.com/share/a39520678>.

The app is available as a free download from the iPhone and Android app stores.

This app includes a 'Submit a Tip' feature which enables you to submit a crime tip directly to the Sheriff's Office. Your tip - sent anonymously or with

your contact information, along with photos - is confidential. App users are asked to submit tips regarding ongoing investigations. However, you should call 911 in the case of an emergency.

Scroll through the list of Calvert County's 'Most Wanted' fugitives; photos, details, and charges are listed. If you encounter any of these fugitives, do not attempt to apprehend them; instead use the app's Submit a Tip feature to send anonymous tips to the Sheriff's Office.

Under 'Inmate Information', search for incarcerated inmates, correctional facility visitation schedule and rules, inmate mail and phone information, commissary account deposits, and VINE/ Victim Notification.

Feel free to share the app with family and friends by clicking in the top right corner of the app on the settings icon (Share Our App). For any questions regarding The Sheriff's Office App, please contact Public Information Officer K. Leitch at (443) 624-8404.

*Press Release from CCSO.*

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# Trooper 7's Crew Always Ready To Fly

By Guy Leonard  
Staff Writer

St. Mary's County and Calvert counties are an aviation heavy communities, but one particular aircraft is almost always seen in local skies; the Maryland State Police Aviation Command's Trooper 7 helicopter.

The AugustaWestland AW139 is one of the world's most advanced helicopters and Trooper 7 is one of many owned by the state.

Most commonly seen as a medical evacuation (medevac) helicopter, Trooper 7, with its maximum speed of about 170 miles an hour in flight, can travel from its hangar at St. Mary's County Regional Airport to Prince George's Shock Trauma in just 18 minutes and to its Baltimore counterpart in just 25.

Its crew consists of two pilots and two paramedics when it takes to the air.

"The pilots fly the aircraft," said Lt. Nathan Wheelock, a Calvert County resident and commander of helicopter operations throughout the state as well as a paramedic. "We do everything else."

The rear cabin of the helicopter is packed with medical supplies but still allows for a large open space to treat patients; it is also equipped with an externally mounted hoist designed to haul up patients or rescues.

One of Trooper 7's paramedics, Sgt. Tabitha Long, a St. Mary's County native, has a unique connection to the state police medevac service; she was born prematurely – just 24 weeks old – and she had to be transported for care to another hospital by Trooper 2, which is located at Andrews Air Force Base in Camp Springs.

The next time she took a trip on a medevac, this time on Trooper 7, at that time a Dolphin-model, French made helicopter, was when she was an EMT with the Ridge Volunteer Rescue Squad.

Wheelock brought her on board that day to help assist with a casualty.

"It's why I chose the path I chose," Long said. "I wanted to give back to the organization."

"I will always commend Ridge [volunteer rescue] for giving me my start."

The AW139 airframe was adopted in 2013 to replace the aging Dolphin design; pilots and paramedics say it is a definite



improvement.

"It's easier to move around in this aircraft," Long said. "We can do everything an ambulance can."

One procedure that can be performed on the helicopter involves using both sedatives and paralytics to stabilize a patient so they can be intubated to restore their breathing.

This is procedure, which is not often administered by emergency responders in rural parts of the state, Wheelock said, is critical for treating patients who have sustained extreme trauma, which can cause their body to tense and restrict their breath-



ing to dangerous levels.

The high-stakes, high-pressure nature of their job – saving lives – is something upon which the crew thrives, Wheelock said.

A Massachusetts native, the level of care given my Maryland emergency services and the chance to be a helicopter paramedic drove him here to pursue his career, he said.

"It's exciting; fun," Wheelock said. "But there are sad stories that make it difficult. . . you see things you wish you could unsee."

The variety of missions Trooper 7, and all other state medevac units, take part in go far beyond rushing sick and critically injured people to care, they also provide security for the state's key infrastructure, assist in law enforcement efforts, search and rescue operations and most recently in assessments of damage wrought by Tropical Storm Isaias.

Wheelock said he could see the path of a hurricane from Piney Point to Redgate and the havoc it left in its wake.

"It was a visible path of tree tops cut, barns smashed," Wheelock said. "And then there were houses just about 100 yards away without a scratch."

Whenever they get called out on a mission, which is often, the crew examines sites such as Calvert Cliffs Nuclear Power Plant, Chalk Point, the Thomas Johnson Bridge and even the Woodrow Wilson Bridge for signs of what Wheelock calls "suspicious people."

It's part of their overall homeland security mission, Long said.

"When we're coming back from a call, instead of deadheading back, we check on these places," Long said. "You never know which mission you're going to get called out on."

The advanced technology of the AW139 makes fulfilling the varied missions much easier.

The helicopter is outfitted with sophisticated cameras that can see both near and far as well as infrared optics that can track subjects in both day and night times.

Night vision capabilities now come standard as well as a highly sophisticated computer system that can be used to engage the helicopter in automated search patterns as well as an automatic hover.

"The crew all operate on night vision goggles at night," Wheelock said. "It's a tremendous safety enhancement."

"We've definitely grown with the times," Long added.

Stephen Ryan, a St. Mary's resident who comes from Tipperary, Ireland has been flying helicopters for 19 years.

He went to Australia in his younger years to learn to fly helicopters and eventually made his way to the United States because he wanted to fly the Dolphin-type helicopters that were then in use.

The latest aircraft, though, is a far superior helicopter, Ryan said.

"It's quite a fast aircraft," Ryan said. "And for what we do, it's fairly unique."

"It really takes the load off."

The ship's four-axis autopilot makes it a smooth flying helicopter, he said, and the advanced computer system takes care of adjustments pilots used to have to make themselves.

Ryan, a civilian pilot and state employee, said the level of professionalism required of state police pilots was high but it was the only place for him to fly the helicopters he wanted to.

"It was Maryland State Police or nothing as far I was concerned," Ryan said. "The variety is what makes the job."

Critical to Trooper 7's operations are support maintenance, which Michelle Zeigler, a Pennsylvania native who now lives in Colton's Point, provides.

She's only been a helicopter technician for four years, undergoing new training when she was 45 years old, but she said a friend who was a helicopter mechanic peaked her interest in them.

"He said 'Why don't you work on helicopter,'" Zeigler said, "I laughed at him."

"Then he showed one to me – a MD500 – and I fell in love."

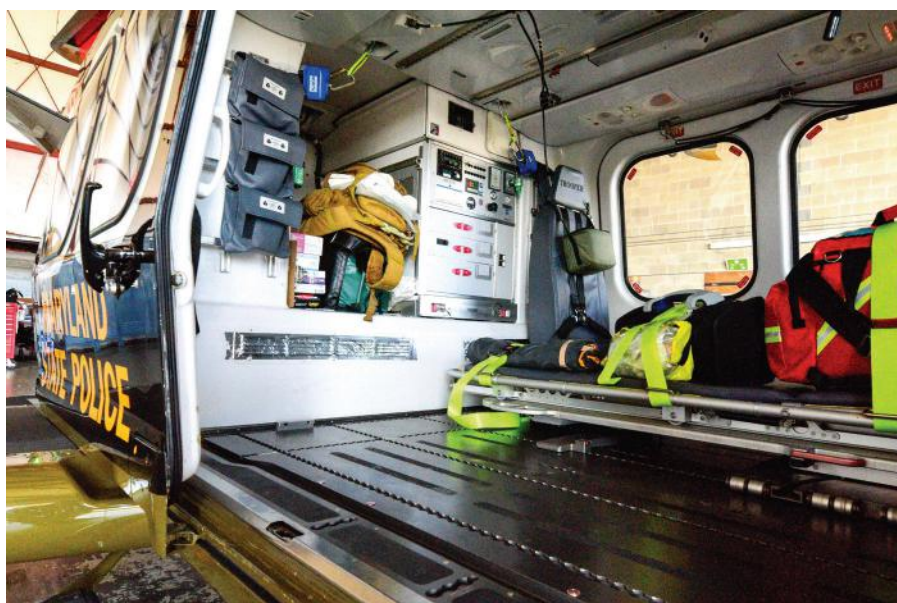
She applied to work for MSP and now says she is dedicated to supporting the mission of saving lives.

"The mission is everything," Zeigler said. "This is my helicopter."

Wheelock said the crew of Trooper 7 has to work to peak capacity everyday or else lives could be lost.

"You have to be dead on," Wheelock said. "We operate in an incredibly unforgiving environment."

*guyleonard@countytimes.net*





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# Innovative Fitness Programs For Seniors

It is important to stay active and eat healthy foods in an effort to promote fitness and well-being. This is especially true for seniors, many of whom lead increasingly sedentary lifestyles as they age.

The American Heart Association says adults should get at least 150 minutes of moderate exercise per week, or 75 minutes of vigorous aerobic activity, and a Harvard University study says that exercise can be an insurance policy for heart health.

Today's seniors have more fitness options at their disposal than ever before. SilverSneakers® is the leading community fitness program for older adults in the United States. SilverSneakers® members can participate in specially curated programs at participating gyms and community centers across the nation. According to the organization, there are more participating fitness locations available than there are Starbucks® coffee establishments. Classes are fit for everyone, no matter their experience level.

Those concerned about gym costs may find that SilverSneakers®

already is included in their Medicare Advantage plan for no additional cost. Plus, there is access to healthy living discounts from participating businesses.

Canada has begun to develop its own senior-centric fitness programs. The Healthy, Safe and Strong group exercise program is an introduction to safe exercises available for adults age 60 and older in the province of Ontario. The program can help develop better stamina, maintain or improve balance and increase strength and endurance. StrongerU Senior Fitness is a relatively new program of pre-choreographed group fitness offering instruction in four program types: cardio, strength training, stretching, and circuit training. The program addresses a need in Canada for quality and consistent senior fitness programming.

As studies show that engaging in physical activity is the most effective way for aging men and women to stay healthy, more adults may be compelled to join fitness groups that cater to the 50-and-over market.





# Calvert Seniors Can Visit 'Virtual Senior Center'

## Program Launched by Office on Aging

By Dick Myers  
Editor

With the senior citizen population being especially vulnerable to the coronavirus, it's been a particularly tough time for them the past several months. Many Calvert County seniors depended on the county's senior centers for companionship, activities, and food. The three senior centers have been closed since the pandemic began.

Getting food to the seniors was the first priority, said Office on Aging Division Chief Susan Justice. "We wanted to make sure that the seniors were receiving meals because people couldn't get out to the stores and we have seniors with limited transportation and family, etc." So, they ordered box meals and worked with the vendor who supplied meals to the senior centers to provide frozen meals five days a week, she said. They were delivered by Office on Aging staff and Meals on Wheels volunteers.

"They've been providing approximately 900 meals a week," said Aging Services Program Manager Ed Sullivan.

While the replacement of the regular meals is important, Sullivan feels what the senior citizens are missing most from not being able to regularly go to the senior centers is the companionship. "I would say the camaradery. The senior centers are like families," he said.

The Office on Aging has been

working to bring the senior centers and the senior citizens stuck at home closer together in this time of social distancing. They created "a virtual senior center" which has just been launched.

The county's Director of Community Resources Jennifer Moreland, who oversees aging services as one of her responsibilities, noted, "If you consider that there are always going to be seniors that are homebound, the interesting development from this pandemic experience is that now we can have programming that's available to them. Our program staff and our senior advisory council really develop the communities within the senior centers and they're very close-knit."

Moreland said, "What I found was interesting is how these seniors have really longed to connect with the staff." She added, "So, we've actually had seniors that have called our transportation office just to say hi and check in on people."

Moreland commented, "I think what I'm most excited about with this digital programming is that it's going to allow them to see those faces of people that are their friends and that have been like family to them. And we have a Zoom account, so we can actually have more engaged virtual programming."

Moreland added, "This has been an exciting development for us, and I think it stretched us as a department,

but in a good way."

Justice explained that "the virtual senior center stated with exercise classes, the same classes that we offer every day at our centers. We now have that online. We also have nutrition education online, the same type of thing we do in our centers."

Sullivan added, "We're recording some entertainment for them. We have some entertainers that have come in and they want to do a session that's going to be online available for seniors. We also normally have a newsletter that we let the seniors grab in-person when they come to the center. So, with COVID in mind, we decided to take our newsletter and mail it out to them on email it, which is also available on our website. So, we're certainly making strides as best we can to keep the seniors engaged during this entire episode."

It is generally assumed that senior citizens aren't as virtually connected and as technologically savvy as other age groups. But, Moreland said, "A lot of them are connected. We've got some that are, but there's the group that aren't connected. And one of things that we're doing at the Office on Aging, we received some of the CARES funding from the federal government and we're going to be purchasing some laptops that we can loan out to the seniors and it'll have a personal hot spot on it." They also have classes planned for the technologically challenged.

Moreland said the social isolation of the COVID-19 pandemic has been of particular concern. She said, "One of the things we know is that social isolation is associated with lower utilization of healthcare for increased risk of mortality and other poor health outcomes like dementia and stroke. So, it's something that it's vital that we focus on the issue of social isolation. And another way we intend to do that, we received some Community Development Block Grant funding recently to put in place a traveling senior nurse program."

Sullivan said his office is working on a number of programs to get seniors and their families engaged. For instance, in conjunction with National Senior Citizens Day, the Northern, Calvert Pines and Southern Pines senior centers will be having a "drive-in day" on Friday, Aug. 21 from 9:30 a.m. to noon. He said, "Seniors will drive through the parking lot, say hello to Office on Aging staff, and receive a 'goody bag' from the Office on Aging."

Sullivan added, "Our seniors really love our staff because our staff is so dedicated and there's a family atmosphere." Future events are planned for Grandparent's Day in September and for Halloween.

That Virtual Senior Center can be accessed at: <https://www.co.cal.md.us/2715/Virtual-Senior-Center>

[dickmyers@countytimes.net](mailto:dickmyers@countytimes.net)

## Healthy Eating Options For Seniors

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

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay

healthy as they get older. Certain foods may be particularly helpful.

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

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

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

- Energy-boosters: Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed

grains.

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

- Digestive system-friendly foods: The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

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

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





# Safety First Before Mixing Drugs



Billions of people across the globe take medications each day. Certain medications can help people with potentially debilitating or even deadly conditions live normal lives, while others can help people overcome relatively minor issues like muscle aches or seasonal allergies.

The American Heart Association notes that mixing drugs can produce unexpected side effects. This can make it dangerous for people already on prescription medications to use over-the-counter drugs for issues like headache or seasonal allergies. Understanding the potential interactions between their prescriptions and common prescription and over-the-counter medications can help people stay safe.

- Antihistamines: Antihistamines are widely used to alleviate symptoms of the common cold or seasonal allergies, such as runny nose, itchy eyes and sneezing. The AHA notes that, when taken along with blood pressure medication, antihistamines can contribute to an accelerated heart rate and cause blood pressure to spike. The AHA also cautions people taking sedatives, tranquilizers or prescriptions to treat high blood pressure or depression to consult their physicians before taking antihistamines.

- Bronchodilators: Bronchodilators relax and open the airways in the lungs and are used to treat various lung conditions, such as asthma and chronic obstructive pulmonary disease, or COPD. These drugs make it easier to breathe and are available via prescriptions. But patients with heart disease, high blood pressure, thyroid disease, and/or diabetes should discuss the potential interactions between bronchodilators and other medications they may

be taking with their physicians.

- Cordarone: According to Drugs.com, Cordarone is used to treat potentially deadly abnormal heartbeats. Cordarone can cause severe problems that affect the lungs, thyroid or liver, and can be dangerous when combined with other drugs. For example, the AHA notes that patients who take more than 20 milligrams of Zocor, a drug used to lower “bad” cholesterol and potentially to lower the risk of stroke, heart attack and other conditions, while also taking Cordarone are at risk of developing rhabdomyolysis. Rhabdomyolysis is a condition marked by the breakdown of muscle tissue that can lead to kidney failure or death. The AHA also says that Cordarone can inhibit or reduce the effects of the blood thinner Coumadin.

- Nicotine replacement products: People taking prescriptions for depression or asthma should consult their physicians before taking any nicotine replacement products. The Federal Drug Administration notes that doctors may want to change dosages of patients’ current medications before recommending they take any nicotine replacement products. The FDA also advises people to speak with their physicians before trying these products if they have diabetes, heart disease, asthma or stomach ulcers; have had a recent heart attack; have high blood pressure but do not take any medication for it; or have a history of irregular heartbeat.

Drug interactions can complicate treatment of various conditions. People currently on medication are urged to speak with their physicians before taking any new medicines, including over-the-counter drugs.

# Elder Care Resources

People want to grow old gracefully and maintain their independence as long as possible. There are many decisions to make as well as information to wade through to ensure needs are met and proper care is received through one’s golden years. Individuals, caregivers and families may find that a few helping hands along the way can be invaluable.

Numerous elder care resources are available for those who don’t know where to look. Start by researching the National Council on Aging ([www.ncoa.org](http://www.ncoa.org)). This is a national leader and trusted association that helps people age 60 and older. The council works with nonprofit organizations, governments and businesses to organize programs and services at the community level. This is a good place to find senior programs that can help with healthy aging – emotionally, physically and financially.

AARP ([www.aarp.org](http://www.aarp.org)) is yet another organization dedicated to helping seniors. The comprehensive AARP website offers a host of information on everything from senior discounts to products to health and other information specific to seniors. The AARP also has an affiliated charity that works to help low-income seniors procure life’s necessities.

At the local level in the United States, the federal government

has mandated Area Agency on Aging ([www.n4a.org](http://www.n4a.org)) facilities in every county/city. These agencies can provide information on service programs available to the seniors in the area, as well as financial resources. These facilities give seniors access to volunteers who can take seniors around by car, and some provide meals-on-wheels services.

The Administration for Community Living ([www.acl.org](http://www.acl.org)) was established to help older adults and people of all ages with disabilities live where they choose. A network of community-based organizations helps millions of people age in place.

ElderCare Canada is an advice and action consulting service that helps seniors with a variety of different services. They can offer resources on setting up home care, finding retirement residences, moving, or navigating the health care system.

Military veterans or those who are/were married to a veteran may be eligible for various benefits through the U.S. Department of Veterans Affairs ([www.va.gov](http://www.va.gov)). The VA offers health care services, disability compensation, burial benefits, and much more.

Seniors have many different resources at their disposal that can help answer questions or provide services when the need arises.





# Protect Yourself From Coronavirus Fraud

Restrictions implemented to prevent the spread of the novel coronavirus COVID-19 have saved untold numbers of lives. The world has adjusted to such restrictions, and many parts of the world have relaxed measures as case numbers have declined.

As communities begin returning to some semblance of normalcy, the Centers for Disease Control and Prevention has warned people against letting their guard down. While many of those warnings pertain to the importance of continuing to practice social distancing as economies reopen, advisories also include notices about fraud schemes related to COVID-19.

The U.S. Department of Health and Human Services Office of the Inspector General has advised the general public about scams involving Medicare fraud. Such schemes are targeting Medicare beneficiaries in an assortment of ways, including through text messages, social media, telemarketing calls, and even door-to-door visits. When perpetrating such frauds, scammers seek beneficiaries' personal information, which they then use to fraudulently bill federal health care programs, potentially leaving their victims on the hook for costly unapproved tests related to COVID-19.

The CDC notes the importance of being aware of such schemes. Awareness can help consumers avoid being victimized by scammers, and the following are some additional measures people can take to protect themselves from

COVID-19-related fraud.

- Do not share personal account information. Scammers need their victims' personal information to perpetrate their fraudulent schemes. The CDC cautions beneficiaries to be suspicious of unsolicited requests for their Medicare or Medicaid numbers.

- Do not take callers or visitors at face value. Unsolicited callers or visitors requesting Medicare or Medicaid information should be met with extreme caution. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. Compromised personal information may be used in other fraud schemes.

- Never click on links in emails or text messages. Do not respond to, or open hyperlinks in, text messages or emails about COVID-19 from unknown individuals.

- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. Offers or ads for testing are one of the ways scammers are accessing personal information. Only a physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

The COVID-19 outbreak has made it easy for criminals to exploit consumers concerned about their health. Consumers who suspect COVID-19 fraud can contact the National Center for Disaster Fraud Hotline at (866) 720-5721 or visit [Justice.gov/DisasterComplaintForm](https://www.justice.gov/DisasterComplaintForm) to file a complaint.



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# Amazing Benefits To Seniors Having Pets

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

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in

the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

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

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

helped them enjoy life, and 86 percent said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

- Reduce pain: A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic pain patients.”

- Feeling of purpose: Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of purpose.

- Altered focus: Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.

- Increased physical activity: Pets require care, and that interaction can get seniors moving more than if they didn't have a pet.

- Improved health: Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog.

- Stick to routine: Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners' lives, and they may be the perfect remedy for seniors looking for a friend and purpose.





# New Medications Help With Parkinson's Treatment



Parkinson's disease is a progressive nervous system disorder that primarily affects movement. In the earliest stages of Parkinson's, an affected person's face also may show little or no expression and speech may become soft and slurred.

According to Parkinson's News Today, Parkinson's is the second most common age-related neurodegenerative disorder after Alzheimer's disease. In fact, Parkinson's affects more people than multiple sclerosis, muscular dystrophy and ALS combined, and an estimated 10 million people worldwide have Parkinson's disease.

The Parkinson's Foundation estimates that nearly one million people in the United States live with Parkinson's disease in 2020. Age is a risk factor for Parkinson's, but an estimated 4 percent of people with the disease are diagnosed before age 50.

Many people are familiar with the symptoms of Parkinson's, like tremors in the limbs. Slowed movement, or bradykinesia, also occurs over time. Rigid muscles, impaired posture and balance, and loss of automatic movements like blinking and swinging arms while walking also can occur, advises the Mayo Clinic.

Like other neurodegenerative conditions, Parkinson's is linked to changes in cells in the brain, which may gradually break down or die. Environmental triggers or genetics may also contribute to Parkinson's. Parkinson's also may be caused by shifting levels of the chemical messenger dopamine in the brain. When neurons

break down, they produce less dopamine, and this causes abnormal brain activity.

Parkinson's has no cure, and treatment of the disease is designed to slow progression and treat certain symptoms.

Parkinson's patients and their families may be excited to learn that the U.S. Food and Drug Administration approved the use of a new medication known as Nourianz (istradefylline). It is recommended for "off" time, when symptoms return between other medication doses. Nourianz belongs to a class of medications known as adenosine A2A antagonists, which work differently from all currently available Parkinson's drugs. This drug blocks the brain chemical adenosine, which boosts the signaling of dopamine, the brain chemical that decreases in Parkinson's patients. The medication can be added to a regimen consisting of levodopa/carbidopa to decrease off times. Four placebo-controlled clinical trials, which included more than 1,000 participants, demonstrated a significant decrease in "off" time when Nourianz was added to levodopa/carbidopa. Levodopa is converted to dopamine in the brain. Carbidopa helps prevent the breakdown of levodopa before it can reach the brain and take effect.

Parkinson's patients can work with their doctors to find a regimen of drugs, therapy and support that may lessen their symptoms and improve their quality of life.

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## A County Times Internship Being Thrown Right In

By Bri Corley  
Contributing Writer

As a journalism student at the University of Maryland, my experience with journalism is to walk into class, sit down, and listen to a professional talk about ethics and grammar and all sorts of case studies for 75 minutes, then walk back to my dorm without a second thought. I'm thankful for my education and the people in the field I get to meet through UMD, however, it certainly isn't what was going to make me a reporter prepared for the real world.

When I got the opportunity to intern for The County Times, I was excited. Not only would I get the chance to be on the same level as other reporters, but it was on my home turf of St. Mary's County. At a time where many of my friends had their internships canceled due to the pandemic, I really was in the best-case scenario.

I didn't know what to really expect when my internship started, but when my first reporting event was at a protest of nearly 1,000 people, I felt like I was thrown right in. Since then, I have covered current events, business, sports, education, and even had a feature story that ended up on the cover for the July 30th issue. I went out of my comfort zone for interviewing, research, editing, and writing about things I never really saw as my forte. While at

this internship, I really got to work on being flexible and being able to cover a wider range of topics, which is a skill that will benefit me in any career field. I also got to work more on deadlines and short notice stories that needed coverage. These are commonplace in journalism so getting the responsibility of it at a young age is an experience I'm grateful for.

A big thanks to all the people across St. Mary's and Calvert County that I bombarded with phone calls and emails and repetitive questions. I know it may have seemed annoying, but I hoped you all read the stories I featured you in and were proud of how they turned out. An extra big thank you to Dick Myers and Guy Leonard. They were my points of contact and higher-ups at the County Times and gave me good guidance and topics to run with that evolved into stories that I'm very proud of. I really could not have done it without you guys. I appreciate getting the opportunity in the first place and having such an educational experience here.

Overall, this summer has been a crazy one for everybody, but my internship at this paper has given me learning experiences that I will carry with me throughout my career. I appreciate being able to work for you all and I cannot thank you enough for this opportunity and experience.

## United Way Day of Caring Scheduled



From last year's Day of Caring.

This year's United Way of Calvert County Day of Caring will be held Wednesday, Sept. 9. The 26th Annual Day of Caring is an excellent opportunity to educate the business community about the vital work that nonprofits do in the community, especially during a pandemic.

What is Day of Caring?

Day of Caring is a special day in Calvert County, Maryland where:

- Thousands of dollars are saved for local nonprofit organizations through facility and grounds improvements.

- Local recipients of services feel the embrace of a community that shows they care with games and fun social activities.

- Volunteers build camaraderie with coworkers and new acquaintances in teams engaged in meaningful "hands on" projects.

**COVID-19 Precautions and Updates:**

United Way of Calvert County and Day of Caring partners will be expected to adhere to the CDC Guidelines and State Regulations that will be in effect as of

Sept. 9 (Requirement of masks, social distancing, limited group gatherings, etc.).

Why should YOU participate?

It is especially important this year to place emphasis on forming projects that help people in our community with the basics they need to lead a good life: Education, Income and Health.

United Way understands the effects COVID-19 are having on our community, right here in Calvert County. Needs do not stop during a pandemic. Our community needs to come together, now more than ever. Our Day of Caring is one way to help our local non-profits during this pandemic.

We are inviting local businesses, local leaders, volunteers, donors, and all members of the community to take part in our annual Day of Caring.

**How to Sign-Up**

Visit the Sign-up Genius and choose from service projects at non-profits all across Calvert County.

All volunteers must fill out a Volunteer Release and Registration Form, to be submitted to your project site coordinator on the day of the event.

*Press Release from United Way of Calvert County*

## Dragon Quest 2020 Cancelled!

It is with great disappointment that Southern Maryland Community Resources (SMCR) announces the cancellation of SMCR Dragon Quest 2020, slated to take place on August 15th. This social-distance-friendly event was intended to replace the annual Solomons Dragon Boat Festival that had to be cancelled earlier due to COVID-19 restrictions on public gatherings. This substitute event was carefully structured around Governor Hogan's state mandates, including the wearing of masks. However, in light of his announcement of recent contact-tracing statistics on July 29, we have made this decision in an effort to be even more diligent in focusing on the health safety of our fellow Southern Marylanders.

SMCR is extremely grateful to our sponsors (Cedar Point Federal Credit Union, Amewas, Glen & Barbara Ives, Patuxent Presbyterian Church, Spalding Consulting, and Quality Transfer & Storage); the many businesses and organizations that volun-

teered to serve as sites for this scavenger hunt event; our participants who had registered; all our volunteers who were ready and willing to step up and lend a hand; and to all our partners and the media outlets who helped promote this event and the SMCR organization. Thank you for believing in SMCR and the mission of this organization. We hope to work together in future endeavors.

Founded in 2013, SMCR is a 501(c)(3) nonprofit organization, that promotes the inclusion of persons with developmental differences into the life of our community. We advocate for individuals with special needs, to recognize the inherent dignity that is theirs because they are members of our one human family. We promote social, recreational, and educational opportunities where individuals with developmental differences can contribute their unique gifts and develop their potential. Visit us at [www.som-dcr.org](http://www.som-dcr.org).

*Press Release from SMCR*

## Pet OF THE WEEK MEET STELLA



Cats don't play with hearts  
Like humans do  
Once a cat has chosen its' human  
Game Over!

Greetings all, my name is Stella. I'm a SMART INQUISITIVE 2 YEAR OLD FEMALE who will just LOVE to hang out with you and see what you are doing. I also hope that you will get the laser pointer out cause I'M SERIOUSLY LASER CAT CRAAAZY! I'll chase all day long! If you are looking for a FUN, ENTERTAINING, LOVING, NEW BUDDY to hang out with, I'm the kitty for you! Get laser focused now and email the wonderful TCAS gang at [animalshelter@charlescountymd.gov](mailto:animalshelter@charlescountymd.gov) to schedule an appointment to meet me. You can BE MY MIRACLE so PLEASE CHOOSE ME! When you choose to adopt from TCAS, you are literally saving a life.

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

To see more of my amazing friends also available for adoption, "like" us on Facebook @ Tri-County Animal Shelter Southern MD or view us on our website at <https://www.charlescountymd.gov/services/animal-care-control/tri-county-animal-shelter>

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# CSM Secures Transfer Agreements

## Students Pursuing Four-Year Degrees

When the fall semester at the College of Southern Maryland (CSM) begins later this month, CSM students who want to further their education will have the benefits of 126 transfer and articulation agreements with 52 partners based in 16 states across the country, as well as in Paris, France. These agreements offer students a seamless transfer experience from CSM to four-year colleges and universities and empower them to broaden their horizons—intellectually and geographically.

“Partnerships such as these provide our Hawks with opportunities to continue receiving a top-quality education according to their needs and ambitions,” said CSM Coordinator of Transfer and Articulation Jacqui Rogers.

Rogers said she has been focused on expanding the college’s collection of transfer agreements since she joined the CSM team a year and a half ago. Also called “articulation agreements,” transfer agreements are formal documents outlining a commitment between two or more academic institutions to guarantee a student transfer.

In May, CSM reported that it had landed its 100th transfer agreement to provide its students priority enrollment or guaranteed admission to 50 different four-year colleges. The new collaborations include new, renewed or expanded agreements with American Public University System; Trinity Washington University; Bowie State University; Notre Dame of Maryland University; Capitol Technology University; University of Maryland, College Park; Colorado State University - Global Campus; University of Arkansas for Medical Sciences; College of Health Professions; Stevenson University; and University of Baltimore.

Here is a snapshot of the new guaranteed transfer options:

### American Public University System

CSM graduates who receive their Associate of Applied Science (AAS) degree in Accounting can continue with their Bachelor of Science (BS) at American Public University System (APUS).

Recipients of CSM’s two-year Associate of Arts (AA) can earn their four-year Bachelor of Arts (BA) in Communication and can choose from a concentration in either Digital Communication and Media Design or in Strategic Communication.

Aspiring restaurateurs, hoteliers, event planners and other hospitality industry professionals can continue their education from their associate degree at CSM to their bachelor’s at APUS, with available hospitality management concentrations in Food Service, Lodging and Event/Meeting Planning.

### Bachelor’s in Nursing

New articulation agreements with American Public University System and Trinity Washington University, located in Washington, DC, allow graduates of CSM’s nursing program to continue their medical education with a Bachelor’s of Science in Nursing (BSN).

### Bowie State University

CSM graduates who earn their Associate of Science (AS) degree in Computer Science have new opportunities to refine their knowledge and skills in the constantly expanding and evolving field of IT. Bowie State University added easy transfer options for CSM students pursuing degrees in computer science or cybersecurity.

### Notre Dame of Maryland University

CSM has expanded an articulation agreement with Notre Dame of Maryland University. Starting this fall, CSM graduates can pursue a bachelor’s in elementary ed-

ucation close to home, at the University System of Maryland here in Southern Maryland.

### Capitol Technology University

CSM’s engineering graduates have new avenues of study open to them at the Capitol Technology University. Earning an associate degree in Engineering at CSM’s now paves the way to earn a bachelor’s in Mechatronic Engineering.

Recipients of CSM’s ASE in Electrical Engineering can likewise diversify with the four-year degree in Mechatronic Engineering or roll smoothly from their associate to bachelor’s in Electrical Engineering.

As an added incentive, students who graduate from CSM with a 3.0 or higher grade-point average (GPA) and transfer into the Mechatronic or Electrical Engineering bachelor’s programs as full-time students may be eligible for \$10,000 in transfer scholarships.

### Colorado State University and University of Maryland, College Park

Rogers said she has also secured articulation agreements with Colorado State University (CSU) - Global Campus and University of Maryland, College Park (UMCP).

UMCP and CSM signed a five-year renewal for the Maryland Transfer Advantage Program (MTAP). Through MTAP, students who complete 30 credits or more at CSM are guaranteed admission to UMCP to pursue their bachelor’s.

CSU Global offers CSM graduates a 10 % discount on tuition, as well as an application-fee waiver. This discount is retroactive for all students who graduated from CSM within the past three years.

### University of Arkansas for Medical Sciences, College of Health Professions

Demand has surged nationwide for healthcare professionals of all

stripes and specialties. Graduates of CSM’s AAS in Medical Laboratory Technology can continue their students at the University of Arkansas for Medical Sciences, College of Health Professions, culminating in a BS in Medical Laboratory Sciences.

### University of Baltimore

CSM also closed a deal with University of Baltimore that provides recipients of four different CSM associate degrees with routes to two bachelor’s programs boasting 16 concentrations.

CSM grads who earned their degrees in Digital Media Production and General Studies: Media Studies have their pick from among four concentrations—Media Design and Production; Digital Theory and Culture; Public Relations and Social Media; and Media Writing—if they want to pursue their bachelor’s at the University of Baltimore in Digital Communication.

Also, Baltimore’s BS in Business Administration offers CSM accounting, hospitality and business grads their pick of 12 concentrations:

- Accounting
- Data Analytics
- Early Entry Law/Pre-Law
- Entrepreneurship
- Finance
- General Business
- Human Resource Management
- International Business
- Management
- Marketing
- Real Estate and Economic Development
- Risk Management

CSM hosts transfer institutions virtually each Thursday from 11 a.m. – 2 p.m. Representatives from two different institutions will be available to chat with students and help navigate their future transfer experience. RSVPs are required to access Zoom information. <https://www.csmd.edu/student-services/advising/transfer-services/outgoing-transfer-students/transfer-out-of-csm/transfer-thursdays>

To learn more about all of the transfer agreements and opportunities available for CSM students, visit [www.csmd.edu](http://www.csmd.edu) to conduct an online search by institution or by area of study. For questions about CSM’s Transfer Services, please visit <https://www.csmd.edu/student-services/advising/transfer-services/or> contact Jacqui Rogers, Coordinator of Transfer and Articulation, at [jrogers@csmd.edu](mailto:jrogers@csmd.edu).





# Community Calendar

To submit your event listing to go in our Community Calendar, please email [timescalendar@county-times.net](mailto:timescalendar@county-times.net) with the listing details by 12 p.m. on the Monday prior to our Thursday publication.

## Thursday, August 13

### Sea Squirts

Calvert Marine Museum; various times

This program is designed to invite adults and children 18 months to 3 years to discover the museum together through music, stories, and special activities. Join us for story time and a take away craft, available while supplies last. Sessions are 15-20 minutes. Capacity limited to 10 people per session. This month's theme is Ocean: Sharks and Friends. This program is now offered at various times throughout the day, to accommodate guests during all sessions. For specific times, please visit [calvertmarine-museum.com](http://calvertmarine-museum.com).

## Saturday, August 15

### Dee of St. Mary's Public Sail

Calvert Marine Museum; 2:30 p.m. - 4:30 p.m.

Sail on the Dee of St. Mary's, leaving from the museum dock. Fee is \$25 for ages 13 and up, \$15 for children 5 - 12. No children under 5 please. Seating is limited, as all cruises will be operating at a limited capacity to allow for social distancing. Preregistration is required by noon on the Friday before each cruise by visiting [bit.ly/DeeOfStMarysCruises](http://bit.ly/DeeOfStMarysCruises).

## Thursday, August 20

### Calvert Toastmasters Zoom Meeting

11:30 a.m. - 12:30 p.m.

Our club provides a supportive and positive learning experience for members to develop public speaking and leadership skills. Please email [cua942nd@gmail.com](mailto:cua942nd@gmail.com) for the password if you need it.

## Ongoing

### CalvART Gallery

CalvART welcomes you to come in and enjoy a semi-intimate viewing at the gallery or to visit our new online venue. Come experience the variety of art represented by Linda Craven, Freeman Dodsworth, Nico Gozal, Davy Strong, and Marcia Van Gemert. [calvart-gallery.square.site](http://calvart-gallery.square.site)

### ArtsWorks@7th

Artsworks@7th is OPEN with new hours and policies to stop the COVID-19 spread. August in-store hours, masks required, are Saturdays and Sundays, 11am-5pm; private appointments available by calling 410-286-5278 or shop 24/7 on social media @ FB and Instagram (<https://www.facebook.com/Artworkat7th/> and <https://www.instagram.com/p/CA47uj9Bomp/>). Please respect appropriate safe distancing and limited numbers in the gallery at this time. Artworks is located at 8905 Chesapeake Avenue, North Beach.

## Thursday, August 13

### Quarantine-o-ween.

4:00pm-5:00pm.

Join us to learn a bit about costume making and then use your skills to create a costume on the spot for a Quarantine-O-Ween! Ideas for supplies to have handy (you do not need ALL of these, just gather whatever suits your fancy!): Old clothes, decorative paper, fabric scraps, floral wiring, hot glue, glue, scissors, string/yarn/ribbon, buttons, needles; thread, foam padding, fake fur and feathers..and more! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

## Saturday, August 15

### Dungeons & Dragons - TEENS (ROLL20/ZOOM).

2:00pm-5:00pm.

Meet up the 3rd Saturday of each month and have fun with D&D. Players of all levels and interest welcome. Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

## Sunday, August 16

### Calvert Library's Book Bites Teen.

2:00pm-3:00pm.

Listen to the first chapters of popular, new and recommended books for teens. New chapters are posted every week. Search "Calvert Library's Book Bites Teen" on Apple Podcasts, Spotify, or wherever you listen to podcasts. Calvert Librarians read the first chapters of popular, new and recommended young adult books that are available in our digital collection. New episodes post every Sunday at 2 pm and Wednesday at noon. Find us on Spotify, Apple Podcasts, Google Play, Simplecast and more! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

### Calvert Library's Book Bites.

2:00pm-3:00pm.

Listen to the first chapters of popular, new and recommended books. New chapters are posted every week. Search "Calvert Library's Book Bites" on Apple Podcasts, Spotify, or wherever you listen to podcasts. Calvert Librarians read the first chapters of popular, new and recommended middle grade books that are available in our digital collection. New episodes post every Sunday at 2 pm and Wednesday at noon. Find us on Spotify, Apple Podcasts, Google Play, Simplecast and more! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

## Monday, August 17

### It's Elementary!

9:00am-9:15am.

Science, technology, engineering, art, math? What will we talk about this week? Kindergarten through fifth graders are invited to join Calvert Library each week for It's Elementary! Enjoy a story followed by a fun at-home STEAM based activity using common household items! Check out Calvert Library's It's Elementary! on Facebook, Youtube, Instagram, and Twitter and don't forget to invite your friends! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

## Tuesday, August 18

### Story-Performer Chris Fascione: Summer Fun.

10:00am-10:45am.

Nationally known story-performer Chris Fascione acts out the best of classical and contemporary children's literature and folktales in



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

fun-filled, participatory shows. All ages. Live event will air on Crowdcast and replay for the following 48 hours at <https://www.crowdcast.io/e/summer-fun-fascione>. Join us on Crowdcast at <https://www.crowdcast.io/e/summer-fun-fascione>. Chris Fascione's unique combination of storytelling, mime, juggling and comedy creates colorful characters from literature who tell their stories as laughter abounds. Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

### Online Book Discussion (ZOOM).

7:00pm-8:00pm.

Join us this month on Zoom for an online discussion of "Washington Black" by Esi Edugyan. Please register so we can email you the link to join the discussion. The link will come an hour before the event. Put it on hold and once it comes in make an appointment to pick it up Curbside or get the ebook from Overdrive. Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

## Wednesday, August 19

### Calvert Library's Book Bites Teen.

12:00pm-1:00pm. Listen to the first chapters of popular, new and recommended books for teens. New chapters are posted every week. Search "Calvert Library's Book Bites Teen" on Apple Podcasts, Spotify, or wherever you listen to podcasts. Calvert Librarians read the first chapters of popular, new and recommended young adult books that are available in our digital collection. New episodes post every Sunday at 2 pm and Wednesday at noon. Find us on Spotify, Apple Podcasts, Google Play, Simplecast and more! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

### Calvert Library's Book Bites.

12:00pm-1:00pm.

Listen to the first chapters of popular, new and recommended books. New chapters are posted every week. Search "Calvert Library's Book Bites" on Apple Podcasts, Spotify, or wherever you listen to podcasts. Calvert Librarians read the first chapters of popular, new and recommended middle grade books that are available in our digital collection. New episodes post every Sunday at 2 pm and Wednesday at noon. Find us on Spotify, Apple Podcasts, Google Play, Simplecast and more! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

### Book Discussion.

2:00pm-3:30pm.

An American Marriage by Tayari Jones. Join us for a lively book discussion on zoom! An American Marriage is available as an ebook and audiobook on both Libby by Overdrive and Hoopla. Register to receive the link to join! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

### Book Discussion.

2:00pm-3:30pm.

Bellewether by Susanna Kearsley. Join us for a lively discussion! Bellewether is available as an ebook on Libby by Overdrive and Hoopla. Register to receive a link to the discussion! Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

### Teen / Tween Cooking Class.

5:15pm-6:00pm.

The fine chefs at No Thyme to Cook, a wonderful cooking school in Solomons, will share some cooking tips and a fun new recipe. This event will be posted on Calvert Library's social media feeds. Calvert Library Virtual Branch, 410-535-0291. <https://CalvertLibrary.info>.

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# In Remembrance

The Calvert County Times runs complimentary obituaries as submitted by funeral homes and readers. We run them in the order we receive them. Any submissions that come to [jenicoster@countytimes.net](mailto:jenicoster@countytimes.net) after noon on Mondays may run in the following week's edition.

## Hunter Kristian Sondberg



Hunter Kristian Sondberg, 34, of Sunderland passed away August 8, 2020. He was born June 24, 1986 in Middleburg Heights, OH to Jan Lyn and Michael Chris Sondberg. Hunter grew up in Calvert County and graduated from Northern High School in 2004. He married Kelli Seger on August 14, 2010. Hunter was employed as a 3-3 Utility Technician with WSSC and was extremely proud of his job. Hunter was a hardworking, dedicated employee who worked more overtime in 2019 than anyone else in the company. He was a loyal friend and has had the same group of close friends for most of his life and loved spending time with them. Hunter was also a Christmas enthusiast and won the Brightest Beacon on the Bay 3 years in row. In his spare time, he enjoyed fishing, crabbing, boating, dancing, and family vacations to the beach. Family was everything to Hunter, nothing made him happier than being a father to his three children. He loved them more than anything and was proud to be their Dad. He was a very loyal and loving brother and brother-in-law and was well loved by his cousins, nieces, and nephews. He was a great father and husband, and will be remembered as a hardworking, go-getter who never complained and always took care of his family first.

Hunter is survived by his loving wife of 10 years Kelli Marie Sondberg, children Zoë Marie, Kristian Brady, and Jaxon Robert Sondberg, parents Michael and Jan Sondberg, sister Jennifer Alyse Sondberg and brother Tyler Michael Sondberg and his fiancé Jill Parsi. He is also survived by his grandparents Chris O'Leary Sondberg, Rosalie King, and Jonell Urbaniak, mother and father-in-law Sharon

and Ronald Seger, sisters-in-law Erin McDermott, Brittani Seger, and Kaitlyn Seger, and nieces and nephews Taylor York, Cyara McDermott, Baylee McDermott, Talon McColgan, and Rae Arnold. He was preceded in death by his grandmother Billie Sondberg and grandfather Cecil Urbaniak.

Visitation will be Friday, August 14, 2020, 10 a.m. to noon at Jesus the Good Shepherd Catholic Church, 1601 W Mt Harmony Road, Owings, MD 20736; Link: <https://www.ccjgs.org/>. Mass of Christian Burial will follow at noon at the church. Burial will be in the church cemetery.

Funeral arrangements are by Rausch Funeral Home.

## Charles Douglas Saylor



Charles Douglas Saylor died suddenly on Tuesday evening, August 4th. Charles was born February 25, 1972 to Douglas and Carole Saylor. He lived in Southern Maryland for most of his life. He went to Northern High School in Calvert County, graduating in 1990. After a brief stint in the Navy, he went on to work in the construction field, everything from welding to pile driving. He was a member of The Wharf and Dock Builders, Pile Drivers, Divers, and Heavy Highway and Industrial Carpenters Union, Local 441. He was popular with his co-workers, and loved by his bosses.

He is survived by what he called the two best things in his life, his son, Hunter M. Saylor, and his daughter, Holly M. Saylor. He is also survived by his parents, Douglas and Carole Saylor, his sister, Heather L. Allam (Scott), his brother Michael J. Saylor, three nephews, Kyle, Lucas, and Aidan Allam, and one niece, Saylor Allam.

Funeral arrangements were by Rausch Funeral Home.

## Thomas Irving Walsh, Jr.



Thomas Irving Walsh, Jr., 76, of Huntingtown passed away August 2, 2020. He was born November 14, 1943 in Washington, D.C., to Ger-

aldine Bolinger and Thomas Irving Walsh, Sr. Tom was raised in Cottage City, MD and graduated from Bladensburg High School. He joined the United States Navy and after a short time transferred to the United States Army, where he was honorably discharged from after four years of service. Tom married Sarah Jane on June 23, 1967 and they lived in Hyattsville. After many years apart Tom and Sarah remarried on August 3, 2003 and they have called Huntingtown home since 2001. Tom was employed as a security technician with Tyco for many years. Following his retirement, he worked part time installing Life Alerts for senior citizens. Tom was a long-time member of Mt. Calvary Anglican Church in Lothian, where he served as a clerk. Tom was an avid worshipper. In his spare time, he enjoyed motorcycles, exercising, spending time with his family, and his daily devotions.

Tom is survived by his loving wife Sarah Jane Lowry-Walsh of Huntingtown, daughter Casandra "Sandi" Walsh Belanger and husband Robert of Huntingtown, grandchild Harlan D. Belanger and great-granddaughter Savannah Lynn St. Clair. He is also survived by his sisters Lucille Gray, Donna Coplan, Marjorie Walsh, and Patty Walsh and numerous nieces and nephews. He was preceded in death by his grandson Justin R. Belanger and siblings Joan Ferguson, Gerry Ashby, and Mickey Schmitt.

Memorial contributions may be made to Mt. Calvary Anglican Church, 812 Mt. Zion-Marlboro Road, Lothian, MD 20711 or St. Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105; Link: <https://www.stjude.org/>

Funeral arrangements were by Rausch Funeral Home.

## Willie Matthew Coates, III



Willie Matthew Coates, III, 21 of Lexington Park, MD suddenly passed away on August 2, 2020. He was born on November 20, 1998 in Prince Frederick, MD to the

late Lashonda Harrod Coates and Willie M. Coates, Jr. Willie was very mature for his age and a hard working man with a good work ethic. He was employed by Granados Automotive in Lusby and loved his job.

Willie had a contagious laugh and a heart of gold, and a very warped sense of humor, which he attributes to his father. He loved his family and playing with his younger relatives...

He didn't want any children, but loved playing with other peoples kids. His car was his baby and he was very proud of it. He will be remembered for always saying, "That's not my problem".

Willie is survived by his father, Willie M. Coates, Jr. and his wife Jill, sisters Mea Coates and Michelle Caputo and brothers Dallas Harvey, Jr. and Devon Lee. Grandson of Alice Harrod, nephew of Carrie Jones and her husband Raymond, and Lateashia Harrod, he is also survived by his cousins : Vincent Jones, Briana Jones, Daniel Jones, Riva Kirk and Marshay Gorman.

Funeral arrangements by Rausch Funeral Home.

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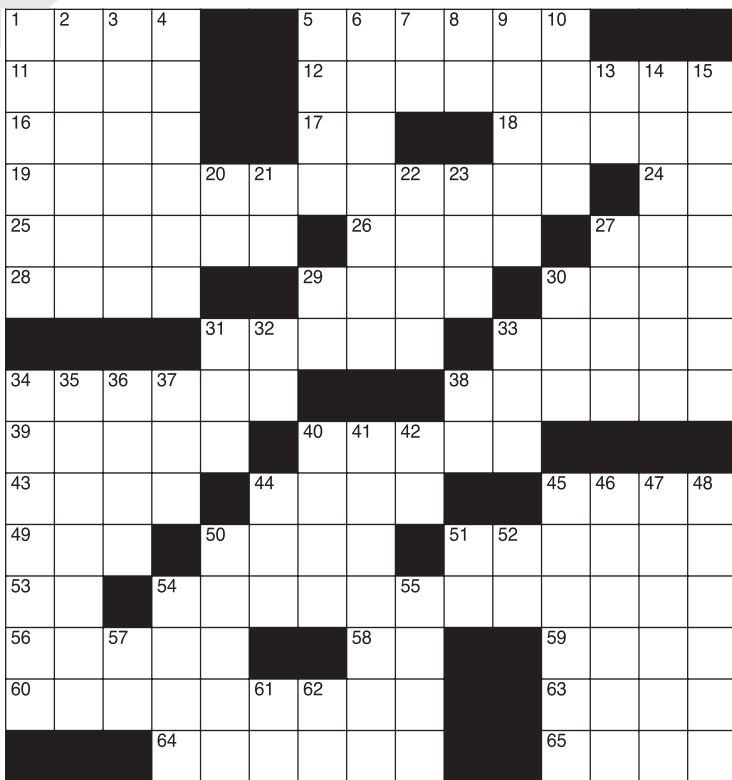
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# GAMES & PUZZLES



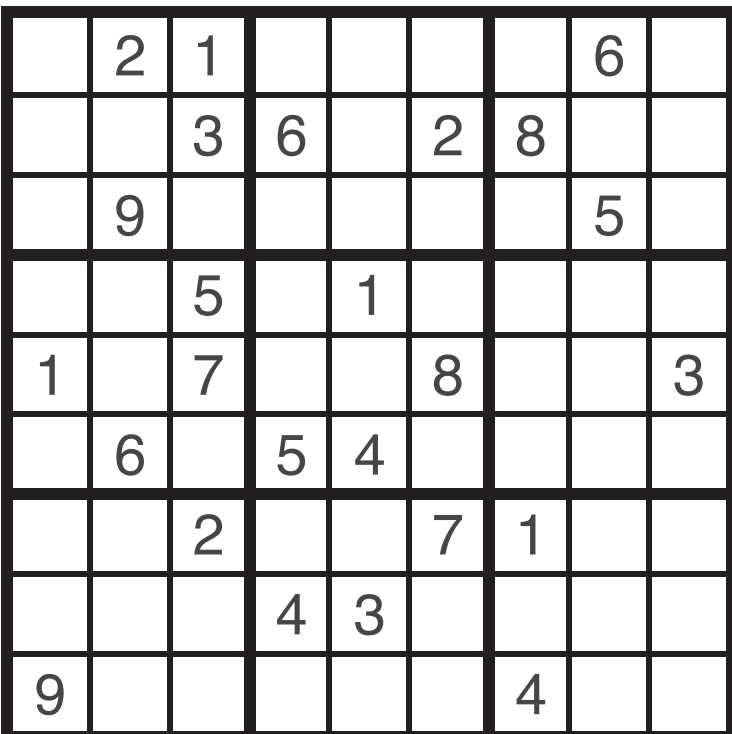
**CLUES ACROSS**

1. Corrode
5. Jean Paul \_\_\_, author
11. Hebrew unit of dry measure
12. A type of scientist
16. Greek goddess of discord
17. For Red Sox MVP
18. It checks your speed
19. Made dirty
24. The First State
25. Lodgings
26. Spiritual leader
27. Bradley Int'l Airport code
28. Native American people
29. Sharp pain
30. Touch
31. Slowly disappears
33. Indigenous Russian people
34. Narrative poem
38. Some are bad
39. Small quill feathers
40. Tattles
43. Popular Easter entree
44. Beneficiary
45. Clothed
49. Payroll firm
50. Lower Normandy's largest city
51. Binary compound of halogen
53. The Fighting Irish
54. Skilled, paid worker
56. Eyelashes
58. The 12th letter of the Greek alphabet
59. Large, stocky lizard
60. Made poisonous
63. Former US Secretary of State
64. Sticky substances
65. A type of gin

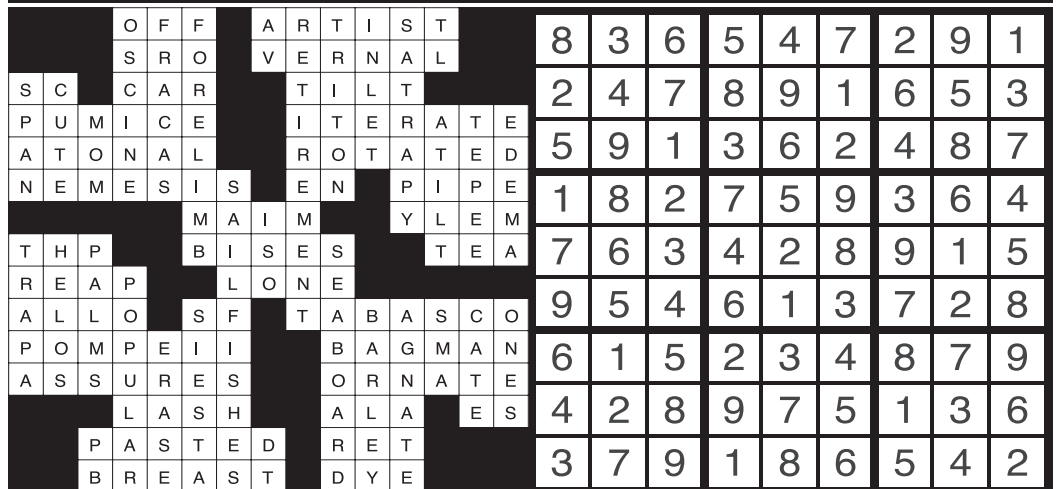
5. Partial
6. Poisonous plant
7. Road open
8. Atomic #81
9. Accomplished American composer
10. Oh, God!
13. Potato state
14. Most melancholic
15. Supportive framework
20. Hollywood's Pacino
21. A title for women
22. Popular Grammys alternative
23. Check
27. Bolivian river
29. South Dakota
30. Wonderful
31. Supervises flying
32. Commercial
33. More (Spanish)
34. Even distribution of weight
35. "Arabian Nights" hero
36. Compact mass of a substance
37. Bachelor of Laws
38. Halfback
40. Some of it is ground
41. They play in the trenches
42. Atomic #18
44. Chinese Prefecture
45. Fabrics
46. Being in a direct line of descent from an ancestor
47. In slow tempo
48. Flood
50. Long-necked bird
51. Secondary school
52. Artificial intelligence
54. Structure by the water
55. Lather
57. What happens there stays there
61. A bone
62. The Great Lakes State

**CLUES DOWN**

1. To return an echo
2. Displace
3. Japanese religion
4. Predilections



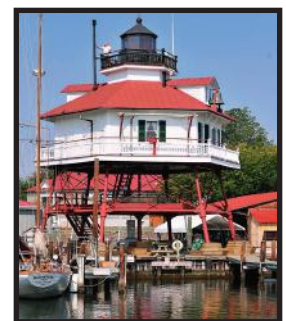
## LAST WEEK'S PUZZLE SOLUTIONS



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