



CHARLES COUNTY
SHERIFF'S OFFICE

WATCH WORKS

SHERIFF TROY BERRY

JAN. / FEB. 2020

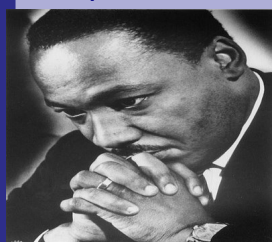
January 20:
Martin Luther King Jr. Day

February 2:
Groundhog Day

February 14:
Valentine's Day

February 17:
Presidents Day

February 26:
Ash Wednesday



Staying Home Alone

- Most households have both parents working or the household has a single parent. With everything parents have to do, working, shopping, Drs. Appointments, etc., sometimes you have to leave your child home alone. Here are a few things to consider before allowing your child to stay home alone. Make sure your child is mature enough to handle the responsibility of being home alone. Ask them how they would feel being home alone.
- Define rules so there is no question what is expected.
- Keep a list of phone numbers available, 911, and another trusted adult.
- Go over different situations and make sure your child knows what to do.
- Make sure your child knows his or her full name, address and telephone number.
- Make sure the child knows his parents' phone numbers and places they work.
- Make sure your child knows to never open the door for someone unless that person is preapproved.
- They should know to contact 911 in case of emergency.
- Carry his or her key so that it is hidden and secure.
- Lock the door as soon as they enter.
- Your child should tell callers you're unavailable instead of saying he or she is home alone.
- Have your child check in with a parent, grandparent immediately upon arriving at home to let them know they have arrived safely.
- Under Maryland law, a child must be at least **eight years** old to be left alone in a house or car. State law also says a child must be **at least 13 years old** to babysit another child.





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Have You Got The Blues?

Here it is February and you don't know why you are feeling down. It's called the Winter Blues. The Holidays are behind us and we can't wait until Spring.

Here are 4 science-based strategies to boost your mood:

1. Host a game night and laugh it out. Spending time with friends and family in a fun, interactive way can boost your mood. Dig out the Scrabble board, Speak Out or a funny game, like Cards Against Humanity. I guarantee you will be laughing in no time. Studies have shown that [laughter](#) boosts immunity, improves mental health,

strengthens relationships and lowers stress hormones among other health benefits.

2. Get moving. A [2005 study](#) from Harvard University suggests walking fast for about 35 minutes a day, 5 times

a week or 60 minutes a day, three times a week to improve symptoms of mild to moderate depression. If you cannot walk outside due to poor weather conditions, hop on a treadmill at a local YMCA or gym. Any activity that gets you moving is beneficial.

3. Clean up your diet. Eating sugar or candy will provide a temporary sense of euphoria but will wreak havoc on your blood sugar levels and waistline. Food does affect your mood. In fact, researchers Wurtman and Wurtman developed a theory suggesting that a diet rich in carbohydrates can relieve depression and elevate mood in disorders such as carbohydrate craving, obesity, premenstrual syndrome, and SAD. One reason might be that the feel good neurotransmitter serotonin increases in response to carbohydrates. Instead of grab-

bing a candy bar, reach for protein like Greek yogurt or cottage cheese or complex carbohydrates like sweet potatoes and oatmeal to boost your mood and keep your weight under control.

4. Turn up the tunes. A [2013 study](#) showed that listening to upbeat music can improve mood. In the study, participants were instructed to try to improve their mood, but they only succeeded when they listened to upbeat music, as opposed to more sad tunes. The participants listened to the music for 12 minutes and reported a subjective increase in happiness after listening. Turn on your favorite upbeat music and reap the benefits of feeling happier.

Dr. Christina Tarantola, Pharm D, CHC Spring will arrive on time!

Are You Ready!



It is February and that big storm could be brewing. Cyber attacks could take us off the grid. It really doesn't hurt to be ready for anything. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief and your kids a feeling of empowerment. Make sure you have enough supplies to last for at least three days.

Emergency Supplies List:

- ◇ 3-day supply of non-perishable food (tuna, peanut butter, soup).
- ◇ Can opener
- ◇ Matches in waterproof container.
- ◇ Paper plates, cups and utensils, paper towels.
- ◇ Moist novelettes, garbage bags and plastic ties for personal sanitation.
- ◇ Water, at least a gallon per person, per day.
- ◇ First aid kit.
- ◇ Prescription medication, glasses, pain and fever reducer, cold medication.
- ◇ Matches in a waterproof container
- ◇ Toothbrush, toothpaste, soap.
- ◇ Fire extinguisher
- ◇ Dust mask, and plastic sheeting and duct tape, to help filter contaminated air
- ◇ Battery-powered or hand-cranked radio and extra batteries.
- ◇ Flashlights and extra batteries
- ◇ Cell phone with charger, extra battery and charger.
- ◇ Chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency you can use it to treat water by using 1/4 tea-
- ◇ spoon of bleach per gallon of water. Wait 1/2 hour before drinking. Do not use scented, color safe or bleaches with added cleaners.)
- ◇ Extra cash, smaller bills.
- ◇ Important family documents, insurance policies, ID, bank records. Place in waterproof container or bag.
- ◇ Infant formula and diapers.
- ◇ Pet supplies and extra water for pets.
- ◇ Paper and pencil.
- ◇ Books, games and puzzles.
- ◇ Glow sticks.

If you know a big storm is coming:

Fill your car with gas.

Fill plastic bags with water and place them in the freezer.

Fill prescriptions.

Before an emergency happens, have a family discussion to determine who would be your out-of-state contact.





Charles County Sheriff's Office

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REMINDER
FROM THE
CHARLES COUNTY SHERIFF'S OFFICE



**LOCK YOUR
VEHICLE
DOORS**

#9PMROUTINE