

The Courier

January
9
2019

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The new senator take office

By **Chip Bertino**

Mary Beth Carozza (R) will be sworn in today as Senator for District 38, a district that includes Worcester, Somerset and Wicomico counties. Senator Carozza served four years as Delegate representing District 38-C before winning the Senate seat in November.

Carozza has been busy since the election traveling around the district meeting with constituents as she prepares for the new legislative session that starts today.

The *Courier* reached out to Carozza to learn what her priorities will be during the next four years.

"My overall top priority as State Senator will be to support partnerships and policies that improve the quality of life on the Shore," said Carozza. "Specifically, I will focus on initiatives that protect and grow jobs and the economy focusing on small business, health care, agriculture/poultry, and commercial fishing.

She said she will use her position to advocate for policies that will encourage "our young people, our hard-working families, and our retirees to live, work, play and stay on the Shore." To accomplish this, Carozza stresses she will be a leader in supporting fair education funding formulas for schools, advocate for strong career, trades and technology education, support tax relief for retirees and small business, and take a commonsense approach when it comes to balancing the environment and growth.

Carozza has been assigned to the Environment, Health and Education Committee which she considers a good match for the priorities of Worcester, Wicomico and Somerset. "I also plan to be an active member of the Veterans Caucus as I have been the past four years as a Delegate."

The rising tide of opioid abuse in the state concerns the new senator and she intends to take action.

please see carozza page 15



Smiles - Three-month old **George Benjamin Vetter IV** visited his great grandmother Anna Foultz during the holidays.

**\$10 OP Swim Members,
\$12 OP Residents,
\$15 Non-Residents
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Father-Daughter Swim

JANUARY 11, 6-8PM AT SPORTS CORE POOL IN OCEAN PINES, MD



Community Calendar JANUARY

Art expo scheduled

The Delmarva Art Expo will be held at the Ocean City Convention Center on Saturday, January 19 from 10 a.m. to 5 p.m. and Sunday, January 20 from 10 a.m. to 3 p.m. Art vendors and fine crafters from many states will display their products for sale. Classes available on Saturday. Admission is \$3. For more information go to www.delmarvaartexpo.com or call 443-235-2926 for more information.

RWWC to meet

The Republican Women of Worcester County will hold its January luncheon meeting on Thursday, January 24 at the Captain's Table Restaurant located at 15th Street in the Marriott Hotel in Ocean City. The topic will be "Know What's Coming in 2019 - a discussion of Maryland and Worcester County legislative issues. A Worcester County Commissioner will be present to answer questions. The cost of the luncheon is \$20 per person. Doors open at 10:30 am and the meeting begins at 11 am. To make your reservation and/or for more information, please contact Ann Lutz at annlutz60@gmail.com or at 410-208-9767.

County offers Christmas tree recycling

The Solid Waste Division of Worcester County will host its annual collection of Christmas trees through January 15. Area residents can drop off Christmas trees at the Central Landfill in Newark and the Berlin, Pocomoke, and Snow Hill Homeowners Convenience Centers at no cost.

Businesses and organizations that sold trees will not be permitted to drop off trees at the convenience centers, but may take them to the Central Landfill where applicable tipping fees will be assessed.

The trees will be ground into mulch for use at the Central Landfill. Remember, you can make a difference by recycling. For more info, contact Recycling Coordinator Mike McClung at 410-632-3177.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



In Hong Kong harbor, a fire breaks out aboard the *Queen Elizabeth*, and by the next morning the famous vessel lies in a wreck on the bottom of the sea floor.

The RMS *Queen Elizabeth*, boasting a 200,000-horsepower engine and an elegant art deco style, made its public debut in 1946, leaving Southampton, England, on its first luxurious run across the Atlantic. However, before her days as a lavish passenger liner, the *Queen Elizabeth* steamed across the ocean for another purpose—as a transport vehicle during World War II.

After her retirement from the Cunard Line in 1968, the *Queen Elizabeth* was auctioned off to the highest bidder, eventually being purchased in 1970 by C.W. Tung, a Taiwanese shipping tycoon. Tung renamed the vessel *Seawise University* and began work on converting the ship into a learning center that would tour the world.

Monday

Ocean Pines Poker Club

Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge

Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

Tuesday

Families Anonymous

From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Tuesday/Thursday

Poker Players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinestepers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Thursday

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

STEM internships available

Worcester County Economic Development (WCED) is now accepting applications for the 2019 STEP UP STEM Internship Program. This program provides exceptional opportunities for Worcester County high school seniors to graduate school students to explore local career paths in science, technology, and engineering.

The application process is competitive, and applications are available online at www.chooseworchester.org/STEM. The deadline for NASA internships is February 28, with applicants to apply

online at www.nasa.gov. The deadline for all other internship programs is March 31, though early application is encouraged for top internship placement consideration. Internship placements will be made on a rolling basis this year.

"Our future workforce may not know of the opportunities available to them here on the shore, so that's where we step in," WCED Deputy Director Kathryn Gordon said. "Connecting our students with businesses in the science, technology, engineering, and mathematics fields shows them the potential to pursue their career passions and still live by the beach."

The STEP UP Internship Program provides high school seniors, college students, and graduate students with opportunities to gain hands-on work experience in healthcare settings, tech companies, engineering firms, environmental science agencies and digital media production companies. Students' skills and interests will be matched with the needs of the employers. Interns work 100 hours total from June 1 to July 25 and earn \$11/hour.

Prior interns exercised their new skills at NASA Wallops Flight Facility, Northrop Grumman, Sentinel Robotic Solutions, Hardwire LLC, Atlantic General Hospital, Peninsula

Cardiology, West Ocean City Injury and Illness Center, Bel-Art Products, Ricca Chemical, TR Group, Studio Codeworks, D3Corp, Full City Media, Sprout Creatives, Maryland Coastal Bays Program, State Ventures, The Atlantic Group, OceanCity.com, Live Wire Media, Habitat for Humanity, EA Science Technology and Engineering, Martin Physical Therapy, Eastern Shore Physical Therapy, and other local STEM employers.

For more information, email program manager Fawn Mete at fawn@sinepuxentgroup.com or visit <http://www.chooseworchester.org/STEM>.



Happy birthday - A group of friends gathered at Taylor's Restaurant in Ocean Pines to celebrate Hazel Melgan's birthday. Hazel is third from the left. Photo by Anna Foultz.

OPA unveils proposed budget

The Ocean Pines Association (OPA) announced on Friday, the release of the Proposed Budget for fiscal year 2019-2020 (FY19-20) that "does not propose an increase to the annual assessment" however, it "accomplishes many things that will be new to the Association's operating budget," according to an executive summary.

In a summary released to the membership, Ocean Pines Association General Manager John Bailey said, "the assessment was raised \$30 last year, along with a reduction in overall expenditures to the tune of about \$30 more dollars per lot, to begin to deal with the Association's deficit that we owe ourselves from the prior two years of about \$1.6 million."

The Proposed Budget for FY19-20 indicates that the fiscal year ending April 30, 2019 will see the deficit reduced to \$1 million.

One of the budget guidance terms, outlined by the Ocean Pines Board of Directors, was to provide a three or four-year plan for eliminating the prior year's total remaining deficit of \$1 million. Bailey recommends a four-year plan to do just that. The remaining deficit is to be paid down over the current budget and the next three budgets on a schedule of \$100,000, \$250,000, \$325,000, and \$325,000. Thus, the Proposed Budget for FY 19-20 includes \$100,000 for deficit recovery.

"The Association has \$225,000 (previously used for the forensic audit)

and \$500,000 (previously used for deficit recovery) to work with to begin to accomplish the many ideas and needs that have been illuminated during community discussions this past year," said Bailey.

"That's a total of \$725,000, which includes new funding for deferred maintenance, drainage, pay study adjustments and other adjustments throughout the operating budget."

With that \$725,000, the proposed budget provides new funding for:

- Deferred Maintenance (non-reserve funding): \$120,000

- Drainage: \$178,000

- Pay Study Adjustments, 2% labor increase, 10% benefit inflation: \$275,000

- Other adjustments (+/-) throughout the operating budget: \$152,000

The proposed budget also includes the following increases in funding:

- Deferred Maintenance (Replacement Reserve funding): \$305,000

- Drainage (Road Reserve funding): \$620,000

Total spending on Deferred Maintenance for this coming year is proposed at \$425,000.

Total spending on Drainage is proposed to increase by \$798,000; from \$117,000 to \$915,000.

Another highlight of the proposed budget is a one-year waiver of the full contribution to the Bulkhead Reserve. This includes the \$19 contribution that

*please see **budget** on page 15*

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The Courier

P.O. Box 1326
Ocean Pines, MD 21811
410-641-6695 • fax: 410-641-6688
thecourier@delmarvacourier.com
www.delmarvacourier.com

Chip Bertino

Publisher/Editor

chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair /Comptroller

Contributing Writers

Ron Fisher, June Freeman,
Douglas Hemmick, Jean Marx,
Kelly Marx, and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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Aerial yoga is a relatively new form of the Hindu spiritual and ascetic discipline of yoga. Inspired by aerial gymnastics, calisthenics, pilates, and, of course, yoga, aerial yoga is sometimes referred to as "anti-gravity yoga." This unique form of yoga involves the use of hammocks suspended from the ceiling that support practitioners' bodies, allowing them to work against gravity. Popular aerial yoga poses include aerial lunges, the half boat pose, the reclining angle pose, and the one-legged king pigeon pose. Though aerial yoga is a recent phenomenon, those interested in pursuing this unique form of exercise can seek more information at local yoga studios. Unlike traditional yoga that many people can practice at home without supervision, aerial yoga participants should only perform the poses under the direction and supervision of professionals to reduce their risk of injury.



OPA fines coming?

Commentary by **Joe Reynolds**

The OPA Environmental Control Committee (ECC), otherwise known as Architectural Review Committee (ARC), recommended the Board of Directors should consider pushing for a change in all the Declarations of Restrictions (DRs) that would allow



OPA to impose monetary fines on association members deemed in violation of any item in the DRs. Some board members went even further, suggesting OPA should try to impose a common set of DRs on all sections in the subdivision.

The lack of any ability to fine association members is a topic commented on more than once by OPA General Manager John Bailey. It is a safe bet Bailey, to one extent or another, is behind this latest move to obtain authority to impose fines on association members.

Here is the rub, and why the board is wasting its time should it decide to go down this dark path - Every section within the Ocean Pines subdivision currently has its own set of DRs, approved and on file in the official Depository at Snow Hill. To change the DRs in any one or more section takes an affirmative vote by more than 50% of the lots in a section. For example, if your property was in a section with 200 homes, at least 101 of the property owners in the section would have to vote Yes to impose a DR change.

The odds of OPA coming up with a common set of DRs that would be approved by every section in the subdivision are slim and none. The odds of any one section approving a simple change to give OPA the ability to fine are perhaps eight to two, or greater, against. OPA could end up with some sections approving fines, and many not approving fines.

While the Board of Directors can recommend DR changes, the Board of Directors cannot make any changes to the DRs. Only the property owners, on a section by section basis, can change the DRs in their section. Interestingly, association members have the legal right to make changes to the DRs, without any involvement of the Board of Directors.

rectors.

Any individual lot owner or group of owners can come up with a change to the DRs and then mail the suggested changes out to every lot owner in the section, hopefully with the assistance of a good lawyer. If over 50% of the lot owners in the section return a signed copy accepting the DR changes, the changes can then be filed directly with Worcester County. The Board cannot overrule any DR change legally obtained by association members in any given section.

Director Frank Daly suggested fine authority is the only way to enforce our DRs. The General Manager has previously expressed similar sentiments. OceanPinesForum.com believes they are wrong. OPA has the tools to enforce the DRs but lacks the will to do so. The lack of will to enforce the DRs originates to a great extent out of the General Manager's office, this General Manager and most prior General Managers. The current DRs give the Board of Directors broad powers to send work crews on to privately owned lots and correct any violations the board deems needing correction and to send the lot owner a bill. Over the 50 years of OPA existence, Boards and General Managers have been reluctant to use that authority.

The current system of handling DR violations is ridiculous in terms of timeline to correct violations. The General Manager, for perhaps 10 years or more, has had the authority to "fast-track" a violation. To my knowledge, no General Manager has ever fast-tracked a violation. Fast-tracking involves bypassing the time-consuming normal process and bringing a violation directly to the Board of Directors. Fast-tracking can have a violation before the board in a matter of days, if necessary. The normal process can result in violations left open for a year or more as the bureaucracy grinds out reams of paperwork.

What do you think? Do you want to give the Board of Directors the authority impose a fine on your property because you or a visitor park your car on the roadside? Because you leave your garbage cans out too long? Because your grass is three inches higher than allowed?

Because you have not removed mold from your siding? The list of potential fine items is essentially endless.

What's needed are not changes to the DRs. What's needed is strict enforcement of the existing DRs, with emphasis on violations that hurt property values and not nitpicking, meaningless, or unenforceable issues. What is not needed is a \$50,000 or more expense to have the OPA attorney look into new DRs and language for fines, and an expensive referendum process within each individual section of Ocean Pines.

OPA's other recent nonsensical legal expenditure was looking into whether or not OPA or individual association members were responsible for the drainage ditches and mowing the grass along the many miles of roads within OPA. It was money thrown down a sewer. Bailey indicated at the Friday Board meeting he already is having the OPA attorney look into the issue of fines. The sewer is hungry.

GM Bailey and the Board of Directors have enough problems managing Ocean Pines without wandering aimlessly into what is sure to be a costly boondoggle. As we learned during the Saturday Board meeting, Bailey can't or won't carry out some motions passed by the Board of Directors. A unanimous motion passed last January directing the General Manager to obtain bids from CPA firms by this past September to handle OPA's yearly audits was totally ignored by Bailey.

Bailey and/or the Board of Directors may like the idea of asking lot owners to give the Board authority to impose fines on lot owners, but meantime the second floor of the County Club remains in an unusable condition for over a year.

As an interesting sidebar, *The Dispatch* publisher Steven Green posted the following prediction for 2019:

"Governments in Berlin and Ocean Pines will each launch searches for new leaders, as Berlin loses Administrative Director Laura Allen to a town in the Pacific time zone and Pines General Manager John Bailey moves on less than two years after accepting the job."

Such a Christmas

It ain't over until the fat man is put away. And by fat man I mean the St. Nicholas tree topper. When he is tucked comfortably into his box, to

was very pleased with the many clothes we gave her. She especially liked the pair of boots.

It's hard to say what our grandson liked the best because he seemed to like everything. I think though his Hot Wheels cars were at the top of his list.

From my perspective, the grandkids made out very well. How could they not? Both sets of grand-

parents were in attendance.

But I have to report, I did very well too.

I don't think I'm alone when I write that the older I get the less thought I give to what I want for Christmas. I'm happier giving than receiving. So, I was completely taken aback when my daughter joined me on the back porch where I had gone for a little fresh air. It was just the two of us. She handed

me a gift wrapped in red paper. Inside was a wooden box which when opened revealed three wooden Christmas ornaments in which she wood-burned illustrations and words that recalled family memories.

I'm not embarrassed to tell you that I teared up, so overwhelmed was I by the gesture. I gave her a big hug and held on for just a little bit more. My

granddaughter, who was watching from the window, apparently grew concerned by the scene because she ran to get my wife telling her "Nino is crying." She was right. And I'm not embarrassed to say I was.

Many happy memories of this Christmas will endure: our son and his fiancé's surprise visit to our daughter's home; the entire family going bowling; enjoying cigars and stories; the card game we played after the kids went to bed; the Christmas tree gift game my son-in-law's mother organized; taking the grandkids to see "Mary Poppins Returns" and sharing a jumbo popcorn bag with my granddaughter; and, just the satisfaction of being surrounded by family.

Such a Christmas it was.

It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com



emerge rested next year, this year's Christmas season is officially over. He is so tucked.

All that's left of the holiday season are wonderful memories and tree needles in the carpet. For the first time in many years, my wife and I spent the holidays with our grandchildren. With gifts overflowing in the truck and the dogs in the backseat, my wife and I headed to Alabama during the early morning hours of the day after Christmas. Five states, fifteen hours, four fuel stops, multiple rest stops (for human and canine alike) and a couple of fast food drive thrus was all it took to get where we wanted to be.

Enjoying Christmas through the eyes of children is always a marvel. My wife filled a number of sacks with presents for the kids and their parents. Not long after we pulled into the driveway, the sacks were under the tree and soon thereafter were spilled onto the floor by a very excited six and four year old.

Squeals of excitement could be heard over the sounds of ripping paper. Our granddaughter was a little more organized in her gift unwrapping than my grandson who descended on his gifts like a turkey buzzard on fresh kill.

"Look what I got," one or the other would exclaim. Just as she was when our own children were small, my wife was sitting on the floor in the thick of things making sure the kids opened their own presents and didn't snatch one that didn't belong to them.

Our clothes hound granddaughter,



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**APPLE
DISCOUNT
DRUGS**

County property assessments rise

By **Chip Bertino**

Assessments are up in Worcester County according to the recently released 2019 Maryland State Department of Assessments and Taxation (SDAT) reassessment of residential and commercial properties.

The SDAT assessment which applies to Group 1 properties included 18,200 accounts in Worcester County according to Amy Smith, supervisor of the Worcester County taxation office. Group 1 includes Ocean Pines, Berlin and Bishopville. The properties in Group 1 are reassessed by SDAT every three years and account for one-third of the roughly 54,000 accounts in the county.

The overall statewide increase for

Group 1 properties was 9.1%; this is the first reassessment since 2008 where all 23 counties and Baltimore City posted an increase. This represents an average increase in value of 8.2% for all residential properties and 12.5% for all commercial properties since they were last assessed in 2016. For Worcester County, residential property owners saw a 6.2% average increase while commercial property owners realized an 18% increase.

If the reassessment resulted in a property value being adjusted, any increase in value is phased-in equally over the next three years, while a decrease in value is fully implemented in the 2019 tax year.

Stamp design contests now open

Artists are invited to submit their original works for the 23rd Annual Maryland Black Bear Conservation Stamp and 45th Annual Maryland Migratory Game Bird Stamp design contests. These contests are open until March 8.

The Maryland Department of Natural Resources will judge the entries March 16, in conjunction with the annual Eagle Festival at Blackwater National Wildlife Refuge in Cambridge.

The Black Bear Conservation Stamp contest is open to both residents and nonresidents. Each contestant may submit one entry for a nonrefundable \$10 fee. Proceeds are

used to compensate farmers who experience agricultural damage caused by black bears.

New this year, the Migratory

Game Bird

Stamp contest is

also open to both

residents and

nonresidents.

Each contestant

may submit up to

three entries with

a fee structure of:

\$15 for one, \$20

for two and \$30

for three. Proceeds help fund game bird and waterfowl research and projects.

All entries must be original works, neither copied nor duplicated from any previously published paintings, drawings, prints or photographs. To enter, contestants must mail their designs with required fees and forms by March 8.



Musical coming to Convention Center

The award-winning Broadway musical, *Fiddler on the Roof Jr.*, will be performed on Friday and Saturday, January 18 and 19, at the Ocean City Performing Arts Center, featuring top talent from the critically acclaimed Ocean Pines Children's Theater. Show times are 7 p.m. on both Friday and Saturday evenings, with a 2 p.m. matinee on Saturday. Tickets are \$15 and may be purchased online at ocmdperformingartscenter.com or in-person at the box office, OC Convention Center, 4001 Coastal Hwy. For more information, please email emanset1949@gmail.com, or visit Ocean Pines Children's Theater on Facebook.



The Art League Board of Directors for 2019. Left to right: New Board President **John Sisson**, **Barbara Patrick**, **Rafael Correa**, **Emily Schwab**, **Sandy Gillis**, **Ryan Wilde**, **Nancy Fortney**, **Laura Jenkins**, **Katy Durham**, **Velda Henry**, and **Marian Bickerstaff**.

New board announced

The Art League of Ocean City recently announced its new Board of Directors for 2019 and welcomes new board president, John Sisson.

Board personnel remains the same for 2019, with several board members shifting positions. Marian Bickerstaff steps down as president of the Board after six years of service, but will continue to serve on the Board as past president. Barbara Patrick steps into the role of 1st vice-president; Laura Jenkins becomes 2nd vice-president; and Judy Tremellen is the new corresponding secretary. Rafael Correa remains treasurer; and Emily Schwab, recording secretary.

President Sisson previously served as the Board's 1st vice-president. A native of Virginia and Montgomery County, MD, he graduated from the University of Maryland and spent 36

years teaching in Prince Georges County, serving as president of the county's Educators' Association and on the Board of the Maryland State Education Association. Sisson also spent time in Kanagawa Province, Maryland's sister state in Japan, under an international grant and as Maryland's designated exchange high school teacher and curricula developer. He has led and organized more than a dozen international student tours to Europe and Japan and is a past president of the Kiwanis Club of Prince Georges County.

Also returning to the board are members Jamie Albright, Nancy Fortney, Katy Durham, Velda Henry, Joseph Mitrecic, Jan Perdue, Sandy Gillis, Ruth Waters, Ryan Wilde, and Gayle Widdowson.

Pines employees helped area families

Staff members of the Ocean Pines Association [OPA] gave a holiday helping hand. They partnered with Worcester County G.O.L.D., a non-profit organization that helps area residents for whom traditional means of financial support is not fully available, to provide "food baskets" for 15 families in need.

"This means so much for the employees to continue this tradition," said Denise Sawyer, marketing and public relations director of the Ocean Pines Association. "Families in the Ocean Pines/Berlin community should not; and will not go without a meal this holiday season if the OPA can help it."

The Ocean Pines Association has helped dozens of people in the community for years, and the support continues. All of the donations, which were gathered by each department, went directly to individuals in need.





Great escape - Berlin Intermediate School fifth grade Sailfish classes participated in an interactive Escape Room experience. While working in cooperative groups, the students had 45 minutes to escape from Santa's snowed in workshop. In order to escape, groups had to solve a string of questions and clues, as well as decode different ciphers, all of which involved various math concepts. All groups were successful at escaping the snowed in workshop.

Above: from left: **Ryan Ottey, Connor Mason, Briella Scanavino and Madelyn Kinavey.**

DNR photo contest returns

The Maryland Department of Natural Resources is now accepting entries for its annual photo contest. Photographers, novice or professional, can enter for the chance to win cash and other great prizes.

Winning entries will be posted online, featured in an issue of the seasonal "Maryland Natural Resource" magazine, and placed in the 2020 wall calendar.

More than 4,300 photos were submitted by more than 800 photographers in the 2018 contest, shattering last year's record of 1,500 photos. Photographers from more than 16 states, including California, Florida, New York and Ohio entered the contest.

Entries can include images from anywhere in Maryland featuring birds, fauna, flora, insects, natural phenomena, outdoor recreation, scenic landscapes, weather or wildlife. Judges will choose first, second and third place winners for each season; from among the first-prize winners, an overall grand prize winner will be awarded. Social media users will also be able to se-

lect a "Fan Favorite" via the department's Facebook page.

Photographers may submit up to three entries for \$10 with additional entries (no limit) at \$3 each between now and August 31. All photos must be original and unpublished. The contest is open to residents and visitors alike, but only photos of Maryland will qualify to win.

The best overall photo receives a grand prize of \$500 cash, a one-year Maryland State Park and Trail Passport, a complimentary five-year magazine subscription and five copies of the 2020 calendar. First, second and third place winners also receive prizes.

**The LORD will surely save me
So we will play my songs on
stringed instruments** Isaiah 38:20



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Smoking cessation classes offered

Temperatures are dropping and it is a season for fresh starts. The Worcester County Health Department's free winter smoking cessation classes begin in January. Worcester Health is committed to helping smokers establish new behavior patterns that lead to a tobacco free lifestyle. With the smoking cessation class, Chantix, gum, patch, lozenges and other aids to help individuals quit tobacco are available through a voucher program for individuals meeting specific requirements.

Join one of the smoking cessation classes available throughout Worcester County.

-From 4 p.m. to 5 p.m., Mondays (January 7 to March 25) at the Snow Hill Health Center, 6040 Public Landing Rd.

-From 5 p.m. to 6 p.m., Thursdays (January 10 to March 28) at the Berlin Health Center, 9730 Healthway Dr.

-From 4-5 p.m., Wednesdays (January 9 to March 27) at the Pocomoke Health Center, 400 Walnut St.

Professionally trained instructors can help participants break the smoking addiction. The smoking cessation course consists of seven sessions covering stress management, weight control, assertive communication, how to develop a quit plan, relapse prevention, and physical activity.

For more information or to register, call 410-632-0056.

Youth volleyball programs offered

Worcester County Recreation and Parks (WCRP) is offering volleyball programs to youth of all ages this winter at the Worcester County Recreation Center (WCRC) in Snow Hill.

After School Volleyball is open to grades kindergarten through third. This program is designed to provide a place for young players to learn and practice skills needed to play the game of volleyball and to prepare young athletes for higher levels of volleyball. Participants will meet on Mondays, January 7 through March 11, from 3:30 p.m. to 5 p.m. Transportation will be provided from Snow Hill Elementary School to the WCRC upon request. The

please see **program** on page 15



From left: **Monica Taylor**, RN coordinator; **Paula Nichols**, assistant; **Charles Gizara**, RN, director of clinical operations; **Carolyn Miller-Cragway**, RN coordinator; **Colleen Wareing**, vice president of patient care services; **Michael Franklin**, president and CEO of Atlantic General Hospital; **Gail Mansell**, director of supportive care services; **Andrew Cropper**, chaplain; **Jennifer Light**, RN coordinator/telehealth coordinator; **Jocelyn Palmer**, RN coordinator and **Sharon Hegarty**, RN coordinator.

AGH named innovator of the year

Atlantic General Hospital was recently recognized as a Health Quality Innovator of the Year for Maryland. The award was presented by Health Quality Innovators (HQI), an independent, non-profit consulting organization. The Health Quality Innovator Awards are HQI's program for gathering and sharing the best evidence-based, practical methods for enhancing quality of care across physician practices, hospitals and long-term care facilities.

Atlantic General was selected as a winner in the rural health category for its dedication to the health of the Eastern Shore community.

Atlantic General Hospital is a 62-bed acute care facility serving the Eastern Shore of Maryland as well as Sussex County, Delaware and Accomack County, Virginia. In 2014, the hospital's readmission rate was 11.09%. Readmission is defined as an additional admission to an acute care hospital within 30 days of discharge from that hospital or another acute care hospital.

To reduce hospital readmissions, Atlantic General deployed a community-based telehealth program using remote patient monitoring (RPM) to help patients through the delicate time between hospital discharge and the following weeks when he or she is working to establish good health practices with his or her regular doctor. The program's coordinators can also intervene when someone's health starts to fail but before there is a need to be admitted to the hospital.

Upon discharge, patients at high

risk of readmission are set up with a custom kit, which might include a tablet computer, blood pressure cuff, pulse oximeter, and standard weight scale. A multi-disciplinary collaborative team of a primary care physician, nurse, pharmacist, dietitian, palliative care team member, chaplain, and care coordinator work together, focusing on the patient and family.

Early results of Atlantic General's initiative indicate its effectiveness in reducing readmission rates. By December 2016, Atlantic General had reduced its readmission rate to 8.89%, and as of today, the hospital is now ranked fourth best in the state of Maryland for low readmissions.

"We're very proud to be recognized as a Health Quality Innovator of the Year," said Michael Franklin, FACHE, CEO of Atlantic General Hospital. "This is truly a collaborative effort among a dedicated team of people working to improve the health of this community, showing how Atlantic General is the leader in caring for our community."

"The Health Quality Innovator of the Year Awards represent HQI's commitment to improving health care in communities across Maryland and Virginia. We recognize health care organizations that deliver better care, better population health and lower health care costs," said Donald A. Glozer, MHA, FACHE, president and CEO of HQI.

To learn more, please visit <http://www.hqi.solutions/news/announcing-maryland-health-quality-innovators-year/>.

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Honoring - The Worcester County Commissioners recently honored **former Orphans Court Chief Judge William D. Shockley** (32 years) and Register of Wills **Charlotte Kerbin Cathell** (20 years), who retired recently from public service, for their lasting contributions to Worcester County.

I Love to Cook!

by Bev Wisch



This time of year, I get in a cleanup mood as we put the holiday decorations away for next year. The first place to start is the kitchen pantry. Throw away anything that is outdated, including can goods. They have a use by date on the bottom usually. Next check the spices and replenish any that are low. Extracts such as lemon and vanilla have a tendency to evaporate over time. If you are a baker and use dry yeast, check the use by date and stick to it. Then move on to the freezer. That's a challenge in my house as often I forget to date my freezer bags. (New Year's resolution). Use up any items that have been there for a while.

January is oyster month at our house. We love raw oysters in the shell, but hate to shuck them. While having dinner at Waterman's recently we discovered you can get raw oysters in the shell at the carry-out counter. Great pick-



up for an elegant appetizer and no work. The Chincoteague oysters are the best. Serve with catsup and horseradish. Yum!

Another oyster appetizer is "Sauteed" oysters,

- 1 pint large oysters
- 4 T. melted butter
- 2 T. lemon juice
- 1/2 t. salt
- Dash pepper
- 1/2 t. Worcestershire sauce
- Toast triangles

Simmer oysters in their liquor over direct heat for 5 minutes just until the edges curl. Drain, add melted butter and seasonings. Serve on toast triangles. For a cocktail gathering, I serve in a chafing dish to keep them warm. Double recipe for 8 to 10 people.

It's preferable to serve oysters during the "R" months. However, I've noticed some restaurants serve them through the summer. We only eat them in the colder months.

Enjoy,
Happy New Year
bevwisch@aol.com

Special events offered by Pines Aquatics

As the New Year nears, the Ocean Pines Aquatics Department is encouraging area residents and guests to kick off 2019 at two upcoming special events in January.

Fathers, stepfathers, grandfathers or father figures can treat their little ladies to an annual Father-Daughter Swim on Friday, January 11 from 6 p.m. to 8 p.m. at the Sports Core Pool in Ocean Pines.

The evening will include swimming at the heated indoor public pool, crafts, souvenir photos, pizza and cookies.

"We added the swim event to our events last year and it was such a great night we wanted to bring it back again," said Colby Phillips, aquatics and recreation director for the Ocean Pines Association. "There is something really special about having that time together and making memories that will last a lifetime."

The entry fee for the special Father-Daughter swim event includes a father and any daughters he brings.

The price is \$10 for Ocean Pines swim members, \$12 for Ocean Pines residents and \$15 for non-residents.

"The fun doesn't stop with the Father-Daughter Swim," said Phillips. She and her team are working to make waves with a dive-in movie showing of "Charlotte's Web" on Saturday, January 19 from 6 p.m. to 8 p.m. at the Sports Core Pool.

Guests will be able to watch the family-fun movie on a blow-up screen while splashing and swimming or floating on inflatable rafts in the heated indoor pool. Popcorn will also be for sale.

The cost to attend the dive-in movie, which is open to the public, is \$3 for Ocean Pines swim members, \$5 for Ocean Pines residents and \$7 for non-residents. Families of more than four may pay a flat rate of \$20.

Information regarding additional Ocean Pines aquatics programs, including an online version of the Ocean Pines Activity Guide, is available at www.OceanPines.org.

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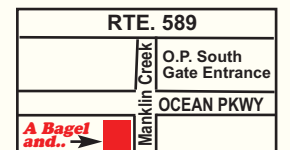
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Astronomy & Spaceflight

By Douglas Hemmick, Ph.D.



The new year 2019 brings a major change in the “Eyes on the Skies” series. Under its new title, “Astronomy and Spaceflight News,” the column will cover exciting developments from the worlds of spaceflight and astronomical research. Although no longer fully devoted to stargazing, the column will still offer regular comments about the constellations and planets, as well as the monthly star-map.

For the month of January, we begin with Space X and the new era of collaboration between private companies and NASA. Until the current decade, the building of rockets and spacecraft has been government dominated. Contractors such as Boeing, Lockheed Martin and Northrup Grumman built rockets based on tried and true blueprints controlled by the US government. Trusting older designs was the norm, with some schematics dating back to the 1960s.

Elon Musk’s Space Exploration Technologies Corporation or Space X, which launched in 2002, would introduce major changes in rocket technology. Although Musk may be best known for “Tesla” cars, his Space X team has made major cost-saving breakthroughs, namely the recovery and reuse of major rocket components.

In December 2015, Space X made history, successfully recovering a first stage rocket at Cape Canaveral Air Force Station. Achieving this required a complex series of precision maneuvers. A few minutes after launch, the rocket’s first stage separated and began to fall back to Earth, while the other components continued their upwards flight. During the fall, the first stage rocket was reignited to slow the descent. Its steering fins were used to navigate back to the landing pad location. As it drew near the pad, a powerful rocket burn was needed to cushion the landing. Finally, “strut arms” extended to provide vertical stability for the stage-one rocket on the landing pad. Considering the steel rocket assembly’s enormous bulk, 230 ft tall and 600 tons in weight, this was

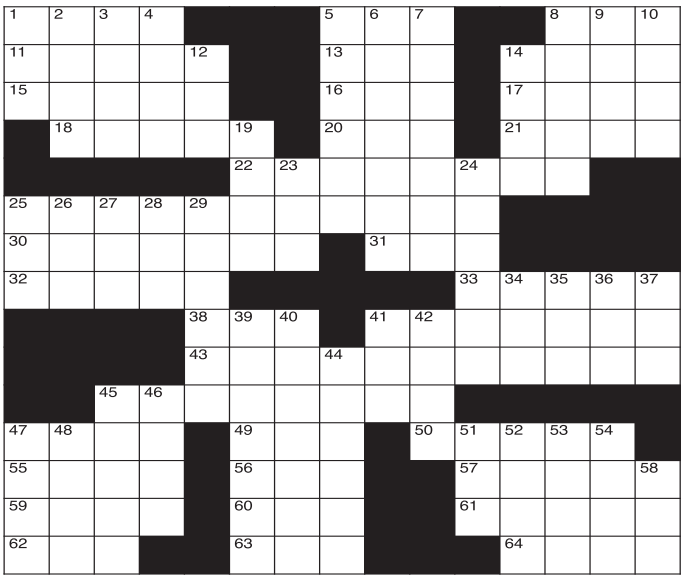
a herculean achievement. Meanwhile, the upper stages of this rocket boasted their own success, as they carried a payload of 11 satellites into Earth orbit. The next Space X milestone came in April 2016, with a successful landing at sea, onto the company’s own specially-built ship. Space X first-stage rockets have been recovered in 31 of 37 attempts, an 84% success record. The recovered rocket stages



Astronauts Bob Behnken and Doug Hurley will fly aboard the Dragon capsule

have been relaunched 17 times with no setbacks. The great success of Space X, flying over 60 missions of these Falcon 9 series rockets, made it competitive for both private satellite launches and also for important contracts with NASA. In addition to advanced rocket designs, Space X has been developing capsules for transporting cargo and astronauts, and the company has achieved considerable success along these lines. In 2008 NASA awarded a \$1.6 billion dollar contract to Space X to ferry supplies to the International Space Station (ISS). In May 2012, the capsule “Dragon” became the first commercially owned spacecraft to rendezvous with the ISS. The space capsule name was inspired by the Peter, Paul and Mary song “Puff, the Magic Dragon.” Manned space flights to the ISS are the next goal, replacing the practice of hitching rides aboard the Russian Soyuz spacecraft. Current scheduling

please see **space** on page 11



CLUES ACROSS

1. Thick piece of something

5. Engine additive

8. Anticipated arrival time

11. French commune

13. Cigarette (slang)

14. Nobleman

15. Ghana capital

16. Adam’s wife

17. Most popular student

18. Where you currently are

20. Increase motor speed

21. Queen of Sparta

22. North, South and Central

25. Churchgoer

30. Russian empress

31. Female daredevils organization

32. Relating to music

33. Female body part
38. Tyrion Lannister

41. Honored

43. Argentine footballer

45. Novices

47. Wings

49. Doctors’ group

50. Packers’ QB

55. Qatar capital

56. Unpleasant noise

57. Lovable elephant

59. Sleeping

60. Lute

61. Weight of a liter of hydrogen

62. Crimson

63. Returned material authorization (abbr.)

64. Employee plan

CLUES DOWN

1. Helps little firms

2. Type of curtain

3. Online stock exchange

4. Irish castle

5. Audio-system

6. Places to grab a drink

7. What’s coming

8. Designed chairs

9. Stepped on

10. Genus of birds

12. Consume

14. Ancient Syrian city

19. Australian brewery

23. Not present

24. Necktie

25. What part of (abbr.)

26. Type of compound

27. Jogged quickly

28. Roth is one type

29. Mineral
34. Purpose

35. Financial term (abbr.)

36. *Orange is the New Black* character

37. Used to cut and shape wood

39. Bullfighter

40. Top of the line

41. Hill

42. Greek mountain

44. Angola’s capital

45. Expressed pleasure

46. Fermented honey beverage

47. Month in the Jewish calendar

48. Frontal is one type

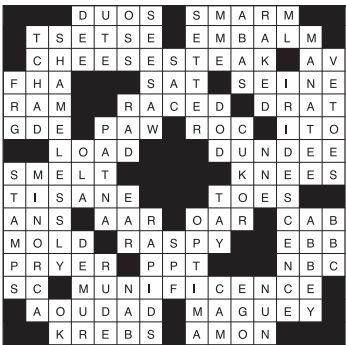
51. Basics

52. Uncommon

53. Broad kimono sashes

54. European defense organization

58. Box score term



Answers for December 19



Mike and Victoria Christie-Healy with Salisbury students

SU students assist local business

Students from the Perdue School of Business, Salisbury University aided Ireland RnR Tours this past fall semester through the Small Business Development Center. Mackenzie Bainbridge, Carly Demour, Gabrielle Mazzone, Ryan Sears, and Andrew Todd completed an operations manual for the Ireland RnR Tours business to aid in their expansion of their business with the addition of new procedures and product lines.

Ireland RnR Tours is a tourism business local to the Eastern Shore. These tours are for U.S. college alumni classes, knitters, professional business women, Irish American clubs, fraternal organizations, 55+ communities, travel groups, garden

clubs, and other groups whose members have always had a strong desire to vacation in Ireland.

This project has brought more than just an operations manual to the tourism business, it has brought consulting experience to this team of students from the Perdue School of Business. The Small Business Development Center has aided the students in the process of forming a concise document that aided Ireland RnR Tours in marketing, sales, and overall operations of their business. The students are very grateful to Ireland RnR Tours and the Small Business Development Center for this opportunity.

space
from page 10

calls for launching Space X's Dragon capsule in June 2019, followed by Boeing's launch in August. Astronauts on each flight will spend two weeks aboard the ISS before returning to Earth.

In the field of commercial space travel, several competitors are increasingly active. Amazon's founder Jeffrey Bezos has his own space company, "Blue Origin." And space fans are likely following the news of Richard Branson's activities with "Virgin Galactic." These are but a few examples of space flight's burgeoning developments.

The founder of Space X, Elon Musk, has a vision of settling humans on Mars and he imagines the day when as many as 80,000 colonists will reside there. Musk himself hopes to retire on the red planet.

For January stargazers, the most popular of the classic winter constellations will be available after about 9 p.m., including Taurus the Bull, Orion the Hunter and the bright star Sirius.

A total lunar eclipse will occur on the evening of January 20. The so-called "super-moon" appears about 14 percent larger on this date, since its closest approach to Earth coincides with the full moon phase. The partial eclipse phase begins at 10:33 p.m. when moon's disk will slowly darken, reaching total eclipse at 11:41 p.m. The total phase then lasts until about 12:43 a.m., after which the lunar face will slowly grow brighter over the next hour.

Winter birding weekend returns

The 2019 Winter Delmarva Birding Weekend invites hundreds of nature enthusiasts to the shore January 25 through 27 to enjoy memorable winter experiences including a near-shore maritime boat cruise, waterfowl, seal, and eagle-watching trips, and jaunts through some of the most pristine habitats on the East Coast in Delaware and Maryland.

You can sign up for a trip or two on the award-winning weekend at www.DelmarvaBirding.com. This fall, Maryland Governor Larry Hogan issued an acclaimed 2018 Transactional Tourism Award for the popular event. Organizers have again planned an exciting schedule of field trips to showcase Delmarva's incredible diversity of winter wildlife.

"This event is so popular," said guide and event co-organizer Jim Rapp. "Folks all over the East Coast are starting to realize just how much nature is still thriving on the Delmarva Peninsula."

Harlequin Ducks, eiders, Purple Sandpipers, falcons and more than 25 species of duck, goose and swan are on full display in the mid-Atlantic for about four months a year. More than 108 species were tallied in 2018 during the winter weekend, including snowy owls which are again dotting the region in covert locations in 2019.

The best way to see these birds is to shed those winter blues, dust off the binoculars, and get outside. Seals are a huge draw too for the Lewes Boat Tour with Harbor and Gray Seals traversing the ocean and inland waterways regularly. Winter is a true Arctic experience on the peninsula.

Guided by fun-loving local birders with decades-long experience on the shore, the walking tours and boat trips accommodate visitors from the curious nature lover to fowl fanatics. Last year, birdwatchers from more than a dozen states flocked to the winter event.

"We enjoy such a big difference in bird species in winter and spring that it just makes sense to host winter birding trips," said Worcester County Tourism Director Lisa Challenger.

"Most folks have no idea how spec-

tacular the winter birding is down here," said Rapp. "The sheer number of Bald Eagles and ducks is mind boggling. We host the event on the weekend between the NFL playoffs and the Super Bowl, so we hope you'll get off the couch, bundle up, and get outdoors!"

The Delmarva Peninsula is one of the country's premier birding areas, thanks to an extensive variety of habi-



tat protected by coastal parks, refuges, and wildlife management areas. More than 400 bird species have been recorded in the region and some Weekend tallies have topped 200 species.

Indeed participants recount the event in terms of experiences rather

Please see **birding** on page 15

Tides for Ocean City (Fishing Pier)				
Day		High /Low	Tide Time	Sunrise Sunset
Th	10	Low	3:47 AM	7:17 AM
	10	High	10:11 AM	4:59 PM
	10	Low	4:34 PM	
	10	High	10:29 PM	
F	11	Low	4:32 AM	7:17 AM
	11	High	10:51 AM	5:00 PM
	11	Low	5:15 PM	
	11	High	11:13 PM	
Sa	12	Low	5:21 AM	7:17 AM
	12	High	11:33 AM	5:01 PM
	12	Low	5:58 PM	
Su	13	High	12:01 AM	7:17 AM
	13	Low	6:13 AM	5:02 PM
	13	High	12:19 PM	
	13	Low	6:43 PM	
M	14	High	12:54 AM	7:16 AM
	14	Low	7:08 AM	5:03 PM
	14	High	1:11 PM	
	14	Low	7:30 PM	
Tu	15	High	1:50 AM	7:16 AM
	15	Low	8:07 AM	5:04 PM
	15	High	2:08 PM	
	15	Low	8:21 PM	
W	16	High	2:48 AM	7:16 AM
	16	Low	9:08 AM	5:05 PM
	16	High	3:06 PM	
	16	Low	9:15 PM	

Farmers, artisans market moves indoors

Folks in Worcester County may not have to fret about finding fresh produce, unique finds and live music during the frigid months.

“Customers who are looking for a climate-controlled farmers market



should look to the Ocean Pines Farmers & Artisans Market this winter,” said Denise Sawyer, marketing and public relations director for the Ocean Pines Association.

The indoor market will run each Saturday, Jan. 5 through March 9

from 9 a.m. to noon, at the Northside Fire House next to White Horse Park, which is located at 235 Ocean Parkway in Ocean Pines.

The indoor market will also feature vendors such as Bay Mushroom, Charlie’s Treats, D.J. David & Company, DelVecchio’s Bakery, Eastern Shore Kettle Korn, Ethne Coffee Roasters, Girdletree Farms, Home Canning Classics, Pampered Chef, Pureblend Teas, Stag Run Farm, Tout de Suite Patisserie, and Windmill Creek Vineyard & Winery.

“At market, agricultural vendors offer high quality fruit, vegetables, meat, eggs, poultry and dairy products,” said Market Manager David Bean. “Local food vendors also bring a wide variety of freshly baked goods, jams, cider, wine, honey, maple syrup, coffee, sauces and soups, as well as kitchenware and treats for your pets.”

The market’s long-time goal is to promote local, sustainable agriculture; increase economic opportunities for small businesses; provide equitable access to wholesome food; and build a vibrant gathering place for Ocean Pines residents and visitors.

“The market and its customers are very much appreciative of the Ocean Pines Volunteer Fire Department and Fire Chief Steve Grunewald for opening Fire House to this popular amenity this winter,” said Bean. “The market is open to the public – so swing by.”



Sharon Puser, Ron Thorwort, Chief Dave Massey, Eddie Wells, Harry Burkett, Debbie Donahue and Mary Adair.

Club donates to local organizations

The Pine’er Craft Club of Ocean Pines held its annual holiday luncheon that included installation of officers and a presentation of donations to local organizations.

Through the group’s fundraising efforts which consist of the annual Artisan and Craft Fairs held in August and November and the proceeds from the Pine’er Artisan and Gift Shop, the following donations were made to Ocean Pines organizations:

- Police Department: \$1500
 - Volunteer Fire Department: \$1200
 - Recreation and Parks Department: \$1500
 - Public Works Department: \$500
 - Ocean Pines library: \$300
 - Worcester County Veterans Memorial: \$400
 - Neighbor Watch: \$100
- Through the years the Pine’er Craft Club has donated over \$151,000 to Ocean Pines service organizations.



Retirement - The Worcester County Commissioners recently honored Emergency Services Director **Fred Webster**, who retired last month after leading the 911 Communications Center and all aspects of emergency management operations for the county for the past 17 years. Webster began his career in Emergency Services as the assistant director on July 2002. In 2013 the Commissioners promoted him to direct the department. He was also instrumental in instructing the National Academies of Emergency Dispatch Basic Telecommunicator classes and the Federal Emergency Management Agency (FEMA) Community Emergency Response Team program in Worcester County.

Jazz, Blues evening planned

The Germantown School Community Heritage Center located at 10223 Trappe Rd. in Berlin, will present, “An Evening of Jazz and Blues” on Saturday, January 19 from 7 p.m. to 11 p.m. Tickets are \$25 per person and there is limited seating. Call 410-641-0638 to make your reservation.

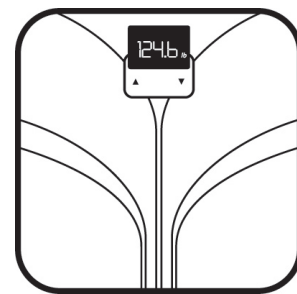
Singer and saxophonist Everett A. Spells of Newport News, VA is the evening’s entertainment. Mr. Spells has a wealth of experience in performing for a wide range of audiences up and down the East Coast, both individually and with other talented musicians.

Lifestyle Balance classes scheduled

Small changes often lead to major results and Worcester County Health Department’s free Lifestyle Balance program aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools. New classes begin at the Atlantic Club in West Ocean City. Classes run from 1:30 p.m. to 2:30 p.m. every Wednesday beginning January 23 and ending on May 8.

“The goal of Lifestyle Balance is to give participants the tools and skills to make healthy lifestyle choices with physical activity and healthy eating, which can help prevent a variety of chronic diseases like diabetes,” said Mimi Dean, Director of Prevention Services at the Worcester County Health Department. “We are excited to deliver the program at the Atlantic Club. The club offers an accessible location and has a long history of being great community partners for public health.”

Lifestyle Balance is facilitated by the Worcester County Health Department and is a year-long, evidence-based, healthy eating, physical activity, and weight loss program that has been proven effective in reducing the risk for type 2 dia-



please see **balance** on page 15



Local organization launches 'Save a Shore Farmer'

When the Centers for Disease Control reported that farmers are 3.4 times more likely to die by suicide than their non-farming neighbors, the Jesse Klump Suicide Awareness & Prevention Program, and its partners at the Suicide Prevention Coalition that serves the lower Eastern Shore, knew immediately that the issue could impact our communities.

A grant from the Rural Maryland Council has made possible "Save a Shore Farmer." The campaign of outreach will hopefully make it easier for farm families that are stressed, with members who are perhaps suicidal, to get past the stigma that prevents many rural residents from seeking mental health care and find the help that is available.

"The CDC report highlighted three occupations that suffer high rates of suicide: farmers, forestry workers, and watermen," Klump Fund President Kim Klump said. "Because agriculture is a keystone of our local economy, and because so many local businesses are dependent on farming, we and our partners put together a program of advertising, education and resource availability aimed directly at those who work the soil, and those who depend on them."

A December headline in local papers echoed the stress that every farmer feels: "Area Farmers Ready to Leave Difficult 2018 Behind." A combination of wet weather, falling commodity prices, the impact of trade wars, and rising costs resulted in what one farmer called a "perfect storm." While farmers were surprised that the suicide rate was so high, all could understand the reasons. It isn't just in the US. Farmers in France, India and elsewhere are taking their own lives at unprecedented rates.

"We are under no delusion that we can get farmers to willingly attend the

public suicide prevention classes that we conduct," said Ron Pilling, Klump Fund secretary/treasurer. "Not only does their work, which is very solitary, put them at risk, but older men with easy access to the means of suicide are also very susceptible, and are in the group most independent and stigmatized about mental illnesses like depression. So instead we're mounting a media outreach campaign that we hope will raise awareness and open minds to mental health care."

Save a Shore Farmer launched with a website that addresses the causes of farm-related suicide, outlines the steps that anyone close to a farmer can take to prevent the tragedy, and includes resources to which anyone can turn for help. Billboards went up in November featuring the tagline "It Doesn't Have to Be This Way." Pilling reported that within days of the billboard installation, visits to www.saveashorefarmer.org spiked. "We know we're reaching people."

The campaign will distribute low-key printed information to businesses that farmers frequent, screen a series of public service announcements on local TV screens, attend farm and health fairs and agriculture conferences, and work with youth groups like the Future Farmers of America. "If anyone knows of a place where we might hang posters and/or make brochures available, I encourage them to contact us at info@saveashorefarmer.org or by calling 443-982-2716," Pilling suggested.

"We've all seen the bumper stickers 'No Farms - No Food,'" Klump said. "We must find ways to keep farmers safe from suicide or else our economy, our ability to put wholesome food on our tables, and the overall public health of our communities will be crippled."

The Modern Version of 'The Little Red Hen'

Publisher's Note: Courier reader Joseph Mersinger sent this. The author of this updated version of this classic fable is unknown. It has been widely distributed.

Once upon a time there was a little red hen who while scratching about the barnyard found some grains of wheat. She called a meeting of her neighbors and said, "If we plant these wheat seeds, we will have bread to eat. Who will help me plant it?"

"Not I," replied the cow.

"Not I," replied the duck.

"Not I," said the pig.

"And not I," said the goose.

"Then I will," said the little red hen. And she did. The wheat grew tall and ripened into golden grain.

"Now who will help me harvest?" asked the little red hen.

"Not I," said the cow.

"This would be out of my jurisdiction," said the duck.

"I'd lose my seniority," said the pig.

"I would have to give up my unemployment benefits," said the goose.

"Then, I'll harvest the wheat by myself," said the little red hen. And she did.

Finally, it came time to bake the bread.

"Who will help me bake this grain into bread," asked the little red hen.

"I would have to be paid overtime," said the cow.

"I couldn't stay on welfare," said the duck.

"I'm a college dropout and never learned how to bake," said the pig.

"I couldn't be the only helper," said the goose, "that would be discriminatory."

"Then I'll bake the bread," said the little red hen. And she baked five

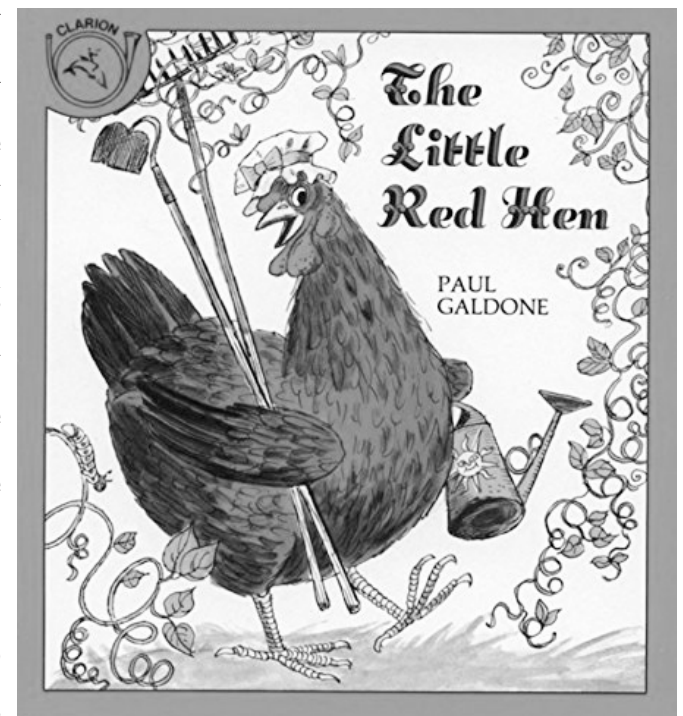
loaves and then showed her neighbors. They all wanted some of the freshly-baked loaves; in fact they all demanded a share. But the little red hen said, "No, I'll just eat the five loaves myself."

"That's excess profits!" screamed the cow.

"You selfish capitalist!" oinked the pig.

"Equal rights!" honked the goose.

The duck just quaked. And then they all painted "UNFAIR!" signs and picketed the barnyard, chanting and cursing.



A government agent came and said to the little red hen, "You mustn't be so greedy."

"But I planted, harvested and baked this wheat into bread all by myself," said the little red hen.

"Precisely," said the government agent. "That is our wonderful system of government at work! Anyone in this barnyard can earn as much as he or she wants. But under government regulations, the productive workers must divide their product with the idle ones."

And they all lived happily ever after. Except the little red hen's neighbors always wondered why she never baked bread again.

Safe boating course offered

It's never too soon to take a Safe Boating Course. Summer will be here before we know it. Understanding the rules of the water are more important than ever, with more boaters, faster boats, and unfortunately more accidents on the water, safety is everyone's responsibility.

The United States Coast Guard Auxiliary will offer the Safe Boating Class at the Ocean Pines library on the evenings of February 5, 6 and 7.

Perhaps you are starting out in boating, or coming back to it. Regardless, the Maryland Basic Boating Class is a great opportunity to satisfy Maryland requirements and to get practical boating knowledge from state certified Coast Guard Auxiliary Instructors.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess

a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending the class who pass the test will receive a Maryland Boating Certificate which is NASBLA approved and valid in all states and required for all ages when operating a boat in Virginia, New Jersey, and other states.

The course will be held at the Ocean Pines library. The three-evening course will begin at 6 p.m. and end no later than 9 p.m. each evening. Space is limited.

A fee of \$15 is required to cover the cost for the course and all course materials. To register, or if you have questions, please contact:

Barry Cohen at 410-935-4807 or E mail CGAUXOC@Gmail.com

Future classes: March 5-7, April 23-25, Saturday, May 11 (all day), June 4-6, July 9-11, Saturday Aug. 3 (all day) and September. 3-5.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, June 19 at 9:30 a.m. in the Assateague Room of the Ocean Pines Community Center. Doug Murphy will speak on changes to the 2019 tax law and a slide presentation highlighting the Year in Review will be shown along with any fishing updates. All are welcome.

Craft club to meet

The Pine'er Craft Club will meet Thursday, January 17 beginning at 9:45 a.m. in the Ocean Pines Community Center. The project for the month has yet to be announced. All guests are welcome. The Artisan and Gift Shop is open every Saturday 9 a.m. to 3 p.m. and Sunday 10 a.m. to 4 p.m.

Art center hosts free open house

The Art League of Ocean City starts 2019 with an invitation to the public and anyone interested in art to attend a free open house at the Ocean City Center for the Arts on Sunday, January 13, from noon to 3 p.m. The Arts Center is located at 502 94th St. bayside in the resort.

"You may have lived here all your life, and never set foot into our awesome building on 94th St.," Rina Thaler, executive director of the Art League, said. "Please come in on Sunday and see what we're up to. You'll enjoy refreshments, experience hands-on art projects with our resident artists who will

please see center on page 16

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budget*from page 3*

was waived last year for common property bulkheads, and the annual contribution only paid by those members with private bulkheads.

While the budget does not call for an increase in the general assessment, most user fees are proposed to increase at an average of three percent.

There are no subsidy level increases proposed in the budget for the fee-based amenity departments - Golf, Aquatics, and Racquet Sports.

Bailey reminds the membership that "the budget schedule indicates, this is a process." The Budget & Finance (B&F) Advisory Committee has three days of budget hearings that started Monday.

On Saturday a budget hearing will be held for membership input. As of

this writing no time or location for the meeting has been announced. Budget work sessions will be held Monday through Wednesday, January 14 through 16.

The scheduling of the upcoming B&F Advisory Committee meetings can be found online at <http://www.oceanpines.org/wp-content/uploads/2019/01/1-2019-BF-Budget-Meetings-agenda-1.pdf>.

The Board of Directors will conduct a series of budget meetings. The Proposed Budget for FY19-20 can also be found online at <http://www.oceanpines.org/forms-docs-cat/budget-for-fy-2019-2020/>.

"These six meetings and one-member hearing will give us a Recommended Budget to present at another member hearing," said Bailey. "Final budget adoption will take place on February 16, six weeks from now."

carozza*from page 1*

"I also will continue to partner with members from both sides of the political aisle in both chambers, and the Hogan Administration, to advance comprehensive approaches to reverse the heroin-opioid epidemic. Our focus must be on addressing the needs and supporting solutions from our local opioid intervention teams."

Long an advocate on health care issues, Carozza said, "As we look forward to building out our Shore economy, I believe our need to provide more health care services to our region's disproportionately-higher aging population presents tremendous economic opportunities."

"We have a shortage of primary doctors, specialty doctors, nurses, and other health care personnel in the region at the same time we want our young talent to stay here on the Shore. This is the perfect opportunity for all our partners - higher education, health care providers, and non-profits - to work together on prioritizing our health care needs as we create incentives for more young people to pursue health care careers in the tri-county area."

Her assessment of the 2019 session indicates she is prepared for a hectic period. "For the 2019 session, I expect the budget, education, health care, re-districting reform and environmental proposals to continue to be hotly-debated topics. Passing a balanced budget is our one Constitutional re-

sponsibility as members of the Maryland General Assembly. I anticipate that Governor Hogan will again introduce a fiscally-responsible and structurally-balanced budget, and the legislature will come back with mandatory spending proposals. I also am concerned about proposals that would put more mandates and regulations on our small businesses."

Carozza is no stranger to working with individuals and groups of varied political perspectives. "As I begin to build my relationships with my colleagues, my experience serving in both the legislative and executive branches of government, at both the state and federal levels, will be an asset in advancing the priorities of my constituents. I have served in both the majority and minority at the federal level, and have used my past public service experiences to work new issues in the Maryland General Assembly."

She cites examples of how she was able to achieve legislative victories despite being a member of the minority party. "I understand you must have the facts to make your case and base it on fairness. That's exactly the approach I took when I worked with Dr. Ray Hoy [president of Wor-Wic Community College] to change the community college formula on the Shore so it was in line and not below other community colleges [around the state]."

She went on to talk about her experience in getting senior center funding formulas changed by working with MAC director Peggy Bradford.

birding*from page 11*

than simply observing birds – thousands of Snow Geese lifting off a farm field, a majestic Bald Eagle soaring over the marsh, Long-tailed Ducks bobbing on the waves at the inlets, or the lazy nap of a seal on the Delaware Bay breakers. An outdoor experience is the true draw.

"Delaware is teeming with bird species in winter," said Southern Delaware Tourism Director Scott Thomas. "And this is a great place to experience them."

If seeing so many bird species isn't enough, participants should feel even better knowing that they've helped Delmarva's birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important

"With both of these examples, we made our case to House Appropriations Chair Maggie McIntosh (D) who worked with us for equity in both the community college and senior centers funding formulas."

As senator Carozza will again be in the minority party. The make-up of the new Maryland Senate will include 32 Democrats and 15 Republicans.

Since Election Day, Carozza has been focused on her Delegate work including following up on constituent casework, closing out her campaign and transitioning to the Senate. She has participated in numerous local events and made visits in all three counties including several Christmas parades, Chambers of Commerce and economic development meetings and higher education and health care provider meetings.

In Annapolis, she met with members of the Senate leadership, participated in the new member orientation and the bus tour with other new colleagues from both the House of Delegates and Senate.

Carozza said the Eastern Shore Delegation will meet every Friday morning from 9 a.m. to 11 a.m. in the House Lowe Building in Annapolis during session. "The meeting is open to the public, and constituents always are welcomed."

Senator Carozza can be reached at Marybeth.carozza@senate.state.md.us. Her address is James Senate Office Building, Room 314, Annapolis, Maryland 21401. The phone number is 410-841-3645.

statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops.

In addition on April 25 to 28, the Spring Delmarva Birding Weekend will celebrate the migration of the spring suite of warblers, shorebirds, waterfowl and raptors. Registration for the spring weekend is expected to be on-line by January 13.

balance*from page 12*

betes and other chronic diseases like heart disease and stroke. Led by a registered dietitian and CDC trained staff, Lifestyle Balance classes initially meet weekly and focus on helping participants learn how to make healthy food choices and how to fit physical activity into already busy lives. After the 16-week core program is finished, the group will continue to meet monthly for the remainder of one full year.

All participants receive their own personal lifestyle change coach who will assist them with goal setting, progress, and overcoming barriers. Program participants also receive incentives such as step counters, resistance bands, cookbooks, and more. To learn more about the program, determine if you qualify for participation, or to enroll, please call 410-632-0056.

program*from page 8*

price for this program is \$35 per child and \$30 for each additional child.

Middle School Volleyball Skills Clinics is a new program that is open to youth in fourth through eighth grade. This program will run on Tuesdays, January 15 through February 19, from 5:30 p.m. to 6:30 p.m. Each evening a different skill will be taught, such as serving, hitting, attacking, and setting. The price per child is \$35 and \$30 for each additional child.

For more information about these volleyball programs, contact Trudy Porch at 410-632-2144, ext. 2520 or tporch@co.worcester.md.us. Visit WCRP online at www.worcester-recandparks.org to view a full lineup of youth programs.

Valentines for Veterans returns

Start the year off by thanking a veteran with a Valentine card that says thank you for your service. For the 17th year, cards will be sent to four veteran rehab medical centers to thank them for their sacrifices and to let them know they are loved, appreciated, and not forgotten. All area schools, clubs, businesses, organizations, and individuals are invited to participate with purchased cards (no youth cards, please), but homemade cards are particularly appreciated. No postage is necessary and the card is addressed to "A Veteran."

Through the generosity of Linda Dearing and the Copy Central staff, the cards, plus some candy, will be



delivered to Charlotte Hall Veterans Hospital, Baltimore Rehab Center, Baltimore VA Medical Center, and Perry Point Hospital. Drop off locations are:

Shamrock Realty Group, 11049 Race-track Rd; Copy Central, Cathell Rd.; the Ocean Pines library; the Ocean Pines Community Center and Recreation and Parks Bldg.; and, other locations as they become available.

The deadline is Wednesday, January 23. For more information, call 410-208-9390 or email ultimateenergy@verizon.net. This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.

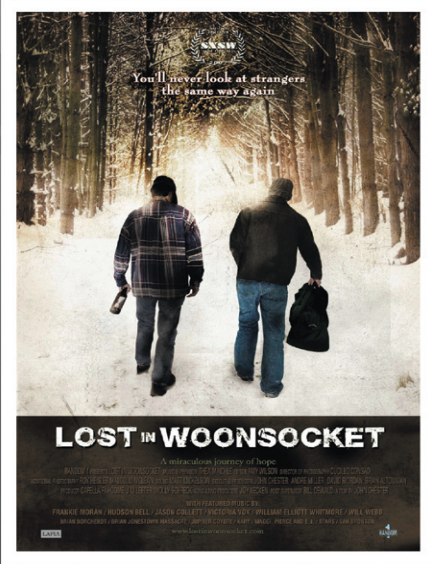
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Light refreshments will be provided.
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Please call 410-632-3648 for more information.



center
from page 14

amaze you with their talent, visit our gift shop where everything is handmade and local, and view the art shows that are currently on display in our galleries. And it's all free for everyone, so bring the family."

Arts Center staff will be on hand to talk about upcoming events (the March Ocean City Film Festival, for example), volunteer opportunities, art classes and workshops for all levels of experience, and exhibition opportunities for working artists. In addition, Art League docent Cassie Wait will lead ongoing gallery tours during the open house, offering insights into the art on exhibit.

The Arts Center's resident artists will be in their studios doing demonstrations and hands-on interactive art projects. The artists welcoming guests include: Pete Gibson, glass; Tinsel Hughes, sculpture and oil painting; Gerilyn Gaskill, watercolors; David Simpson, drawing; Joe Skucanec, photography; Nancy Barnas, pottery; and Debbi Dean-Colley, children's activities.



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