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# St. Mary's County Times

THURSDAY, AUGUST 22, 2024

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**Study Supports  
Bay Ferry System**

**Commissioners Postpone  
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**New Townhomes  
Approved for Great Mills**

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COMMISSIONER MIKE ALDERSON THE RAC PROJECT DELAYS



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Commissioners mull RAC plans



LOCAL 5  
Esperanza Middle opening delayed



ON THE COVER  
St. Mary's adds more water front to park system

WEEKLY FORECAST

<div>THU, AUG 22</div> <div></div> <div>Mostly Sunny Hi: 77° Lo: 56°</div>	<div>FRI, AUG 23</div> <div></div> <div>Mostly Sunny Hi: 81° Lo: 59°</div>	<div>SAT, AUG 24</div> <div></div> <div>Partly Cloudy Hi: 82° Lo: 62°</div>	<div>SUN, AUG 25</div> <div></div> <div>Sunny Hi: 85° Lo: 66°</div>
<div>MON, AUG 26</div> <div></div> <div>Mostly Sunny Hi: 87° Lo: 68°</div>	<div>TUE, AUG 27</div> <div></div> <div>Partly Cloudy Hi: 86° Lo: 68°</div>	<div>WED, AUG 28</div> <div></div> <div>Partly Cloudy Hi: 86° Lo: 68°</div>	<div>THU, AUG 29</div> <div></div> <div>Partly Cloudy Hi: 88° Lo: 69°</div>

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# Commissioners Hold Off On RAC Decision

By Guy Leonard  
Staff Writer

Faced with rising costs for building a new regional agricultural center (RAC) in North County to process locally raised meats and using a vacant, — though aging — grocery store in Charlotte Hall for much the same purpose, the Commissioners of St. Mary's decided not to decide between the two this week, at least for now.

The RAC project has been a years-long saga with the idea of creating a place where regional farm products and goods could be sold to promote the growth of agriculture in St. Mary's and the rest of Southern Maryland.

But the project has suffered many delays and only in recent weeks have county agencies involved signed off on the design of the new facility; in the meantime, a project that was projected to cost just over \$5 million could now cost over \$8 million per the estimate of public works chief Jim Gotsch at the Aug. 20 commissioners business meeting.

Representatives from the Southern Maryland Agricultural Development Commission (SMADC), an arm of the Tri-County Council, have proffered the idea of using the old Shoppers Food Warehouse/McKay's grocery store on Mohawk Drive that could be expanded to provide processing and sales points for poultry, seafood and produce locally, even in large quantities to buyers such as school systems who want to invest in locally sourced and prepared foods.

But some commissioners also balked at the second proposal — known as RAC 2.0 — because it could put the county in the position of having to lease the property or buy it outright and also replace aging utility components of the store space.

"We need to find new things and new ways to sell our products," said Craig Sewell of SMADC to commissioners in defense of the RAC 2.0. "The answer to that is aggregation."

"The biggest increase in food sales these days is in local foods."

Southern Maryland lacks that key processing ability for food, Sewell said, which is why the RAC project at the grocery store site is so important.

"My issue with this building is the septic system fails," said Commissioner Mike Hewitt. "I wouldn't buy a house with a failed septic system, why would I want to buy a building I want to run a business out of with a failed septic system?"

Hewitt also said leasing the building was not a good option, leaving the county to pay for it if it decided on that route and also the building was too large.

"We don't need 48,000 square feet," Hewitt said, noting that bringing in multiple functions to the site could lead to failure.

"Grocery stores can't make it there," Hewitt continued. "If professionals are selling those types of things you're thinking about and can't make it, what makes us people who can?"

"I look at this as a food factory," Sewell

said. "It's not a grocery store."

Sewell argued the facility could help lower costs for agricultural producers by having a hub for processing in the region centrally located.

Currently meat has to be processed in places like Virginia at a higher cost.

"This is a mid-supply chain help," Sewell said. "Not retail."

Commissioner Eric Colvin also had some trepidation about the second RAC option.

"I like creative solutions, I really do," Colvin said. "What it comes down to are the budgetary implications — we don't have room for \$2 million more in our CIP [capital improvement plan] right now — and the risk to the county."

Getting financial support from other SMADC counties was one way the risk to St. Mary's could be alleviated, Colvin said.

Sewell said the requirements of the state law are that SMADC could only support the project if it was operated in St. Mary's and owned by the county.

After much debate and discussion on details, Shelby Watson-Hampton, director of SMADC, suggested a task force be formed between the stakeholders involved on the project, especially if changes in law were needed regarding who would or could own or lease the facility.

"Collectively, we could solve this problem creatively in a way that benefits all," Watson-Hampton said. "We all want this facility to be opened in the best manner it can be as quickly as it can be."



SMADC Director Shelby Watson-Hampton

Commissioner Mike Alderson said the time to move on the project was now.

"It's time to start fishing," Alderson said. "We've been cutting bait way too long."

Commissioner President James "Randy" Guy said the commissioners would wait to make any decisions to see what support other counties could offer.

"We need some buy-in on this," Guy said. "Not just St. Mary's."

guyleonard@countytimes.net

## Opening of Esperanza Middle School Delayed

By Guy Leonard  
Staff Writer

Students of Esperanza Middle School won't be attending classes in person the first week of school after mold found in part of the building led school system leadership to keep it closed until air quality worries can be eliminated, it was announced by Superintendent J. Scott Smith's office just one day before school was to start Aug. 21.

"Due to the scope of the remediation area, the opening of [Esperanza] for students will be delayed," a release from county public schools stated.

School staff will be working remotely through Aug. 23, the release stated, and students were scheduled to take virtual instruction Aug. 22 through Aug. 23.

"Our priority remains the well-being of all [Esperanza] staff, students, and families," the release stated. "Understanding and patience is appreciated as we work diligently to resolve this issue as quickly as possible."

The release did not state how long it would take to remediate the mold problem in the school or how extensive contamination was.

There was no school scheduled for Esperanza students on the first day of school Wednesday.

In a letter to parents sent from the school's principal Jennifer Consalvo, it was revealed



that the mold was found just this week.

"On... Aug. 19, staff observed mold spores in the ceiling plenum and on the ceiling tiles in several classrooms," Consalvo wrote. "Elevated levels of mold were identified, requiring immediate attention."

"This mold mitigation process will begin Thursday and will conclude once air quality sampling indicates it is safe for staff and students to return to the building."

The situation at the school left parents wondering how the mold went unnoticed until just before the opening of classes.

"It's OK because they told us but [I'm] upset because they had all summer to look through the school," said parent Brittany Nicole Dove.

guyleonard@countytimes.net

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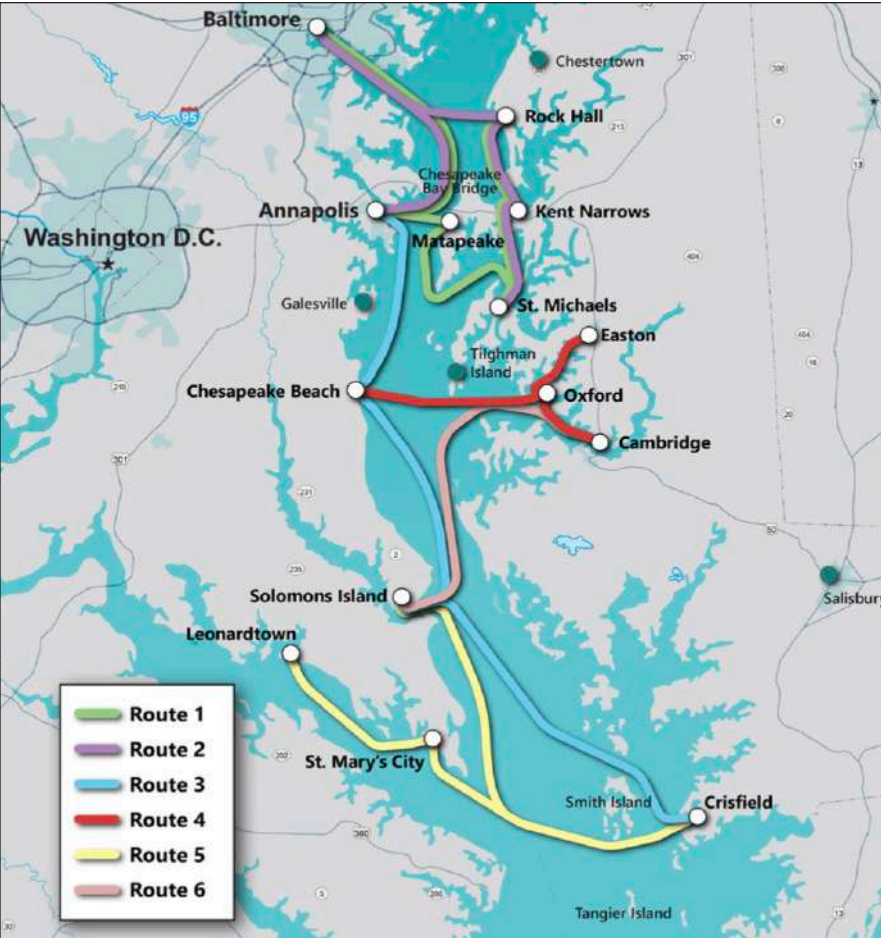
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# Study Boosts Idea of Chesapeake Bay Ferry



A map of ferry routes proposed by the study

By Guy Leonard  
Staff Writer

A Chesapeake Bay ferry system supported by a five-county consortium would bring greater transportation options to the region and would especially increase tourism opportunities, but it would initially operate at a \$2.5 million loss, the recently released study revealed.

The ferry system would ostensibly provide greater economic growth opportunities for 21 coastal communities, including in St. Mary's and Calvert counties, with routes going back and forth between the Eastern and Western shores.

"St. Mary's County looks forward to participating in the next phase of the Chesapeake Bay Passenger Ferry project. It is a priority of our Tourism and Hospitality Master Plan and the County Comprehensive Plan to expand water access along our nearly 500 miles of shoreline. This thoughtful and collaborative approach to attract visitors is a recipe for success for St. Mary's County and the entire State of Maryland," said Chris Kaselemis, director of the St. Mary's Department of Economic Development.

The proposed system would start with 14 so-called baseline communities, ranging

from Baltimore on the Western Shore south to St. Mary's City and from Rock Hall on the Eastern Shore south to Crisfield there would be six routes in all to connect the towns and cities, according to the plan.

The route in St. Mary's to the Eastern Shore would encompass Leonardtown and St. Mary's City to Solomons Island and Crisfield.

The Calvert County route would operate from Chesapeake Beach and disembark passengers in Oxford, Easton and Cambridge and from Solomons Island also to Oxford.

As the network of ferry routes grows, according to the proposal, some new routes could be established in Virginia and Delaware in the future.

The type of vessel to be used would have a passenger capacity between 49 to 149, with a length between 50 to 65 feet.

The range of the vessel would be between 25 to 30 knots with a minimum range of 230 nautical miles, the proposal states.

Though the ferry system would initially operate at a loss, the proposal stated, it could generate up to \$14.5 million in regional economic growth including an additional 143 jobs supported by its operations.

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

# County Celebrates Upgrades to New Waterfront Park



By Guy Leonard  
Staff Writer

Snow Hill Park in Mechanicsville has a new playground and pavilion to entertain county families and visitors along with the Patuxent River vista that now allows more public access to the water.

Elected officials, county recreation and parks staff, joined families and children already making good use of the new playground Aug. 20 to officially commemorate the upgrades to the park, which has been open for years but undergoing improvements during that time.

"When I came here [to the directorship] in 2017, this was the place that decided me to stay longer than I thought," said county Recreation and Parks Department chief Arthur Shepherd, who said he would be retiring at the end of the month. "To be able to add this amenity we are proud and grateful."

St. Mary's County has the most waterfront of any county in the state but much of it remains in private hands; the county government has purposed for years to increase recreational access to waterfront to the public

and it was eager to purchase the Snow Hill property approximately seven years ago.

This is the 19<sup>th</sup> playground the county has constructed in its parks inventory, Shepherd said, and in the past few years the county has upgraded or improved 11 of them.

Children played and screamed in the playground as Shepherd made his speech at what would be his last ribbon cutting as a county official.

"Parents, we've got to give our children places for informal play," Shepherd said, noting the importance of playgrounds in parks. "And this pavilion will be hard to get reservations for ... for functions, outings and family events."

The county will add a hammock grove for even more relaxation opportunities in the fall, Shepherd said, and a canoe and kayak launch should go out for permitting in the spring of 2025.

"There's a lot to be done yet," Shepherd said. "I couldn't be prouder of Snow Hill Park."

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## Plan for New Townhomes Approved

By Guy Leonard  
Staff Writer

The county planning commission unanimously approved a concept site plan this week for the construction of 60 new townhomes in Great Mills.

The fifth section of Bay Ridge Estates would be built on Bay Ridge Road on about 6.6 acres of land in the residential high-density zone of the development district.

The county's comprehensive zoning ordinance (CZO) requires that such projects retain 50 percent of their acreage for open space and 15 percent for landscaping on the site.

There must also be at least 200 square feet of useable open space per unit, county planning documents stated.

County planning staff reported to the planning commission at their Aug. 19 meeting in Leonardtown that the concept site plan for the development met those conditions as well as requirements for buffer yards and

off-street parking on individual lots.

William Mehaffey, engineer for the project, said it had already been approved in 2019. "The owner has asked to have the plan reapproved because the approval cannot be extended anymore," Mehaffey said.

The approval for the project was set to expire this month, planning documents showed.

The traffic impact of the proposed project would be relatively low, with the number of vehicle trips at the evening peak hour listed at 33, Mehaffey said, and the project should generate fewer than 30 new children for local schools to seat.

"According to the staff report there are adequate school seats to approve this project," Mehaffey said.

The plan from 2019 may differ slightly from the current one, Mehaffey said, but not in terms of any required road improvements or the number of housing units to be built.

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

## Massive Cannabis Theft Nets Eight-Year Prison Sentence

State's Attorney Jaymi Sterling announced today that Eric Dickerson, 51, of Abell, Maryland, was sentenced to eight years in prison for stealing nearly \$100,000 of cannabis from his place of employment.

The felony theft occurred in August 2023 from a business licensed with the Maryland Cannabis Administration. Dickerson was employed as a member of the custodial staff for approximately seven months at the company's growing and processing location in Abell, Maryland. During this period, Dickerson had unfettered access throughout the entire facility.

"The Defendant leveraged his position of trust and with a nefarious purpose, removed large amounts of cannabis, concealed it into trash bags, and ultimately stole the large haul. What elevates the ugliness factor of this crime is the stolen items are controlled dangerous substances," said State's Attorney Sterling. "This cannabis could have contributed to broader illegal drug distribution and criminal activity. We must hold all individuals accountable at every level for the safety of our community."

Dickerson was found guilty of felony theft and although the Maryland Sentencing Guidelines called for a sentence between six months and five years, the State requested the Court sentence the Defendant to 10 years in prison.

The Honorable Michael J. Stamm sentenced the Defendant to serve eight years in



Eric Dickerson

the Maryland Division of Corrections, significantly above the six months to five years guideline range, and additionally ordered the Defendant to pay \$99,480 of restitution, which was executed as a civil judgment.

Senior Assistant State's Attorney Lisa Ridge, Chief of Narcotics, prosecuted the case on behalf of the citizens of St. Mary's County.

Deputy Christopher Truss of the St. Mary's County Sheriff's Office was the lead investigator with the assistance of the Criminal Investigations Division, Vice/Narcotics Unit.

## Dealer Sentenced to 16 Years for Distributing Fentanyl

State's Attorney Jaymi Sterling announced today that Darrick Monte Evans, 45, of Washington, D.C., was sentenced to 16 years in prison for the distribution of fentanyl that caused a fatal overdose.

In March 2022, Evans distributed fentanyl, which was sold and stamped as oxycodone, to an individual who overdosed and died. The Medical Examiner's Office determined the cause of death as fentanyl intoxication. By examining the victim's phone records, investigators discovered text messages, phone calls, and a transfer of funds that revealed Evans to be the individual who distributed fentanyl to the victim.

"There must be severe consequences for anyone engaged in the distribution of this deadly drug. Fentanyl, especially fentanyl deceptively marked as a prescription pill, is inherently dangerous. In this tragic case, the Defendant's criminal actions led to the loss of a life," said State's Attorney Jaymi Sterling. "Our office will continue to vigorously prosecute those who threaten public safety by trafficking this toxic and lethal poison."

Evans was convicted of felony distribution of fentanyl. Although the Maryland Sentencing Guidelines called for a sentence between two and eight years, the prosecutor requested Evans to be sentenced to the maximum penalty of 20 years in prison. The Court sentenced Evans to 16 years in



Darrick Monte Evans

prison, an active sentence above the sentencing guidelines range.

Senior Assistant State's Attorney Lisa Ridge, Chief of Narcotics, prosecuted the case on behalf of the citizens of St. Mary's County.

Corporal David Potter of the St. Mary's County Sheriff's Office was the lead investigator.

The Honorable Joseph M. Stanalonis presided over the case.

## Great Mills Man Arrested Following Stabbing Incident

Luricko Amazzio Clyburn Jr., 18, of Great Mills, was arrested on Monday, August 19, after an investigation into an assault at a local business in the 21000 block of Great Mills Road.

Deputies responded to the incident around 5:40 p.m. and spoke with witnesses who reported seeing a fight between two men. A victim was found with a stab wound to the abdomen and was taken to a nearby hospital by Emergency Medical Services. He is currently in stable condition. The suspect had fled the scene.

Deputies later found the vehicle the suspect used to flee and detained him. Detectives and Crime Lab Technicians from the Criminal Investigations Division took over the investigation, arrested Clyburn, and transported him to the St. Mary's County Adult Detention and Rehabilitation Center. He has been charged with First- and Second-Degree Assault.



Luricko Amazzio Clyburn, Jr.

Anyone with information about this case is asked to contact Detective Kortnie Marsch at 301-475-4200, ext. 8179, or by email at [Kortnie.Marsch@stmaryscountymd.gov](mailto:Kortnie.Marsch@stmaryscountymd.gov).



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# Letters to the Editor

## 'We still struggle for equality'

One hundred and five years ago, on August 26, the 19th Amendment to the U.S. Constitution was ratified, giving women the right to vote.

For 144 years women were not represented in this country, a country founded on the principle that taxation without representation was not tolerable.

It's important that we pause to recognize this important milestone. Women's position in our society today has certainly changed for the better, but we still struggle for equality in employment, pay, and with regard to health issues. Some of these issues are being threatened today.

This is an election year and I urge all women to get out and vote. If you're not

registered to vote yet, contact the Board of Elections and register. Research the issues that are important to you and examine the candidates' positions. Look at what they've done, not just what they say as they campaign. The local League of Women Voters and the NAACP usually hold candidate debates in October so you can hear local candidates and ask them questions.

Voting is a right, but it is also a responsibility. It's what keeps our democracy alive. Let your voice be heard. Vote on Tuesday, November 5.

*Marta Kelsey*  
Hollywood, MD

## Failed fiscal responsibility is the slap in the face

In response to AnnMarie Abell's June 27<sup>th</sup> letter: Is our school system, value of education and student learning better than it was in 1996 and 2000 when Mary Washington and Cathy Allen, respectively, were first elected to the BoE? Ms. Abell talks about the need for strong and seasoned leadership that she indicates these two members have and bring to our system. Keep in mind this is the same leadership that has gotten us to this point and is part of the problem. They have been given ample time, 27 and 23 years, to put us in a better position but have moved SMCPS backwards rather than forward.

The current Board built a budget for the County Commissioners that was ~\$7M larger than what was initially allocated. This budget was presented to the commissioners with assurance that the excess was required, and the threat that if the budget was not funded STEM Academy and other services would be cut. As the budget was being approved, the BoE miraculously found \$971,750 for a concession stand at LHS and \$254,254 for athletic trainers in the high schools. While I have no objection to either, I question the BoE's responsibility to the taxpayers or their transparency when working with the County Commissioners.

To directly address Ms. Abell, what I bring to the BoE is 20 years of leadership in private sector, federal government, and volunteer positions as well as experience as an adjunct university professor. I have built and led teams, ranging in size from 1 to 100+ with budgets up to \$1 Billion, plus developing and delivering everything from airplanes to complex information systems. I have developed budgets, defended budgets, cut budgets, and executed within approved budgets. With a strong background and edu-

cation in business management and problem solving, I have the skillset Ms. Washington seems to lack. With all due respect, Ms. Washington has not attended any public discussions or town halls to sway my own opinion about her qualifications, and her interviews and posted Q&As have been superficial.

I'm sure Ms. Washington is a wonderful person and a valuable member of the community. But showing up for meetings and holding no other professional role in 27 years hardly makes an individual the most qualified for a BoE seat. Ms. Washington started on the board the same year I graduated from high school. How much in the world has changed since then?

I recognize that Ms. Washington has a long-time following within St. Mary's County. For those like Ms. Abell who believe she should maintain her position, I urge you to have an honest conversation with her. Our students, parents, educators, community, and taxpayers deserve more than just a good attendance record and smiling at ribbon cuttings. We want our students to show responsibility and integrity, so shouldn't we hold our BoE members to the same? Is Ms. Washington capable of improving her qualifications, renewing her vision and providing better leadership than she has over the past 27 years? If the answer to any of these questions is no, maybe it's time for all of us to thank Ms. Washington for her years of service and vote for David Drys instead. A vote for David Drys is the right path out of this cycle of failed fiscal responsibility.

*David Drys*  
Hollywood, MD

If you would like to submit a Letter to the Editor, please include your name & town of residence.

Email: [aldailey@countytimes.net](mailto:aldailey@countytimes.net)  
P.O. Box 250 Hollywood, MD 20636

**County Times**  
St. Mary's County • Calvert County



# NAACP 7025 Gives Out Backpacks Ahead of Back-to-School



The St. Mary's County NAACP partnered with St. Mary's County Public Schools to distribute backpacks and school supplies at Church of the Ascension on August 16. Photos by Ceandra Scott.

# Six Veterans Awarded Quilts of Valor



PAX Sound of Freedom awarded six more Quilts of Valor at Trinity Lutheran Church in Lexington Park, Maryland. Receiving their quilts from left to right are Randall Limberg, Seabee, Navy (4 years); Cecil Bell, Navy (4 years); Mike Richardson, Navy (9 years); Joseph Sewell, USAF (20 ½ years); Kevin Billups, USAF (24 years); and Patrick Mitchell, Navy (23 years).

Those who served in the U.S. armed forces are entitled to the Quilt of Valor. If you have any questions about Quilts of Valor or are interested in helping the local group produce quilts, please contact PAX Sound of Freedom Group Scheduler, Miriam Boles, at (240)298-1744, for additional information. For more about the history of Quilts of Valor go to: <https://www.qovf.org/our-history/>.

# Volunteer Coaches Needed for Youth Basketball League

St. Mary's County Government's Department of Recreation & Parks (R&P) is excited to announce that the application process is now open for volunteer coaches to support our annual Youth Recreational Basketball League. This beloved community program offers fantastic opportunities for passionate individuals who are eager to make a positive impact on local youth basketball players.

The program runs from November 2024 through March 2025 at numerous St. Mary's County Public School locations and R&P facilities. This program is designed to provide a fun, educational, and competitive environment for children of all skill levels. Coaches will play a crucial role in developing players skills, promoting teamwork, and fostering a love for the game. Volunteer coaches are expected to hold one practice per week, at a designated time and location, as well as attend one game each weekend.

Interested candidates must be at least 18 years of age. Coaches must possess knowledge of the game of basketball, be ready to create team unity, and to help develop young players. Candidates must register online, complete a volunteer form, and complete and pass a background check. Volunteers are also required to complete assigned training.



To apply to become a coach, please visit [www.stmaryscountymd.gov/sports](http://www.stmaryscountymd.gov/sports) and click on the Links of Interest for Volunteers to complete your online application.

For more information, residents may contact our R&P Sports Coordinator, Zachary Zalovick at [zachary.zalovick@stmaryscountymd.gov](mailto:zachary.zalovick@stmaryscountymd.gov) or by calling (301) 475 - 4200 ext. 1830.

Follow R&P on social media for updates at: [Instagram.com/stmarysrecandparks](https://www.instagram.com/stmarysrecandparks) and [Facebook.com/StMarysMDRecreation](https://www.facebook.com/StMarysMDRecreation).

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# The Tackle Box Fishing Report



By Ken Lamb  
Contributing Writer

The bay is full of Spanish mackerel and bluefish. Fishermen using planers to troll small spoons are getting mackerel and blues straight out from Cedar Point, Cedar Point Hollow, Point No Point and surgical hose lures of medium size are scoring big bluefish, bull reds, and cobia. All this is very good, and rough weather is the only obstacle.

Chummers setting up below the Target Ship are finding willing cobia on live eels and cut bait. The cobia are pushing up the bay in good numbers. Trollers in the Mud Leads are finding cobia and occasional bull reds when a school passes through. It is common for all trolled lines to load up on bull reds at the same time. There are many boats chasing them to sight cast. The heavy boat traffic makes them skitterish and keeps them moving.

Perch fishing is very good in the rivers and excellent in the bay when weather per-

mits. The creek fishing is off due to lazy tides, sea nettles fouling lures, and fouled water from last week's storm that has yet to get cleansed. This should improve daily.

Bottom fishing is good now with keeper croakers increasing in number, jumbo spot, and even some whiting. There are tons of tiny croaker and spot competing for baited hooks causing a nuisance; they are next year's promised harvest.

Persistent shore fishermen are doing well with rockfish, redfish, and trout. One has to fish at daybreak and sunset to get the best results.

The slot reds have become more elusive since the big blow last week. We need the good tide flow promised on the changing moon phase. The cooler weather will really enhance the coming better bite. Some lure casters found lots of eager redfish in the slot in the Patuxent along the shoreline above Half Pone Point. There were similar reports around the mouth of Helen Creek by some surprised perch fishermen last Wednesday.

## A View From The BLEACHERS



### FALL EQUINOX'S HOPE

By Ronald N. Guy  
Contributing Writer

The photo dates to early March of this year. At first glance it is just a small, nondescript reservoir of dirt. The text caption – “First sign of spring” – indicated more. A curious, closer inspection revealed a hint of life: a fragile little green sprout protruding ever so slightly from the soil.

That humble sprout indicated that winter's bitter hold was loosening and that spring, nature's time of renewed hope and reawakening, was near. Soon barren trees would be adorned with leaves, lawns would be alive, flowers would bloom and birds and insects would broadcast a symphony of daily sounds. For those familiar with this magical transformation, closed eyes can easily imagine the colors, smells and sounds of spring replacing the gray, scentless and quiet winter; the mental exercise causes human spirits to blossom right along with the natural world's rebirth.

The tiny sprout that peeked above the dirt's surface this March is now a vibrant tomato plant. It is nearly six feet tall and has produced about a dozen red fruits that buoyed epic sandwiches, formed the foundation for succulent caprese and were the backbone for killer bowls of salsa, all of which have accompanied summer sports viewing.

Ah yes, sports – why you all started reading and why some still are! Did you see the Chicago White Sox recently lost 21 straight games? That, my friends, is quite the feat. Dubious. Regrettable. But memorable. So memorable that it brought the 1988 Orioles, those lovable losers, to mind. If you recall, the '88 Birds started the season with 21 straight losses. Needless to say, the 0-21 start extinguished all baseball hope that spring! Twenty-one-straight in the tank is the baseball equivalent of dousing a flower garden with Round-Up.

Which gets the wayward and somewhat disjointed mind to thinking: as a catalyst of hope, is spring overrated? In a general sense and in consideration of the broad spectrum of life, the answer is no more definitive than a solid “maybe”. It's a push, one supposes - a decision best left to the individual and personal persuasions. But if we're strictly talking sports, and we are, the answer is an inarguable “yes”.

Sports' best soul food is served in late summer and early fall – a time when we get our first look at new coaches, free agent signees and slick new draftees in the NFL, NBA and NHL. The possibilities are boundless. Fans from cities all over this beautiful land are gleefully fitted for rose-colored glasses through which they can see titles, parades, late nights and lost voices, and fantastic morning hangovers. Even in MLB, a sport that starts in late February, September is about pennant runs for contenders and late-season call-ups of hot prospects for squads dreaming of next year – either way, it's a hope buffet. This grand arc of a sports fan's optimism starts to swell in mid-August and trails deep into October. But for precise hope prognosticating, a singular moment in time must be identified; to mark the spot in this case, we'll put an X on the fall equinox, or the autumnal equinox if sounding fancy is your style. That's about when darn near anything in sports seems possible – World Series titles, Lombardi trophies, hoisting the Stanley Cup, and magical seasons, either immediate or in the not-so-distant future.

That is arbitrary, of course, and specific to sports. Truth is, in a general human sense, it is immaterial whether you draw hope from the spring, the sports world's late summer surge of possibilities, or for some other reason and from some other location on the calendar altogether. What matters is that hope knocks on your door, greets you with a smile and finds its way consistently into your heart. That's how one continues to abide in this crazy world, no matter if your baseball team sinks out of the gate in the spring, your football team craters by Halloween, or your basketball and hockey teams are toast by the time Santa takes flight. Keep hope alive, my friends; even in the worst of times, a little seedling of hope is waiting to peek above the surface.

Send comments to [RonaldGuyJr@gmail.com](mailto:RonaldGuyJr@gmail.com)

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# In Remembrance

To schedule an obituary in the County Times, submit text and picture to [aldailey@countytimes.net](mailto:aldailey@countytimes.net) by noon on Tuesdays for publication on Thursdays. Any submissions received after this deadline may run in the following week's edition.

## Anne Quinn, 75



Anne Patricia Quinn of Lexington Park, MD peacefully passed away on Wednesday August 14th, 2024, at Walter Reed National Military Medical Center in Bethesda, MD. Anne was born on June 20th, 1949, in Derry, Ireland. She was the daughter of the late Ambrose McConnell and Philomena Deehan McConnell.

Anne is survived by her husband Mike, who she married on February 5th, 1972 and has had 52 wonderful years with. She was the loving mother of Terry (Libby), and Michele, and late Michael Paul who she now joins in Heaven. Devoted and loving grandmother of Chelsie, Matthew, Lizzie, and Joseph, who she now joins in Heaven. She was the sister of Phyllis, Vera (Ian), Lizzy (Don), Ka (Brendan), Ray (Kitsie), Ambrose (Kathleen), Gerard (Patricia), Paddy, and James; Anne was predeceased death by brother John (Judy) and sister Caroline (Mada).

Anne and Mike started their life adventure while Mike was in the Navy and for the next 26 years they moved throughout the world and made lifelong friends, before retiring to Lexington Park. Anne was the glue that held the family together, she was the ultimate momma (and Meme) bear, fiercely nurturing and encouraging them to succeed in life.

Anne loved traveling, especially to her native Ireland to visit her family, relatives and many friends from childhood. She and her sisters loved to play Bingo, and enjoyed many get togethers in local pubs with her friends and family, where there was great banter and laughs. Recently she travelled to Edinburgh, Scotland where she went with Libby, Chelsie and Lizzie to see Taylor Swift, where they had the best time and made a lasting memory.

Anne was a devout Catholic and dedicated to St Jude and Padre Pio. One of the highlights of her life was her visit to Rome where she was lucky enough to have met

and be blessed by the Pope Benedict. Any time anyone would ask for a prayer she would light her St Jude candles and pray for his intercession.

Anne was the most devoted and loving mother, Meme to her grandchildren, and friend you'd ever have the honor of knowing. She will be missed more than anyone can put into words.

A Life Celebration Visitation will be held on Thursday, August 22, 2024 from 5:00 to 7:00 p.m. with prayers recited at 7:00 p.m. at Brinsfield Funeral Home, P.A., 22955 Hollywood Road, Leonardtown, MD 20650. A Mass of Christian Burial will be celebrated by Reverend Raymond Schmidt on Friday, August 23, 2024 at 11:00 a.m., at St. John Francis Regis Catholic Church, 43927 St. John's Road, Hollywood, MD 20636. Interment will be held at Arlington National Cemetery at a later date.

In lieu of flowers, memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Condolences to the family may be made at [www.brinsfieldfuneral.com](http://www.brinsfieldfuneral.com).

Arrangements by the Brinsfield Funeral Home, P.A.

## Joseph Daugherty, 84



Joseph Michael Daugherty, 84, passed away peacefully on Friday, August 2, 2024 at Kitty Askins Hospice Center in Goldsboro, North Carolina. Born in Floyd County, Indiana on September 29, 1939, he was the son of the late Curtis Daugherty and Cecilia Volpert Daugherty.

In addition to his parents, Joseph was predeceased in death by his loving wife, Kathleen Daugherty; daughter, Suzanna Xavier; and sister, Mary Anne Trent.

Joseph is survived by his children, Michael Daugherty (Melissa), Kevin Daugherty (Lori), Julianna Daugherty (David), and Amber Johnson (Jack); grandchildren, Jessica Shumaker (Jacob) Morgen Gadbois (John),

Connor Bean, Christine Daugherty, Kimberly Smith (Galen), Elizabeth Daugherty, Adam Daugherty, and Claire Xavier; great-grandchildren, Chloe Shumaker, William Gadbois, David Shumaker, John Gadbois, Jr., and Daniel Gadbois; and sister, Christine Barkman (Ronald). Joseph is also survived by many nieces and nephews.

For over twenty years, Joseph served his country in the United States Navy. A deep love for our country was ingrained into Joseph's being. He had a keen and deep appreciation for the opportunities that his time in the Navy provided for him and his family.

Joseph was a faithful Church of Christ member. He attended Church of Christ while living in Lexington Park, Maryland as well as New Bern, NC. Faith and family were paramount in Joseph's life. He loved to have his family over and could be seen making a pot of his famous baked beans. His love for his family knew no bounds and each moment spent together with them was a memory he cherished forever.

Joseph had a special knack of finding antiques and refinishing them. After he was done with them, the once old-looking antiques would look brand new. Joseph was known to enjoy a bowl of ice cream every so often. One could often hear Joseph whistling or singing. He also enjoyed the game of golf whenever he had the opportunity to play.

A special time of visitation and remem-

brance will be held on Friday, August 16, 2024 from 12 p.m. until 1:30 p.m. at Seymour Funeral Home in Goldsboro, NC. A graveside service will follow the visitation at the Eastern Carolina State Veterans Cemetery at 2 p.m. with military honors.

In lieu of flowers, memorials may be sent to Tunnel to Towers Foundation 2361 Hylan Boulevard, Staten Island, NY 10306 in memory of Joseph.

Arrangements have been entrusted to Seymour Funeral Home. To leave an online condolence, please visit [www.seymourfuneralhome.com](http://www.seymourfuneralhome.com).

## Mickey O'Donnell, 81



Thomas Michael "Mickey" O'Donnell, 81, of Valley Lee, Maryland, passed away peacefully at home on August 11, 2024, surrounded by his loving family. He was born on September 7, 1942, in Washington, DC to the late William and Janice O'Donnell.

Mickey grew up a couple of blocks from the Capitol. He attended St. Francis Xavier through the 8th grade, Bishop Ireton for 9th

Continued on page 14



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*Marie Carol Jones*  
9/3/1949 - 8/26/2012

*My dear sister, it's been 12 years since you left me, since you've been gone, it seems like time has stood still. I miss you every moment of every day.*

*My Love Forever,  
Your twin, Carolyn*



# In Remembrance

Continued from page 13

and 10th grade, and Suitland High School for his last two years of high school, graduating in 1961.

In 1958, Mickey met the love of his life, Dot, while visiting a friend in her Forestville, Maryland neighborhood. Mickey spent much of his time hanging out with Dot and neighborhood friends, playing outside, as teenagers do. Married on June 23, 1961, this teenage courtship turned into a loving marriage of 63 years. Mickey and Dot began their marriage together in a small apartment in Washington, DC. After having their first three children, they bought a home in East Pines before settling into a house in Riverdale, which they would call home for over 50 years. This home was where his four children spent much of their childhood, and it was the center for large family gatherings and holiday celebrations. Mickey loved being surrounded by family and friends.

Mickey began his career working in the plumbing sales industry. He quickly built a customer base because of his ability to make business transactions a more personable experience. Through his work in sales, he recognized the need for a business that sells plumbing repair parts. This unique business idea turned into reality in 1977, when Mickey established his own wholesale plumbing supply company named T.M. O'Donnell Company. His business began in his base-

ment, moved to Beltsville in 1981, and it remains open today, operated by his son and grandsons. T.M. O'Donnell Company was, and still is, more than just a place to purchase plumbing supplies; it is a hub for building enduring friendships and relationships.

When not at work, Mickey would spend much of his time in St. Mary's County. Tall Timbers Marina became his weekend get-away location, which is where he met many life-long friends. Mickey was the Captain of the Colleen. He enjoyed fishing and spent many weekends running charter boat trips, with his son serving as the mate. In 1990, he bought his home in Valley Lee, where he and Dot would happily spend his remaining years. Mickey often expressed his love for this home as he gazed at the water's edge to enjoy the peaceful scenery and observe the active wildlife.

Having an outgoing personality, Mickey would often participate in social events. One event he particularly loved was the car show in York, PA. This was a great opportunity for Mickey and Dot to travel in his '37 Ford Coupe, to admire other cars, and to socialize with the people who had a shared interest in old cars. Other events he enjoyed were the yearly fishing trips with the If You Can Hack It Fishing Club. These trips were likely more about friendship than about catching fish.

Mickey possessed a unique gift of bringing joy to others, always offering a comment that could brighten any moment. Anyone who

spoke with Mickey was guaranteed to experience smiles and laughter. He could quickly turn a bad situation into a joke. His light-hearted personality was welcomed by all.

Mickey is survived by his beloved wife, Dot; his sisters, Patricia "Pat" Newton (Carlton) and Mary "Betty" O'Donnell; his four children, Eileen Higgins (Don), Richard "Rich" O'Donnell (Fran), Catherine "Cathy" Burkins (Jay - deceased), and Sheila Rohde (Tim); his ten grandchildren, Sean Higgins, Stephen Higgins, Chris O'Donnell, Shannon Kovash, Christina Schwartz, Nick O'Donnell, Tim Rohde Jr., Jenny Crupi, Michael O'Donnell, and Anna Burkins; his thirteen great-grandchildren, Noel Higgins, Natalie Higgins, C.J. O'Donnell, Kaylie Higgins, Bailey Pickens, Cassie Schwartz, Hailey Higgins, Bella Higgins, Levi Schwartz, Abby Schwartz, Mya Crupi, Alivia Crupi, and Nora Rohde; and one great-great-grandchild, Taylor Williams.

In lieu of flowers, please consider donating to one of the following associations:

- Alzheimers Association  
act.alz.org/donate
- American Diabetes Association  
diabetes.org/donate
- Leukemia & Lymphoma Society  
givenow.lls.org

A celebration of life gathering of family and friends will be held on Saturday, September 7, 2024, in St. Mary's County. For details, please contact Eileen, Rich, Cathy, Sheila, or Dot.

## Edward Swecker, 93



Edward Lee Swecker, 93, of Mechanicsville, MD, formerly of Valley Bend, WV, passed away on Friday, August 16, 2024 in Callaway, MD. Born on

September 19, 1930 in Elkins, WV, he was the son of the late Erma (Hamrick) Swecker and the late Wesley Swecker. Edward was the loving husband of the late Ida Mae Swecker, whom he married on June 22, 1953 in Montrose, WV, and who preceded him in death on July 24, 2018. He is survived by his children, Jim Swecker (Janet) of Williamsport, MD and Janet Young (David Bean) of Mechanicsville, MD, his siblings, Kathleen Maxson of Elkins, WV, Leon Swecker of OH, Ralph Swecker of OH, and Coletta Oliver of Mechanicsville, MD, and three grandchildren. Edward was preceded in death by his siblings Guy Swecker, Carrie McClure, and Paul Swecker.

Edward graduated from the West Virginia University with his Bachelor's and Master's degrees, and moved to St. Mary's County, MD from Valley Bend, WV in August 1964. He served in the United States Army from February 1953 to January 1955. Edward was a Teacher and Extension Agent at Chopticon High School and the University of Maryland, retiring in 1992.

The family will receive friends on Friday, August 23, 2024 from 11:00 AM

to 1:00 PM in the Mattingley-Gardiner Funeral Home, Leonardtown, MD, where a funeral service will be held at 1:00 PM in the funeral home chapel with Pastor Chris Owens officiating. Interment will follow at First Saints Community Church Cemetery, Leonardtown, MD. Serving as pallbearers will be Christopher Swecker, Jenny Swecker, Justin Bean, Richard Colliflower, David Bean, and Jim Swecker. Honorary pallbearer will be Darwin Engle.

Contributions may be made to Hospice of St. Mary's, P.O. Box 625, Leonardtown, MD 20650.

Condolences may be made to the family at [www.mgfh.com](http://www.mgfh.com).

Arrangements provided by the Mattingley-Gardiner Funeral Home and Cremation Services, P.A., Leonardtown, MD.

## Kim Phillips, 60



Kimberly Allen Phillips, 60, of Lexington Park, MD passed away peacefully on August 14, 2024 at Complete Care at La Plata in La Plata, MD with his loving family at his side.

He was born December 7, 1963 in Washington, DC and was later adopted to the late James Rudolph "Rudy" Pilkerton and Linda Mae Adams Pilkerton.

Kim most recently worked as a Security Officer for Charlotte Hall Veterans Home, which he loved. He was very active in his church, and loved to attend services and functions as much as possible. He was thankful to have been taken into a family that loved and cared for him, and spoke of being blessed for that often.

Kim is survived by his wife Patricia; and brother Thomas Pilkerton (Kathy) of La Plata, MD. He is preceded in death by his parents James and Linda Pilkerton and brothers Tony Pilkerton, John Keaton both of Leonardtown, MD and Mark Schoenwetter of Nashville, TN.

Family will receive friends on Saturday, August 24, 2024 from 10:00 a.m. to 12:00 p.m., with a Funeral Service celebrated by Bishop & Pastor Staten at 12:00 p.m., at Living Hope Church, 21650 Chancellors Run Road, Great Mills, MD 20634. Interment to follow at Evergreen Memorial Gardens and Mausoleum, 22020 Chancellors Run Road, Great Mills, MD 20634.

Serving as pallbearers will be John Lachkovic, Richie Smith, Pat Anderson, James Phillips, Tom Peoples, Matthew Grimm, Louie Small, Herbie Tice. Honorary Pall bearers are: Mickey Hill, Jeff Anderson, Mike Abell, Steve Silvati.

Memorial contributions can be made in Kim's name to Living Hope Church, 21650 Chancellors Run Road, Great Mills, MD 20634.

Condolences may be made to the family at [www.brinsfieldfuneral.com](http://www.brinsfieldfuneral.com).

Arrangements by the Brinsfield Funeral Home, P.A., Leonardtown, MD.

## Edward Jones

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Pasta

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**3.98**



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**2.78**



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Sauce

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Monday - Saturday 7am to 9 pm  
SUNDAY 8 am to 7 pm



# St. Mary's Community Calendar

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

## Thu, Aug 22

### Table Talk: A Group for Women!

Patuxent Presbyterian Church,  
23421 Kingston Creek Rd., California  
7 p.m. to 8:30 p.m.

Table Talk: A Group for Women! Ladies, join us in the the Fellowship Hall for desserts & conversation! Walk-ins welcome, but RSVPs preferred to Laura Rhodes, Small Groups Director at: [paxpressg@paxpres.org](mailto:paxpressg@paxpres.org).

### Women's Conference

First Missionary Baptist Church  
46370 Pegg Ln., Lexington Park  
8 a.m. to noon

You are cordially invited to join us! First Missionary Baptist Church, under the leadership of Pastor Roderick W. McClanahan, will host its 2024 Women's Conference. The theme for the conference is 'Beautifully Broken'. Our Psalmist is Mary Mason, the Guest Facilitator will be Reverend Audria Crowder, Pleasant Grove Missionary Baptist Church, Marbury, MD and the Guest Speaker is Reverend Audria

Crowder, Senior Pastor, Nevertheless Outreach Ministry, Washington, DC. Join us for Divine Worship Service on Sunday, August 25, 2024, at 10:00am.

The conference will be held In-House. On site registration, cost \$25.00. Masks are optional, temperatures will be taken upon entry, and hand sanitizer will be available.

For additional information please contact First Missionary Baptist Church at 301-863-8388.

### 2024 Summer Beach Party

Second District Volunteer Fire  
Department and Rescue Squad  
19330 Piney Point Rd., Valley Lee  
3 p.m. to 7 p.m.

Featuring: Food, Games, Prizes, Water Slide  
(Cash Only for Food purchases)

## Sat, Aug 24

### growingSTEMS—Termite Combat Robotics Summer Camp

The Hive  
44010 Commerce Ave, Ste A, Hollywood  
10 a.m. to 3 p.m.

Camp sessions will be available for the following dates: August 24-25th, and September 7-8th 2024. There will be 12 slots per camp, so register early to ensure you're able to compete!

Competitors will build their chosen kit and decorate their very own Termite Class robot while learning about the physics behind combat robots! Each competitor will go through the process of determining both advantages and disadvantages that are encountered in specific designs.

Throughout the sessions each competitor will learn to control their robot through hand-on driver training / practice in preparation of for the final competition! During the last session, each competitor will participate in a round-robin tournament between all competitors. At the end of the event, competitors get to take home their Termite Class robots! [growingstems.org/termite-combat-robot-camp/](http://growingstems.org/termite-combat-robot-camp/)

## Upcoming

### Yard Sale Extravaganza

Mt. Zion United Methodist Church  
27108 Mt. Zion Church Rd., Mechanicsville  
Fri, Aug 30 & Sat, Aug 31

7 a.m. to 1 p.m.

Collectibles, dishware, electronics, tools, clothes (new and used), toys, books, furniture and so much more!

Come find your treasure at a bargain price. All proceeds benefit the Hungry Team's mission to keep the food pantry well stocked and help offset specific utility bills for those in need in St. Mary's County.

Information contact Brenda Bellere 301-643-0668 or [danbell50@comcast.net](mailto:danbell50@comcast.net)

### 19th Annual Christmas Market

All Saints' Episcopal Church  
100 Lower Marlboro Rd, Sunderland  
Sat, Dec. 14  
10 AM to 4 PM

Expert craftsmen with sensational gifts for your holiday giving, homemade gourmet cocoa and Glühwein, music, home-baked goods, Silent Auction and lunch make this Christmas Market the place to be. Visit 2 levels in Parish Hall and outside, corner of Rts 2 & 4, Sunderland, MD. Bring your red, green or blue mug from previous years to buy beverage refills. Rain, snow or shine! Free admission & parking. Proceeds benefit parish & community projects.

# ST. MARY'S COUNTY Library UPCOMING EVENTS



### Silent Book Club: The Book Group for Introverts

Have you heard of the latest book club trend sweeping the nation? It's all about reading in "companionable silence" and spending time together as a reading community. All types of readers are welcome, no matter your preferred genre or format. Bring any book that you'd like to read, grab a book off of our shelves, or download one of our digital eBook and audiobook apps. We'll start with around 10-15 minutes of casual chatting before diving into our individual books. Leonardtown Library on Thursday, August 22 from 6 - 7 p.m. Register on [www.stmalib.org](http://www.stmalib.org).

### Process Art for Preschoolers

Join us for an exciting journey into Process Art, where imagination knows no bounds at Lexington Park Library on Saturday, August 24 from 10 - 11 a.m. Let your little ones unleash their inner artist through hands on activities that celebrate the joy of creation. From

painting to collage to sculpture and more, this program promises a new adventure in art! Register on [www.stmalib.org](http://www.stmalib.org).

### St. Mary's County Library Closed for Labor Day

All locations of the St. Mary's County Library will be closed on Monday, September 2 in observance of Labor Day. All locations will be open regular business hours on Tuesday, September 3.

### Afterschool Adventurer's Club

A monthly get together for tabletop gaming aimed at teens with a persistent world. First session attendees will get to make their characters, name their group, and pick what game we play! The adventures will be chronicled in our teen section on a board maintained by the teen adventurers themselves! Lexington Park Library on Tuesday, September 3 from 5:30 - 7:30 p.m. Registration required on [www.stmalib.org](http://www.stmalib.org).

### Student Success: Educational Resources at your Library

Looking to help your student thrive in school? Starting homeschool? Parents can benefit from learning about all the resources the Library has to offer! Lexington Park Library on Saturday, September 7 from 10 - 11 a.m. We'll go over navigating the physical Lexington Park Library, searching the catalog, all of our online resources and how to access them, using your library account and smartphone apps, and more! You'll leave with a whole collection of bookmarks and printouts to walk you through everything and also inform you about anything we may not have time to fully touch on. This program is aimed specifically towards homeschoolers & parents, so we will be paying specific attention to our library services that are geared towards children and families. This includes resources to help with finding materials for different subjects, using our online Homework Helper, our Apps, Events that we offer, and so much more! Kids are welcome to come

along! We will have crafts set up to keep them occupied while you learn! Register on [www.stmalib.org](http://www.stmalib.org).

### Future Focus: Connecting Interests with Careers

When envisioning the perfect career, do you think about how it aligns with your interests and passions? Join us for an interactive workshop designed for teens and their caregivers at Charlotte Hall Library on Wednesday, September 11 from 5:30 - 7 p.m. This session will guide families in identifying key career interest themes and foster deeper conversations to help your teen explore and pursue careers that resonate with their goals. Learn how to leverage these insights to make informed choices about classes, colleges, and training programs that align with your interests. This program is presented in partnership with the Tri-County Council for Southern Maryland. Register on [www.stmalib.org](http://www.stmalib.org).



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## Liquor and Beer

 <p>12-Pack, 12-Oz. Cans Twisted Tea Variety Pack <b>18.99</b></p>	 <p>12-Pack, 12-Oz. Cans Twisted Tea Half &amp; Half Party Pack <b>18.99</b></p>	 <p>12-Pack, 12-Oz. Cans Happy Dad Hard Seltzers <b>17.99</b></p>	 <p>30-Pack, 12-Oz. Slim Cans Michelob Ultra <b>30.49</b></p>	 <p>12-Pack, 12-Oz., Bottles Modelo Especial <b>19.99</b></p>	 <p>8-Pack, 14.9-Oz. Cans Guinness Draught <b>16.99</b></p>
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<p>750ML Deleon Reposado Anejo Tequila <b>59.99</b></p> 	<p>750 ML Chateau D' Esclans Whispering Angel Rose <b>17.99</b></p> 	<p>750ML Cline Ancient Vines Mourvedre Rose <b>10.99</b></p> 	<p>750ML Barefoot Bubbly Wine <b>10.49</b></p> 
<p>750ML Kendall-Jackson Vintner's Reserve Merlot <b>18.99</b></p> 	<p>750ML Gloria Ferrer Sonoma Brut <b>22.99</b></p> 	<p>750ML Ménage Á Trois Midnight Dark Red Blend <b>9.99</b></p> 	<p>750ML Cabernet Savignon Domaine Bousquet Wine <b>10.49</b></p> 
<p>750ML Freixenet Cordon Negro Brut <b>10.99</b></p> 	<p>1.5L Blackberry Or Concord Grape, Manischewitz Wine <b>11.49</b></p> 	<p>750ML Ecco Domani Pinot Grigio <b>10.99</b></p> 	<p>1.5 L Chardonnay Or Cabernet Sauvignon Woodbridge <b>11.99</b></p> 

## Wine of the Month

750ML  
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A full-page background image showing two women standing back-to-back in a field of tall grass at sunset. The woman on the left is flexing her right arm and smiling, wearing a grey sports bra and olive green leggings. The woman on the right is making a peace sign and laughing, wearing a grey hoodie and light blue leggings. The sky is a mix of orange, pink, and blue.

# Women's **HEALTH**

## **& WELLNESS**

Protecting Your  
**Mental Health**

Understanding  
**Menopause**

What **Yoga**  
Can Do for You



# Six Health Benefits of Yoga

Are you ready for warrior pose? Have you engaged in downward dog today? You no doubt understand these questions if you have an even cursory knowledge of yoga.

Yoga is an ancient, ascetic Hindu discipline comprised of controlled breathing, body positions and meditation. The goal of yoga is to attain a deep state of tranquility and spiritual insight. While people may be quick to associate yoga with popular poses, it's the complete package of breathing and reflection that does wonderful things for the mind and body.

Johns Hopkins Medicine says yoga can benefit people of all ages. It can help the healthy, but also can be utilized to treat people recovering from illness or surgery or those living with a chronic condition. While the scientific research into yoga's health benefits is preliminary and not extensive, certain trends have emerged.

1. Improves flexibility: According to Yoga Journal, even the lowest intensity styles of yoga have been shown to increase flexibility. Yoga is especially helpful for adults ages 65 and older, helping to slow age-related loss of flexibility.
2. Brain boost: Gray matter in the brain can diminish as people get older.

However, according to a 2015 study funded by the National Center for Complementary and Integrative Health, there is no relationship between gray matter and age among yoga practitioners. In fact, yoga participants showed increased volume in certain brain regions commensurate with the number of years of yoga experience and practice.

3. Back pain relief: Yoga poses can help alleviate pain in various regions of the body, notably the lower back. The American College of Physicians recommends yoga as a first-line treatment for chronic lower back pain.
4. Alleviate joint pain: Johns Hopkins Medicine says gentle yoga can alleviate some of the discomfort of arthritis, particularly tender, swollen joints.
5. Improved mental health: A 2017 meta-analysis of 23 interventions looking at yoga to alleviate depressive symptoms overwhelmingly indicated yoga can be an effective alternative treatment for major depressive disorder. MDD is thought to be one of the most common mental health disorders in the world.
6. Reduced inflammation: A study pub-



lished in 2018 in Biological Research for Nursing determined yoga is a viable intervention to reduce inflammation across a multitude of chronic conditions, such as rheumatoid arthritis, heart disease, Crohn's disease, and cancer.

In addition to these health benefits, yoga

can help tame stress, reduce pain, improve quality of sleep, and even boost immunity. Individuals are urged to start gradually in basic level yoga classes and slowly increase intensity as they grow more comfortable.

# Understand the Menopause Transition

The human body is capable of various amazing feats, but many will attest that the ability of women to nurture and grow what will become another person is the body's most impressive characteristic.

Healthline states a woman can get pregnant and bear children from puberty, when they start getting their menstrual periods, to menopause. The average woman's reproductive years are between ages 12 and 51. While puberty and pregnancy are topics widely discussed in a woman's life, the same may not be said for menopause.

## What is menopause?

The World Health Organization characterizes menopause as the end of a woman's reproductive years. After true menopause, a woman cannot become pregnant naturally. Menopause is marked by the end of a monthly menstrual cycle often referred to as a "period." Natural menopause is deemed to have occurred after 12 consecutive months without menstruation. Menopause can occur for other reasons, such as if the reproductive organs are damaged due to illness or removed for the treatment of a certain condition. This is called induced menopause.

## What happens during menopause?

During menopause, the ovaries stop producing reproductive hormones and stop releasing eggs for fertilization, says the Cleveland Clinic.

## What is perimenopause?

Some people incorrectly describe the years leading up to the last menstrual period as menopause. However, menopause only occurs after the last period has occurred. It is a finite date. The menopausal transition before that takes place is actually called perimen-



opause. It is a period of time that most often begins between ages 45 and 55. The National Institute on Aging says perimenopause traditionally lasts seven years, but it can go on for as long as 14 years. The duration may depend on lifestyle factors, race and ethnicity.

During perimenopause, production of estrogen and progesterone made in the ovaries varies greatly. That can mean menstruation can be heavy at times or light. It may occur once a month or even multiple times per month. The menopausal transition affects each woman differently. It is a good idea for women to use a menstruation tracker and remain aware of symptoms to discuss with the gynecologist.

## What is postmenopause?

Postmenopause is the time after menopause has happened. Women will remain in postmenopause for the rest of their lives. While many symptoms ease up in postmenopause, there still may be mild symptoms attributed to the low levels of reproductive hormones.

## What are common symptoms of the menopause transition?

As one transitions into postmenopause, certain symptoms can occur:

- Irregular periods
- Hot flashes/night sweats
- Vaginal dryness
- Urinary urgency
- Difficulty sleeping
- Emotional changes
- Dry skin, eyes or mouth
- Worsening premenstrual syndrome symptoms
- Breast tenderness
- Headaches
- Racing heart
- Joint and muscle aches
- Weight gain
- Trouble concentrating
- Changes in libido

Women are urged to discuss their symptoms and concerns about menopause with a health care professional. Various treatments can alleviate symptoms and make the transition more comfortable.

## Did you know?

As women enter perimenopause and begin the transition that will ultimately lead to menopause, many doctors prescribe hormone pills to help regulate menstruation cycles and ease certain symptoms. Compared to regular birth control pills that contain 30 to 50 micrograms of estrogen, a doctor may suggest a low-dose pill that contains between 10 and 35 micrograms of estrogen. These levels can be increased as needed. WebMD says that, in addition to preventing pregnancy, which can still occur in perimenopause, low dose pills often regulate heavy or irregular menstrual periods and may offer protection from ovarian and uterine cancers. The pills also may prevent bone loss, which leads to osteoporosis. It's important to note that contraceptives come with an elevated risk for breast cancer and blood clots, particularly for those with a history of heart disease and breast cancer. So doctors should be consulted about the pros and cons and women should initiate an open and honest dialogue with their physicians to avoid any complications.



# Women's Health Requires Constant Vigilance

By Guy Leonard  
Staff Writer

When it comes to women's health Maryland, and St. Mary's County, generally have a good reputation for providing access and good outcomes for women, said Dr. Anne Banfield, a doctor of Obstetrics and Gynecology at MedStar St. Mary's Hospital in Leonardtown, but women should still take particular care to get screened for illnesses early and often.

"Maryland actually does pretty well," Banfield told The County Times. "But there do tend to be health discrepancies and that's often due to access."

"We still have patients who drive a significant distance... for women's health."

Banfield said one the most significant issues facing women and their health is ensuring that they find a primary health care provider.

This is important, she said, because "seeing your primary care provider means you get that referral to specialists" who would look for diseases such as various cancers and cardiovascular diseases.

"But family practitioners are often overwhelmed," Banfield said, adding women can still get primary care from nurse practitioners or physicians assistants should the need arise.

MedStar has provided some new options for women to seek gender-specific care at their Charlotte Hall offices twice a week and also at their East Run facility on Great Mills

Road in Lexington Park across from Great Mills High School, Banfield said.

Perhaps the second biggest issue facing women is ensuring their mental health, she said.

Again, the key problem there was one of access.

"In a rural setting that makes it much more challenging," Banfield said. "That's a problem we see across the United States."

There are also many other more specific health problems women should be on the watch for, especially among the Hispanic population in St. Mary's.

"We see a fair amount of gestational diabetes," Banfield said. "That can lead to Type 2 diabetes later on."

There are many medical screenings women should be careful not to ignore or let pass, she said, including cervical cancer screening as well as testing for the HPV virus which can lead to certain kinds of cancers if the virus does not clear on its own.

Women should also be screened for colon cancer, especially when they reach 45 years old, Banfield said, as well as submit to regular mammograms to screen for breast cancer.

Screening for bone density and the presence of osteoporosis — the weakening of bones — is also important, particularly for women, said Banfield.

And while gender-specific cancers like those affecting the breast or cervix often garner much attention as being potentially lethal to women, heart disease is still the No. 1 killer of women, she said.

It also presents differently in women, she said, as cardiac events are often presaged by arm and back pain as well as pain in the jaw.

Heart disease in women typically becomes more of a risk after menopause, she said, while men tend to experience the symptoms much earlier.

Women should talk to their doctors and get their cholesterol checked and inform them of their family history if they have a predilection for heart disease, Banfield said.

Women should keep up with their breast health frequently, Banfield said, including every time they take a shower or bath.

"If there are changes in the breast, like a discharge or a lump of some kind, they should be reaching out to [their health care professional.]," Banfield said.

Women should also take particular care of themselves during pregnancy, she said, with studies showing that pregnant women who receive care from female doctors often experience better health outcomes.

"There's still some gender discrimination out there in medicine," Banfield said.

It may not be intentional though, she said, as male doctors may not always ask the right questions of women seeking care; women also may not feel completely comfortable talking to a male doctor.

"I hope we [physicians] all go into the exam room with the idea of giving the best health care we can," Banfield said.

When it comes to pregnancies, Banfield said she wanted to hire more nurse midwives, who can both give care to women



Dr. Anne Banfield

and assist in the mother giving birth.

"They offer excellent obstetrics care," Banfield said. "And they are often more patient with the laboring process that some physicians."

A doctor in obstetrics and gynecology can also refer women to other physicians for different testing depending on the insurance the patient has, Banfield said, opening up other options for women's care.

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# Four Conditions Not Often Considered Women's Health Issues

Preventive care is vital to maintaining overall health throughout adulthood. Though preventive care is often discussed in terms of diet, wellness checkups and physical activity, recognition of various threats to long-term health is equally important.

Certain women's health conditions garner more attention than others. For example, efforts to raise awareness of breast cancer are extensive and widely known. But other women's health issues have a tendency to fall off the radar, even if their prevalence merits greater consideration. The following are four significant and less publicized women's health issues, recognition of which could potentially save lives.

1. **Heart disease:** A 2020 report from the American Heart Association indicated that, in 2009, 65 percent of women were aware that heart disease is their leading cause of death. By 2019, that figure had dropped to 44 percent. In addition, in its 2019 Global Burden of Disease Study, the Institute for Health Metrics and Evaluation estimated there are 275 million women around the world with cardiovascular disease. Often and incorrectly considered a disease for men, heart disease poses a significant threat to women as well. Women can speak with their physicians about their heart disease risk and what they can do to maintain their long-term heart health.

2. **Diabetes:** The Centers for Disease Control and Prevention reports that African American, Hispanic/Latina, American Indian/Alaska Native, and Asian/Pacific Islander women are more likely to have diabetes than white women. But any woman can get diabetes, and the U.S. Department of Health & Human Services reports that type 2 diabetes is more common in adults who are 45 and older. The CDC also reports that diabetes increases the risk for heart disease in women by about four times compared to two times for men, which underscores how great a threat the disease is for women. Women can speak to their physicians about the significance of checking their blood sugar and the role diet and exercise can play in reducing diabetes risk.

3. **Urinary tract infections:** The Office on Women's Health notes that women get urinary tract infections up to 30 times more often than men. In addition, a 2016 report in the journal *American Family Physician* indicated that between 30 and 44 percent of women will have a second UTI within six months of an initial infection. The OWH indicates urinating when the need arises, drinking between six and eight glasses of water per day and additional hygiene measures are



some ways to potentially prevent a UTI. Women can discuss more specific measures with their physicians.

4. **Alzheimer's disease:** The Alzheimer's Association® notes that almost two-thirds of Americans living with Alzheimer's are women. Figures are similar in Canada, where data from the Alzheimer Society indicates that just under 62 percent of those living with dementia in 2020 were women. The life expectancy of women is still

longer than it is for men, which may explain the greater incidence rates of Alzheimer's among women. However, women can still speak with their physicians about lifestyle choices that could reduce their risk of developing Alzheimer's.

Recognition of less publicized issues that affect women's health can be the first step toward reducing the risk for many conditions.

## How Women Can Safeguard Their Mental Health

Women face numerous challenges as they move forward in their personal and professional lives. In order to overcome such obstacles, women may feel the need to continually put on brave faces and act strong in assorted situations.

Over time, feeling the need to always appear ready to tackle the world can slowly chip away at women's well-being, particularly their mental wellness. In order to right the ship, it may be necessary for women to identify behaviors that can improve and protect their mental health. The following lifestyle strategies can help.

- **Get ample rest.** Give yourself permission to rest when you need it, and do not feel guilty for not being productive. In fact, think of the time you devote to yourself as productive since it is benefitting your health.
- **Consider meditation.** Meditation can help soothe the mind and body. There are different meditation modalities. Some people like to sit listening to soothing music. You may want to join a yoga class where you can learn to breathe deeply. Alternative meditation disciplines may be more in-depth or involve spirituality. Experiment with what works for you.
- **Exercise regularly.** The health organization Women's Care™ says exercising regularly can help maintain mental health. Exercise often is mentioned as a cure-all for many different conditions,



and may produce the same mood-boosting benefits of prescription medications used to treat mental health conditions.

- **Make friends.** Socialization can help you feel less isolated and alone. Participating in activities with others and gaining new connections is a healthy way to boost the brain and improve mental health.
- **Participate in activities you enjoy.** Make time for activities that fuel hobbies or interests rather than just those required for work or maintaining the household.
- **Eat healthy foods.** Food can affect mood in various ways. Certain foods may contribute to inflammation throughout the body, which can increase risk for

certain conditions. Choose foods that are rich in omega-3 fatty acids to boost mental health. Others, like those rich in vitamin K, lutein, folate, and beta carotene, can be crucial for the proper function of the brain and nervous system, says the Family Institute.

- **Learn about hormones.** Fluctuating hormone levels during menstruation, pregnancy and menopause may put you at risk for various mental health conditions. Speak with a doctor about what you can do to keep hormones more stable or to treat conditions as they pertain to these hormones.

Maximizing mental health may come down to certain practices that prioritize mental well-being.

### Did you know?

Data concerning women and mental health highlights some eye-opening disparities between women and men. The American Psychiatric Association says each year one in five women in the United States experiences a mental health problem. Twice as many women as men experiences depression. In addition, compared with men, women are twice as likely to experience post traumatic stress disorder or anxiety (both generalized anxiety disorder or panic disorder). Women also are more likely to attempt suicide than men, but men are four times more likely to die by suicide. Women exhibit higher rates of various mental health disorders than men (rates of impulse control disorders and substance abuse disorders are higher among men than women). It is important to note that many mental health issues can be successfully treated and women should seek the assistance of a mental health professional if they need help.





# At CalvertHealth, Women's Health is a Community

By Dick Myers  
Staff Writer

National Women's Health Month is in May, but at CalvertHealth Medical Center women's health is a year-round concern. CalvertHealth Director of Women's Health Services Dr. Barbara Estes talked to The County Times about services available at the institution.

Estes was asked if women are more health conscious than men. She said, "In general, women are more likely to seek medical care, statistically speaking," adding, "I'm an OB-GYN, so we see women annually and we see a lot of women use their OB-GYNs as their primary care, because most people don't need a lot of care, especially when they're younger."

Estes said, "Then we obviously deliver their babies and take care of them through their pregnancies. But once they get to be a certain age, they probably should get a primary care to make sure we're not missing something. OB-GYNs aren't going to manage the cholesterol and the blood pressure medicine and things like that. We take care of the girl parts."

As to training, Estes explained, "So, you do four years of medical school, and then you do four years in residency for OB GYN. And during the residency, we learn delivering babies and C-sections and prenatal care. And also, on the GYN side, we do annual exams and things like that, but then we also do surgeries. So, we do hysterectomies and tie tubes and DNCs and things like that."

She further explained, "The obstetrical part, it's all pregnancy related things. So, we take care of diagnosing pregnancies, and then we see patients regularly during their pregnancy for their prenatal visits, and then we deliver their babies. That's sort of the obstetrical part. And then typically we'll see patients at six weeks postpartum for a visit to follow up and make sure of their needs, their healing and all that kind of stuff. And so that's kind of typical what we do with obstetrics."

"And then gynecology, we recommend having annual exams where they come in and get a breast exam. Depending on what their history is, they get a pap smear or pelvic exam. If they're over a certain age, then we reorder mammograms for them, to screen for breast cancer. And so, in GYN we do a lot of screening. So, we do screening for cervical cancer, screening for breast cancer. And then when women have issues with either heavy periods or tumors, things like that, we can operate on them as well. So, all girl parts; I only operate on the uterus,

the ovaries, the cervix. It's like we have a very small part of the body."

Estes was born in Washington, DC but grew up in Montgomery County and went to UMBC for college, and then went to George Washington for medical school and residency. She moved to Calvert in 1997 after finishing her residency.

She's on the staff of CalvertHealth and also part of the hospital-owned practice.

At CalvertHealth, she said, "We have a lot of programs for the prenatal visits. You know, you can get prenatal classes. About six months ago, we hired a nurse that is called an OB navigator. So, she is highly involved in all of the prenatal visits with people. So that is a relatively new program for us. She's helping people navigate through their pregnancies and get to whatever specialty appointments they need, sonograms, those kinds of things to make sure they get what they need."

Like many specialties, there is a shortage. She noted there are doctors around the world who act as temporaries. "So right now we're filling in some of our gaps with that," adding "They cover some shifts for us and they also will see patients in the office. For our hospital, last week we started a new model where we actually have a doctor that is on the labor and delivery Monday through Friday, seven to four. So that there's a doctor dedicated to being on there. What used to happen is if I had a patient that if I was in the office and I had a patient that came in labor, then I would have to leave my office and go do the delivery and go take care of the patients in the hospital. So, we're changing our model a little bit, which I think is going to be a great satisfier for the doctors, but also, because now our patients aren't going to be waiting, wondering when I was going to come back after doing a delivery."

As to impediments to women getting the proper health care in Calvert, Estes said, "I would say for the most part, for general care, they have no issues. Although we're a little short staffed, so it can take a while to get an appointment to get in if you're a new patient. We're working on that. We also, in our practice, have a PA and we have two nurse practitioners. So, they also see a lot of our GYN well visits. Also, we're what's called a level one hospital, so we don't take care of the very high-risk preterm babies. And if someone had a very complicated GYN cancer, then this isn't the place to be. So, we have good relationships with other hospitals that are either in Baltimore or in Washington or Annapolis, where we can

refer patients that may need a higher level of care, which is kind of key to any rural hospital because you can't do everything. We don't have enough doctors to do all the other high-level things that Maryland can do."

"We have a very good rate," Estes said about live births, one of the metrics used to define how a community is doing with health care. "We have a very low mortality rate. It's interesting, because one of the things that they've started to measure is our primary C-section rates. People want to look at that number. And that has been a trend over the last decade. And we're below the recommended number right now. So, we're doing well with that."

She said insurance handles most of the women's healthcare needs. "After the Affordable Care Act, screening services have been covered. Preventive services have been covered. So, a lot of women have no trouble getting out. They're well covered with no copay. It very much depends on your insurance. If you need a surgery, sometimes you have to have a deductible."

She added, "We live in a county that is highly insured. When you look at the uninsured rate, we have a very low uninsured rate compared to some of the other counties in the state."

Estes reported, "We are in the process of renovating our space here. So, we're going to have more capacity for people. We're moving up to another suite, which is going to be next March. That's our plan, which hopefully we're going to have a women's center, which we're going to try to recruit



Dr. Barbara Estes

some of the other subspecialties that we don't currently have here to try to come down and do some days with us."

Estes says of being at CalvertHealth, "It's been great. Not everybody stays at the same job for 27 years. This was a very good choice for me to come and work in the rural setting. The patients are wonderful, and the people are nice in this county. You work with the nurses that have kids in the same school and go to the same church. It just feels community."

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

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[CalvertHealthMedicine.org](http://CalvertHealthMedicine.org)



# Calvert Community Calendar

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

## Thu, Aug 22

**JobSource Mobile Career Center**

Calvert Library Southern Branch  
13920 H. G. Trueman Road, Solomons  
10 a.m.-1 p.m.

Stop by for your job search needs! Get job counseling and resume help, search for jobs and connect with Southern Maryland JobSource. This 38' mobile center features 11 computer workstations, smart board instructional technology, satellite internet access, exterior audio visual and broadcasting capabilities; state-of-the-art workforce applications and connectivity for wireless mobile device access. 410-326-5289. <https://CalvertLibrary.info>.

**Yoga on the Terrace - all levels**

Calvert Library Twin Beaches Branch  
4100 5<sup>th</sup> St., North Beach  
6:30-7:30 p.m.

Join us for our summer yoga series with a gentle flow class for all levels on the beautiful Twin Beaches Branch terrace overlooking the Bay. In the case of inclement weather, the class will be canceled. Please bring a yoga mat and water. Registration is required. Space is limited. 410-257-2411. <https://CalvertLibrary.info>.

## Fri, Aug 23

**On Pins & Needles**

Calvert Library Prince Frederick  
850 Costley Way  
and Calvert Library Twin Beaches  
4100 5<sup>th</sup> St., North Beach  
1-4 p.m.

Bring your quilting, needlework, knitting, crocheting or other project for an afternoon of conversation and shared creativity. <https://CalvertLibrary.info>.

## Rooftop Car & Truck Cruize Nite

4165 Mears Ave., Chesapeake Beach

On the rooftop of the Rod 'N' Reel parking garage by the Bay. DJ tunes. FREE, 866 313 5596.

## Sat, Aug 24

**Dungeons & Dragons – TEENS**

Calvert Library Fairview Branch  
Rt. 4 and Chaneyville Road, Owings  
1-4 p.m.

Players ages 13 - 19 of all levels and interest are welcome. Registration is required. 410-257-2101. <https://CalvertLibrary.info>.

**Warhammer 40K at Calvert Library**

Calvert Library Prince Frederick  
850 Costley Way  
10 a.m.-4 p.m.

Play the popular miniature strategy tabletop game. Come in for casual play. Don't know how? This is the perfect place to learn. 410-535-0291 or 301-855-1862. <https://CalvertLibrary.info>.

## Sun, Aug 25

**Dee of St. Mary's Dockside Tour**

Calvert Marine Museum  
10 a.m. – 1 p.m.

Step aboard the museum's skipjack for an up-close tour with crew members of her 56 ft. deck. Learn how watermen dredge for oysters, hoist the sails, and navigate the waterways of the Chesapeake.

## Mon, Aug 26

**Monday Night Movie Musings**

Calvert Library (Zoom)  
6:30-7:30 p.m.

This month's movie is "To Kill a Mockingbird." It is available on DVD and Blu Ray through Calvert Library. Watch the movie prior to the Zoom event and join us for a lively discussion on Monday night. Please register to receive an emailed link to the Zoom event an hour before it begins. 410-535-0291 or 301-855-1862. <https://CalvertLibrary.info>.

## Wed, Aug 28

**Book Discussion**

Calvert Library  
6-8 p.m.

Join us this month to discuss "The Day the World Came to Town" by Jim DeFede. Dinner at 6pm and discussion starts at 7pm. <https://CalvertLibrary.info>.

**Brain Games: Mahjongg, Scrabble & More**

Calvert Library Prince Frederick  
850 Costley Way  
10 a.m.-1 p.m.

Games are a great way to keep your brain sharp while having fun! Please register. 410-535-0291 or 301-855-1862. <https://CalvertLibrary.info>.

**Job Seeker Resources - Skillbuilders**

Calvert Library Prince Frederick  
850 Costley Way  
9 a.m.-3 p.m.

Maryland Department of Labor, Veterans Program, Senior Community Service Employment and Job Service representatives will be in person to meet with those seeking

employment or career change. Walk-ins welcome on the second and fourth Wednesdays of every month. 410-535-0291 or 301-855-1862. <https://CalvertLibrary.info>.

**Reading Buddies**

Calvert Library Prince Frederick  
850 Costley Way  
6:30-7:30 p.m.

At this event, elementary aged children will do fun activities and read out loud to teen volunteers. Teen volunteers can earn one service learning hour for participating. 410-535-0291 or 301-855-1862. <https://CalvertLibrary.info>.

## Thu, Aug 29

**Little Minnows: Boats – Manpowered**

Calvert Marine Museum  
10:15 & 11:15 a.m.

This month's theme is Boats - Manpowered, for preschoolers ages 3 – 5, accompanied by an adult. This program focuses on one of the museum's three themes. Join us for story time and a craft, available while supplies last. Sessions are 25-40 minutes. The cost is free with museum admission. Sign up at the Admissions Desk when you

## Upcoming

**Waterside Music Series: Jamey Johnson**

Calvert Marine Museum  
Friday, Sept. 6 at 7 p.m.

Grammy-nominated singer-songwriter JAMEY JOHNSON will perform live at the Motto Mortgage Preferred and RE/MAX One Waterside Pavilion. Gates open at 5:30 p.m. with food and beverage vendors onsite. The Calvert Marine Museum and Museum Store close at 3 p.m. for concert preparations. Cost of tickets are \$49-\$89 (additional fees apply).

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The County Times is a weekly newspaper providing news and information for the residents of St. Mary's and Calvert County. The County Times will be available on newsstands every Thursday. The paper is published by Southern Maryland Publishing Company, which is responsible for the form, content, and policies of the newspaper. The County Times does not espouse any political belief or endorse any product or service in its news coverage.

To be considered for publication, articles and letters to the editor submitted must include the writer's full name, address and daytime phone number. Submissions must be delivered by 4 p.m. on the Monday prior to our Thursday publication to ensure placement for that week. After that deadline, the County Times will make every attempt possible to publish late content, but cannot guarantee so. Letters may be condensed/edited for clarity, although care is taken to preserve the core of the writer's argument. Copyright in material submitted to the newspaper and accepted for publication remains with the author, but the County Times and its licensees may freely reproduce it in print, electronic or other forms. We are unable to acknowledge receipt of letters. The County Times cannot guarantee that every letter or photo(s) submitted will be published, due to time or space constraints.



# County Times

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# What's Coming to Calvert

The following list of pending Category 1 site plans was presented to the Calvert County Planning Commission at their Aug. 21 meeting. That means that the proposals are on the list for consideration by the planning commission at a future meeting. The meeting was in a hybrid form, both virtually and in person at the Harriet E. Brown Community Center (HEBCC), 901 Dares Beach Road, Prince Frederick.

1. CSPR-142881, **Prince Frederick Town Center South, Shopping Plaza**, located on South Solomons Island Road, Prince Frederick, on 115-acre parcel, zoned Town Center/Forest District. This project will have private water but will utilize public sewer. Proposed about 75,000 sf of commercial retail & office space with parking and site improvements. The concept submittal was accepted September 28, 2022. Agent: COA Barrett
2. CSPR-143116, **145 Adelina Business Office**, located at 145 Adelina Road, Prince Frederick, combining Parcel 120 and Parcel 250, Lot 2 for a total of 2.44 acres, zoned Rural Commercial. Proposed remodeling of existing structure for use as an office and con-

struction of a new 7,400-sf, two-story building for business-related storage with associated parking area required for the two buildings. This project will utilize private well and septic. The concept submittal was accepted December 20, 2023. Agent: COA Barrett

3. CSPR-143112, **CCIP Lot 3R**, located at 171 Skipjack Road, Prince Frederick, Lot 3R in the Calvert County Industrial Park, zoned Light Industrial. Proposed redevelopment of a portion of the 4.5-acre lot by demolishing the existing office and constructing a new two-story office building in its place. It is further proposed to repave the southern portion of the site and to construct a storage warehouse and wall to segregate parking between the storage building yard & adjacent flex space tenants. A total of 6,524 sf of new construction with a total disturbance of 1.2-acres is proposed and the amenities will utilize public water and sewer. The concept submittal was accepted December 20, 2023. Agent: COA Barrett
4. CSPR-143181, **Weis Markets Store #284 Gas-N-Go**, located at 210 Village

Center Drive in Lusby, MD and is zoned Lusby Town Center/Village Center District. This proposed project consists of a six-pump fuel station associated with the existing Weis Market and a separate 3,000 gross sf retail building. Forest conservation requirements for the project parcel were satisfied at the time of subdivision via recordation of forest retention area. Domestic water, fire protection service and sewerage will tie to the existing public systems. Parking requirements are proposed to be satisfied utilizing 272 existing spaces to remain, six proposed spaces and a shared parking reduction factor of 1.2. The concept submittal was accepted June 26, 2024. Agent: COA Barrett

The following Major Subdivision Proposed Project List for Upcoming Review was also submitted at the same meeting.

No major subdivisions are currently under review for Planning Commission consideration. Please check next month's agenda for any new additions to this list.



*Concept submittals have been removed from this list. There is no assurance that those projects will reach Preliminary Plan status. If/when they do, they will be placed on this list under their Preliminary Plan project number.*

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# CALVERT COUNTY POLICE BLOTTER

During the week of August 5, 2024 – August 11, 2024, Calvert County Sheriff's Office Deputies responded to 1,649 calls for service throughout the community including, but not limited to:

- Check Welfare / Mental Health: 70
- Disorderly: 16
- Domestic: 12
- Motor Vehicle Crashes: 55
- Patrol Checks / School Checks: 747
- Suspicious Persons / Vehicles: 48
- Traffic Complaints: 58
- 911 Hang Ups: 83
- ARRESTS: 41



Diego Alejandro Trejo

## **Burglary: 24-60137**

On August 6, 2024, DFC Plant responded to All-American Towing & Recovery located at 2055 N. Solomons Island Road in Huntingtown, for the reported trespassing/burglary.

Investigation revealed **Diego Alejandro Trejo**, 29 of Washington D.C., removed the lock and chain and entered the storage lot where he was observed on video surveillance inside a vehicle. Trejo was located hiding in the wood line near the business where he was placed into custody. Trejo was charged with Burglary- Forth Degree-Storehouse and Trespassing- Posted Property.



Kendall Allen Francis

## **CDS Violation: 24-60306**

On August 6, 2024, DFC Hendrickson initiated a traffic stop on a vehicle for a traffic violation in the area of NB Rt. 4 and St. Leonard Road in St. Leonard. Contact was made with the driver, **Kendall Allen Francis**, 39 of Windsor Mill, and passenger **Veronica Elizebeth Barnes**, 40 of Hagerstown. An open air sniff of the vehicle was conducted resulting in a positive alert for narcotics. A vehicle



Veronica Elizebeth Barnes

search revealed 44.7 grams of crack cocaine packaged in 12 baggies, 7.2 grams of Heroin contained in 22 capsules and 94 pills and 2 broken pieces weighing a total of 28.8 grams of suspected Fentanyl. Additionally, deputies located \$594 in US currency. Francis and Barnes were transported to the Calvert County Detention Center and charged with CDS: Possession- Large Amount (Opium/ Cocaine), Possession with Intent to Distribute Fentanyl/Heroin, CDS: Possession with Intent to Distribute Narcotics, and CDS Possession- Not Cannabis.

**CDS Violation: 24-61233** On August 10, 2024, Deputy Deinert responded to Mom and Pops located at 3500 Williams Wharf Road



Royce Theopolis Heigh

in St. Leonard, for the report of a disturbance. The complainant advised that **Royce Theopolis Heigh**, 37 of Lusby, had stolen ice cream from the store without making payment. Contact was made with Heigh who was observed possessing a folded-up dollar bill covered in a white powdery substance. A vehicle search revealed a Newport cigarette box with a second folded-up dollar bill containing a white powdery substance. Heigh was transported to the Calvert County Detention Center where he was charged with CDS: Possession-Not Cannabis.

**Damaged Property: 24-61212** On August 10, 2024, Cpl. R. Shrawder responded to the corner of Rt. 4 and Calvert Beach Road in St. Leonard, for the report of malicious property destruction. The complainant advised an unknown suspect(s) defaced a political sign. The estimated value of damaged property is \$500.00.

**Damaged Property: 24-60836** On August 8, 2024, Deputy MacWilliams responded to the 9700 block of Tara Drive in Dunkirk, for the report of damaged property. The complainant advised sometime after 3 p.m. on August 8, an unknown suspect(s) ran over the victim's mailbox and garden. The estimated value of damaged property is \$250.00.



Richie Aaron Harper

## **Disorderly Conduct: 24-61068**

On August 9, 2024, Deputy Deinert responded to the area of St. Leonard Rd and Western Shores Blvd. in St. Leonard, for the report of a male standing in the travel portion of the roadway. Upon arrival, contact was made with **Richie Aaron Harper**, 46 of no fixed address, who was observed in the middle of the road waving his arms trying to hit passing cars. Previous to this call, deputies had been out with Harper five times prior in regards to Harper being in the roadway causing a hazard. Harper's continuous course of conduct standing in the roadway preventing the flow of traffic for drivers resulted in his arrest. Harper was transported to the Calvert County Detention Center where he was charged with Disorderly Conduct.

**Theft: 24-60223** On August 6, 2024, Deputy H. Jones responded to the Ford dealership located at 10 Solomons Island Road in Prince Frederick, for the report of a theft. The complainant advised 14 dealer tags had been stolen. The estimated value of stolen property is \$5,600.00.

**Theft: 24-60307** On August 6, 2024, Master Deputy Wood responded to 8800 block of LaFayette Drive in Owings, for the report of a theft. The complainant advised an

unknown suspect(s) stole a package containing 4 cellular telephones, sometime between 2:32 p.m. and 3 p.m. The estimated value of stolen property is \$1,000.00.

**Theft: 24-60322** On August 6, 2024, Master Deputy Wilder responded to Calvert Marina located at 14485 Dowell Road in Solomons, for the report of a theft. The complainant advised a trailer with various tools inside was stolen sometime before 5 p.m. on August 5. The trailer is described as a white, 2022 Arising 6' x 12' enclosed trailer with a single axle. The estimated value of stolen property is \$16,595.00.

**Theft: 24-60298** On August 6, 2024, Deputy Claggett was dispatched to the 8700 block of Southern Maryland Blvd. in Owings, for the report of a theft. The complainant advised two iPhones were delivered to the residence by FedEx at 11:49 a.m. At 12:49 p.m., a black male approximately 6 feet tall, wearing a Pittsburgh Pirates hat with a black short-sleeved t-shirt and black shorts was observed on video surveillance approaching the residence, stealing the package, fleeing in a silver motor vehicle. The estimated value of stolen property is \$2,798.00.

**Trespassing: 24-60534** On August 7, 2024, Deputy Campbell responded to the Safeway located at 80 W. Dares Beach Road in Prince Frederick, for the report of trespassing. The



Rachael Nicole Wood

complainant advised a female in the cart return had been previously trespassed from the property. Contact was made with the female who initially provided a false name. The female was advised she had been tres-

passed and was asked to leave the property in which she failed to do. The female later identified as **Rachael Nicole Wood**, 33 of no fixed address, was transported to the Calvert County Detention Center and charged with Trespassing: Private Property, Obstructing and Hindering and Fraud- Per Identification to Avoid Prosecution.

*Editor's Note: The above arrests are not an indication of guilt or innocence as the cases have not been adjudicated*

Anyone with information about these incidents is asked to call the Sheriff's Office at (410) 535-2800 and reference the case number provided. Citizens may remain anonymous thru the 'Submit a Tip' feature on the Calvert County Sheriff's Office mobile app. To download, visit <https://apps.myocv.com/share/a39520678>. Tipsters may also email [ccsotips@calvertcountymd.gov](mailto:ccsotips@calvertcountymd.gov)



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# Calvert a Key Part of Proposed Bay Passenger Ferry

By Dick Myer  
Staff Writer

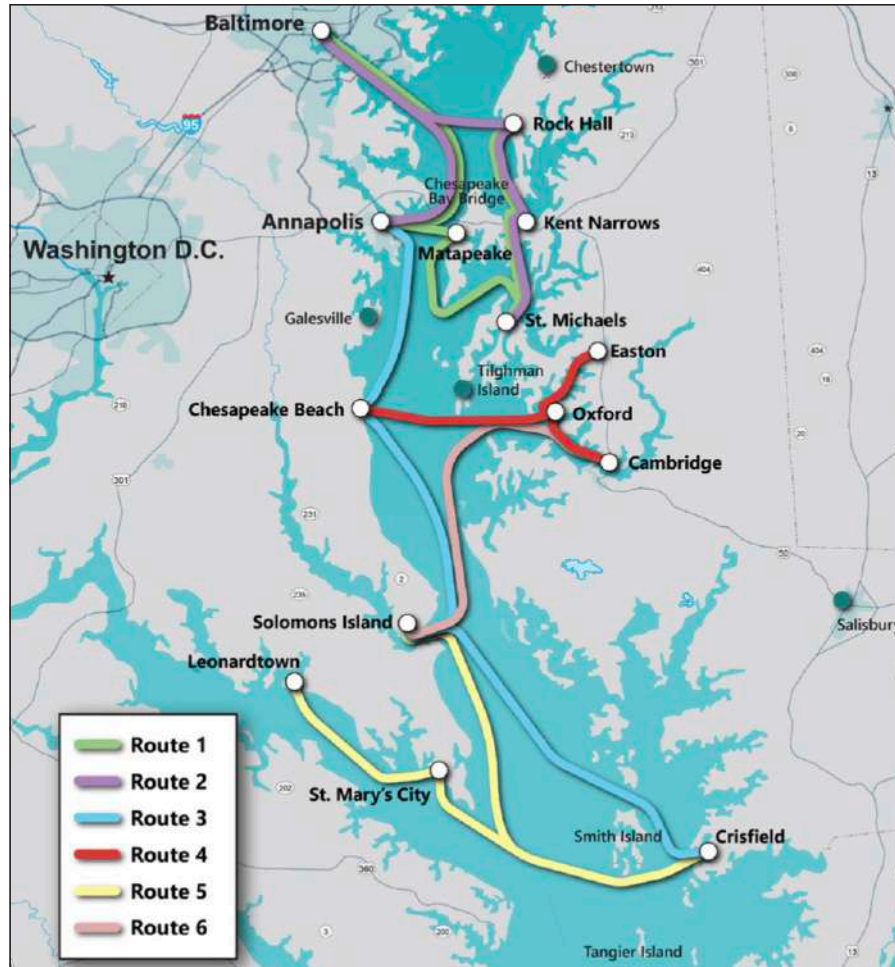
Calvert County has a prominent role in the feasibility study for a Chesapeake Bay Passenger Ferry system.

Chesapeake Beach and Solomons are two stops on a western shore route, one of six proposed for the first phase of a ferry system rollout.

Chesapeake Beach is the western shore terminus of another route proposed to cross the Bay from Easton or Cambridge to Chesapeake Beach.

And Solomons is the western shore terminus of another route from the Eastern Shore and is also part of still another route that would connect Crisfield on the Eastern Shore and Leonardtown.

According to a press release, “The Chesapeake Bay Passenger Ferry Consortium, comprising representatives from Anne Arundel, Calvert, Queen Anne’s, Somerset, and St. Mary’s counties, released the findings of a feasibility study for a Chesapeake Bay passenger ferry system at this year’s Maryland Association of Counties (MACo) Conference in Ocean City on Aug. 15. The results of the year-long study were presented during MACo’s Solutions Showcase breakout session, titled Navigating Opportunity: Results of the 5-County Coalition on the Chesapeake Bay Ferry System Feasibility Study.” The study identified a promising opportunity to enhance transportation and economic growth across 21 coastal communities in Maryland. This initiative aims to restore vital water connectivity, promote tourism, and boost local economies by linking residents and visitors to bayside destinations. The proposed Baseline Passenger Ferry System, initially focusing on 14 key communities, has the potential to generate significant regional economic benefits, including job creation and increased tourism revenue. The study, conducted by Cambridge Systematics, Inc., also found significant sup-



A map of ferry routes proposed by the study

port from community partners and stakeholders for a regional ferry system, with 67 percent of survey respondents expressing interest in the ferry service and 62 percent of community partners interested in engaging activities for visitors as well as residents.”

Chesapeake Beach Town Councilman Larry Jaworski, who is chairman of the Calvert County Economic Development Advisory Board, said, “This passenger ferry idea is part of the history of the whole Chesapeake Bay area. And I think it’s a grand idea to try to restore that ferry with the

multiple routes. I think it’ll improve tourism all across the county and other counties too. And personally, I always think, how nice would it be to be able to get on a boat here in Chesapeake Beach and go over to Cambridge or Easton or someplace like that just for the day and not have to drive across the bridge.”

As to the benefit to his town, Jaworski said, “Obviously the towns, both Twin Beaches, North Beach and Chesapeake Beach are based a lot on tourism, and I think it’ll help with tourism bringing people here.”

Jaworski said the implementation of the plan is still a few years away. “The executive summary lays out sort of a plan of moving forward with discussions of the communities that’ll be involved in stops along the way. Obviously they’ve got a real hard path ahead of them for funding for it. I didn’t see any kind of a definitive timeline of things going forward, but they lay out the multi-step plan of trying to move the whole plan forward.”

Some of the key findings of the report:

- Baseline System is estimated to generate \$2.5 million in revenue

- Baseline System is estimated to require \$5 million in expenses in the first year of operation
- Baseline System is estimated to require \$4.8 million in station improvement costs to support the initial operation
- Baseline System is anticipated to have a negative \$2.5 million in pre-tax income the first year of operation

Other findings:

- Chesapeake Bay is home to a diverse and historic maritime culture
- Local communities have unique offerings to attract visitors
- Special events represent key opportunities to test service offerings
- Limited excursion and water taxi services exist today
- Water depth, wave action, and geography create navigational challenges
- Local residents see the ferry as an opportunity to experience the Bay
- Green technology options provide an opportunity to differentiate the region and protect the health of the Bay
- Core service amenities will drive immediate success
- Most communities have existing infrastructure in place today to support basic start-up activities
- Expanded service amenities will be critical for longer term growth
- Marketing, branding, and promotional material will be critical to building and expanding the system
- Existing waterway services represent possible operators
- Passenger ferry service is seen as an economic development tool
- Potential host communities are willing to facilitate and promote development of service
- Ferry system likely to be phased over time
- Baseline System is estimated to handle approximately 50,000 riders per season
- Establishment of a successful business model for the Baseline System will require support from each local community
- Baseline System will generate significant regional economic impacts
- Baseline System anticipated to generate a positive benefit cost ratio
- Governance structure should be a public/private partnership
- Transit-compatible service offerings, as well potential cargo opportunities, would expand funding options.

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

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# Public Hearing Set for Local Business Preference Policy

By Dick Myers  
Staff Writer

The Calvert County Board of County Commissioners will hold a public hearing on Aug. 27 on a proposed local business preference program. After trying for three years, the commissioners finally in the last session of the Maryland General Assembly received enabling legislation to develop such a program. The hearing will be at 10:30 a.m. in the commissioners' hearing room on the second floor of the courthouse in Prince Frederick.

According to a press release from the county, "A local business preference ordinance is a policy intended to give a competitive advantage to local businesses when bidding for county contracts. The proposed ordinance is designed to prioritize companies based in Calvert County, even if their bid is slightly higher than non-local competitors."

Director of Budget and Finance Bruce Miller, in a memo, explained, "In 2018, the BOCC requested and were given authority to apply a reciprocal preference when awarding contracts. The reciprocal preference requires that the county to 'give a preference to a resident bidder over a non-resident bidder that is equal to the preference given by the county or state in which the nonresident bidder has its principal office to bidders that have a principal office in that county or state.' The reciprocal preference is intended to help a Calvert County business that is being penalized for being a Calvert County business where the lowest bidder on a Calvert County job enjoys a local preference in its home jurisdiction. An analysis of Calvert County's procure-

ment activities from 2022 to 2024 shows that, despite the reciprocal preference, nonresident businesses prevail over local in both participation and amount awarded. Combining local preference policies with reciprocal preference considerations could help to level the field for local businesses, ensuring they have a fair chance in the competitive bidding process."

The proposal as submitted by Miller, would be for solicitations under \$30,000:

- If a resident business is involved in the bid process, and their bid is not the lowest, the resident business shall be allowed a 5 percent local bid preference.
- If there is more than one resident business, the lowest resident business will be selected for the local bid preference. If this bidder declines, the process will continue until the resident business list is completed.
- If all local businesses decline, the contract goes to the lowest non-resident bidder.

For \$30,000 and over:

- If a resident business bidder is involved in the bid process, and their bid is not the lowest, the resident bidder may be allowed a 5 percent local bid preference, not to exceed \$25,000.
- If there is more than one resident business, the lowest resident business will be selected for the local bid preference. If this bidder declines, the process will continue until the resident business list is completed.
- If all local businesses decline, the contract goes to the lowest non-resident

bidder.

Exclusions include:

- Federal or State Law, grant agreements, sub-recipient agreements, or other funding mechanism supporting the solicitation that precludes the offer of a Local Bid Preference;
- When piggybacking other jurisdiction's competitively bid contracts;
- Purchases under cooperative agreements

Procurement has exercised any discretion afforded by Title 6 of the Code of Public Local Laws of Calvert County, Maryland to waive competitive bidding requirements in the following situations: Where it can be demonstrated that the requiring department could not have foreseen the required purchase in sufficient time for normal purchasing procedures to be used; Emergency Purchases, where life is in imminent peril and likely will be endangered, or property will be destroyed, or considerable costs will be incurred because of events beyond the control of the department if the procurement is not completed without delay; and; At the direction of the County Administrator when other overriding factors warrant an exception to this Chapter.

Commissioner President Buddy Hance said, "When I first got elected, one of the first things we did was a bid award to build the Prince Frederick firehouse. And a Calvert County contractor lost that \$11



Director of Budget and Finance Bruce Miller

million bid over \$19,000. And we struggled why we could not give that. And then later we would give out smaller contracts. I remember a grass cutting contract went to a company in Pennsylvania. And we just said, we've got to fix this. It's just not right."

After a Sept. 10 work session following the public hearing, the commissioners intend to vote on the local preference policy on Sept. 24.

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## Sheriff's Office Speaks Regarding Inmate's Death

The Calvert County Sheriff's Office (CCSO) has released the following statement in reaction to an exclusive story in The County Times (Aug. 8) regarding the death of an inmate while in their custody more than eight months ago.

"Our office has received inquiries regarding the death of Mr. Angel Manuel Jimenez in December of 2023, while he was incarcerated at the Calvert County Detention Center. As soon as we became aware of the incident, we immediately contacted the Independent Investigations Division (IID) of the Attorney General's Office. However, they determined this case would not fall under their purview and declined to investigate it.

"Determined to ensure an impartial investigation, we then reached out to the Maryland State Police, who agreed to handle the case from start to finish. Consequently, all inquiries have been directed to their office.

"The case is still under active investigation, which means that information cannot be released at this time. Once the inves-



Angel Manuel Jimenez

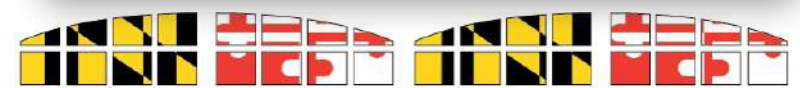
tigation is complete, the findings will be reviewed with the State's Attorney's Office. I will ensure that any information that can be released will be shared as soon as the process is finalized."



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- Parents establish schedules on given days of the week that are most ideal.
- The service is free and easy. There are no membership fees, no commitments and participation is voluntary.
- SchoolPool can also help match parents for bicycling and walking groups.
- Your information will remain confidential and you can request removal from our database at any time.



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We understand the safety of your children is of utmost importance to you. For this reason SchoolPool only shares the parents' contact information and never information about your children. Take advantage of SchoolPool to get your children to school in a safe and secure manner.

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Whether you're a single parent who needs some extra help, a mom and dad with jobs outside the home, or a household juggling one car, SchoolPool may be just right for your family's needs! Each family has its own unique circumstance that may make SchoolPool work for their daily routine.

### FREE AND EASY TO USE

Get your free "Matchlist" with the names and contact information of other parents, and either email or call them to arrange a shared ride to school.

Register at [commuterconnections.org/schoolpool](http://commuterconnections.org/schoolpool)

George Clark, CCTM Acting Transportation Director  
gclark@tccsmd.org  
(301) 643-7257

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# Commissioners Reduce Town Center Density Again

By Dick Myers  
Staff Writer

The Calvert County Board of County Commissioners (BOCC) has once again reduced the number of residential units per acre allowed in town centers. Earlier this year they reduced the number from 14 to seven while going over the rewrite of the zoning ordinance. Then during a work session on the ordinance at their Aug. 20 meeting, they reduced the number to four per acre.

The board also moved to increase the number of TDRs (transferable development rights) required for multi-family units. Currently multi-family units require a TDR for every bedroom and single-family lots require five. The board moved to require five for any unit, regardless of the type.

The decisions came after Director of Planning and Zoning Mary Beth Cook showed the commissioners several slides of existing development, including one with six units per acre. Several of the board members concluded that still was too much for their liking.

Commissioner Mike Hart led the charge against greater density. "If I had a dollar for every time I've apologized here. I have a complete open book. I'm going to die here. I don't care about what somebody thinks, but you will evolve. And I understand having town homes. My question has always been is how many, because the roads haven't increased. Water and sewer plants are what they are. Our resources are what they are."

He added, "I bought a condo there; it's good for me, not everybody else. I waited for one to come open and I bought it. And I think everybody else is working that too. But how many do you need?"

Commissioner Vice President Catherine



Director of Planning and Zoning Mary Beth Cook

Grasso said, "I really thought when I proposed, in the beginning of the year, reducing density from 14 to seven, I thought that was a really good thing. Well, it was at the time. But now as I look at this, I think it should be four across the board."

Commissioner Mark Cox opposed the motion to reduce the density in town centers to four units per acre.

In another issue related to the zoning ordinance update, the BOCC decided to allow churches that already have message boards to replace them with electronic signs. But they agreed not to extend the areas where such signs are allowed.

The decisions made at the Aug. 20 meeting finalized the second draft of the zoning ordinance update, which will be available for comment later this month.

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

### Correction

A story in the Aug. 15 issue of The County Times misidentified the name of the team of local barbecue competitors. It should have been Goodas Barbecue.



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“WE’VE GOT TO FIX THIS.  
IT’S JUST NOT RIGHT.”

COMMISSIONER PRESIDENT BUDDY HANCE ON LOCAL BUSINESS PREFERENCE



**LOCAL** 4  
Commissioners consider local business preference



**LOCAL** 4  
Sheriff responds to inmate death case



**ON THE COVER**  
Calvert focuses on women's health

## WEEKLY FORECAST

THU, AUG 22	FRI, AUG 23	SAT, AUG 24	SUN, AUG 25
Mostly Sunny Hi: 78° Lo: 56°	Sunny Hi: 81° Lo: 60°	Partly Cloudy Hi: 83° Lo: 62°	Sunny Hi: 86° Lo: 66°
MON, AUG 26	TUE, AUG 27	WED, AUG 28	THU, AUG 29
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