

The Courier

February
20
2019

Volume 19 Number 23

RWWC to meet

The Republican Women of Worcester County will hold their February luncheon meeting on Thursday, February 28 at Hemingway's Restaurant located at 1701 Atlantic Ave, in the Holiday Inn and Suites in Ocean City. The guest speaker will be Mark Uncapher, secretary of the Maryland GOP. She will talk about the direction and upcoming activities of the Maryland GOP. Charlotte Cathell, Americanism chairperson, will talk on Americanism. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation and/or for more information, please contact Ann Lutz at annlutz60@gmail.com or at 410-208-9767.

Scholarships available

The Women's Club of Ocean Pines (WCOP) will award scholarships at its May general membership meeting to promising students who are full-time residents of Ocean Pines. These students must graduate from high school in good standing with a minimum grade point average of 2.5 and plan to attend an accredited institution for further education. These awards may be used by the recipient to help defray post-high school expenses at any approved degree of certificate-granting college or university, technical or vocation school.

The Women's Club Scholarship committee will consider the applicant's needs, goals, scholarship, citizenship, community service, extra-curricular activities and motivation. The club believes in non-discrimination on the basis of race, gender, national origin or family status, in both principle and practice.

Applications for these scholarships must be completed and submitted to the senior guidance counselor at Stephen Decatur High School by March 22. Qualifying applicants who do not attend Stephen Decatur High School are asked to call 410-641-8046 for information and/or an application.

Lacrosse fundraiser scheduled

The Stephen Decatur High School boys' lacrosse team will hold a fundraiser on Wednesday, February 27 at DeNovo's Restaurant in Ocean Pines from 4 p.m. until close. DeNovo's is donating 20% of the evenings sales to the team. There will be a gift basket silent auction held at the event.



Donations - Pillowcase Ministry expanded its efforts to help children and adults of the Christian Appalachian Project in Kentucky. A father-son duo rented a U-Haul to transport clothing, shoes, baby items, personal hygiene, games, blankets and linens to the needy. Donations came from Delaware, Virginia and Maryland.

Pictured left to right are donors standing in front of some of the contributions. Snow Hill residents **Joyce Shockley, Charlie Brown and Ralph Shockley**, Pillowcase Ministry coordinator **Barbara Entwistle** and **Mabel Rogers**. For information about the Pillowcase Ministry program call 410-641-0415.

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Community Calendar **FEBRUARY**

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.

Second Wednesday

The Polish American Club of Delmarva meets at the Columbus Hall, behind St Luke's Church, 100th St & Coastal Hwy, Ocean City, from 2 p.m. to 4 p.m. the second Wednesday of the month. Come join us if you are of Polish or Slavic descent. No meetings.

June, July, August. Call Helen Sobkowiak 410-723-2639 or Maryann Lula 410-250-2548 for more information.

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.



Attempts to dig a channel tunnel between Britain and France date back to 1883, and Napoleon drew blueprints for a tunnel in 1802. Yet not until February 20, 1986, were France and Britain able to announce that a tunnel would soon become a reality. Trains, cars and buses would be able to speed through the tunnel in less than half an hour. Construction began in December 1987 and the "chunnel" was finally completed in 1994.

Pancake breakfast tickets on sale

Tickets are now on sale for the Kiwanis Club of Greater Ocean Pines- Ocean City Annual Winter Pancake Breakfast. It will be held in the Assateague Room of the Ocean Pines Community Center from 8 a.m. to 11 a.m. on Saturday February 23. Pancakes, sausages, scrambled eggs, orange juice, coffee and tea will be offered. Tickets are \$6 for adults, \$3 for children under age 12 and free for children under age five. Carryout is also available. For tickets call Ralph Chinn at 410-208-6719 or see any Kiwanis member. The price is the same at the door. Proceeds benefit youth of the community.

Free resume workshop to be held

A resume workshop will be held on Thursday, February 28, from 4:30 p.m. to 6 p.m., in Room 103A of Fulton-Owen Hall at Wor-Wic Community College in Salisbury.

Participants will learn how to write an effective resume and receive tips for a successful job search.

This is a free event open to current students, alumni and community members. To reserve a seat, call career services at 410-334-2903.

Craft club to meet

The Pine'er Craft Club will meet February 21 at the Ocean Pines Community center. Refreshments will be served at 9:45 a.m. The meeting begins at 10 a.m. The meeting is open to the public.

MD CHIP program comes to Delmarva

Evergreen Lodge # 153 of Berlin has recently received training from The Grand Lodge of Maryland to provide the Maryland Child Identification Program (MD CHIP). This service is provided free of charge by the Freemasons of Maryland. According to the FBI, in 2018 there were 424,066 National Crime Information Center (NCIC) entries for missing children.

When a child participates in the program, all vital statistics are recorded. The child is photographed, and digital fingerprints are taken. Additionally, a video recording of the child speaking is made. All of the above information is then recorded onto a CD. A cheek swab of the child's DNA is collected painlessly. Everything is then sealed in an envelope and given to the parent for safekeeping. The Lodge retains none of the information.

Granvil "Pete" Jones, Most Wor-

shipful Master of Evergreen Lodge #153 states, "This program can be used for children and vulnerable adults." The first local event that will host the MD CHIP program will be the Worcester CARES Expo, held at Berlin Intermediate School on Saturday, March 30, from 9 a.m. to noon.

If you would like to schedule this valuable free service for your community organization or civic group, please contact Pete Jones at 410-726-3269 or email gjoness21811@verizon.net.

Heim to speak at Dem meeting

On Thursday, February 28, the Worcester County Democratic Club will listen to a presentation by Matt Heim of Oceana on the impact of Sonic Oil Exploration of the seabed off of the Mid-Atlantic coast. The meeting will take place at 6:30 p.m. in the Assateague Room of the Ocean Pines Community Center and is open to the public.



Special Valentines - Once again this year, Ocean City Elementary participated in the Valentines for Veterans Program to thank veterans for their sacrifices and let them know that they are loved, appreciated, and not forgotten. This year's cards were sent to Perry Point and Charlotte Hall Veterans Hospitals, Baltimore Rehab and Baltimore VA Medical Center.

Pictured is Robyn Diesel's Kindergarten class proudly displaying their valentines.

Community Garden readies for a new season

By **June Freeman**

What thoughts come to mind when you hear the words community garden? Exercise, connecting with nature, artistic expression, sharing ideas, growing your own food, or communicating with others are some of the many possibilities. No matter what the answer, community gardeners have one thing in common. They have fun.

Located on Manklin Road, the beautiful Ocean Pines Community Garden blooms with luscious fruits and vegetables. An earthy smell mixed with the fragrance of flowers and herbs lingers in the air. Within a white picket-like fence are 131 well-maintained plots; each consisting of three 4x8 foot beds.

The community garden started in the early 1970s and was originally located behind the Southgate Fire Department. As Ocean Pines grew, there was need for more space so the garden was relocated. Ocean Pines Community Garden Co-Vice President Sam Schwartz explained, "The community garden is self-sustaining. We

always pay our bills. When the community gardens were moved, there was the cost of moving the garden and a fence was required. Ocean Pines gave us a twenty-year loan. This is our only debt."

Sam stated, "It's a nice group of people who work together, communi-



cate with each other, and share ideas."

Co-Vice President Tracy Jones described how it attracts all kinds of people. "There are young ones, old ones, families, and grandparents with their grandkids."

Just about anything can be found

*please see **garden** on page 15*

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Boating classes scheduled

Semper Paratus meaning, “Always Ready” is the motto of the Coast Guard. Here in Ocean City the Coast Guard works 24 hours a day, seven days a week



ensuring the safety of people and vessels.

Some interesting facts: The Coast Guard is the smallest branch of the military with only 42,000 active duty members. According to the US Coast Guard Boating Resource Center on an average day, the Coast Guard conducts 109 search and rescues, saves 10 lives, seizes 169 pounds of marijuana, and 306 pounds of cocaine worth \$9.5 million

and investigates six vessel casualties.

The Coast Guard Auxiliary works hand-in-hand with active duty shipmates. During the summer months the Auxiliary is on the water in private vessels known as facilities assisting the Coast Guard with all special events such as the air show, fireworks, swimming events and even search and rescues if called upon. One of the main priorities of both the Coast Guard and the Auxiliary is boater education. Weather you operate a jet ski or a yacht knowl-

edge of the navigation rules on the water is required.

Safety on the water is every boater's responsibility and knowing what to do not only is an emergency but also when docking, anchoring, and passing another boat is-key to having fun and developing a culture of safety on the water. It is recommended that all boater's take the safe boating class. This class is required for all Maryland boat operators born after July 1, 1972, and all boat operator's in Virginia and New Jersey waters. A certificate is awarded upon completion of the course. The cost is \$15 for materials.

The next class is March 5, 6 and 7 between 6 p.m. and 9 p.m.

All classes are held at the Ocean Pies library. For more information or to register, please contact Barry Cohen at 410 935-4807 or email: CGAUXOC@Gmail.com

Upcoming classes are scheduled in 2019: April 23 to 25, June 4 to 6, July 9 to 11, September 3 to 5. The classes will run 6 p.m. to 9 p.m. Saturday classes will be offered May 11 and August 3. This classes will run from 8:30 a.m. to 4:30 p.m.



Collection - The students in Abby Harrison's second grade class at Ocean City Elementary, along with the other second grade classes, collected more than 600 canned goods for their 100th Day of School Project. These cans were then donated to Our Daily Bread, a soup kitchen in Middletown Delaware.

Pines users continue to save

For the fourteenth consecutive year, the Maryland Department of the Environment (MDE) has exempted residents in the Ocean Pines Sanitary Service Area (SSA) from paying the \$5.00 monthly charge into the Chesapeake Bay Restoration Fund (BRF). This exemption will result in an annual savings of \$60 per household in the Ocean Pines SSA.

“Exemption from the BRF fees reflect years of investment in the Ocean Pines Wastewater Treatment Plant made by the service area customers, without state or federal assistance, and the skill of the plant operators to operate the plant to meet the mandated treatment goals,” Public Works Deputy Director John Ross said.

Commonly referred to as the Flush Fee, the BRF is a dedicated fund financed by residents and businesses served by wastewater treatment plants (WWTPs) throughout the State of Maryland. Legislation creating the fee was signed into law in 2004 with Senate Bill 320, and the first fees were charged in 2005. BRF funds are used to upgrade publicly-owned WWTPs throughout Maryland, with enhanced nutrient removal (ENR) technology to

reduce nutrient discharges to the state's waterways. The BRF began at \$2.50 per month per household, or per equivalent dwelling unit (EDU), starting on July 1, 2005 and increased to \$5.00 per month on July 1, 2012. On-site septic system users throughout the state began paying a similar \$5.00 fee per month in 2012 as well, with funds used to upgrade failing septic systems in the Critical Areas with Best Available Technology for nutrient reduction.

The Ocean Pines WWTP is equipped with ENR technology, meeting the criteria for the fee exemption, which requires a maximum effluent concentration of 3 milligrams per liter (mg/l) of total nitrogen and 0.3 mg/l total phosphorous. Nitrogen is a natural element found in the earth and in the atmosphere. It is a vital component of life for many organisms, but too much nitrogen in our waterways can be harmful. Excess nitrogen can cause algal blooms, which deplete the oxygen from the river that fish and other aquatic life need to survive.

BRF exemptions are valid for one year and must be renewed annually. For more information, please contact Kim Moses, public information officer, at 410-632-1194.



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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

A hundred years from today

Listening to Pandora while driving recently, a song came on that got me thinking. The song, "A Hundred Years from Today," crooned by Frank Sinatra, encouraged listeners to be

working in the fields to help support his family. If he gave any thought to it at all, I wonder what he would have imagined 2019 would be like.

I doubt he would have dreamed that people would be using something called a cell phone to take pictures, let alone have the ability to send those pictures through the air, to any other cell phone in the world in seconds.

So, looking toward

2119, how will my great-great-great grandchildren (G-4) be living? There are plenty of science fiction writers who have ventured guesses, creating kaleidoscopes of future worlds in the pages of countless books. I can't compete with them. But to venture a prediction: everyone will have a small telecommunication chip embedded in them at birth. This technology will synchronize the vast power of the human brain to trillions and trillions of terabytes of data accessible in the "cloud," which by then will be referred to as the "galaxy," because there will be no more room available in the cloud. Spoken language will be at or near extinction replaced by "thought emojis" that telepathically transmit among the communication chips, the evolution of what we know today as texting.

Should one of my G-4 think about 2019, they'll no doubt consider it a simpler, primitive period, amazed that their ancestors still traveled by car or plane or boat instead of by transport, which by 2119 will have made the Star Trek fantasy a reality.

Despite my prediction, my hope is that life a hundred years from now is better than today; that technology hadn't become so much a way of life that creatively, the pursuit of taking a walk just to hear the sounds of nature and interpersonal relationships are lost. In the best of all worlds, I'd like to believe that my great-great-great-great granddaughter or grandson will set aside technology so as to enjoy a summer's day at the beach with family and friends or just talk with their parents, siblings and friends about that very interesting great-great-great-great grandfather who once wrote those "simple" columns in something called a newspaper.

That's what I hope, a hundred years from today.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

"happy while you may" because we won't be around to see the sun shine, "a hundred years from today."

A hundred years. A century. 2119. My mind wandered. What will the world be like then? It's likely that I will no longer be around, unless as some sort of hologram which would certainly be interesting to my descendants. How lucky my great-great-great-great grandchildren would be to have the opportunity to interact with me!

As interesting as it was to think about future generations, thoughts also crept in about what the world was like a hundred years ago, in 1919. Woodrow Wilson was president, or more accurately, his wife, following his stroke. World War I was over by a few months. Radio was in its infancy. Charlie Chaplin was king of the Silver Screen. A gallon of gasoline cost twenty-five cents. The Great Depression was still a dozen years off and Charles Lindberg had not yet learned to fly.

It's often said that times in the past were "simpler." Nostalgic thoughts of the days of old cloud judgement. Those of us in present day look back through the lens of history, discovery and breakthrough when commenting that things were so much easier "back then." "Back Then" people would most likely disagree.

It wouldn't be surprising if people in 1919 looked back on 1819 as "simpler times:" no telephones, not even telegraphs, no televisions or automobiles. Simpler? I doubt the people living in 1819 would say things were simpler, any more than people of 1919 would.

In 1919 my grandfather was just six years old, the second oldest son of an itinerant farmer family. I suspect that despite his tender age, he was

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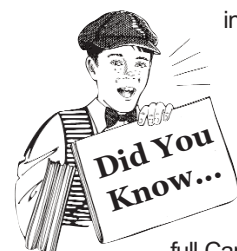
Nightmare on Granby

Commentary by **Joe Reynolds**

The OPA Board of Directors is currently conducting association budget business via email in an attempt to lower or eliminate a proposed \$127 assessment increase, an increase that has some association members in a hair-on-fire state of mind.

Among items discussed for the proposed budget are a \$50,000 bike track; pickleball court lights at \$14,000; pickleball shade structures at \$12,000; playground and exercise equipment at \$150,000; a “party room” at the indoor pool for \$200,000; repaint the gym floor for pickleball at \$18,000; crabbing pier at \$135,000; resurface unused tennis courts at Swim & Racquet Club at \$100,000. The list of “wants” goes on and on. Meantime certain “needs” go unfunded for decades.

A 2017 report from the World Economic Forum recommended that the richest countries across the globe raise their retirement ages in order to prevent the collapses of pension systems. Full retirement age in the United States varies depending on when a person was born, though it is currently between age 65 and 67. In Canada, eligible residents can begin receiving their full Canada Pension Plans at age 65. But longer life expectancies among today’s men and women as well as considerably longer life expectancies for babies born today is partly why the World Economic Forum recommended raising the age at which people can begin receiving their full benefits. Pension funds have been unable to keep pace as people are living longer but still retiring around the same age as they have for decades. That will create a considerable shortfall by 2050, when the World Economic Forum predicts eight countries, including the United States, Canada, India, and China among others, will face a combined pension fund shortfall of \$400 trillion.



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Granby Road drainage is one of those unfunded, undiscussed, totally ignored needs, a need that could be taken care of for a fraction of the “wants” costs listed above. Granby is a short stretch of road between Ocean Parkway and Watertown Road. On the west side of Granby are about 10 to 15 homes that flood every time there is any amount of rain. The flooding is not minor. Water levels rise to surround the homes and rise well above the bottom of crawl space access doors. Vehicles and homes sit surrounded by water. It is an absolute mess, a mess no OPA homeowner should have to deal with when a solution is possible and relatively inexpensive. The Granby drainage debacle stands as a monument to management negligence for over 15 years.

The sad thing is the Granby drainage problem can be fixed and fixed relatively easily. A large drainage ditch carries water under Ocean Parkway and continues for a

short distance behind the homes on the west side of Granby. This ditch, perhaps 10-feet across at the top, then goes into a small pipe. Water in the small pipe comes out into a ditch perhaps 50 feet north of Watertown Road. The flow then goes into a small pipe under Watertown Road and dumps into Manklin Creek.

It does not take a drainage genius to see that a big wide ditch and a heavy flow of water cannot be squeezed into a small pipe. It is like trying to divert the flow of a fire hose into a straw. Result — flooding on a regular basis that damages homes, property, and property values.

OPA is aware of the Granby problem but does nothing, absolutely nothing to fix it by installing additional pipes and other changes as required to take the water to Manklin Creek without the current dam-effect that floods Granby.

One can only wonder why the owners of those Granby homes have not sued OPA.

Whatever budget the Board of Directors passes during the meeting on February 16th, it would be an abject management failure not to include specific funding to remedy the drainage and flooding nightmare for owners along Granby Road.

New year, same legislation

Editor:

Everything old is new again! At least as it concerns legislation in Maryland, that is.

Sanctuary State laws are back, increasing the minimum wage is back, physician assisted suicide is back, ranked choice voting is back and bigger than last year.

Gov. Hogan has several bills dealing with school accountability that really need to be

passed and enacted into law. Unfortunately, the Democrats in the Legislature are more interested in blocking his popular Executive Order from last year making the school start date after Labor Day than they are in actually requiring accountability for the millions of dollars we spend on education every year in Maryland.

New “common sense gun laws” are proposed this year that will apply to “long guns”, i.e. hunting rifles and shotguns.

I urge my fellow Eastern Shore citizens to take the time to pay attention to what’s going on in Annapolis — most of it is not in our best interests.

You can find out all about current proposed bills by going to mgaleg.maryland.gov.

Members of the Republican Women of Worcester County (I am Legislative Committee Chair) are definitely tracking legislation and urging citizen action (emails to legislators, phone calls, testimony at hearings).

I hope we can work together to defeat some of these proposed bills which will harm our way of life if passed.

Carol Frazier
Ocean Pines



Presentation - Democratic Central Committee of Worcester County (DCCWC)
Chair Dr. **Roxie Dennis Achlononu** and Berlin Mayor **Gee Williams** welcomed Democratic State Chair Dr. **Maya Rockey Moore Cummings** for a presentation of her goals.

The
Courier

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Showing — At left is **Catherine V. Davis** the artist who has her art displayed at the Ocean Pines library through April. On the right is **Paulette Mari**, director of displays. Photo by Anna Foulz.

Wor-Wic ranked high with veterans

Wor-Wic Community College was named as a gold-level Military Friendly School and ranked in the top 10 in the nation in the small community college category for 2019 by VIQ-TORY, a veteran-owned company whose mission is to assist military personnel transitioning into civilian life. This is the eighth year in a row the college has received the military friendly designation.

The Military Friendly Schools list honors the colleges, universities and trade schools nationwide that are doing the most to embrace America's military service members and veterans as students.

Wor-Wic recognizes and adheres to

Veterans Affairs (VA) standards and offers a variety of educational support services to veterans. Fred Howard, director of veterans services, is available at Wor-Wic to help current and prospective students who are veterans or active military personnel and their families.

"Wor-Wic's veteran, military and eligible dependent student enrollment averages 300 students per year taking both credit and non-credit courses," said Howard. "Veterans, active duty members, National Guard, reservists and eligible family members can use one of several VA GI Bill educational

please see **veterans** page 15

Anglers can qualify for new awards program

The Maryland Department of Natural Resources has launched a new award program to celebrate the state's anglers and the diverse species of fish they catch.

FishMaryland is a multifaceted award program designed to encourage anglers to take advantage of Maryland's year-round recreational fishing and enjoy the state's accessible, affordable and high-quality fishing opportunities.

"Our state has a long history of awarding anglers for their catches," Fishing and Boating Services Director David Blazer said. "FishMaryland raises the bar for anglers to demonstrate their skills."

Anglers can qualify for several categories including a species award, a catch and release award, an invasive species award, and multi-species awards. Participants who enter eligible catches will be recognized with a cer-

tificate to commemorate their trophy catch.

New to the program are the Milestone Awards, which recognize anglers at various skill levels who catch trophy sized fish of multiple species.

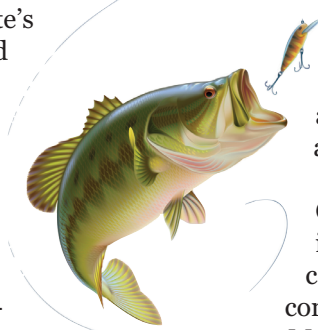
Eligible catches from different calendar years will count towards each milestone as follows:

-Angler Award — Catch three different qualifying species, the angler receives a certificate and corresponding sticker.

-Expert Angler Award — Catch five different qualifying species, the angler receives a certificate and corresponding sticker.

-Master Angler Award — Catch ten different qualifying species, the angler receives a certificate and corresponding sticker.

Fishing licenses are available for purchase online at <https://compass.dnr.maryland.gov/>.



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Wags and Whiskers Thirty-One Bingo event returns

On Saturday, March 2, Worcester County Humane Society (WCHS) will hold its second annual “Wags and Whiskers” Thirty-One Bags and More Bingo fundraiser. The event will be held at the American Legion Post 166 in Ocean City with doors opening at noon. The Bingo games will run from 1 p.m. to 4 p.m. Event goers must be 18 or older. All proceeds benefit the homeless dogs and cats at the no kill shelter.

Advance tickets are \$30 for 20 regular games for Thirty-One bags full of goodies and gift cards as well as some cash prizes. There will be two special Bingo games for an additional

small fee. There will also be an opportunity to participate in a Chinese auction and raffle boards for additional items and prizes as well as food and beverage available for purchase.

“Whether a person comes alone or brings a group of friends, the event offers a fun atmosphere of fellowship for all,” said Diana Snyder, Event Chair.

Tickets will be available at the door the day of the event for \$35.

Tickets can be purchased at the WCHS Thrift Store at 12703 Sunset Avenue Units 5 & 6 or by calling Diana at 443-987-2870. Advance tickets are also available for purchase at Worcester County Humane Society 12330 Eagles Nest Road, Berlin

Worcester County Humane Society is private, nonprofit, no kill animal shelter that depends on donations and fundraisers to help care for the many cats and dogs who call the shelter home until their forever families are found. Follow the shelter on Facebook and Instagram for available pets and updates on events.


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



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BREAKFAST**

Saturday, February 23, 2019 ♦ 8 to 11 a.m.

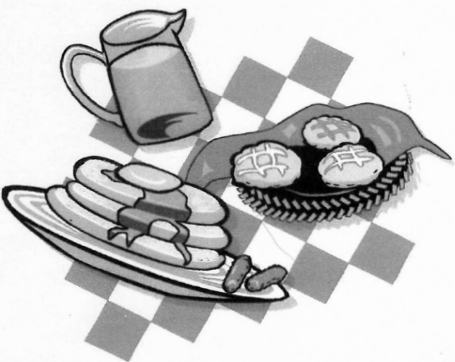
Ocean Pines Community Center Assateague Room

Donation:

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**\$3 Children
Under 12**

**Children Under 5
FREE**



Proceeds to benefit the youth of our community

**Contributions or gifts to Greater Ocean Pines–Ocean City Kiwanis Club are not deductible
as charitable contributions for federal income tax purposes.**



Accepting PRMC’s America’s 250 Best Hospital award from Healthgrades Director of Quality Solutions, **Maggie Foley**, center, are **C.B. Silvia**, MD, vice president of Medical Affairs and chief medical officer at PRMC, left, and **Steve Leonard**, MBA, FACHE, PRMC’s president/CEO.

PRMC earns high ranking

Steve Leonard, MBA, FACHE, President/CEO of the Peninsula Regional Health System (PRHS) and Peninsula Regional Medical Center (PRMC) announced that PRMC has achieved the Healthgrades 2019 America’s 250 Best Hospitals Award. This is the second consecutive year that Healthgrades has recognized the Salisbury, Md. hospital as being among the best in the nation. Peninsula Regional Medical Center is the only hospital on the Delmarva Peninsula to achieve this recognition and one of just nine in Maryland.

The distinction places PRMC in the Top 5% of more than 4,500 hospitals assessed nationwide for its superior clinical performance as measured by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

“Peninsula Regional’s greatest asset is our team of employees, medical staff, and volunteers. Our Healthgrades clinical successes are a direct result of their dedication and devotion to every patient and family member,” said Leonard. “Quality and safety remain at the heart of everything we do as an organization. To be placed among the nation’s best hospitals, once again, by Healthgrades reinforces that we have assembled the finest healthcare team in the region that is committed to outstanding clinical outcomes and quality patient care.”

Healthgrades recognized PRMC with nearly 40 clinical achievements.

In addition to being named a Top 5% hospital for its clinical performance, Peninsula Regional also received the following significant recognitions:

- America’s 50 Best Hospitals for Vascular Surgery 5 years in a row (2015-2019)
- America’s 100 Best Hospitals for Prostate Surgery 2 years in a row (2018-2019)
- America’s Best 100 Hospitals for Stroke Care 2 Years in a row (2018-2019)
- Top 10% of all United States Hospitals Evaluated for Labor and Delivery services (2018)
- Top 5% in the Nation for Neurosciences 3 years in a row (2017-2019)
- Top 10% in the Nation for Overall Pulmonary Services 2 years in a row (2018-2019)
- Top 10% in the Nation for Overall Orthopedic Services 3 years in a row (2017-2019)

“Consumers have several hospitals to choose from, so it’s important they understand which hospitals achieve the best clinical outcomes,” said Brad Bowman, Chief Medical Officer at Healthgrades. “Recipients of the Healthgrades America’s 250 Best Hospitals Award, including Peninsula Regional Medical Center, are setting the bar in patient care.”

From 2015 through 2017, patients treated in hospitals achieving the award had, on average, a 27.1 percent



Are You Listening?

A select group of Upper School students host their own talk shows on Worcester Prep's radio station, "Audiograted," which is broadcast worldwide and plays 24/7. Under the direction of technology teacher, Nancy Raskauskas, the shows are completely run by students who manage the programming and live broadcasts before and after school. Currently there are two live shows airing on Thursdays at 3:15 p.m. and Fridays at 7:00 a.m. To listen visit: Radionomy.com (Click the menu button and the search button.) Type Audiograted into the search bar. Click on the "listen" button.

Above: (L-R) Seniors **Colin Miller** and **Cameron Hill** are the WPS radio personalities on Friday morning's "Sports Corner."

Worcester GOLD golf tourney returns

Worcester County GOLD (GOLD - Giving Other Lives Dignity), a 501(c)(3) nonprofit, announced its fifth Annual GOLD on the Green Golf Tournament fundraiser is scheduled on Wednesday, June 19, at Ocean City Golf Club's Newport Bay Course in Berlin. This is GOLD's major annual fundraising event.

Not a golfer? Great ways to promote your business and sponsorships are available. GOLD is requesting donations of items for golfers' gift bags, which can include a business logo, and raffle and award prizes. Monetary donations are greatly appreciated.

The 18-hole golf tournament will be a scramble format, with registration and lunch at 12:30 p.m. and a shotgun start at 1:30 p.m. A buffet awards dinner with carving station follows the tournament.

All proceeds will benefit GOLD's emergency assistance programs for Worcester County residents who experience an unexpected crisis while already living in poverty and

low-income circumstances. During 2018, GOLD provided vital support for 919 families, which included 1,292 adults and 1,468 children, a total of 2,760 Worcester County residents served. Assistance was provided to help avoid eviction, prevent disconnection of utilities or reconnect services, provide food and clothing, meet urgent medical needs, provide crucial transportation, assist children transitioning from homes into foster care, and to provide items to meet basic needs for infants, young children, vulnerable adults, and those who are homeless.

Registration forms are available on GOLD's website at www.WorcesterCountyGOLD.org and at [Facebook.com/WorcesterGOLD](https://www.facebook.com/WorcesterGOLD). For more information about the tournament or how to become a sponsor or donate items for the golfer gift bags, contact Sandy Sipes, GOLD's Executive Director, at 410-677-6830 or email WorcesterCountyGOLD@gmail.com.

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How to travel even if you have limited mobility

Many people dream of traveling the world in retirement. Such dreams come true every day. But many more retirees or people nearing retirement fear that their dreams of seeing the world will not be possible due to mobility issues beyond their control. Thankfully, such fears are largely unwarranted.

Various conditions can affect men and women's mobility. Many such issues tend to arise after age 50, prompting many people to believe their post-retirement travel plans will never come to fruition.

Conditions such as rheumatoid arthritis; chronic obstructive pulmonary disease, or COPD; and heart disease may make it hard for people to travel. But that difficulty does not mean aging men and women should resign themselves to a sedentary lifestyle. Though they might require a little extra effort before boarding a plane for parts unknown, the following are a handful of ways that aging men and women with limited mobility can reap the rewards of traveling.

Contact airlines or other transportation companies if you require special accommodations. The U.S. Department of Transportation notes that passengers are generally not required to provide advanced notice for disability-related accommodations. However, it makes sense to provide such notice anyway. By doing so, men and women with limited mobility can ensure they will have adequate assistance during their trips. When made aware of passengers' mobility issues, airlines or other travel companies may arrange for wheelchairs to be available at the gates or train platforms so passengers

can easily make connecting flights and trains. In addition, advance notice gives companies a chance to provide seating accommodations that can make for a more enjoyable trip.

Contact security agencies. Security is part of modern travel, so travelers, especially those traveling by air,



should expect to go through security checkpoints during their trips. Travelers with limited mobility should contact the security agencies in their home country as well as those in any country they plan to visit to get an idea of what they can expect. Knowing these guidelines in advance can help people with limited mobility determine if they should arrive extra early so they can make it through security checkpoints in time to make their flights or trains.

Contact hotels directly. Each country has its own laws regarding how to accommodate people with physical disabilities or mobility issues, so do not leave things to chance. Before booking a hotel room abroad, travelers with limited mobility should contact the hotel directly to confirm that it can accommodate their needs.

Men and women with limited mobility can still enjoy the wonders of travel, even if it requires some extra effort before embarking on their trips.

1	2	3	4	5	6	7	8	9	10	11	12	13
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60				61			62		63			
64				65					66			
67				68					69			

CLUES ACROSS

1. Civil rights organization

5. Cause to lose courage

10. Outside entertaining area

14. Botswana currency

15. Comedic Actor Tim

16. Barbary sheep

17. German river

18. Take

19. Catches

20. Eating houses

22. Consumed

23. Lawyers try them

24. Hugh Jackman character

27. Basics

30. No (Scottish)

31. Duct

32. Athlete who plays for pay

35. Unit of distance

37. Female bird

38. Predatory reptile

39. Regions

40. Dishonorable man
41. Dry white Italian wine

42. A way to understand

43. Actors' organization

44. Beach hut

45. Disappointment

46. Police officer

47. Digital audiotape

48. Western Thai people

49. Of a polymer

52. Secret political clique

55. Sound unit

56. Cavalry sword

60. Whale ship captain

61. Eastern Austria spa town

63. Holds food

64. Filippo __, Saint

65. Holds bottles of milk

66. Intestinal pouches

67. Arab ruler

68. Chicago political family

69. "Transparent" actress Kathryn

CLUES DOWN

1. Detailed drawing

2. Class of comb jellies

3. Musical symbol

4. Hall of Fame ballplayer Rod

5. Pouch

6. Split

7. Having wings

8. Set aside

9. Midway between northeast and east

10. Daughter of Acrisius

11. Periods of time

12. Rapper Ice __

13. Any of several candies

21. Units of loudness

23. Central nervous system

25. Resinous secretion of insects

26. 007's creator

27. Separate from

28. Exposes to view

29. Harsh squeaking sound

32. Fishing vessel (Naut.)
33. Western Ukrainian city

34. The sea

36. Unhappy

37. Old miserable woman

38. Corn comes on it

40. Guinea pig-like mammal

41. Self-immolation by fire rituals

43. Fifth note of a major scale

44. Automobile

46. Military title (abbr.)

47. Expunge

49. Chadic language Bura-__

50. Something you win

51. Grab

52. Town in Galilee

53. Polite interruption sound

54. Italian Seaport

57. La __ Tar Pits

58. "To __, his own"

59. Tom Clancy hero Jack

61. These three follow A

62. One of Napoleon's generals

S	N	C	C	S	C	A	R	E	D	E	C	K
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A	R	E	A	S	C	A	D	S	O	A	V	E
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A	M	I	R	D	A	L	E	Y	H	A	H	N

Answers for February 13



Academic squad

The Keith Waldman – Optimal Performance Associates/National Field Hockey Coaches Association (NFHCA) has named 10 Worcester Prep Varsity Field Hockey players to their National Academic Squad, of which two were also recognized as Scholar of Distinction. The following student-athletes honored include (L-R): **Hailee Arrington, Virginia Bateman, Rylie Carey, Ally Elerding, Aly Matha**, Head Field Hockey Coach **Katie Oxenreider, Molly McCormick, Hana Miller, Maya Natesan, Abbi Nechay**. The National Academic Squad program recognizes high school seniors and juniors who have achieved a minimum cumulative, unweighted GPA of 3.5 out of 4.0 or the equivalent through the first quarter of the 2018-19 school year.

prmc
from page 8

lower risk of dying than if they were treated in hospitals that did not receive the award, as measured across 19 rated conditions and procedures for which mortality is the outcome. Statistics are based on Healthgrades analysis of MedPAR data for years 2015 through 2017 and represent 3-year estimates for Medicare patients only.

During that same period, if all hospitals performed similarly to those achieving the Healthgrades America’s 250 Best Hospitals Award, 168,165 lives could potentially have been saved. For example, patients treated for sepsis in hospitals achieving the award have, on average, a 26.1 percent lower risk of dying than if they were treated in hospitals that did not receive the award.

Peninsula Regional has also been recognized by the Centers for Medicare & Medicaid Services with

a 5-Star Rating – the agency’s best – for the care it provides and the outcomes experienced by patients. The Leapfrog group also recently presented PRMC an “A Safety Rating” for the care and safety provided to patients.

Recipients of the Healthgrades America’s 250 Best Hospitals Award stand out among the rest for overall clinical excellence across a broad spectrum of care. During the 2019 study period (2015 through 2017), these hospitals showed superior performance in clinical outcomes for patients in the Medicare population across at least 21 of 32 most common inpatient conditions and procedures — as measured by objective performance data (risk-adjusted mortality and in-hospital complications).

To learn more about how Healthgrades determines award recipients, and for more information on Healthgrades Quality Solutions, please visit www.healthgrades.com/quality.

Optimists announce winners

The Ocean City/Berlin Optimist Club announced the winners of the Boat Show door prize and scholarship lotto winners.

The boat show door prize, a pontoon boat and motor donated by North Bay Marina was won by Tom Crudder of Prince Frederick, MD.

The scholarship lotto winners were John Hasenei (\$10,000); George Solyak (\$2,000) and Jason Willis (\$1,000). Over \$60,000 will be awarded to Worcester County high school seniors in May.

Hunters harvest figures announced

The Maryland Department of Natural Resources reported today that deer hunters harvested 77,382 deer during the combined archery, firearms and muzzle-loader seasons, from September 7, 2018, through Jan. 31.

The statewide harvest included 29,699 antlered and 44,249 antlerless white-tailed deer; and 1,609 antlered and 1,825 antlerless sika deer. The harvest was 11 percent lower than the 2017-2018 total of 86,542 deer, as multiple rain and ice events on key Saturdays limited success for hunters this season. In Worcester County antlered whitetail harvesting was up 7.3% to 1,148 while antlerless harvesting was down 12.9% to 2,158.

Although the total harvest was down, the number of antlerless deer taken this year represented 60 percent of the overall harvest. Also, the statewide harvest of button bucks was down 25 percent this year, an important outcome for future buck hunting opportunities in Maryland.

“Poor weather dampened success on prime Saturdays, especially during the firearms season this year,” Wildlife and Heritage Service Director Paul Peditto said. “However, the addition of Sunday hunting in several counties offered an alternative day to effectively fill the gap for hunters and farmers who are often limited to weekend hunting days only. Nearly 8,500 deer were taken on Sundays this season, up nearly 20 percent from prior year Sunday hunt totals.”

The harvest in deer management Region A (Western Maryland) decreased three percent, from 10,003 deer last year to 9,705 this year. Hunters in these counties reported 5,608 antlered and 4,097 antlerless deer.

Hunters in Region B, the remainder of the state, harvested 67,677 deer, down 12 percent from 76,539 deer harvested last year. A total of 25,700 antlered and

41,977 antlerless deer were reported in this region.

Frederick County led the harvest totals again this year with 6,545 deer, followed by Carroll County with 5,421 and Garrett County at 4,973. Washington and Baltimore counties rounded out the top five with 4,620 and 4,604 deer, respectively.

Girl Scouts announce events

Carrabba’s Italian Grill of West Ocean City will sponsor a fundraiser for the Chesapeake Bay Council of Girl Scouts on Saturday, February 23, between noon and 3 p.m. Menu selections include spaghetti and meatballs, chicken marsala, or tilapia, and include soup or salad, soft drinks, and mini cannoli.

Door prizes include two weekend getaways at Marriott Hotels, Assateague and Salisbury locations. The cost is \$15 per person, cash, or check payable to Star Charities.

Additionally, the Chesapeake Bay Council of Girl Scouts will march in the Ocean City St. Patrick’s Day Parade on Saturday, March 16. All Girl Scouts participating will receive a gift certificate from McDonalds. The parade starts at noon.

For more information, contact Anna Foults at 410-641-7667.

Tides for Ocean City (Fishing Pier)

Day		High /Low	Tide Time	Sunrise Sunset
Th	21	Low	2:25 AM	6:43 AM
	21	High	8:43 AM	5:45 PM
	21	Low	3:01 PM	
	21	High	9:04 PM	
F	22	Low	3:18 AM	6:42 AM
	22	High	9:32 AM	5:46 PM
	22	Low	3:49 PM	
	22	High	9:55 PM	
Sa	23	Low	4:13 AM	6:41 AM
	23	High	10:20 AM	5:47 PM
	23	Low	4:38 PM	
	23	High	10:46 PM	
Su	24	Low	5:09 AM	6:39 AM
	24	High	11:09 AM	5:48 PM
	24	Low	5:28 PM	
	24	High	11:40 PM	
M	25	Low	6:08 AM	6:38 AM
	25	High	12:01 PM	5:49 PM
	25	Low	6:21 PM	
Tu	26	High	12:37 AM	6:37 AM
	26	Low	7:10 AM	5:50 PM
	26	High	12:58 PM	
	26	Low	7:15 PM	
W	27	High	1:41 AM	6:35 AM
	27	Low	8:15 AM	5:51 PM
	27	High	2:01 PM	
	27	Low	8:12 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

Dialysis can fill the gaps of kidney function

The kidneys perform a host of essential functions in the body. When the kidneys cannot do their job, kidney failure will have to be mitigated with treatment that often includes dialysis. Some people may be familiar with the term dialysis, but not fully understand the process. Anyone with chronic kidney disease or those caring for a loved one facing the situation can get the facts.

Role of the kidneys. The kidneys are responsible for ridding the body of unwanted toxins, waste products and excess fluids by filtering the blood, offers Fresenius Kidney Care. Every day, the kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water, states WebMD. When the kidneys fail, they cannot do this properly and the important chemical balance of the body can be disrupted. Over time, waste and toxins can build up in the body and that can potentially prove life-threatening.

The kidneys also are responsible for making a hormone that tells bone marrow to make red blood cells. These cells are essential for carrying oxygen from the lungs to areas of the body.

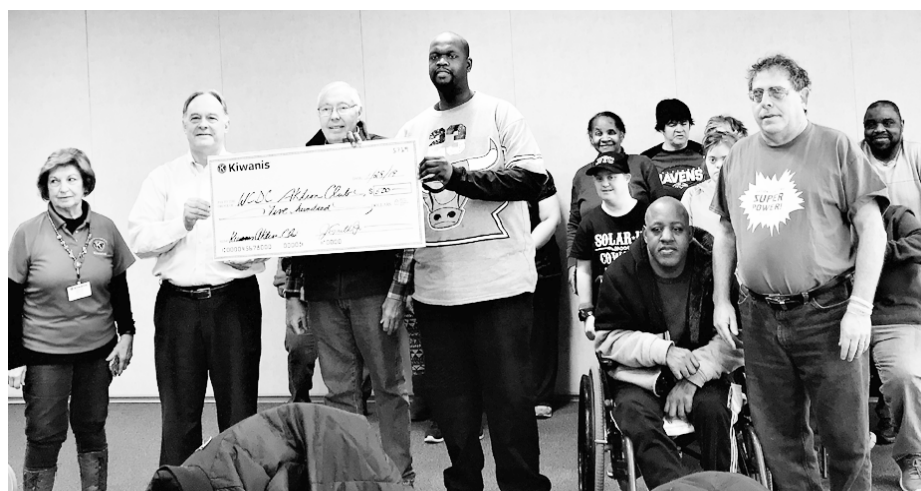
When the kidneys fail. The National Kidney Foundation says people with chronic kidney disease, or CKD, that reaches end stage renal disease (kidney failure) require life-preserving treatment. Kidney function tests will keep track of the progression of the disease and alert doctors to when CKD has reached a point where intervention is necessary. This is when dialysis is often recommended.

Understanding dialysis

There are two types of dialysis. 1. Hemodialysis: This is a system by which the blood is put through an external filter, cleaned and then returned to the body. It can occur at a dialysis facility or at home. A doctor has to access blood vessels with a fistula or graft to enable this artificial kidney, hemodialyzer, to work.

2. Peritoneal dialysis: According to

please see **dialysis** on page 15



Kiwanis Club supports Aktion Club

The newest club sponsored by the Kiwanis Club of Greater Ocean Pines-Ocean City is the Kiwanis Aktion Club, located in the Worcester County Developmental Center (WCDC). On January 28 a \$500 check presentation took place at the WCDC. The Aktion Club is a Kiwanis Club for adults with disabilities. This is a very active club doing projects to support the community. Pictured (L-R) are Kiwanis co-advisor to the Aktion **Carolyn Dryzga**, Executive Director of the Worcester County Development Center (WCDC) **Jack Ferry**, Kiwanis Club President **Dick Claggett**, Aktion Club President **Donta Smith**, club members and in the front is co-advisor **Steve Cohen** of the Kiwanis Club.

Recognize teen dating violence

Many changes take place during a person's teenage years. In addition to the physical manifestations of puberty, which bring hormonal shifts and heightened sexual awareness, emotional and psychological changes can occur. This often is a time when social circles develop, and also when many teens begin to date.

Teenage dating can be both exciting and tumultuous. Teens may be so anxious to feel accepted and loved that they overlook some of the warning signs of a bad relationship. In such instances, teens may compromise their own safety in an effort to keep relationships alive.

To ensure teens stay safe while dating, parents must speak to their children about violence, particularly as it pertains to dating. Violence includes physical abuse and more. Sexual assault, psychological and emotional violence or even stalking also must be discussed with teens. Parents should emphasize that healthy relationships are built on honesty, trust, equality, and compromise.

Teen dating violence may be more common than parents know. Youth.gov says a national survey of teens in the United States found that 10 percent of them had been the victims of physical dating violence in the past year, and approximately 20 percent of adolescents reported psychological or verbal abuse within the previous year.

Friends and family close to teens who are of dating age can take steps to recognize and thwart teen dating violence.

Use respectful language that does not promote stereotypes or sexism and is unlikely to be perceived as condescending by teens.

Learn the warning signs of abuse. These can include a drop in grades; disinterest in previous hobbies or activities; physical bruises; symptoms of depression or anxiety; and other changes in behavior.

Keep an open dialogue with teens who are dating to ensure that the relationship is healthy and safe.

Reduce risk factors that can increase the likelihood of someone being subjected to violence in a relationship. Exposure to stressful life events, coming from disadvantaged homes, participation in risky behaviors, participating in peer violence, and being exposed to harsh parenting all increase the risk that teens will be subjected to relationship-related violence.

Lessen the stigma for those who may have experienced violence coming forward by openly communicating and supporting others.

Show respect to others and be proud and respectful of who you are. Be a positive role model in all you do.

Teen dating violence is a problem that requires attention and a voice so that it can be reduced.

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Babysitting for grandparents

Witnessing your children getting older and starting their own lives and families can be bittersweet. There is pride that comes with seeing their successes, but the melancholy of knowing that the years have passed so quickly. Although you may no longer be tucking your children into bed, reading them bedtime stories or bandaging "boo-boos," when your children have children, the chance to nurture can start anew.

One of the great joys that comes from having older children is the ability to welcome and love grandchildren. Grandchildren are points of light in people's lives and provide the exuberance and excitement that reminds you of your own youth. Grandparents often are thrilled to be involved in the care and upbringing of their grandkids. Some may also live with their grandchildren to help take some pres-

sures off of adult children.

Babysitting is one way that grandparents can be a frequent fixture in their grandkids' lives. If it is been some time since you cared for little children, it is well worth it to take a refresher course in child care.

Make sure it is safe. Conduct a safety audit of your home if grandchildren will be coming over to your place. Are outlets secured with covers? Are medications you may be taking out of reach? Do you have gates to block stairs or restrict access to certain rooms? Modifi-

cations may be needed.

Assess your health. Chasing after children can be a workout. Be sure you



are up for the challenge and have the stamina. If you have any medical conditions that can impair judgement or

reaction time, you might want to reconsider babysitting.

Take directions. The way you parented may not be the same way your own children parent. Be humble and follow their lead with regard to instructions. The parenting guide "Apt Parenting" advises that you should ask about the eating and sleeping habits of the child. You may have to defer to your own children's guidelines on discipline and behavior.

Learn what's new. Many things regarding childcare have changed in the last 20 years, including safety laws and guidelines. Be sure you are up to date on these changes. And if you are not certain about something, ask. This involves everything from crib bar widths to car seat installation.

Babysitting can be a joyous task for grandparents who are ready for the job.

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garden

from page 3

in the gardens. Some just grow flowers, some just fruit or vegetables, and some grow everything. And there are many styles of gardening. “People bring their heritage from things they learned from their parents. Many have their own ideas and ways. You can learn so much,” Sam commented.

One of the more unique gardens was created by an enterprising man who arranged multiple bales of hay atop his raised beds. He watered the hay, dug small holes, added a little soil and fertilizer, and then planted the vegetable plants in the hay.

Everyone is always happy to help and to share their trade secrets with new or inexperienced gardeners, as well as the with veteran gardeners.

At one time there was a mystery that was not easily solved when the gardening community was on the lookout for the culprit who was stealing prized vegetables and fruits. Everyone was on high alert, and as time passed there seemed like there was no end in sight. That is until one afternoon when a man discovered an enormous hole in the middle of his plot. After a thorough investigation, they determined the thief was an industrious groundhog that had dug underneath the fence and built an underground tunnel which stretched about forty-feet across the entire width of the garden. The groundhog proved to be so elusive and clever that they had to resort to getting assistance from Worcester Animal Control. Fortunately, there was a happy ending to the story. The groundhog was relocated to new home and the gardeners were able to relax, knowing their food was safe.

With the exception of refusing to share with the greedy groundhog, members freely share their excess crop. Upon entering the garden, there is a table which is frequently filled with fresh produce, garlic, herbs, and other goodies. Sam smiled as he talked about when a first-time gardener grew sweet potatoes and they spread so much that “sweet potatoes were coming out her ears. The table was piled high with those potatoes for quite a while.”

Volunteers for the community garden have generously donated their skills and time to Diakonia, the homeless shelter in West Ocean City. Sam explained, “We always donated

food to Diakonia and then we came up with the idea of teaching them to garden. We got them started, organized, and gave them all the tools and equipment they would need. Now they can do their own thing.”

Community gardening can be as simple or as complicated as one chooses. Tracy laughed as she jokingly described planting garlic. “It’s like having a baby. It takes nine months.” Whether a year-round gardener or a part-time one, everyone is supplied with what they need. Fresh topsoil and mulch are bought in every year. The community shed is well-stocked with donated gardening tools and several wheelbarrows. Fresh water spicketts with hoses are stationed throughout the garden.

Gardening is a healthy outlet for energy and can build family ties and relationships. But with this, there comes a responsibility. It is crucial that each gardener take responsibility for caring for his or her plot. Sam explained, “We have covenants. It takes some diligence in taking care of and maintaining the plots and the space in between so the weeds don’t take over.” Tracy added, “And having fun and getting good exercise is the other part.”

For anyone considering becoming a member, there will be a garden member meeting on March 9 at the Ocean Pines Community Center from 6 p.m. to 9 p.m. Also, for anyone interested in joining, taking a tour, or needing more information, contact either Tracy Jones or Sam Schwartz. Email Tracy at tracy3coco@yahoo.com or call 215-990-1537. Email Sam at lisa9sam@verizon.net or call 410-641-7978.

Free naloxone training offered

Wor-Wic Community College will host two free naloxone training sessions on Friday, March 8, the first from 9 a.m. to 10 a.m. and the second from 10:15 a.m. to 11:15 a.m., in Room 207 of Fulton-Owen Hall on the college campus in Salisbury. Christina Bowie-Simpson from the Wicomico County Health Department will provide the training. Register before March 6 by contacting Penny S. Walters at pwalters@worwic.edu or 410-334-2900.



Meeting - Members of the Eastern Shore Moms Demand Action group met in Berlin at the Baked Desserts Cafe & Gallery to discuss two bills, HB 740/SB 882 that prohibits sale or possession of “ghost guns” and HB786/ SB 737 that closes background check loophole for private sales of long guns in Maryland.

Pictured are ~ (front row left): **Kady Everson**, social media/data lead, **Nancy Osborne** and **Stephanie Schultz**, co-lead.

(Back row): **Danielle Veith**, Maryland chapter president, **Laurie Brittingham**, **Lou Rimbach**, **Judy Davis** and **Leigh Sandifer**.

dialysis

from page 12

WebMD, during this process, the blood is cleaned inside of the body by way of a special fluid, known as a dialysate, and put in the abdomen through a catheter to absorb waste from blood that passes through vessels in the abdominal cavity. The fluid remains there for several hours before being drained into a bag. This is called an exchange, advises

NKF. This type of dialysis is typically done at home.

Dialysis can take up to four hours to complete and may occur two to three times per week. It can help replace some of the function of healthy kidneys but cannot cure kidney disease. Dialysis will have to continue for life unless a patient receives a kidney transplant. Learn more about dialysis at www.kidney.org

veterans

from page 7

benefits while attending college. In addition to VA educational benefits, eligible military students can use their active duty or reserve tuition assistance while attending Wor-Wic.”

Howard said a number of new developments on campus led to the college’s elevated ranking this year. “Wor-Wic offers priority registration to our veteran and military students who enroll in credit courses,” he added. “Our Veterans Upward Bound program helps veterans succeed in college. We have a very nice veteran-military student lounge on campus. Wor-Wic also has SALUTE, a national honor society chapter on campus that

is just for veteran and military students.”

A U.S. Navy veteran, Howard serves as the advisor for the Veterans and Military Association at Wor-Wic, a student club that is open to all students who have served any length of time in the U.S. armed forces. The club raises awareness of veteran issues and organizes events pertaining to veterans.

Visit www.militaryfriendly.com for the complete Military Friendly Schools list.

Veterans or active military personnel interested in pursuing higher education can contact Howard at howard@worwic.edu or 410-334-2882.

Larmore to retire

Fire Chief Chris Larmore, who has been leading the Ocean City Fire Department for more than a decade, will retire this spring.

"I have been honored to serve as a member of the Volunteer Fire Company for over 27 years and most recently serve as fire chief for the Ocean City Fire Department," Larmore said. "I am thankful for the men and women that I work with each and every day, and for the opportunity to serve the community that has been my home for most of my life."

Larmore was hired as fire chief in 2008, when the Town of Ocean City created a combined fire department. Serving as the department's first chief,

Larmore oversees the department's various divisions, including the volunteer division, career division and the fire marshal's office.

"Chief Larmore lead the department through both changing and challenging times," commented City Manager Doug Miller. "He played a vital role in the successful merging of our volunteer division and our EMS division. He exemplified the slogan, 'United to Serve' and his service will most certainly be missed."

Although an official date has not been announced, Chief Larmore is expected to retire before the start of the summer season.



Builders Club

Annually the Kiwanis Club of Greater Ocean Pines- Ocean City supports all five of the Student Leadership clubs plus the Adults with Disabilities Aktion Club. The Berlin Intermediate School (BIS) is one of them. On January 15, the club received a \$500 donation from the parent Kiwanis Club to support the BIS Builders Club which is making 300 blankets for Diakonia, the local shelter for people in transition from homelessness to stability. Pictured in the back row are BIS teacher advisor to the Builders Club **Jane Slotter**, Kiwanis Club President **Dick Claggett** and Kiwanis Club advisor to the BIS Builders Club **Skip McComas**. They are surrounded by members of the club.

Prebiotics are beneficial

Those poised to begin a health regimen that includes probiotics would be wise to also educate themselves about the closely named, yet vastly different, "prebiotics" that are also beneficial to health. Prebiotics are to probiotics what fertilizer is to a vegetable garden. Prebiotics are essentially a special type of soluble fiber that is used by the beneficial bacteria as fuel, advises the prebiotic supplement company Prebiotin. Examples of good sources of prebiotics include bananas, onions, garlic, Jerusalem artichokes, apple skins, beans, and chicory root. The prebiotic fiber moves through the small intestine undigested and fermented until it reaches the large intestine. Once there, beneficial bacteria break it down and

use it as food. Thusly, the prebiotics can then multiply readily and improve the balance of good and bad bacteria in the gut. Eating prebiotic foods can fuel the process, but many probiotic supplements now have a combination formula that includes prebiotics in the recipe.

Musical performance scheduled

Dr. John Wesley Wright and award-winning vocalists from the music, theatre and dance department at Salisbury University will present "From Baroque to Broadway" on Monday, March 18, at 7 p.m., in Guerrieri Hall at Wor-Wic Community College in Salisbury.

According to Wright, the performance offers an eclectic program of songs from the classical, Broadway and African-American spiritual genres.

This event is sponsored by Wor-Wic's cultural diversity committee. For more information, call 410-334-2850.

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