

# The Courier

January  
16  
2019

Volume 19 Number 18

## Local centers to receive state grants

The Cricket Center and Worcester County Youth and Family Counseling Services (WCYFCS) will receive grants as part of Governor Larry Hogan's initiative to allocate nearly \$50 million in grants to organizations across the state that provide services to Maryland victims of crime. The funding, from the Victims of Crime Assistance Grant Program (VOCA), is aimed at improving services, safety, and security for crime victims and their families. This funding is part of his initiatives to combat violent crime, funds every eligible funding request received from victim service providers across the state.

The Cricket Center will receive \$71,000 while WCYFCS will get \$76,624.

"Behind every violent crime are real victims and grieving families," said Governor Hogan. "This new funding will fulfill every single one of the eligible funding requests we received from victim service providers all across Maryland."

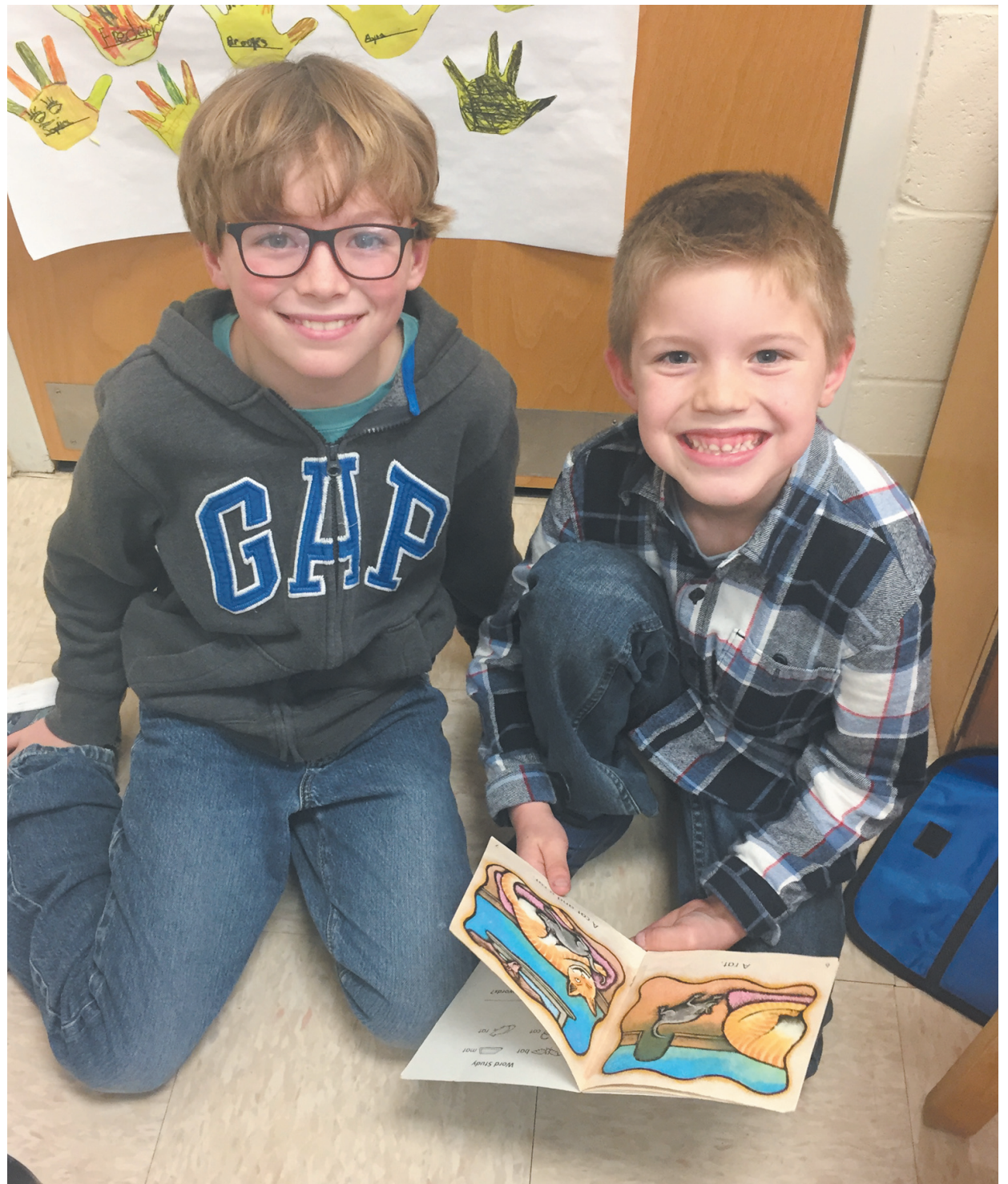
Administered by the Governor's Office of Crime Control and Prevention (GOCCP), VOCA funding is awarded statewide to organizations and agencies that provide direct services to crime victims. Those awarded include sexual assault and rape crisis centers, domestic violence programs and shelters, mental health services, child abuse programs, hospitals and emergency medical facilities, criminal justice agencies, and programs for underserved victims.

## AGH to hold ribbon cutting

Atlantic General Hospital and Health System has announced that an open house and ribbon cutting ceremony will be held January 16 to celebrate the opening of Atlantic General Orthopedic Surgery, the practice of orthopedic surgeon Sean Hooker, MD.

Hooker joined Atlantic General Health System in July to perform joint replacement procedures at Atlantic General Hospital's Center for Joint Surgery as well as provide general orthopedic and sports medicine services in the community. He specializes in shoulder, hip and knee replacements, rotator cuff repairs and sports medicine procedures.

The event will occur between 4 p.m. and 6 p.m. with the ribbon cutting at 4:30 p.m. The office is located at 314 Franklin Avenue, Suite 201 in Berlin.



**Reading together** - Ocean City Elementary School students in Laura Black's Kindergarten class and Wendi Eitel's third grade class meet each week for Buddy Readers. This is an opportunity to celebrate the reading accomplishments of our kindergarten students as they embrace the love of reading. The 100 Book Challenge was implemented in kindergarten last year. The students are very proud that they can read together with the third graders. Pictured are third grader, **Brantley McKenna** and kindergartener, **Landon Bounds**.



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# Community Calendar

## JANUARY

### GOP seeks local election board candidates

The Worcester County Board of Elections is managed by a director, who with the deputy director and clerical personnel, maintain voter rolls and administer county and state elections. The local board and staff are subject to the direction and authority of the State Board of Election in matters regarding state and federal election laws. Each county has an Election Board for oversight.

The Worcester County Election Board is composed of five members who are appointed for a four-year term by the Governor and confirmed by the state senate. Election laws provide that because the governor's party is Republican, three election board members will be Republicans and two will be Democrats. The Governor through the Worcester County Central Committee seeks qualified candidates to serve on the Worcester County Election Board.

Citizens who would like to be considered by the Republican Central Committee for appointment to the Worcester County Election Board are required by 5 p.m. on January 21, 2019 to:

- Be a resident and registered Republican voter in Worcester County for five years preceding appointment. In addition, an individual may not hold, or be a candidate for public or party office.

- Submit an on-line application to the Governor's office <https://govapps.md.gov/appointments/apply/>

- Send a copy of your resume to the Worcester Co. Republican Central Committee acknowledging you have submitted an online application Marybwcrcc@gmail.com

The nine-member Worcester County Republican Central Committee will select four candidates to be recommended for appointment by the Governor. The Governor will select and appoint three Republican Election Board Members. For additional information call Mary Burgess at 443-880-3740 or Loretta Spinuzza at 410-600-5575

| Sunday | Monday                           | Tuesday             | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---------------------|-----------|----------|--------|----------|
| 30     | 31                               | 1<br>New Year's Day | 2         | 3        | 4      | 5        |
| 6      | 7                                | 8                   | 9         | 10       | 11     | 12       |
| 13     | 14                               | 15                  | 16        | 17       | 18     | 19       |
| 20     | 21<br>Martin Luther King Jr. Day | 22                  | 23        | 24       | 25     | 26       |
| 27     | 28                               | 29                  | 30        | 31       |        |          |



On this day, faced with an army mutiny and violent demonstrations against his rule, Mohammad Reza Shah Pahlavi, the leader of Iran since 1941, was forced to flee the country. Fourteen days later, the Ayatollah Ruhollah Khomeini, the spiritual leader of the Islamic revolution, returned after 15 years of exile and took control of Iran.

The shah traveled to several countries before entering the United States in October 1979 for medical treatment of his cancer. In Tehran, Islamic militants responded on November 4 by storming the U.S. embassy and taking the staff hostage. With the approval of Khomeini, the militants demanded the return of the shah to Iran to stand trial for his crimes. The United States refused to negotiate, and 52 American hostages were held for 444 days. Mohammad Reza Shah Pahlavi died in Egypt in July 1980.

## Monday

### Ocean Pines Poker Club

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

### Delmarva Chorus

The Delmarva Chorus meets every Monday evening at 7PM at the Ocean Pines Community Center in Ocean Pines, Md. Women of all ages are invited to sing with us. Please contact CAROL at 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 Pinesteppers 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.

## Film festival to bring moviemakers from around the world

The third annual Ocean City Film Festival will screen more than 100 films across five venues in the resort on March 8 through 10. The festival will bring together film lovers and filmmakers from across the globe to Ocean City for this weekend-long special event. The Art League of Ocean City and the Town of Ocean City are sponsors of the festival.

Over the three days, the festival will screen films spanning 12 genres, from feature-length to short horror to social commentary, at the Princess

Royale Hotel, Carousel Hotel, Clarion Resort, Francis Scott Key Resort, and Fox Gold Coast Theater. Local filmmakers, as well as filmmakers from across the country and around the world, submitted films that were specifically judged for the festival. In addition, three films were produced by the Art League and will have their public debut at the festival.

The festival will kick off with an opening reception on Friday, March 8 at the Princess Royale where film lovers can mingle with filmmakers. The festival will conclude with a party at Seacrets' Morley Hall on Sunday, March 10 where festival organizers will announce the award winners. A

panel of Eastern Shore media and arts professionals will judge the films and present awards that include the Pink Flamingo, the film judges deem most representative of Maryland life.

Film industry professionals will lead workshops at the Ocean City Center for the Arts on creating and producing films, and Maryland Film Office Director Jack Gerbes and Baltimore Film Office Director Debbie Dorsey will conduct a panel talk on filmmaking in Maryland.

Tickets are \$79 for an all-access three-day pass that includes unlimited films, the opening "meet the filmmakers" reception with hors d'oeuvres, all workshops, and the

award ceremony; \$20 for a one-day film pass; \$49 for a three-day film pass. Tickets to the parties can be purchased separately for \$25, and to the workshops for \$10.

Tickets are available at [ocmdfilmfestival.com](http://ocmdfilmfestival.com), by visiting the Arts Center on 94th St., or by calling 410-524-9433. Tickets will also be available at the film locations the day of the screenings on a cash-only basis. Several local hotels are offering discounted room packages for the weekend, posted on the festival's website.

Hundreds of films were submitted to the festival, and Festival Director William Strang-Moya contributed to

please see **film** on page 15





**New officers** - The Ocean Pines Garden Club (OPGC) recently installed its 2019 officers. Above are **Anita Roberts**, co-vice president; **Linda Baker**, president; **Gail Philippi**, co-vice president; **Marsha Reeve**, recording secretary; **Barbara Ferger**, treasurer; and, **Buttons Bassett**, corresponding secretary. The OPGC meets the second Thursday of each month at the Ocean Pines Community Center at 10 a.m. New members and visitors welcome.

## Despite shutdown SNAP benefits available to vulnerable residents

As the partial federal government shutdown continues, the Maryland Department of Human Services (DHS) is working to assist vulnerable Marylanders through this uncertain time. The Department announced it will be able to provide February Supplemental Nutrition Assistance Program (SNAP) benefits to recipients in Maryland.

Referred to as the Food Supplement Program (FSP) in Maryland, there are on average more than 650,000 Marylanders receiving approximately \$75 million in FSP assistance each month.

“Our primary concern is supporting and providing relief to vulnerable Marylanders during this unpredictable time,” said DHS Secretary Lourdes Padilla. “We continue to explore the options available to the state in order to best support our residents and local communities.”

The U.S. Department of Agriculture (USDA), the federal agency that funds SNAP/FSP program, has directed Maryland and other states to issue February benefits earlier than usual. As a result, FSP recipients will get both their January and February benefits on or before January 20. In advance of this federal disbursement, the

Maryland Department of Human Services is taking a number of steps to ensure that its clients are notified and prepared for this change in service delivery.

As funding for SNAP has not been appropriated by the federal government beyond February, it is critical to understand the potential hardship that a prolonged federal shutdown could impose upon those in need. As state leaders continue to call for an end to the federal shutdown, the Maryland Department of Human Services stands ready to assist FSP recipients at this uncertain time. The department is mailing letters to all SNAP recipients in Maryland and will continue to provide information and updates as soon as they become available on its website, Facebook, and Twitter.

## 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.

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# The Courier

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## 2012 Business of the Year

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Credit scores are important factors when lenders determine if individuals applying for credit or loans are worthy borrowers. Credit is used when purchasing a new home, buying

a car, opening a business, or applying for new credit cards. A credit score is a three-digit number that corresponds to a certain range.

The standards were established by FICO, and the higher the score, the better (scores start at 300 and move upward to 850). Various things can impact credit score, and some weigh more heavily toward the final score than others. The following are the factors that influence credit score in order of their importance, according to Wells Fargo bank.

- Payment history (making payments on time)
- Current debts (carrying high balances)
- Credit history
- New credit application inquiries
- Types of current credit (mixed forms of loans, credit cards, etc.)



## 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 at ultimateenergy@verizon.net. This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.

## Marketing plan course to be held

The continuing education division at Wor-Wic Community College is offering a course for small business owners called "Creating a Marketing Plan for Current and Future Success," on Friday, January 25, from 9 a.m. to 4 p.m., in Room 204 of Fulton-Owen Hall at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

The course will cover market research, basic branding techniques, traditional and innovative advertising strategies, and free and low-cost public relations opportunities.

For more information about the course or to inquire about customized training for your business, contact Kerry Cleaver, director of continuing education and workforce development, at kcleaver@worwic.edu or 410-334-2815.



## Law enforcement class graduates

Twenty-five law enforcement officers from Wicomico, Worcester, Somerset, Dorchester, Talbot, Queen Anne's and Garrett counties graduated in the 81st entrance-level class of the Eastern Shore Criminal Justice Academy (ESCJA) operated by Wor-Wic Community College at the corner of Route 50 and Walston Switch Road in Salisbury.

Graduation exercises, which were held in Guerrieri Hall at the college campus, featured a commencement address by Jamie L. Dykes, state's attorney for Wicomico County.

John C. Moses, director of criminal justice at Wor-Wic, and Donald L. Rollyson Jr., assistant director of the ESCJA, presided at the ceremony. Awards of certification and excellence were presented by Dr. Kristin L. Mallory, vice president for academic affairs at Wor-Wic. Deputy Bryant D. Ortiz of the Talbot County Sheriff's Office was the class speaker. Closing remarks were made by Mallory.

Worcester County law enforcement officers who graduated in the 81st entrance-level law enforcement class of the Eastern Shore Criminal Justice Academy operated by Wor-Wic Community College in Salisbury are shown, from left, **Chad A. Savage** of the Ocean Pines Police Department and **Christopher C. L. Buhrt** of the Worcester County Sheriff's Office.



**Taking form** - Students in Brittany Thompson's 5th grade science class at Berlin Intermediate School are learning about chemical and physical changes in their chemistry unit. They observed an experiment called "Elephant Toothpaste" to show an example of a chemical change. They mixed together warm water, yeast, hydrogen peroxide, dish soap, and food coloring. They observed that mixing these materials together will cause a foamy substance to form.



# The dogs in the backseat

Traveling a long distance with our dogs, which we did for the first time between Christmas and New Year's, took a



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

little getting used to. It was akin to when our children were young.

We have two dogs, Bailey and Chooch. Both are rescues. Bailey, a cross between a collie and golden retriever, has been with us more than 10 years. She is mild tempered with a very gentle personality. Chooch, who is just over a year old, is a mix of we really have no clue. He's a clown who likes to be everywhere we are, right there where he can't be missed.

Bailey doesn't like to travel, especially long distances. She's okay during a short hop to the park but anything longer than that and she will not settle. A couple years ago we drove to Florida. For fifteen hours she stood in the backseat looking out the window panting or with her head on either my wife's or my shoulder panting. She was very anxious.

On the other hand, Chooch does very well. He likes to look out the window, especially if it's open enough so he can stick his snout out.

When it strikes him, he'll stretch out on the backseat and take a nap.

As you can see, these two are the odd couple of travel companions.

As I wrote, this particular trip was the first time the two of them traveled together for such a long distance. We knew when we started that our backseat passengers would have to be tended to, we just didn't know how much.

We weren't out of Worcester County, traveling on Route 13 in Pocomoke when I had to pull over for a canine rest break. It was still predawn when I pulled into a parking lot to let Chooch relieve himself. However, it wasn't a quick process. Chooch has to sniff and resniff the sur-

roundings to ensure he selects just the right location. He took at least five minutes which may not seem like a lot of time but when I'm standing in the dark on a cold morning, watching traffic speed by, anything more than getting right down to business, is a long time.

We finally got back on the road. Chooch had settled down and Bailey was anxious. We stopped at the rest area just before the Chesapeake Bay Bridge Tunnel for a human and canine health break. When we finished our break, my wife and I each leashed a dog and walked them around on the grass. What's worse than one dog sniffing and resniffing? Two dogs. As frustrating as the process as, there's really no advantage rushing them; they just start all over again.

Our trip progressed accordingly with canine health breaks every hour and half or so. Chooch was the worst offender. We'd be making really good time when



I'd feel his muzzle brushing the back of my head. I think at least two hours were added to our trip time because the dogs, one in particular, couldn't hold it.

At about six in the evening, we pulled into a Wendy's just west of Atlanta for something to eat. We went through the drive through and then pulled into a parking space at the rear of the lot to eat and to give the dogs the opportunity to stretch their legs and to feed them. After they had eaten, we walked them around on the grass parcel so they could each take their after-dinner constitutional. Bailey was pretty quick to do her business. Good girl!

Chooch not so much. It was now

dark. Although the parking lot lights were illuminated, their angle was not right for me to see exactly what Chooch was doing. I pulled a flashlight from the truck to keep an eye on things.

Now, as much as this sounds inappropriate, I've learned to tell when Chooch is ready to undertake business by watching whether his exit orifice swells. No swelling, no business. So, there I was in the parking lot of a fast food restaurant on the side of Interstate 20 just after dark, directing a flashlight on my dog's you know what, hoping beyond hope for expansion. After a few minutes, my wife was calling from the truck, "Do you see anything yet?"

"Not yet," I responded, keeping the light beam trained on the area of interest. We crisscrossed the grassy area several times. There were a couple false sightings and many dashed hopes.

Chooch would seemingly settle on a site but then be distracted by what's over there. And I followed him with the flashlight. Finally, after what seemed to be a half hour, the flashlight shone on success.

I love my dogs. They're family. However, whether they'll be invited to join us on another road trip remains to be determined.

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## Scholarship information night scheduled

An information session for anyone interested in the Maryland Community College Promise Scholarship will be held on Wednesday, January 23, at 6 p.m., in Guerrieri Hall at Wor-Wic Community College on the corner of Rte. 50 and Walston Switch Road in Salisbury.

Scholarship funds will become available for the fall 2019 term. Eligible students include those who enroll within two years of high school graduation or completion of a GED; have a high school grade point average (GPA) of at least 2.3 on a 4.0 scale; enroll full time with at least 12 credits per term in a credit certificate or associate de-

gree program; are eligible for in-state tuition; have not earned a bachelor's degree or an associate degree; and have an annual adjusted gross income of not more than \$100,000 for those who are single or living in a single-parent household or \$150,000 for those who are married or living in a two-parent household.

More information will be provided about eligibility and the requirements of the scholarship.

Visit [www.worwic.edu](http://www.worwic.edu) to RSVP or contact Amanda Messatzzia, director of student success, at [amessatzzia@worwic.edu](mailto:amessatzzia@worwic.edu) or 410-334-2993 for more information.

## Tri-County Go Red returns

What do you picture when you think of "heart health?" We asked women across the Lower Eastern Shore to tell their stories about how heart health has affected their families and themselves, as well as the importance of a healthy lifestyle. We are sharing those accounts across social media and screening the videos at the 2019 *Go Red* event in February.

The Tri-County region will Go Red for Women's Heart Health again this February with a free kickoff in Wicomico County. The event will take place from 5 p.m. to 8 p.m., February 1, at the Black Diamond Lodge, 301 N. Fruitland Blvd., Fruitland. Learn about heart health from featured keynote health speakers, visit exhibitor booths, take part in free health screenings, and more. *Go Red* also will feature a dinner buffet.

"Wicomico County is excited to host this year's Tri-County *Go Red* event. The American Heart Association along with the Go Red for Women campaign is supporting a new initiative called #GoRedGetFit; we are proud to support this campaign with a special emphasis on physical activity and exercise being a part of making a healthy lifestyle journey," said Clinical Exercise Physiologist, Caroline Farrell from Peninsula Regional Medical Center.

Go Red for Women is a passionate social initiative designed to empower women to take charge of their heart health. According to the Centers for Disease Control, heart dis-

ease is the leading cause of death in women in the United States. Approximately two-thirds of women who die suddenly from coronary heart disease have no previous symptoms, making regular screening and heart-healthy decisions critical. *Go Red's* mission is to "build healthier lives, free of cardiovascular diseases and stroke," by promoting healthy habits, awareness of risk factors, knowledge about heart disease, and by encouraging women to be proactive about their heart health.

Tri-County Go Red is a partnership between Worcester, Wicomico, and Somerset County Health Departments, Atlantic General Hospital, McCready Health, Peninsula Regional Medical Center, Apple Discount Drugs, and the Eastern Shore Area Health Education Center.

This is a free event, but space is limited, and pre-registration is required. For more information or to register, please visit [peninsula.org/gored](http://peninsula.org/gored) or call 410-543-7028.

## 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.



**Get together** - Members of the Democratic Club of Ocean City and Berlin gathered at the club's winter luncheon at The Inn on the Ocean, where Go Green OC board members spoke to the group about efforts toward recycling, composting and waste reduction in the Ocean City area. From left to right: **Sandy Sribnick, Lanny Hickman, Jim Richardson, Barbara Richardson, Howard Sribnick and Kaye Hickman.**

## LSLT offers free workshop

The Lower Shore Land Trust (LSLT) welcomes the public to join in on a free "Conservation Toolbox Workshop," to be held on January 17. This event is open to the public and specifically targeted for landowners with property in the Dividing Creek, Pocomoke River, Coastal Bays, and Lower Wicomico River watersheds.

This free event is an introduction to the financial and technical assistant options available to the public to enhance the health and value of Lower Shore woods, wildlife habitat and waterways. Attendees can learn about conservation easement programs, Black Duck enhancement, Bobwhite

habitat conservation, wood-chip bioreactors, restoring native species for pollination, and much more. Speakers include Jake McPherson (Ducks Unlimited), Phal Mantha (Ridge to Reefs), Bob Long (Maryland Department of Natural Resources), Mike Dryden (The Nature Conservancy), Lower Shore Land Trust staff and others.

Coffee and refreshments will be provided.

For more information, please RSVP to Susanne Ketcham at 443-234-5587 or [sketcham@lowershorelandtrust.org](mailto:sketcham@lowershorelandtrust.org).

## 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](http://www.delmarvaartexpo.com) or call 443-235-2926 for more information.

## NAACP to meet

The Worcester County NAACP will meet January 17 at the Germantown School Community Heritage Center located at 10223 Trappe Rd in Berlin. The Executive Board will meet at 6 p.m. with general membership at 7 p.m. Join us for the swearing-in ceremony of new 2019 officers. Charles Weaver, president Worcester County Historical Society will discuss the progress of the Judy Johnson Memorial tribute stone to be installed in front of the Snow Hill library. For information call (443) 944-6701 for information.





**Bowl making** - *Debbie Tingle* and *Karla Shenk* of First Shore Federal Bank made ceramic pottery bowls at the Ocean City Center for the Arts on January 8. First Shore Federal is one of the sponsors of the 5th Annual Empty Bowl Project, a benefit for the Diakonia food pantry and the programs of the Art League of Ocean City. The public is invited to make a ceramic bowl by hand at an upcoming bowl-making session on January 24, February 4 or February 17, and to attend the soup dinner on March 29. Reservations at [artleagueofoceancity.org](http://artleagueofoceancity.org).

## Burbage cancer center offers genetic counseling

Atlantic General Hospital recently announced the availability of genetic counseling services for individuals with a family history of cancer and for patients in treatment who are concerned about their family's risk.

Genetic counseling can also help inform the treatment process. By identifying a patient's genes, the care team can better anticipate how a cancer will behave and modify the care regimen accordingly to more effectively treat the disease.

The John H. 'Jack' Burbage, Jr. Regional Cancer Care Center offers the service through their telehealth partnership with University of Maryland Medical Center's Greenebaum Cancer Center.

Patients who come to the center receive a thorough 60 to 90-minute telehealth consultation with a genetic counselor to review medical history as well as any results from biopsies,

pathology reports and other documentation, and two blood tests.

Results typically take three weeks.

Once received, the genetic counselor follows up with the patient and the care team at the Burbage Regional Cancer Care Center to discuss the information and coordinate any next steps.

For more information about the Burbage Regional Cancer Care Center's telegenetics services, please call 410-629-6888.



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



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## Second chance for turkey hunting

The Maryland Department of Natural Resources offers hunters who did not bag a turkey in the fall another chance, as the winter turkey season runs statewide January 17 to 19.

The department established the winter season in 2015 to increase opportunities while minimizing conflicts with other hunting seasons.

"Wild turkeys are abundant in most of the state," Wildlife and Heritage Service Director Paul Peditto said. "This season is perfect for hunters that want to get outdoors when other popular hunting seasons

are closed or winding down."

Maryland hunters may only use the following weapons during the winter turkey season: Airguns that shoot arrows or bolts; crossbows and vertical bows; or shotguns loaded with No. 4 shot or smaller.

Hunting hours are from one half-hour before sunrise to one half-hour after sunset. The bag limit is one turkey of either sex, provided the hunter did not harvest a turkey in the 2018 fall season. Hunters are reminded that it is illegal to hunt turkeys with the aid of bait. Hunters may check in their harvest via phone at 888-800-0121, online or via the department's mobile app.

The Maryland Guide to Hunting and Trapping provides information about winter turkey hunting, including season open dates and regulations.

## 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](http://ocmdperformingartscenter.com) or in-person at the box office, OC Convention Center, 4001 Coastal Hwy. For more information, please email [emanset1949@gmail.com](mailto:emanset1949@gmail.com), or visit Ocean Pines Children's Theater on Facebook.



## Market moves indoors

The Ocean Pines Farmers and Artisans Market held its inaugural indoor winter market on Saturday, January 5 at the community's northside fire house.

Normally held outside in White Horse Park from 8 a.m. – 1 p.m., the market will be held indoors at the fire house, located adjacent to the park through March 9 from 9 a.m. – noon. Select merchants will be outside in the White Horse Park pavilion throughout the winter market.

The Ocean Pines Farmers and Artisans Market features fresh produce, cooking demonstrations, live music and vendors selling a variety of hand-crafted, bakery and gourmet food items.

## DiBari takes new position at PRMC

Steve Leonard, MBA, FACHE, president/CEO of the Peninsula Regional Health System (PRHS) and Peninsula Regional Medical Center (PRMC), announced that Karin L. DiBari, MD, MMM, FACOG, has been named Vice President of Peninsula Regional Medical Group/Chief



Karin DiBari, MD

Physician Executive, Peninsula Regional Medical Center and Peninsula Regional Health System. Dr. DiBari joins the Executive Team replacing Dr. Tom DeMarco, who is retiring after four years in the position and 31 years as a practicing urologist in Salisbury.

Dr. DiBari comes to PRHS and PRMC following three years as the Chief Medical Officer/Medical Director of the Western Region for Corning Hospital, part of The Guthrie Clinic, a four hospital, multi-specialty medical group. There, she was responsible for, among other leadership tasks, the support and development of the medical staff, physician recruitment and retention, clinical quality and patient safety.

Dr. DiBari, an OB/GYN specialist by training, has also held clinical leadership roles in the Southern New Hampshire Health System, as well as being a practicing physician in busy OB/GYN practices in Connecticut, New Jersey and Massachusetts.

In her role for the Peninsula Regional Health System and at PRMC, Dr. DiBari will be responsible for leading the Peninsula Regional Medical Group, which is comprised of over 80 physicians and 70 Advanced Practice Professionals located across the Delmarva Peninsula. "The Peninsula Regional Medical Group is expected

to grow significantly over the next several years. As the hospital continues to focus on providing world-class acute care services, the Medical Group will be an extremely important part of our health and wellness strategy throughout the region," added Leonard. "We look forward to Dr. DiBari leading this evolution with the support of physician leaders throughout the enterprise."

Dr. DiBari holds a Masters in Medical Management from Carnegie Mellon University, dual bachelor's degrees in Biology and Psychology from the University of Pennsylvania, and her MD from the New York Medical College. She has also served as adjunct clinical faculty at the Geisinger Commonwealth School of Medicine in New York and the Geisel School of Medicine at Dartmouth. She is board-certified by the American Board of Obstetrics & Gynecology.

Dr. DeMarco, while leaving his role on the Executive Team, will continue to serve as the Medical Director for PRHS's Richard A. Henson Cancer Institute, a role he has held since 2012.

## Curb appeal

One way to improve curb appeal and set a property apart from others is to add decorative effects to walkways, patios and driveways. Although many homeowners turn to materials such as pavers, flagstone or brick for these purposes, a versatile and often cost-effective idea is to rely on stamped concrete. Stamped concrete, often called textured or imprinted concrete, is textured, patterned or embossed to mimic the look of other materials, notably brick, slate, flagstone, stone, tile, and wood. Stamped concrete can be used on patios, sidewalks, driveways, pool decks, and even interior flooring. The concrete is poured and then patterned using special tools. Installing stamped concrete is best left to concrete design specialists with extensive experience in this difficult craft.

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**Winner** - Congratulations to seventh grader Lexi Berrie of Berlin who won first place in the annual Worcester Preparatory School Lower/Middle School Geography Bee on January 9. Seventh grader Claire Windrow of Bishopville took second place and eighth grader Luke Loeser of Selbyville came in third place. The three finalists competed against Lower and Middle school students from grades four through eight.

At left: Seventh grader **Lexi Berrie**.



## Taco Night is February 5

It has been a decade since Stephen Decatur High School (SDHS) began hosting \$1 Taco Night. The event has become a tradition.

"While Taco Night has consistently been one of our biggest school fundraisers, it has also grown into a special community night for many of our parents, business partners, and alumni," said Thomas Sites, SDHS principal.

Typically, over a thousand people attend the event.

SDHS also owes much of the event's success to Sonrise Church, whose congregation has organized and volunteered for the event since its inception.

The event will be held Tuesday, February 5 from 2:30 p.m. to 7 p.m. in the SDHS cafeteria.

## 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 15<sup>th</sup> 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.

In addition to chicken and beef tacos, there will also be sides, drinks, and desserts. Reservations are not necessary. Patrons can dine in or carry out. All proceeds benefit Stephen Decatur High School.

For questions, please call Stephen Decatur High School at (410) 641 - 2171.

## Free film to be shown

Wor-Wic Community College will host a free showing of the film, "Suicide: The Ripple Effect," on Tuesday, February 5, at 6 p.m., in Guerrieri Hall on the college campus in Salisbury. This event is sponsored by Wor-Wic's counseling office and the Student Government Association. For more information, call 410-334-2900.

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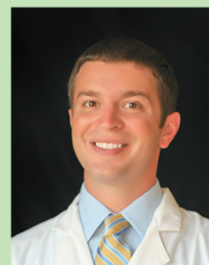
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# US Power Squadron and USCG Auxiliary

Recreational boating is fun. Seventy million Americans have access to the nearly 12 million recreational boats registered in United States. Whatever your bent - cruising, fishing, jet skiing, kayaking - it's fun; but unless you are into solo sailing around the world, boating is more fun when you are engaged with others.

Yacht clubs and sailing societies are associations that satisfy gregarious needs. However, there are two organizations that go the extra step to give something back. That something is marine safety awareness. The organizations are the U.S. Power Squadron (USPS) and the USCG Auxiliary.

The Auxiliary and the Power Squadron are approximately the same size in membership: Auxiliary, 32,000; the Power Squadron, 35,000). Both organizations offer basic safe boating classes that states require to operate a recreational vessel and both offer free vessel safety inspection checks.

Founded in 1914 the US Power Squadron is arguably the oldest recreational boat education organization in the country. The Ocean City Power Squadron (OCPS) was formed in 1980. It is part of District 5 which includes Washington, D.C., Maryland, Delaware and parts of Virginia, New Jersey and Pennsylvania. There are five (5) squadrons on the Eastern Shore. Locally, the OCPS's membership comes predominately from Ocean Pines, Ocean City and Berlin.

The Power Squadron's overall goals are public education of the recreational boating community and public service. Internally, the squadron's driving goals are: 1) public and membership education; 2) community service; and, 3) fellowship.

"We educate boaters for our benefit and that of the general public ... and we provide more boating time for everyone" said Fred Stiehl, OCPS's past commander.

Besides a cadre of inspectors who perform free courtesy vessel examinations the OCPS has certified instructors that teach a safe boating class

several times a year that satisfies Maryland requirements. The Squadron also has advanced specialized classes in engine maintenance, weather, sailing and marine communication that are offered when there is a demand.

The OCPS is very active in public service. They have adopted Pintail Park in Ocean Pines and annually conduct a cleanup day. They participate extensively in the 'Believe-in-Tomorrow' program by making their boats available on Tuesdays and Thursdays to take deserving families fishing in cooperation with the Atlantic Coast Sport Fishing Association and the OP Anglers Club.

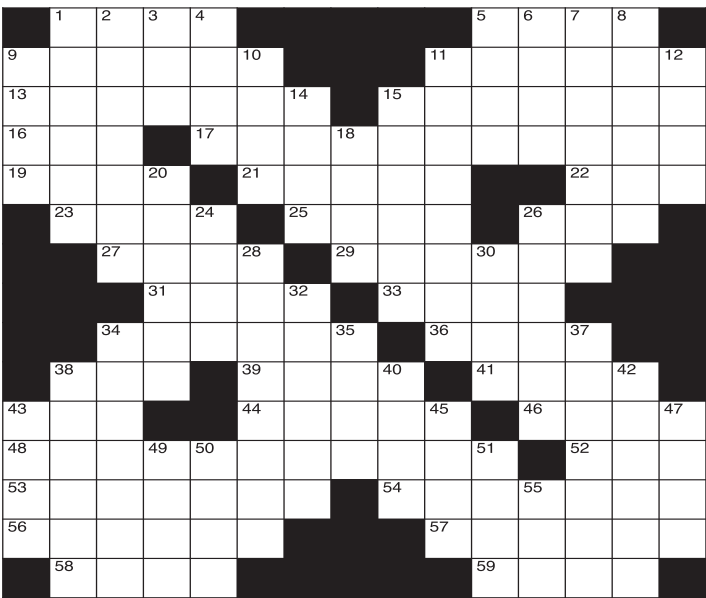
Fellowship is very important to the Power Squadron. The squadron organizes a Blessing of the Fleet event at the Ocean Pines Yacht Club, raft-ups on the St. Martin River, Oktoberfest, holiday parties and overnight voyages to Chincoteague taking the inside passage as a convoy in order to help one another in case of emergency.

Over the years, the squadron has become more casual. Although the organization is structured with titles that sound very military, uniforms have been deemphasized in light of more contemporary golf shirts.

On the other hand, the all-volunteer USCG Auxiliary is part of the US Coast Guard as created by an Act of Congress in 1939. As such, the Auxiliary is more structured and considered the primary resource for recreational boating safety outreach and prevention by the Coast Guard.

The Coast Guard has a daunting mission to protect 100,000 miles of coast line and 500,000 square miles of open water from marine disasters, piracy and terrorism and to perform illegal drug and alien interdiction and to maintain the aids-to-navigation - all with very limited resources. To augment the regular USCG, the all-volunteer Auxiliary is trained to help protect the 70 million recreational boaters from harm and to back up the Coast

please see *boating* on page 15



## CLUES ACROSS

1. One-time Levi's CEO

5. Emperor of Russia

9. Islamic theology scholar

11. Hammer with a large, wooden head

13. Food

15. Can be combined

16. Midway between east and southeast

17. Governs a noun or pronoun

19. Gorilla

21. Type of trap

22. "Unforgettable" singer

23. Atomic #10

25. Practice fight

26. US gov't branch

27. Female deer

29. Remarks meant for the audience

31. Undergarments
33. Prevent from seeing

34. Masked

36. "A Suitable Boy" novelist

38. Invisible gaseous substance

39. Sour

41. County in New Mexico

43. No seats available

44. Pulitzer-winning composer

46. Fit or irritation

48. The ability to move objects through thought

52. Skywalker mentor \_\_\_-Wan Kenobi

53. Herbal medicine seed

54. "Zero Dark Thirty" director

56. Preferences

57. Soundly

58. One precedes another

59. Au revours

## CLUES DOWN

1. Famed explorer

2. Transferred property to

3. Clerical vestment

4. Free-swimming marine invertebrate

5. Cab

6. Thin piece of wood

7. Persons without pigment in their skin

8. Fill again

9. Submissive

10. His and \_\_\_

11. Sources of stress

12. Shelter

14. French commune

15. Boggy ground

18. Old man

20. Peanut
24. Michael Corleone's enforcer

26. Geological formations

28. Wages

30. Insect repellent

32. Unit of time

34. Musician

35. Not good

37. Esteemed one

38. Structures

40. Where workers sit

42. Women who foretell the future

43. Quantitative fact

45. Missing soldiers

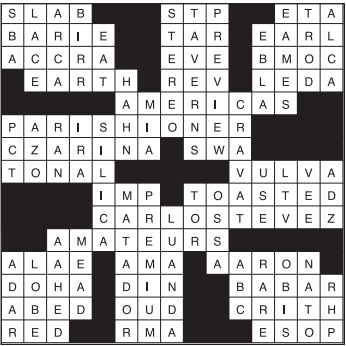
47. Diminutive

49. This (Spanish)

50. Hold on to

51. Thrust a knife into

55. Hengyang Bajialing Airport



Answers for January 9





**Donation** - The Stansells are recognized as “Life Partners” for their generous donation of \$100,000 to the Atlantic General Hospital Campaign for the Future. The funds are designated to “The Walter “Macky” and Pam Stansell Family Center,” an area that will be created during the modernization of the hospital’s inpatient care area on the second floor where care transition counseling will take place. The Stansells’ contribution brings AGH’s total campaign contributions to \$7,072,000 towards the \$10,000,000 goal.

From left: **Toni Keiser**, vice president of Atlantic General Hospital; **Michael Franklin**, president and CEO of Atlantic General Hospital; **Pam Stansell**, co-owner of Macky’s Bayside Bar & Grill; **Macky Stansell**, co-owner of Macky’s Bayside Bar & Grill; **Michelle Fager**, AGH Campaign for the Future co-chair; **Todd Ferrante**, chair of the Atlantic General Hospital Foundation.

## PRMC introduces care transitions program

One of the largest contributing factors to patients being readmitted to a hospital or suffering a relapse following discharge is their inability to be compliant with instructions, orders and medications provided by caregivers just before they leave. That can happen for a number of reasons: Patients can’t afford to have prescriptions refilled or they forget to take their medications; they didn’t fully understand discharge instructions shared with them or they simply didn’t want to be considered a burden by asking questions.

Peninsula Regional Medical Center (PRMC) wants to break down all of these barriers and others that may impede a patient’s return to good health. On January 21, it will launch the Care Transitions program in cooperation with NRC Health. Care Transitions is a phone call service that contacts all inpatients and observation patients following their discharge.

Patients receive an automated call that asks them to answer a few simple questions that may include: “Compared to yesterday, is your health today better, worse or the same?” “Do you have questions about your medications?” “Do you have all the information you need to schedule a follow-up visit with your doctor?” “Were you satisfied with the care you received?”

Any negative response or a response that indicates any obstruction to care will immediately be flagged and a specially trained PRMC nurse will contact the person to obtain more information around their concerns. Those will then be forwarded to the appropriate healthcare professional within Peninsula Regional to be quickly resolved.

Additionally, all calls are documented. A dashboard of those calls will help PRMC to better understand the reason for patient concerns, which then allows hospital staff to refine its discharge processes if any trends are discovered. That data provides clinical leaders at the hospital the opportunity to make more real time process improvements.

Care Transitions will not replace PRMC’s patient experience survey process, but will complement it and address those small healthcare issues, at home and post discharge, before they become larger problems that are known to impact care and recovery.

PRMC asks that when called, all patients be honest and share with the phone service any issues they feel are negatively affecting their recovery. The program will be expanded on February 25 when all patients discharged from the Medical Center’s Emergency/Trauma Center will also receive a similar call checking on the status of their recovery.

## File annual reports and personal property tax returns online

The Maryland Department of Assessments and Taxation (SDAT) announced that 2019 Annual Reports and/or Personal Property Tax Returns are now available. All domestic and foreign business entities must file an Annual Report and/or Personal Property Tax Return by April 15 in order to remain in good standing status. The quickest and easiest way to submit these filings is through the department’s award-winning Maryland Business Express site. If you request a two-month filing extension through SDAT’s online extension system, your filings will be due to the department no later than June 17.

“In 2018, the number of annual filings submitted online using Maryland Business Express increased by 67 percent, which shows that business owners are embracing this modern alternative to paper filings,” said SDAT Director Michael Higgs. “In the coming year, we look forward to launching new and innovative online services to benefit the business community, including the ability for tax professionals to more easily submit annual filings on behalf of multiple clients while using one account.”

In order to maintain good standing status, all business entities formed, qualified, or registered to do business in Maryland must file an Annual Report every year. If your business owns, leases, or uses personal property in Maryland and/or maintains a trader’s license with a local unit of government in Maryland, you must also file a Personal Property Tax Return. While filing online is encouraged, business entities may also download forms on SDAT’s website and file by mail or in person at SDAT’s West Preston Street Office in Baltimore City. In addition to using a standard credit or debit card, walk-in customers at this office now

have the ability to conveniently pay using Google Pay and Apple Pay.

If you do not file the required documents by the deadline, your business will enter into “not good standing” status. If your business entity is currently not in good standing status because of a failure to submit previous annual filings, you may now file up to 10 years of overdue Annual Reports and Personal Property Tax Returns online to regain the ability to legally conduct business in Maryland. For more information about the filings that entities are required to submit annually or to view the standing of your business, visit the new Maryland Business Express page on maintaining Good Standing status.

SDAT strongly recommends that all business owners sign up for our email distribution list to receive timely reminders about filing these important documents by the required deadline and general SDAT news updates.

For more information about filing Annual Reports, please contact SDAT’s Taxpayer Services Program at SDAT.CharterHelp@Maryland.gov or (410) 767-1340.

For more information about filing Personal Property Tax Returns, please contact SDAT’s Business Personal Property Valuation Unit at SDAT.PersProp@Maryland.gov or (410) 767-1170.

| Tides for Ocean City (Fishing Pier) |    |           |           |                |
|-------------------------------------|----|-----------|-----------|----------------|
| Day                                 |    | High /Low | Tide Time | Sunrise Sunset |
| Th 17                               | 17 | High      | 3:45 AM   | 7:15 AM        |
|                                     | 17 | Low       | 10:09 AM  | 5:06 PM        |
|                                     | 17 | High      | 4:02 PM   |                |
|                                     | 17 | Low       | 10:10 PM  |                |
| F 18                                | 18 | High      | 4:40 AM   | 7:15 AM        |
|                                     | 18 | Low       | 11:08 AM  | 5:07 PM        |
|                                     | 18 | High      | 4:57 PM   |                |
|                                     | 18 | Low       | 11:06 PM  |                |
| Sa 19                               | 19 | High      | 5:34 AM   | 7:14 AM        |
|                                     | 19 | Low       | 12:03 PM  | 5:08 PM        |
|                                     | 19 | High      | 5:51 PM   |                |
| Su 20                               | 20 | Low       | 12:00 AM  | 7:14 AM        |
|                                     | 20 | High      | 6:27 AM   | 5:09 PM        |
|                                     | 20 | Low       | 12:56 PM  |                |
|                                     | 20 | High      | 6:45 PM   |                |
| M 21                                | 21 | Low       | 12:53 AM  | 7:13 AM        |
|                                     | 21 | High      | 7:19 AM   | 5:10 PM        |
|                                     | 21 | Low       | 1:46 PM   |                |
|                                     | 21 | High      | 7:38 PM   |                |
| Tu 22                               | 22 | Low       | 1:46 AM   | 7:13 AM        |
|                                     | 22 | High      | 8:12 AM   | 5:11 PM        |
|                                     | 22 | Low       | 2:36 PM   |                |
|                                     | 22 | High      | 8:31 PM   |                |
| W 23                                | 23 | Low       | 2:39 AM   | 7:12 AM        |
|                                     | 23 | High      | 9:03 AM   | 5:12 PM        |
|                                     | 23 | Low       | 3:27 PM   |                |
|                                     | 23 | High      | 9:24 PM   |                |

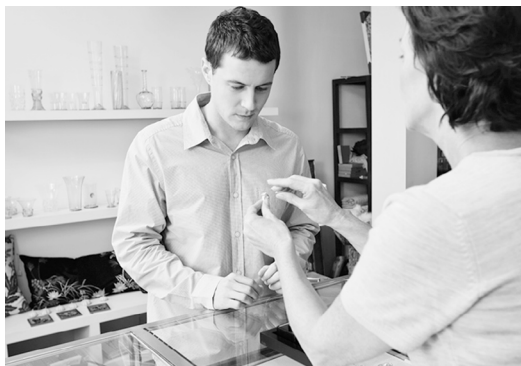
Letters sent to The Courier for publication consideration must be signed and include a telephone number where the author can be reached to verify authenticity, if necessary. Letters are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

**thecourier@delmarvacourier.com**



# Engagement rings can reflect preferences, uniqueness

Engagement rings are often sizable investments. "Money" magazine reports the average engagement ring costs around \$5,800. An engagement



ring symbolizes the start of a lifelong commitment and may even set the tone for a couple's wedding day.

Jewelry styles are personal, and grooms-to-be should carefully research their significant others' preferences in terms of precious metals, colors and gemstones. Even though tradition holds that a diamond gemstone is classic for engagement rings,

these precious stones are not the only options. In fact, before World War II, just 10 percent of proposals involved diamond engagement rings. That number jumped to 80 percent by 1990. However, many modern couples now lean toward other offerings not only for the uniqueness they provide, but also for the potential cost savings.

Those seeking something unique can embrace these engagement ring options.

**Amethyst:** This vibrant, lavender-hued stone can be breathtaking when cut the correct way.

Purple shades have long been associated with royalty, making an amethyst fitting for such an occasion as special as an engagement. Because amethysts, which are less expensive than diamonds, are a seven on the Mohs scale for gemstone hardness, they can be very durable.

**Knot rings:** These rings do not have a center stone. Rather, they are designed to be a tied knot or infinity

symbol. These rings can be particularly sentimental as they represent true, unbroken love.

**Opal:** Gemstones, like flowers, have been assigned certain meanings. Tying the engagement ring to one of them can infuse more symbolism into the relationship. Opal, for example, represents love, passion, creativity, spontaneity, and inspiration. Those traits seem tailor-made for surprise proposals.

**Sapphire:** While sapphire stones often are blue, they can also be yellow, green, pink, and white. Sapphires are the third hardest mineral. A white sapphire can be the perfect diamond replacement.

**Garnet or ruby:** Red is the definitive color of love. A Valentine's Day proposal can be made even more special by presenting an engagement ring with a red gemstone.

**Moissanite:** The jewelry source Brilliant Earth says moissanite is a gemstone first discovered in 1893 by Henri Moissan in a meteorite that fell to earth. It is remarkably similar to a diamond in appearance and strength. Moissanite also has heightened brilliance, with a refractive index higher than that of a diamond.

Couples have many beautiful alternatives to diamonds that they can explore when shopping for engagement rings.

## Factors that can affect the length of your engagement

Each year, millions of couples around the world tie the knot. But before couples walk down the aisle, the proposal to get married must take place. Many couples mutually agree to get engaged, while the experience may be a surprise for others who have thought about it, but may not have been sure when one partner or another would "pop the question."

Upon getting engaged, couples may ponder how long their engagement should last. There is no perfect answer, and engagement length typically depends on personal preference and the needs of the couple. In fact, according to The Knot 2017 Real Weddings Study, the average length of an engagement is 14.5 months.

A number of factors affect the length of a couple's engagement, and couples should not feel as if they need to hurry down the aisle. For example, couples who will be financing their own weddings may need a longer engagement than those whose parents will be chipping in. In such instances, longer engagements give couples more time to save and may help them ensure their weddings are everything they hoped for.

Others may prefer a shorter engagement if they are financially stable and prepared to tie the knot. Couples in their late 30s may feel the tug of a

biological clock and want to ensure there is ample time to get married and have children. A shorter engagement can facilitate that.

Some couples may have little choice in the matter, as the length of their engagements may be dictated by



## Tips for a successful marriage proposal

People ready to "pop the question" may wonder about the right way to initiate an engagement proposal. Because a marriage proposal is such a memorable moment in a couple's lives together, those doing the proposing often go to great lengths to ensure things go smoothly. While there is no proposal playbook, these guidelines can assist those ready to take the leap.

**Add a personal touch.** It is easy to get caught up in making a marriage proposal a spectacle or something worthy of a social media post. But taking a sweet-heart back to a special place that recalls a significant moment can set the backdrop for a memorable proposal. Incorporating the place you first met or a special song into the proposal can make it that much more personal and meaningful.

**Embrace the old fashioned.** It may be romantic to step back in time and followed the traditions of yesteryear. Show respect to future in-laws by speaking to them about intentions to propose and ask for their blessings. Get down on bended knee when asking for a sweetheart's hand. Such gestures add up to meaningful expressions of love.

**Consider timing.** A person may be so excited to propose that he or she fails to consider how the other person in the relationship is feeling. If that person is overwhelmed by work projects or stressed about upcoming events, consider waiting to propose at a more relaxed time.

**Enlist help from others.** It can be a challenge to keep your excitement hidden while collecting information about a future spouse's likes and dislikes. Ask friends and close family members to be your accomplices so that information can be gathered without generating suspicion. This can be especially helpful when finding the perfect ring.

**Keep it simple.** The more complex a proposal, the more opportunities for things to go wrong. Simplicity, even if it means keeping the proposal to yourself until the question has been popped, can make for an extra special moment.

Marriage proposals happen every day. With humor, confidence and a heart full of love, popping the question can be a success.

the availability of their favorite venues.

Military deployment, work commitments, medical issues, or travel responsibilities also may affect the length of an engagement.

Some couples may feel that an especially lengthy engagement diminishes their excitement about getting married. That "new engagement shine" can wear off as family and friends wait months or years for the wedding to take place.

Couples generally are advised to stick with what feels right to them regarding the length of their engagements. Just like all aspects of the wedding, couples can weigh the opinions of others but follow through with what works best for them.





From L to R: **Andi West-McCabe**, director of emergency services/practice transformation; **Kathie Duncan**, housekeeping aide; **Anna Oberste**, clinical pharmacist; **Lori Genga**, respiratory therapist; **Beth Ann Wells**, emergency department RN; **Samantha Widgeon**, ED tech; **Lou Brecht**, manager of cardiopulmonary services; **Kacey Klink**, ED tech; **Althea Foreman**, nurse manager; **Demiah Nooney**, RN case manager; **Nettie Widgeon**, ED charge RN; **Colleen Wareing**, RN, vice president of patient care services.

## ER nurses recognized for excellence

Atlantic General Hospital awarded the Team DAISY Award for excellence in nursing to the Emergency Department, at a recent presentation held in the Emergency Room of the hospital. The DAISY Award only recognizes an entire team once a year, and this is the second year in a row the Emergency Department has received the honor.

Of the nomination, Director of Emergency Services/Practice Transformation Andi West-McCabe stated, "I am extremely proud of this team! This is one example of the exemplary teamwork they provide each and every day. When you are a nurse, you know that every day you will impact someone's life, and often your life will be impacted in return."

The nomination reflected back on a busy day in August when the Emergency Department sprang into action to save the life of a critically ill pediatric patient. "Over these 6 hours I saw some of the most ideal team work I have ever experienced," the nomination stated. "Across multiple departments we came together for the sole purpose to save one little girl's life."

"The Emergency Department received this award because for the second year in a row, they put to action all of the core values of Atlantic General Hospital; Trust, accountability, integrity, service and teamwork, and saved the life of a young child," stated Vice President of Patient Care Services Colleen Wareing.

The DAISY Award, created by The DAISY Foundation in Memory of J. Patrick Barnes, honors the extraordinary work nurses do for patients and families each day. Hospital leadership brought the awards program to Atlantic General to recognize the compassion and high level of care its nurses provide to residents and visitors of the community.

Patients and visitors can nominate an Atlantic General Hospital and Health System nurse for the DAISY Award at any time. Nomination forms are available in every hospital department and health system physician office. Awards are bestowed quarterly.

## 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.

## Strategies to control appetite

Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

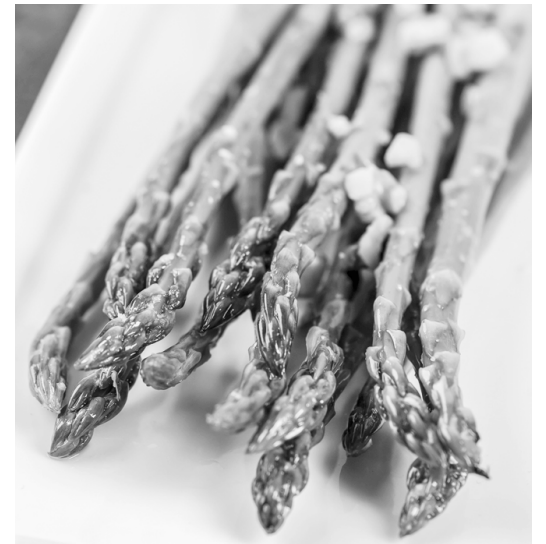
Eat slowly. When a person eats, a series of signals are sent to the brain from digestive hormones secreted by the gastrointestinal tract. These signals produce a feeling of pleasure and satiety in the brain, but it can take a while for the brain to receive them. By chewing slowly, people can give the signals more time to reach their brains, potentially preventing them from overeating.

Choose the right snacks. The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and picked up by the handful, choose snacks that are both healthy and require a little work. Carrots dipped in hummus or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also require some work between bites. The time it takes to dip between bites affords more time for the digestive tract to release signals to the brain that you are full.

Reach for fiber first. Another way to conquer hunger without overeating is to reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they have eaten their main courses. That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you are less likely to overeat before your brain receives the

signals that your stomach is full. Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or other side dishes.

Drink water. Perhaps the best, and least expensive, way to control appetite and ensure you do not overeat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of



55 and 75 found that people who drank two eight-ounce glasses of water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals. Over the course of 12 weeks, participants who drank water before meals three times per day lost roughly five pounds more than those who did not increase their water intake.

Controlling appetite does not have to be a complex undertaking. In fact, some of the simplest strategies can be highly effective.

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## Ocean Pines to host free seminars

Area residents are invited to step out of the cold by attending one of several free seminars held at the Ocean Pines Community Center this winter. Hosted by the Recreation and Parks Department. The seminars will be led by local industry experts.

"My Spouse is in a Nursing Home...Now What?" Seminar, Thursday, January 24, 6 p.m. to 8 p.m. Presented by Senior Planning Services, this seminar will cover asset protection, Medicaid information and more.

Heart Health Seminar, Wednesday, February 6, 3 p.m. to 4 p.m. Peninsula Regional Medical Center will discuss heart health in conjunction with American Heart Month.

Medicare Options Seminar, Monday, February 11, 3 p.m. to 4:30 p.m. Baby Boomer Insurance's Lynne McAllorum, an independent

agent with expertise in Medicare products, will discuss Medicare rules and what is available on the market.

Walking Problems Seminar, Monday, February 18, 1 p.m. to 2 p.m. Back in Action Physical Therapy will teach participants some of the common reasons people don't walk correctly and ways to address them.

These seminars are free and open to the public, but spaces are limited and advance registration is required. To register, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

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



**New officers** - At its annual membership meeting in December the Atlantic General Hospital Auxiliary celebrated the installation of its new officers and recognized past presidents of the volunteer group that has been supporting the hospital for 25 years.

Atlantic General Hospital Auxiliary Board of Directors installation of new officers (From left): Maryland Association of Hospital Auxiliaries Representatives **Debbie Hayes** and **Dee Hawkins** with AGH Auxiliary President **Kitty Reeves**, Recording Secretary **Jackie Choate**, Corresponding Secretary **Margie DiNenna**, Treasurer **Nick Salafia**, Past President **Janet Mengel** and AGH President and CEO **Michael Franklin**.

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**Second term - Vicky Wallace** was recently installed for her second term as president of the Democratic Women's Club of Worcester County (DWC). The DWC meets the third Monday of each month at the Ocean Pines Community Center at 9:30 a.m. The first meeting for 2019 will be Monday, January 21 with coffee and conversation at 9:30 a.m. and a speaker from Oceana at 10 a.m.

#### boating

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Guard when called upon.

Besides safe boating classes and vessel inspections, the Auxiliary is available to participate in search and rescue operations and routinely conducts on-water safety patrols for air shows, boat parades, fireworks extravaganzas, off shore swimming events and boat races. On land, the Auxiliary is also involved with public safety and environmental awareness activities such as Coast Guard station open house events, National Safe Boating Week, the Ocean City Seaside Boat Show and Ocean Pines Truck Day.

If you are interested in becoming a better boater or giving something back to the recreational boat community, you should consider joining one of these fine organizations.

The OCPS meets on the second Friday of the month at the Ocean Pines library. For more information about the Ocean City Power Squadron, you can contact Jan Stevenson at (302) 253-0533 or email: wsjanwally@aol.com.

The USCG Auxiliary meets on the first Monday of the month at the US Coast Guard Station in Ocean City. For more information about the Auxiliary, you can contact Marty Killian at (717) 701-1021 or email: martinkillian11@gmail.com.

Dan Collins can be reached for comment at dancollins.oceanpines@gmail.com

#### film

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hand-picking the final selection.

"We have local films, films from all over the world, and films that can't be seen anywhere else but in Ocean City at the festival," Strang-Moya said. "We will also be screening a film that will be shown at Sundance this year. The festival and our selection of films are truly getting bigger and brighter every year."

The films that will be shown have not been rated, and viewer discretion is advised.

The inaugural festival was held in June 2017 and was the first of its kind in Ocean City. The 2018 festival moved to the off-season to better accommodate traveling filmmakers and filmgoers and to stimulate the local economy in a shoulder-season month.

The Film Festival is currently holding a contest that asks individuals to subscribe to festival updates by entering their email at [ocmdfilmfestival.com/contact](http://ocmdfilmfestival.com/contact). On February 1, one winner will be randomly chosen to receive a stay at the Hilton Suites Oceanfront on 32nd Street from March 8 to 10, plus two all-access passes to the festival.

More information, tickets, and links to hotel packages are available at [ocmd-filmfestival.com](http://ocmd-filmfestival.com).

## Understanding depression and its triggers and symptoms

Many people periodically have bad days when they just seem to be in a bad mood. When a bad mood is not short-lived, this might be a potential indicator of depression.

Depression is a common mental disorder that, according to the World Health Organization (WHO), affects more than 300 million people across the globe. The WHO notes that despite the fact that there are known and highly effective treatments for depression, fewer than half of those suffering from depression receive such treatments. Furthermore, in many countries, fewer than 10 percent of people with depression receive treatment.

Learning about depression and how to recognize its symptoms may compel people battling it to seek treatment for this very common and treatable disorder.

Why do I have depression? Everyone has a bad day here or there, but people with depression may wonder why theirs are more than just a bad day. The WHO notes that depression is a byproduct of a complex interaction of social, psychological and biological factors. Exposure to adverse life events, such as unemployment, the death of a loved one or psychological trauma, can increase peoples' risk of developing depression.

Depression also may be caused by physical conditions. The WHO says cardiovascular disease can lead to depression.

What are the symptoms of depression? The Mayo Clinic notes that one in 10 people whose depression goes untreated commit suicide. That only highlights the importance of recognizing the symptoms of depression and acting once any have been identified or suspected. Symptoms can include:

- Difficulty concentrating, remembering details and making decisions
- Fatigue
- Feelings of guilt, worthlessness and helplessness
- Pessimism and hopelessness
- Insomnia, early-morning wakefulness or sleeping too much
- Irritability
- Restlessness
- Loss of interest in things once deemed pleasurable, including sex
- Overeating or appetite loss
- Aches, pains, headaches, or cramps that won't go away

-Digestive problems that do not get better, even with treatment

-Persistent sad, anxious or "empty" feelings

-Suicidal thoughts or attempts

Anyone who has exhibited any of the aforementioned symptoms or even those who have not but suspect they might be suffering from depression should visit a physician immediately. The WHO notes there are a variety of treatments available to people who have been diagnosed with depression, and doctors will determine which might be the best for each patient. To make that determination, doctors may inquire about the duration and severity of symptoms as well as family history and whether or not the patient has a history of drug or alcohol abuse.

Depression is a common mental disorder that too often goes undiagnosed. Seeking help the moment symptoms are detected or suspected can help people overcome the disorder.



**Winner - Quilters by the Sea of Ocean Pines**, announced that Carly of New York won their 2018 Raffle Quilt.



## MCBP, Burley Oak Brewery to hold fundraiser

The Maryland Coastal Bays Program (MCBP) is teaming up with Burley Oak Brewery to raise funds for their conservation efforts on Monday, January 21 from 5 p.m. to 8 p.m.

In addition to tasty beverages and bar bites, coastal bays will be hosting a trivia contest starting at 6:30 p.m. with Executive Director Frank Piorko leading the challenge. Zack Davis and Billy Weiland will add to the fun by providing acoustic musical entertainment during the event.

Party goers will have a chance to bid on some noteworthy items, including artwork, gift baskets and gift certificates from local area shops and artists and a raffle drawing as well. Guest bartenders will take care of you all night! Ten percent of the bar rings will be donated to the program.

The Maryland Coastal Bays Program is one of 28 programs nationwide that is a part of the National Estuary Program and represents a

multiple decade commitment to restoring and protecting the bays behind Ocean City and Assateague. The program aims to bring together citizens, local scientists, recreational and commercial fishermen, environmentalists, farmers, business leaders and government officials to create attainable goals for the watershed.

For more information or to donate contact Sandi Smith at 410-213-2297 ext. 106.

## Suicide prevention training offered

Wor-Wic Community College will host an alertness training for suicide prevention called "safeTALK: Anyone Can Save a Life," on Friday, February 15, from 9 a.m. to noon, in Room 103A of Fulton-Owen Hall on the college campus in Salisbury. Three continuing education credits will be available for social workers and counselors who attend. Register before Feb. 11 by calling 410-334-2900.



**Top fundraiser** - Individual Adult First Place Winner **Samantha Ewancio** accepts the first-place prize for top fundraiser in the individual adult category during the annual Atlantic General Hospital Penguin Swim. The 2019 Penguin Swim raised a preliminary gross amount of \$91,787 for the not-for-profit hospital,

## Another reason to quit smoking

Smoking has been linked to many different illnesses. It is widely known that cigarette smoke can impact respiratory and cardiovascular health, but there may be a new reason to quit, particularly for those plagued by chronic inflammation. Researchers at Sweden's Umea University, in collaboration with researchers in the United States, found that nicotine strongly activates immune cells to release DNA fibers decorated with pro-inflammatory molecules called neutrophil extracellular traps, or NETs. Continuous exposure to NETs can harm tissues and may explain why smokers are vulnerable to inflammatory diseases. NETs have been implicated in several inflammatory diseases, such as arthritis, cancer and small vessel vasculitis. This evidence presents yet another reason why people should quit smoking and avoid secondhand smoke, or never begin smoking at all.

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