

The Courier

April
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Wine tasting is Friday

The Ocean Pines Kiwanis Club is selling tickets for its annual Wine tasting and Auction to be held Friday, April 26 from 4:30 to 7:30 p.m. in the Ocean Pines Community Center. Attendees must be age 21 or older. Tickets are \$15 per person. For tickets or information call 443-896-4914. Tickets are also available at the door.

Seating is limited to room capacity, therefore reservations appreciated. Enjoy wine, food and a silent auction. Live music by the band "Still Rockin." Proceeds will go to the Kiwanis Club Scholarship Fund that supports local students.

May Day Celebration returns

Continuing its beautification of the Pines effort, the Ocean Pines Garden Club announced that it will host its second annual May Day Celebration. Join in this friendly community competition and produce your own fresh flower masterpiece to display outside at your home on May Day. The fresh flower arrangements must be visible from the street and be in place before 9 a.m. on May 1. Place a description of your creation and your name and address on a card, put it in a zip lock bag, and attach it to your creation. Entries will be judged between 9 a.m. and noon. The ribbons will be placed on the winning entries in the early afternoon.

If you are interested in participating, please email Anita Roberts your name and address: anitain38op@gmail.com

Italian buffet fundraiser set

The local Ocean Pines Chapter AK of P.E.O. will hold an Italian Buffet Fundraiser on Wednesday, May 15 from 5:30 p.m. to 8:30 p.m. at the Ocean Pines Yacht Club. All proceeds will benefit educational projects for women. The menu will feature an antipasto and cheese board, Caesar salad, custom pasta bowls, grilled chicken, sausage with peppers and onions, meatballs, fresh vegetables, bowtie and angel hair pasta, alfredo with marinara and pesto sauce, garlic bread, tiramisu and beverages. The cost is \$40 per person. This event will include a silent auction, gift baskets, mystery wines and gift card boxes. If you would like to attend, please respond by May 4. Checks should be made out to PEO, Chapter AK and mailed to Marian Bickerstaff at 29 Wood Duck Drive, Ocean Pines, MD 21811. For questions, call Marian at 410-201-2508.



Magical performance

Worcester Preparatory School (WPS) students in grades six to eight presented a performance of the musical "The Magical Land of Oz" by Tim Kelly. Directed by WPS Middle School teachers Linda Smith and Lindsey MacWha, "The Magical Land of Oz" was performed in front of parents, friends, and fellow Lower/Middle School students.

Above: Sara Freih (Dorothy) and Sydney Tingle (Toto).

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Community Calendar

APRIL

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.



On this day in 1916, on Easter Monday in Dublin, the Irish Republican Brotherhood, a secret organization of Irish nationalists led by Patrick Pearse, launched the so-called Easter Rebellion, an armed uprising against British rule. Assisted by militant Irish socialists under James Connolly, Pearse and his fellow Republicans rioted and attacked British provincial government headquarters across Dublin and seized the Irish capital's General Post Office. Following these successes, they proclaimed the independence of Ireland, which had been under the repressive thumb of the United Kingdom for centuries, and by the next morning were in control of much of the city. Later that day, however, British authorities launched a counteroffensive, and by April 29 the uprising had been crushed. Nevertheless, the Easter Rebellion is considered a significant marker on the road to establishing an independent Irish republic.

PRMC offers free cancer screenings

Free skin cancer screenings will be held at the Richard A. Henson Cancer Institute at Peninsula Regional Medical Center and the Richard A. Henson Cancer Institute Ocean Pines on May 6 from 4:30 p.m. to 6:30 p.m. Appointments are required. To schedule an appointment, call 410-543-7006.

May 6 is Melanoma Monday, part of a national campaign to encourage early detection and teach prevention of skin cancer. On Delmarva, as the weather warms up, many people are eager to spend time outdoors. But whether you're walking the boardwalk or working in the garden, there's one essential step to take before you head out: applying sunscreen.

Skin cancer is the most frequently diagnosed cancer in the United States. Current estimates are that one in five Americans will develop skin cancer in their lifetime; those rates are even higher on Maryland's Eastern Shore. Melanoma, the most serious type of skin cancer, accounts for 11 percent of all cancers treated at Peninsula Regional Medical Center's Richard A. Henson Cancer Institute, compared to a 5 percent rate in the nation and in Maryland.

When treated in its earliest stages, melanoma can be cured. If not treated early, the disease can quickly spread to other parts of the body and be fatal. That's why Delmarva dermatologists are donating their time to this event to encourage those who have never had a skin screening to have a skin exam.

The free screenings will be held on the second floor of the Richard A. Henson Cancer Institute at PRMC in Salisbury and at the Richard A. Henson Cancer Institute Ocean Pines located at 11105 Cathage Rd. in Berlin. Call 410-543-7006 for information.

Striped Bass trophy season underway

The Maryland Department of Natural Resources announced that the state's trophy striped bass season will begin April 20 and last through May 15.

Anglers may catch one striped bass per day, with a minimum size of 35 inches, in the Chesapeake Bay from Brewerton Channel to the Virginia state line.

Maryland is part of a multi-state gov-

erning body, the Atlantic States Marine Fisheries Commission, and works through the management process set by the commission and agreed upon by each member state. Maryland, and other states with a stake in the striped bass fishery, will have a more long-term picture of the fishery after the next commission meeting, which begins on April 30.

"With input from our stakeholders and our team of biologists we continue to move forward to preserve, protect and restore the striped bass fishery," Fishing

and Boating Services Director David Blazer said.

Current, detailed and localized information on striped bass fishing throughout Maryland is available on the department's striped bass regulation website.

Gardening clinic offered

Beginning in May and running through September, the University of

Maryland Cooperative Extension Service will offer, "Ask a Master Gardener" Plant Clinic, at the Ocean Pines library. The free clinic will be held every Tuesday afternoon between 1 p.m. and 4 p.m. Master Gardeners will be available to help you with your gardening questions. Please put your damaged plant samples in a plastic bag and label the bag with your name and phone number. If your questions cannot be answered at the time submitted, it will be researched and someone will get back to you at a later date.



Pictured are (L-R) Kiwanis Club President **Dick Clagett**, Kiwanis Club Advisor to the SDHS Key Club **Roy Foreman**, SDHS Key Club officers: Historian **Kayla Scherlag**, Treasurer **Gabrielle Izzett**, Secretary **Lydia Woodley**, Vice President **Richard Poist** and President **Zehra Mirza**, and SDHS Teacher Advisors to the Key Club **Stella Malone** and **Sabra McIntosh**.

Key Club shares progress

By **David Landis, Sr.**

With the arrival of spring the Kiwanis Key Club at Stephen Decatur High School (SDHS) regularly hosts its sponsoring club, the Kiwanis Club of Ocean Pines-Ocean City. On April 17 in the high school cafeteria, the Key Club shared what it has been doing during the current school year.

The room was full and the SDHS NJROTC color guard presented colors to open the proceedings. Tables were full and shared by Kiwanians and Key Clubbers. Worcester County School Superintendent Lou Taylor and members of the school board were present.

In addition to being president of the Key Club, Zehra Mirza is also the

Lt. Governor for the Key Club Eastern Shore Division. Visiting from college during break, Dana Kim, a past Lt. Governor for the same Division spoke at the event.

The club has done many events, community service projects and fundraisers. Among them: two record breaking blood drives in conjunction with the Blood Bank of Delmarva, collections for UNICEF, establishing a "Little Free Library," working at Kiwanis pancake breakfasts, hosting Bingo at the Berlin Nursing Home and collecting backpacks for children in need.

The Key Club is one of six different Kiwanis Student Leadership Program clubs sponsored by the parent Kiwanis Club.

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Critical need for platelet and blood donors

The Blood Bank of Delmarva has issued an urgent appeal for the community to donate blood and platelets to help patients in need.

It takes more than 350 donors per day to supply the 19 hospitals throughout the Delmarva Peninsula with the blood products they need.

For instance, last Easter Elizabeth Kullen needed three units of O positive blood as she battled a serious illness and received exquisite care at Christiana Hospital. On Tuesday, she donated blood in BBD's Christiana Donor Center to start the process of giving back. (Transfusion recipients can donate blood after one year.)

"I think back to all the people in the hospital who helped me and also to those who gave blood that saved my life," Kullen said. "I think it's so important to be grateful but, on top of that, I think it's important to give back. So, I'm here donating just like those people did. It's important that we all stand together."

Blood donations are below what is needed to maintain an ideal, seven-day supply of blood. Currently, supplies for O positive and O negative red blood cells and platelets are at about a two-day supply.

People with the O positive blood type are in demand because they have the most common blood type in America (39 percent of the population). O negative red blood cells are always in

demand because these RBCs are the universal donor that can be transfused to anyone in an emergency, when there is no time to type a patient's blood. O negative is more rare (7 percent).

Platelets are the part of blood responsible for clotting and are crucial for leukemia and other cancer patients. They have a very short shelf life – only five days – because they cannot be refrigerated. Donors are needed daily.

Given the perishable nature of all blood products, hospitals must have access to a continuous supply to ensure all patients can receive the life-saving blood they need when it counts. BBD is urging donors to walk-in to any of our centers or call 1-888-8-BLOOD-8 to make an appointment NOW. Donors can also make an appointment online at <https://donate.bbd.org>.

Bertino to host town meeting

Worcester County Commissioner Chip Bertino will host a town meeting on Saturday, May 4 at 10 a.m. at the Ocean Pines library. He will discuss issues and developments impacting the Ocean Pines district and the county. Commissioner Bertino's guest speakers include Worcester County Sheriff Matthew Crisafulli, Worcester County State's Attorney Kris Heiser and Lynne Barton, principal of Stephen Decatur Middle School.



Sheriff
Matt Crisafulli

Sheriff Crisafulli will discuss his views on law enforcement efforts within the county and his tenure since taking office last December.

Mrs. Heiser will share developments and initiatives in her office since being sworn in in January.

Ms. Barton will present her experiences and perspectives as principal of the county's largest middle school.

Commissioner Jim Bunting will join the meeting as well.



New members - At their monthly meeting, the Worcester County Commission for Women (WCCW) welcomed three new members to the Commission. From left to right are **Kim List** from Ocean City, **Beth Rodier** from Bishopville, and **Laura Morrison** from Pocomoke City. The Women's Commission meets to discuss initiatives that promote the social, educational, economic, and political equality for women in Worcester County. WCCW along with the Friends of the WCCW will award Empowering Women Scholarships at their May 8 Meet and Greet at Waterman's Restaurant in Ocean City.

Governor calls for special session

Governor Larry Hogan last week signed an executive order calling for the Maryland General Assembly to convene a special session on Wednesday, May 1.

This special session, which comes at the request of the presiding officers, will allow the House of Delegates to elect a successor to the late Speaker Michael E. Busch.

"It is my solemn duty to call a special session of the General Assembly in order to elect a successor to Speaker Busch," said Governor Larry Hogan. "As we close a significant chapter in our state's history, we will continue the critical work that Mike Busch dedicated so much of his life to doing."



New Kiwanis member

The Kiwanis Club of Greater Ocean Pines-Ocean City is growing. On April 10 Tom Foreman was inducted into the organization.

Tom retired last year after more than 32 years with the U.S. Department of Agriculture as a consumer safety inspector. He worked in Maryland, Delaware, Virginia and Pennsylvania. He lives in Berlin with his wife Regina and is active in his church. He has three adult children and five grandchildren. He joined Kiwanis because of its reputation and dedication to helping youth.

Above are **Tom Foreman** and his sponsor **Lynne McAllorum**, membership chair.

What's up?

Have you ever been asked, "What have you been up to lately" and not been able to come up with an answer that doesn't sound too humdrum. As simple as the question is, it stymies at

earth and held an intervention in the living room one evening making clear to me that if I told the story again I could find myself falling from the sky without benefit of a parachute. I don't think they meant it, but given my wife's Scottish temper and the fact my children are part Sicilian, I felt it best not to press the issue. If you'd like me to recount my story, please get permission first from my wife, in writing.



It's All About. . .
By **Chip Bertino**

chipbertino@delmarvacourier.com

times. I guess because I want to respond with something that's out-of-the-park fantastic. Most of the times I tip the ball foul.

It happened to me not long ago when I was talking with my mother. As is a mother's tendency, she's interested in what her son is doing. My response didn't do her proud. "Uh, uh, hmmm. What have I been up to," I stammered in response. That experience got me thinking that for the most part we go through our days routinely, not really giving thought to what we're doing because, well, we're involved in doing whatever it is we're doing. Whether we're going to the supermarket, folding laundry or making dinner, we just do it without much thought that, "Wow, this is really something! I can't wait to tell someone."

I mean really, do any of us really get so excited about cleaning the bathroom that we're exciting to share the news with someone? Well, you may want to share the information with your significant other who hasn't attempted to clean the bathroom since... since never. Of course, I wouldn't know anything about that. [I write sardonically.]

What are the sorts of things we've done that would rise to the top of the list of answers when we're asked, "What have you been up to lately?" Let's see.

A number of years ago I went sky-diving and for months thereafter whenever I was asked what I had been up to, I told them about me jumping from an airplane, eleven thousand five hundred feet in the air. With each retelling the story became more colorful and fantastic. It was a great story and one I relished regaling enthralled listeners for a long time. In time my wife and children grew weary of hearing about my exploits high above the

Let's see, what else is a good, "What have you been up to," response material? Probably a recent big purchase like a house or car or boat would be good. The announcement of a pregnancy would rank high. Sharing the details of your latest proctologist visit should be left at the bottom of the list. No pun intended.

Just over seven years ago I achieved platinum status when it comes to answering this particular question. I joined the ranks of grandparent. And there's nothing better than that. Having grandchildren alleviates me from having to respond about myself. All I have to do is start talking about my grandchildren and I'm home free. Talking about the antics of grandchildren is a universal conversation. And their antics don't even have to be too terribly interesting.

"My granddaughter learned to sit up." "My grandson is sleeping through the night." "My granddaughter just started Kindergarten." See what I mean. I throw out a response like that and whoever I'm talking with is immediately impressed, and I didn't have to do anything. However, I've learned to be careful because when talking with another grandparent, the conversation can easily become a competition of whose grandchild is doing more, better and faster. In reality such conversations end in a draw because let's face it, no grandparent is ever going to give ground that someone else's grandchild is doing more, is better or faster. Just as true is the fact that each grandparent will take away from the conversation that indeed that their grandchild is tops.

So, the next time we meet, ask me about my grandchildren. We'll have a wonderful conversation.



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Defending the indefensible

Commentary by **Joe Reynolds**

Ocean Pines Association member Ev Myers expressed the concerns of many association members when he wrote, "I'm shocked at this Board and their behavior. Directors Tuttle, Daly & Diller ran on a platform of fiscal responsibility and restraint



to include promises to reduce the referendum threshold and increased transparency. Instead, we have \$3 million in expenditures thrust upon the owners with little to no advance warning or discussion."

Meantime, some board members are trying to defend the indefensible — awarding over \$3 million in construction projects based on a single bidder.

With regard to the new golf clubhouse at \$1.6 million, Myers writes, "We have, and I will call it what it is, Financial Fraud by knowingly excluding costs associated with the project in the total price in order to avoid an

Oxygen is essential for the roots of grass to breathe and grow strong enough to support healthy lawns. But according to the Center for Agriculture, Food and the Environment at the University of Massachusetts Amherst, compacted soil can produce a decrease in oxygen content that can make it hard for roots to thrive. Soil compaction can result from a number



of activities, including walking on grass or driving or parking vehicles on grass. When soil is compacted, it breaks into small particles that reduce the amount of pore space in the soil. That makes it hard for water, oxygen and nutrients to get through, threatening the strength of the roots and putting the grass in jeopardy. Aerating a lawn can help homeowners foster strong root growth and healthy grass. When to aerate may be contingent upon local climate, so homeowners who suspect the soil in their yards is compact should consult with a local landscaping professional to determine the best time to aerate their lawns.

owner referendum."

Myers and all association members have a right to be upset. OPA's procurement practices leave a lot to be desired, opening the door for a loss of confidence in how management spends our assessment dollars. Management has created a situation where contractors do not want to bid on OPA projects, and association members are left to question the integrity of the entire procurement process.

This most recent episode is just the tip of the iceberg when it comes to OPA's questionable procurement practices and why very few want to bid on OPA projects.

Beyond the most recent single-bid projects, other examples investigated by *OceanPinesForum.com* are the two substantive construction projects that came before the Board of Directors last February. The first was the replacement of a drainage pipe for around \$47,000. Staff recommended awarding the project to the high bidder, while also extolling the ability of the low bidder. Made no sense.

At the same meeting, the board approved a contract with a company to do maintenance on concrete bulkheads on Westfield Circle and Wood Duck Drive in the amount of \$271,147. Only two bids were received. The project was awarded to the high bidder, about \$50,000 higher. Staff questioned the low bidder's ability to do the job and suggested the award go to the higher bidder.

While staff questioned the low bidder's ability to do the job on time, the high bidder awarded the job has yet to start the work even in the face of a March 1 start and April 30 completion in the contract.

Of special concern with this latter bulkhead project, one month after the contract was awarded staff apparently approved a change in the work to do the project in a completely different manner than was indicated on the RFP bid documents. What staff member has the authority to ignore the work

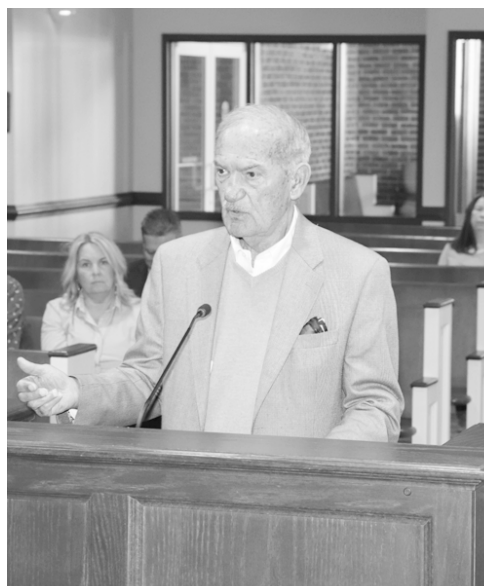
please see **commentary** on page 13



DAR recognizes good citizens

The General Levin Winder Chapter of the National Society of the Daughters of the American Revolution recently recognized DAR Good Citizens from three Worcester County high schools during a luncheon at Worcester Technical High School. Recipients McCammon (Cammie) Mottley, Pocomoke High School, Carley Rew, Snow Hill High School, and Jude Al-Hamad, Stephen Decatur High School, were each awarded a certificate, lapel pin and gift card. According to Janet Simpson, chapter chair for the DAR Good Citizens committee, the program was initiated by the National Society in 1934 to recognize male and female high-school seniors who exemplify the qualities of a good citizen: dependability, service, leadership, and patriotism. It is open to all senior class students enrolled in accredited public or private secondary schools that are in good standing with their State Boards of Education. United States citizenship is not required. For more information on the DAR, visit www.dar.org.

Above are Good Citizens chair **Janet Simpson**, **Cammie Mottley**, **Jude Al-Hamad**, **Carley Rew** and Regent **Gail Weldin**



Recognized - At the Worcester County Commissioners' meeting April 16, while discussing the partnerships that go into the services provided by the Atlantic Club as well as those that contribute to protecting prime agricultural and coastal wetlands, **Charles "Buddy" Jenkins** credited his parents for instilling in him from a young age that each person can see a need and make something better.

Bipartisan cooperation begun during recent session

By **Senator Mary Beth Carozza**

The 439th Session of the Maryland General Assembly and my first session as a Maryland State Senator concluded on Tuesday, April 9 at 12 a.m. and adjourned until January 2020. The 90-day session presented a new landscape in Annapolis with new State Senators, Delegates, leadership members and committee chairs, the passing of Speaker Michael Busch, the health challenges of Senate President Thomas V. Mike Miller, and the second term of Governor Larry Hogan.

The 2018 Election statewide had consequences. For members of the Eastern Shore Delegation, it has meant stepping up to meet the significant challenge of educating more of our urban, liberal-leaning colleagues on the impact of proposed legislation on our Shore Way of Life and beginning to build effective coalitions as

new legislation and policies are proposed.

Given the impact of proposed legislation, the Senate Republican Caucus worked to try and minimize the negative consequences on our core constituencies. With the minimum wage deliberations, we all fought hard to keep the tip wage and to have a longer phase in period for small businesses with less than 15 employees. I also introduced an amendment that would have created a regional tier system for the implementation of the minimum wage increase. My amendment had some bipartisan support but not enough to pass it. I voted against the minimum wage increase and voted to sustain Governor Hogan's veto. To address the many legislative and regulatory challenges currently facing our small businesses, I have begun to work with a bipartisan Senate small business workgroup focused on providing relief for Maryland's job creators.

Throughout the Session, I returned over and over again to a point I made in the Lincoln Day presentation I was honored to give on the Senate Floor.

Looking at the leadership lessons we learn from President Lincoln during the Civil War, I pointed out his approach of always leaving something on the table for the other side, even when you could have taken it all. I reminded my colleagues that having the votes should not mean shutting down the other side. It can and should mean accomplishing goals to include and not harm key stakeholders like small businesses, watermen, and farmers. We have to live and work together.

For District 38, it has meant my using this first year to work with local elected officials and leaders on strategies to advance priorities through legislation, regulatory relief, and partnerships with the Hogan Administration to meet our shared goals.

Taking into account the new makeup and challenges of the 2019 Maryland General Assembly, I especially appreciate our shared accom-

*please see **carozza** page 13*



Mary Beth Carozza

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Decline of several species to be detailed

Audubon, Maryland-DC, in partnership with the Maryland Coastal Bays Program, will release of the first ever “Maryland Coastal Bays Colonial Waterbird and Islands Report” in downtown Ocean City, Saturday, April 27 from 4 p.m. to 5 p.m. at the Marina Deck restaurant. The event will take place during the 24th annual Delmarva Birding Weekend and follows a two-hour birding tour in the bays behind Ocean City and Assateague. Local, state, and federal elected leaders will be on hand for the release.

Audubon’s report summarizes the current status of colonial waterbirds and their nesting islands in Maryland’s Coastal Bays. Iconic species of terns and skimmers that define the essence of Ocean City and Assateague birdlife are in serious decline because the islands that they depend on for nesting are rapidly eroding. In the past 25 years, more than 120 acres of islands have disappeared. Few of the islands that supported nesting colonies in 1985 remain today. Moreover, human-induced disturbance is also taking its toll on the birds.

Since 1985, Black Skimmers have declined by more than 95% in Maryland, and in the past 16 years, Common Terns have been reduced by 90% and Royal Terns by 78%. All three of these species are now listed as Endangered by the State of Maryland.

Like skimmers and terns, wading

birds, including herons, egrets and ibises, also suffer from island disturbance, erosion, and sea level rise. As a result of these factors, more than 95% of all wading birds in the Coastal Bays now breed on just one island, South Point Spoils. The report includes information on their current status.

In the past, the Coastal Bays ecosystem was very dynamic with periodic breaches on Assateague Island and Ocean City providing new sand and sediment which naturally maintained islands in the bays. However, such breaches no longer occur, and eroding islands now simply disappear.

In 1998, the US Army Corps of Engineers (USACE) completed the Ocean City Water Resources Study which proposed using dredged material to restore nesting islands lost to erosion in the Coastal Bays. Nourishment of the state-owned Skimmer Island behind Ocean City near the US50 bridge was a state-private partnership project undertaken annually from 2011 through 2014. Skimmer Island has not been nourished since 2014 and is quickly eroding away.

From late 2014 through early 2016, the USACE did channel maintenance dredging that created or restored four islands in the Coastal Bays. Despite the best efforts of state and federal agencies, most of the rebuilt islands have again suffered from erosion and severe storms.



Jail and correctional officers graduate

Worcester County jail and correctional officers who graduated in the 104th entrance-level class of the Eastern Shore Criminal Justice Academy operated by Wor-Wic Community College in Salisbury are shown, from left, **Mikayla M. Shemansky** of the Ocean City Police Department and **Dennis M. Dimaio** and **Stephanie A. Jackson** of the Worcester County Jail and Detention Center.



Things financial - Sixth grade students at Berlin Intermediate School have been learning about concepts of financial literacy. Topics covered include responsible money choices, income and careers, making plans with money, credit and borrowing, insurance and safety, and savings and investing. Financial education is the key to economic opportunity.

Above are **Rachel Plata Arce**, **Steven Navarro** and **Christian Marin Herrera**



Plant sale

Worcester County Garden Club member **Marion Novak** from Ocean Pines showing flowers that will be sold at the club’s plant sale and auction fundraiser all around Worcester County. In Ocean Pines it will be Saturday May 11 at the Ocean Pines library starting at 10 a.m., rain or shine. Photo by Anna Fultz.

Drug overdose tops list of accidental death causes

By **Luke Nichols**

Drug overdose is now the leading cause of accidental death in the United States

Those with loved ones who are using opiates or heroin need to be aware that opiates are the main contributors to this problem. With drug dealers across the United States mixing new and powerful synthetic drugs into street opiates such as heroin, the chance of accidental overdose has exponentially increased.

The drug Fentanyl, U-47700, and Furanyl can be 50 to 100 times more powerful than heroin, making the risk of a fatal overdose much higher. Drug dealers have been using this drug to increase the potency of their heroin at a lower cost.

These new drugs are increasing the risk to any who abuse drugs as drug dealers press drugs into pills and selling them under the guise of being something else. Today, those who abuse drugs truly are at risk as there is no telling what drugs they are taking. This is why drug rehab for heroin addiction is so

please see **causes** on page 13

Rogers steps into new role

The Art League of Ocean City has announced that effective May 1, Brooke Rogers will serve as the inaugural Fellow for Contemporary Art and Community Engagement at the Ocean City Center for the Arts.

Rogers has taught in the art department at Salisbury University for over 20 years, serving as department chair from 2009-15. A painter of contemporary art, he has exhibited his abstract paintings extensively in the Mid-Atlantic region.

"I've lived in Ocean City my whole life, and my wife, Dawn, and I watched with great excitement as the Art League grew over the years and blossomed into the local treasure that it is today," Rogers said. "This fellowship will allow me to draw on my many years of experience as an artist and educator. I look forward to sharing my understanding of contemporary art and my special interest in abstract painting and sculpture."



Brooke Rogers

Rogers will lead workshops, docent bus trips to area art museums, and reach out to engage the community in art-related activities.

"This is the first time we have been able to offer such a fellowship, and we are really excited," John Sisson, president of the Art League board of directors, said. "Brooke will serve in a general advisory role and lead a community engagement initiative."

More information is available at www.artleagueofoceancity.org or by calling 410-524-9433.



Awareness - April is Autism Awareness Month. April 2 is dedicated as a day to "Light it up Blue" to raise awareness, acceptance, and understanding of Autism. Ocean City Elementary did just that. The staff and students were beaming in all shades of blue to show their respect for those with Autism. In addition, they made a generous donation of \$342 to The Autistic Children's Support Group of Worcester County. The support group is all volunteer, donation-based organization dedicated to providing support to families living with Autism and related disorders.

Above are **Kayden Fouts, Matthew, Reddick, Kyle Wilson, Carson Green, Lucas Ruppert** and custodian **Larry Finney**.



Best wishes

Happy Birthday to Imgarde Heinecke who celebrated her birthday on April 19 at the Ocean Pines Yacht Club. (L-R) **Lee Tilghman** and **Imgarde Heinecke**. Photo by Anna Foultz.

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For the Love of Travel

Kampot: King of Durian

By **Kelly Marx**

If you have ever traveled in South-east Asia, regardless of the country, you have crinkled up your nose after catching a whiff of durian. There are over nine edible species of the fruit. With its outer shell, a durian can weigh anywhere from two to seven pounds. During my time living in China, durian was high on my list of enemies, close to censorship. I will not disclose which I found worse, but I really hate the smell of the spiky fruit.

I am not alone in my dislike. Many public spaces, including hotels, taxis, and buses have fairly strict no-durian policies. One place that certainly does not have a no-durian policy is



Kampot, Cambodia. The roundabout in the center of the city is crowned with a giant durian statue and has been creatively denoted as the 'Durian Roundabout,' even on official maps. A large part of Kampot's revenue comes from growing durians and exporting them to China. The late Anthony Bourdain described the consequence of eating durian as, "Your breath will smell as if you'd been French-kissing your dead grandmother." I have no follow-up comment to that.

Thankfully, Kampot has more to offer than durian. Kampot is also the home of Kampot Pepper. The pepper's history in the region dates back to the 13th century when it was introduced by Chinese pepper planters. During Cambodia's time under French colonial rule, pepper production increased with its principal purpose being to export the pepper to France. It has been said that no self-respecting French restaurant went without Kampot pepper on their tables during that time. Unfortunately, the pepper industry was abandoned during the rule of the Khmer Rouge, which was busy destroying the country in an attempt to forcibly create an agrarian society.

The "renaissance" of the Kampot pepper began around the early 2000s, according to La Plantation Pepper Farm, where I went on a tasting tour in March. The tour was well done and I enjoyed it. We traveled 20 kilometers by motorbike on a dirt road to get there. The tour is

offered free, with the hope visitors will buy some of what they taste. I walked away with red, green, black, and white peppercorns that all derive from the same plant; they only change color and taste based on how they are treated.

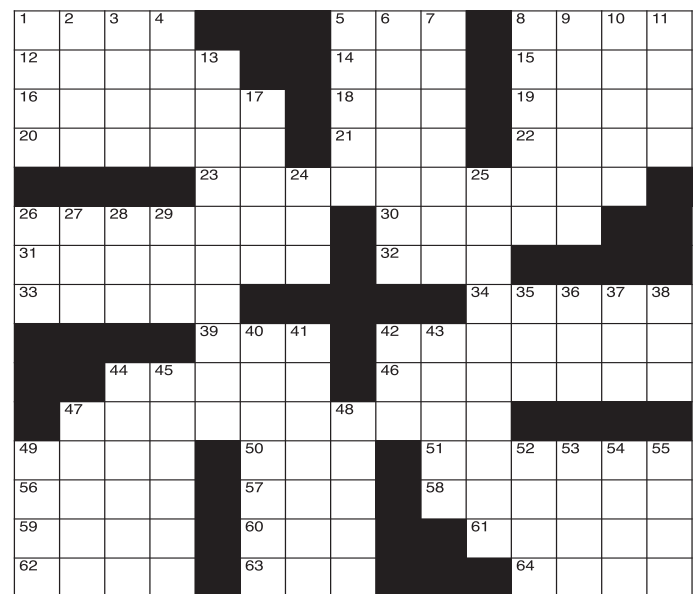
Kampot is also known for its crab, although their neighbor, Kep, tries to steal their thunder. Clearly being a Maryland girl, crabs are a major food group for me and I am usually disappointed if I eat them anywhere else. I am pleased to report that Kampot did not disappoint. I got a dish of four crabs cooked in a Kampot green pepper sauce. I still prefer my crabs with Old Bay,

but Kampot green pepper is a close second.

Besides peppercorns, Kampot is also home to Bokor National Park. The national park encompasses an area where the wealthy and elite French came to vacation while Cambodia was under French rule. The colonial buildings are now abandoned and filled with graffiti. The mist that shrouds the top of the mountain gives the buildings an eerie, almost sinister, look. The best part of the park was driving up and down the mountain admiring the lush green forests that I desperately crave while working in the city.

Make sure you grab a bite to eat (I recommend breakfast) at the Epic Arts Cafe. It is an inclusive working environment that gives local people with disabilities the chance to find work. The restaurant mostly employs deaf people. As a result, customers give their order using a pen and paper checking off what they want. They also sell unique and fair-trade souvenirs, including a book of Khmer fables written and illustrated by artists with disabilities. My students really enjoy the book and I also got a copy for a friend who is due with her first child in August.

If traveling in a group, Kampot is best reached by hiring a van. If not, you can book a bus or a train. Kampot is the perfect destination for a long weekend out of the hustle and bustle of Phnom Penh.

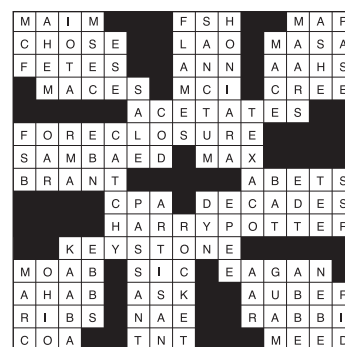


CLUES ACROSS

- 1. Tenor
- 5. Panthers' signal caller
- 8. Systems, doctrines, theories
- 12. Rulers
- 14. Indonesian coastal town
- 15. Type of cuisine
- 16. Kids
- 18. Single Lens Reflex
- 19. Extra seed-covering
- 20. Force out
- 21. Feline
- 22. ___ & Stitch
- 23. Semantic relations
- 26. A larval frog or toad
- 30. Sport for speedsters
- 31. One who is learning
- 32. Request
- 33. Famed WWII conference
- 34. Relieved
- 9. English broadcaster
- 42. Car signal
- 44. Grass part
- 46. Trivially
- 47. Serve as a warning
- 49. Centers of activity
- 50. An electrically charged atom
- 51. Small swelling of cells
- 56. Irritates
- 57. "___ your i's, cross your t's"
- 58. Removed
- 59. "Death in the Family" author
- 60. When you hope to arrive
- 61. German district
- 62. Turner and Kennedy
- 63. Midway between south and southeast
- 64. Emerald Isle

CLUES DOWN

- 1. Mathematical optimization search method
- 2. Country along the Arabian peninsula
- 3. Pointed parts of pens
- 4. Lake ___, one of the Great
- 5. Peruvian region
- 6. State capital of Georgia
- 7. Those killed for their beliefs
- 8. Typeface
- 9. Shrill cry
- 10. Sends via the Postal Service
- 11. Holds grain
- 13. Occurring at a fitting time
- 17. Vogue
- 24. Born of
- 25. Get the job done
- 26. Teletype (Computers)
- 27. Small southern constellation
- 28. Decaliters
- 29. Area near the concert stage
- 35. Social insect living in organized colonies
- 36. Winter activity
- 37. Snake-like fish
- 38. Not wet
- 40. In addition to
- 41. In league
- 42. Barrels per day (abbr.)
- 43. Monetary unit
- 44. Marked
- 45. Emerges
- 47. Shape by heating
- 48. Early Slavic society
- 49. Italian automaker
- 52. Racing legend Earnhardt
- 53. A type of name
- 54. ___ Strauss, jeans maker
- 55. Famed garden



Answers for April 17

PRMC receives continued designation

Peninsula Regional Medical Center (PRMC) has again been named a Cardiac Intervention Center by the Maryland Institute for Emergency Medical Services Systems (MIEMSS). The designation was first received April 1, 2011 and has been continuously in place since.

Because of Peninsula Regional's advanced cardiac interventional capabilities, MIEMSS continues to designate that any patient suffering a heart attack in this region and being transported by ambulance must be brought to Peninsula Regional Medical Center for immediate, life-saving care. The current designation will be in place for the next five years.

Since 1974, more than 131,000 cardiac catheterizations, over 15,500 bypasses, over 1,300,000 electrocardiograms, and about 180,000 other cardiac procedures have been performed at PRMC. More than 30,000 electrophysiology procedures have been done since 1993.

MIEMSS is the state agency responsible for coordinating Maryland's emergency medical services (EMS) and has selected hospitals in Maryland that meet the requirements for state standards to receive patients transported by EMS who are experiencing the most common type of heart attack.

It is called an ST-elevation myocardial infarction or STEMI. A STEMI occurs when an artery that supplies blood to the heart is suddenly blocked. The most common symptoms of a heart attack are discomfort, pressure or pain in the center of the chest, pain or discomfort in one or both arms, the back, neck, jaw or stomach, shortness of breath, sweating, nausea and lightheadedness. If any of these symptoms are present, EMS should be summoned immediately by calling 9-1-1.

It has been established that the sooner a heart attack patient is treated to relieve the blockage causing the STEMI, the better the heart muscle will recover resulting in fewer complications and better overall outcomes for patients.

"The entire team involved in the care to the STEMI patient is very proud to continue holding this des-

ignation, upon which there were no violations of the standards set by the State of Maryland," said Jeanne Ruff, Executive Director of the Guerrieri Heart & Vascular Institute. "This further validates the quality heart care provided to our community."

The designation of Cardiac Interventional Centers and an integrated system of care for STEMI patients in Maryland is consistent with the recommendations made in the 2013 ACCF/AHA Guidelines for the Management of ST-Elevation Myocardial Infarction.

"The requirements to be a MIEMSS's Cardiac Interventional Center are based on national clinical guidelines," added Ruff. "It's truly a multi-disciplinary team approach that makes our program a success, beginning with early recognition, activation of EMS, coordinated efforts in our Emergency/Trauma Department, physicians, the cardiac catheterization team, pharmacy, nursing and cardiac rehabilitation."

To learn more about the services of the Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center, please call 410-543-7123 or 1-800-955-0202 or visit the Medical Center's website at www.peninsula.org.



Learning and creating

Fourth grade students at Most Blessed Sacrament Catholic School created birdhouses out of gourds to celebrate the first day of spring. On Wednesday, March 20, students studied the vernal equinox and the reason for the seasons. They emptied the innards of the gourds and proceeded to paint the base layer. On Thursday, March 21, students learned about Earth's axial tilt and painted their gourds with seasonal colors and symbols. According to MBS fourth-grade teacher, Lee Ruark, "All around, it was an enjoyable educational experience."

This classroom learning experience is an example of how the arts are integrated with the academic curricula throughout our school. Teachers are trained to provide thoughtful ways to integrate the arts through natural connections to the academics.



Commendable - On April 16, the Worcester County Commissioners, with Stephen Decatur High school Principal Thomas Sites, commend Isabell "Izzy" Emond for serving as Worcester County's Page to the 2019 Maryland General Assembly. Emond has proven herself to be an outstanding leader who has been active in the Youth in Government Model government program, testified on behalf of the Maryland Coastal Bays in the Maryland Senate, and founded a youth civic action club.

Tides for Ocean City (Fishing Pier)

Day	High /Low	Tide Time	Sunrise /Sunset
Th 25	High	12:28 AM	6:11 AM
	Low	7:09 AM	7:46 PM
	High	12:54 PM	
	Low	7:03 PM	
F 26	High	1:22 AM	6:10 AM
	Low	8:03 AM	7:47 PM
	High	1:50 PM	
	Low	8:00 PM	
Sa 27	High	2:22 AM	6:09 AM
	Low	8:58 AM	7:48 PM
	High	2:52 PM	
	Low	8:58 PM	
Su 28	High	3:22 AM	6:07 AM
	Low	9:50 AM	7:49 PM
	High	3:51 PM	
	Low	9:56 PM	
M 29	High	4:18 AM	6:06 AM
	Low	10:38 AM	7:50 PM
	High	4:43 PM	
	Low	10:51 PM	
Tu 30	High	5:07 AM	6:05 AM
	Low	11:22 AM	7:51 PM
	High	5:29 PM	
	Low	11:42 PM	
W 1	High	5:51 AM	6:04 AM
	Low	12:03 PM	7:51 PM
	High	6:11 PM	

Library to host Dylan program

Think you know a lot about Bob Dylan? Or want to learn more? A discussion of the legendary singer-songwriter's career will be held on Tuesday, May 7, at the Ocean Pines Branch of the Worcester County Library. The event starts at 6 p.m.

Dylan is world-famous for such 1960s anthems as "Blowin' in the Wind," "The Times They Are A'Changin'," and "Mr. Tambourine Man," but those classics represent only a portion of his 60-year career. Like a rolling stone, Dylan has kept on going, exploring the many facets and styles of the musical universe.

"The Complete Dylan: From Woody to Sinatra" will focus on the artist's groundbreaking work of the 1960s, transitioning from a traditional folk musician inspired by Woody Guthrie to the controversial pioneer of electric folk rock. Dylan's lyrics motivated an entire generation, and, in 2016, he was the first songwriter honored with a Nobel Prize in Literature.

Frank DeLuco and Harry Burkett of the Worcester County Library will facilitate the discussion.

"Dylan is a man of contradictions,"

said Burkett. "The man credited with some of the greatest protest anthems of the Vietnam era rarely attended a rally. He's a performer who often seems distant from his audiences, but refuses to stop performing. With Dylan, though, it always comes down to how he uses words to weave a feeling or work through complex emotions. His music is also powerful poetry."

Of course, Dylan's music goes well beyond the cultural revolution of the 1960s. The discussion will touch on Dylan's country comeback, his groundbreaking Rolling Thunder Revue, his conversion to Christianity, his stint with The Traveling Wilburys, his multi-decade Never-Ending Tour, and his unlikely foray into the Great American Songbook. Dylan does Sinatra!

DeLuco emphasized the Dylan program is not a lecture, but a genuine give-and-take of ideas. "We've presented Dylan programs in the past, but this is the first time we'll cover his career in its entirety. And we're anxious to hear the opinions of others. Like all poets, Dylan is the subject of endless debate."



Above: from L to R: (back row) **Gregory Stannas**, medical director, hospitalist program; **Karen Christmas**, clinical outcomes coordinator; **Christina Brown**, clinical outcomes coordinator; **Kelly Fox**, RN, DAISY award coordinator; (front row) **Sherry Whitt**, director, med surg; **Iris Hudson**, CMS, RN, DAISY award winner; **Colleen Wareing**, RN, vice president of Patient Care Services at AGH.

Hudson recognized for excellence

Atlantic General Hospital awarded the DAISY Award for excellence in nursing to Iris Hudson, at a recent presentation.

Hudson has been a nurse at Atlantic General Hospital for almost 20 years, and is a charge nurse on the medical surgical unit. Hudson has been a repeat nominee for both the DAISY and Nurse of the Year award. She supports the hospital in caring for the community and serving as chair of the performance improvement/pa-

tient safety council.

Colleagues of Hudson look forward to working with her and stated she is a good hearted, kind soul. They enjoy working with her because she is a hard worker and gives all she's got.

The nomination letter stated, "Iris always does what is best for the patient. She is a valuable asset to the AGH team! She is passionate about patients every time she is here. No matter how big or small the situation is, Iris gets it done."

Free platform tennis offered

On Saturday, April 27 from 2 p.m. to 4 p.m., Ocean Pines residents are invited to play platform tennis on one of the six outdoor lighted courts located at the Manklin Meadows Racquet Center. Rain date will be Sunday, April 28 from 4 p.m. to 6 p.m. All you need are sneakers. Safety glasses are recommended but not required. Racquets and balls will be provided. After your free lesson and free play, you are invited to a free barbecue. For questions, call Jim Freeman at 215-704-0174 or email jimisfreeman@verizon.net.



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Ralph Chinn

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causes

from page 8

important.

Now more than ever, it is essential to help those you know who are addicted to alcohol or drugs. Trying to help someone with an addiction can be more than frustrating. And although you just want to help, many times they fight against you as if you were the enemy. Don't be surprised if your loved even accuses you of contributing to their addiction. Hear them out and take their words into consideration but at the end of the day realize getting them sober and continuing to live is the most important thing.

These drugs have made it potentially life threatening to be an abuser of any types of drugs. Get yourself educated. If one of your loved ones is struggling with addiction, get them into treatment. Don't wait until it is too late.

There are many different approaches to the challenge of how to help a substance abuser. For free information, learn the steps of how to get someone into treatment for heroin addiction. You can also visit

<http://www.narcononewlifere-treat.org/drug-abuse-information/heroin-addiction-and-abuse.html>

or call 1 800-431-1754 to get help for your loved ones.

Guest speaker - *At the March meeting of the Worcester County NAACP, Sheriff Matt Crisafulli discussed the protection and security of the community. A question and answer session followed regarding proposed gun legislation. For more information about Worcester NAACP, call 443-944-6701. Pictured is Sheriff Matt Crisafulli and Ivory Smith, NAACP president.*

**carozza**

from page 6

plishments, including passage of Governor Hogan's fiscally-sound budget with no new taxes and a record \$7 billion for education, the Ocean City Convention Center expansion bill (which did not advance last session) \$500,000 for the Somerset County Visitor Center; and \$931,000 for the entrepreneurship and economic development center in Salisbury.

We also were successful in defeating legislation that would have legalized physician-assisted suicide in Maryland. The legislation proposed

was flawed on so many levels with no safeguards for individuals with disabilities, no family notification required, no identification required for pickup, and no way to prevent insurance fraud. Furthermore, every state that has legalized physician-assisted suicide has seen their general suicide rates dramatically increase. This legislation failed by a vote of 23-23, and I voted against this bill. One vote can make a difference.

My proposed legislation to expand the penalties in the special events zones and to extend the seasonal exemption from 106 to 120 days met resistance from committee chairs who were not inclined to make any revisions to the laws which have been in effect for only a year. However, the door has been left open to reintroduce these measures next session.

As a member of the Senate Education, Health and Environmental Affairs Committee, I was able to use my position to try to reduce the harmful effects of legislation impacting our Shore community. Working with pro-agriculture advocates, we were successful in adding amendments that reduced the burdens and costs of the revised nutrient management program bill. In addition, legislation that would have created a new and expensive air quality monitoring system near poultry farms did not go forward this session after we underscored that a voluntary air quality monitoring project had already been established between the Delmarva Poultry Industry and the Maryland Department of the Environment. A bipartisan coalition in my committee is becoming visible, where rural interests are

transcending partisan politics.

My committee work included the successful passage of legislation that provided regulatory relief to our craft beer manufacturers. I also supported legislation that increased the reimbursement rates for our community pharmacists, and provided prescription drug out-of-pocket reimbursements for state retirees.

I was pleased that two of the major public safety bills that I cosponsored, Laura and Reid's Law and the Threat of Mass Violence penalties bill (SB 139), passed both chambers. Laura and Reid's Law creates a more stringent penalty of up to 10 years for a person who commits a crime of violence against a woman when the perpetrator knows that the woman is pregnant. Legislation increasing the penalties for threats of mass violence originally was brought forward by local officials last year, and we were successful in passing SB 139 this session.

Finally, a bill to increase the penalty for criminally-negligent driving causing life-threatening injuries (Wade's Law) passed the Senate for the first time but did not clear the House this session. We will reintroduce Wade's Law next session.

Reflecting on my first session in the State Senate, I am grateful for the opportunity to have served my constituents in all three counties and to have been a strong voice in protecting our Shore Way of Life. I am confident that a foundation for more and stronger bipartisan approaches has been laid in the Senate as I look ahead to continue to work with and for my constituents on our Shore priorities.

commentary

from page 6

detailed in an RFP and allow the contractor to do something entirely different? The change will likely result in more money for the contractor and greater costs for lot owners due to pier and piling costs associated with items waterfront lot owners must pay.

The high-bid contractor recommended by staff for the pipe replacement is the same high-bid contractor recommended by staff for the bulkhead repairs.

This is the sort of activity that discourages competitive bidders, undermines any confidence in the procurement process, raises disturbing questions about the integrity of the process, and leaves doors open for abuse of the process.

Of even greater concern, based on comments from lot owners and others involved, it is obvious the OPA bulkhead program is currently in a complete mess. A recent OPA announcement made clear that the management lead in the bulkhead replacement program is no longer in the hands of OPA's Facilities Manager. Interestingly, there is little or no mention of the Facilities Manager in connection with the \$3 million worth of new projects just approved by the board.

Meantime, former Director Slobodan Trendic is attempting to organize association members to take some sort of action to bring the new golf clubhouse to a referendum (something the board even refused to discuss), and otherwise try to bring about changes to how OPA operates — changes he felt unable to accomplish as a director.

How to control crabgrass before it appears

Homeowners who enjoy tending to their lawns know that grass is vulnerable to a host of problems, many of which appear at a time of year when lawn enthusiasts want to showcase the fruits of their lawn-and-garden labors.

Crabgrass is a common problem that appears in summer. According to Lowe's, crabgrass plants produce thousands of seeds between mid-summer and early fall. While the first frosts of late-fall or early winter kill the crabgrass plants, the seeds produced by the plants remain dormant throughout winter and then begin to grow as the ground temperature warms up with the spring and summer thaw. As a result, controlling germination, which is the development of a plant from a seed or spore after a period of dormancy, is the key to preventing crabgrass from

becoming an unsightly blemish that can harm your lawn in summer.

A proactive approach to crabgrass can save homeowners the headaches of dealing with this unwanted guest taking over their grass. The following tips, courtesy of Lowe's, can help homeowners reduce the likelihood of their lawns being overcome by crabgrass as summer hits full swing.

Recognize that routine lawn maintenance may not be enough. Even lawns that receive sufficient TLC can fall victim to crabgrass. A proactive, crabgrass-specific approach to lawn maintenance is the most effective way to control the problem before it pops up.

Apply a pre-emergent herbicide. Pre-emergent herbicides kill crabgrass seedlings as they germinate. While these herbicides are highly effective, they must be applied at pre-

cisely the right time. The right time to apply them depends on weather patterns. For example, Lowe's notes that homeowners who live in regions that might have experienced warmer than usual winters will probably need to apply the herbicides earlier than usual. While the manufacturer instructions should always be followed when applying herbicides, it is essential that homeowners take weather patterns into consideration as well.

Wait until the ground temperature rises above 60 F. Applying herbicides when the ground temperature is below 60 F might render the products ineffective. Gauging soil temperature can be tricky, but Lowe's advises monitoring shrubs and trees on the property. Once shrubs begin to bloom and trees bud, herbicide can be applied.

Wait when treating newly seeded lawns. Pre-emergent herbicides might kill new grass seedlings, so homeowners with newly seeded lawns should wait until they have mowed their lawns three times before applying a herbicide.

Emphasize uniform application. If an herbicide is not applied uniformly across the lawn, crabgrass can establish itself and ultimately spread to the rest of the lawn.

Do not thatch or aerate after applying an herbicide. Thatching or aerating a lawn after applying a herbicide might break the product's chemical barrier, thereby rendering it ineffective.

Crabgrass can quickly spread on an untreated lawn. A proactive approach that prevents its growth can keep lawns looking great through summer.

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Get to know your feline friend

Cats are stealth and lovable but somewhat unpredictable. Ancient Egyptians revered cats for their companionship and ability to keep dangerous creatures such as poisonous snakes, rats and scorpions at bay. The Egyptians were among the first peoples to domesticate cats, and now thousands upon thousands of people share their homes with feline companions.

According to a world survey by the German organization Society for Consumer Research, published in *Petfood-Industry.com*, dogs are the most popular pet globally, owned by 33 percent of respondents. However, cats are not that far off at 23 percent. The United States, China and Russia have the highest pet cat populations. And according to a 2014 report by *The Washington Post*, Massachusetts, Maryland and Maine boast the highest percentages of cat-lovers in the United States.

Cats are coveted for a variety of reasons, including their regal countenance

and graceful movements. Many people are surprised to learn that cats boast several characteristics that make them wonderful pets.

Those looking for vocal companions may be surprised to learn that cats can make roughly 100 different sounds, compared to the 10 sounds dogs make.

Cats only meow to human friends. In addition to purring, cats will rub up against people to show affection. This trait also serves to mark territory. Cats have scent glands around their faces, paws and tail area.

While cats are thought by many to be aloof and less feeling than dogs, science says otherwise. According to the book "What Cats Are Made Of," by Hanoch Piven, a cat's brain is biologically more similar to a human brain than it is to a dog's. Both humans and

cats have identical regions in their brains that are responsible for emotions.

angle of the sun or magnetized cells in their brains to act as internal global positioning systems.

Contrary to popular belief, cats can be trained. Although they are not likely to be as motivated by praise as dogs, cats can respond to food treats, particularly something soft and smelly. However, that may take some practice as, according to Petfinder, cats are less instinctively driven to work in partnership with humans. But those tasty treats may inspire them to stay and come and even use a toilet in lieu of a litter box.

People who welcome cats into their homes can expect a companion for a long time, as cats can live up to 20 years or more.

Cats make wonderful pets. In contrast to dogs, cats have not undergone major changes since being domesticated, and their ancient characteristics still make them desirable companions to this day.



For those worried about a pet getting lost and running away, cats may be preferential companions. That is because cats have an ingrained ability to find their way home known as psi-traveling." Experts think that cats use the

Why it pays to use crates when training puppies

Puppies make great additions to a household. Parents often find that dogs can teach youngsters lessons about compassion and responsibility, while moms and dads enjoy the companionship and unconditional love their dogs provide.

As first-time dog owners learn shortly after bringing their puppies home, pets require a lot of work. That is especially true of puppies, which must be housebroken so they can learn to live within the structure of a family. Crate training, which is supported by the American Kennel Club, is a great way to teach puppies proper behaviors and to get them to adjust to their new lives.

Many dog owners, particularly those who have never before had a dog, may hesitate to employ crates to train their puppies. That is understandable, as on the surface it can seem cruel or inhumane to confine a living animal to a cage. However, the AKC notes that dogs are den animals that naturally seek out canine caves for security. That is true whether dog

owners provide crates for their puppies or not. So, while humans may see crates as cruel, dogs very likely view their crates as secure places where they can go if they get scared or feel skittish. In fact, according to the AKC, dogs' perception of crates is one reason why dog owners typically find it relatively easy to get their dogs to adjust to crates and ultimately enjoy them.

The AKC urges dog owners who plan to crate train their puppies to find appropriately-sized crates before they begin training. Crates should be just large enough for dogs to lie down, stand up and turn around. Dogs will not embrace crates that are too small, and crates that are too big will give dogs the impression that they can use one corner to defecate and use the rest for sleep or play. That is the wrong message to send, as dogs should never be encouraged to relieve themselves in their crates.

Crate training can be invaluable when welcoming puppies into a home. Learn more at www.akc.org.



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Ways to recognize autism awareness

Autism (ASD) has become a household word because of the vast number of lives impacted by this highly scrutinized and often confusing series of conditions. In 2018, the Centers for Disease Control and Prevention determined that 1 in 59 children currently has autism spectrum disorder in the United States.

ASD can affect the entire body, but it is typically marked by repetitive patterns of behavior, interests or activities. Difficulties with communication, intellectual disabilities and impaired social interactions also are noted. The autism awareness organization Autism Speaks estimates that one-third of people with ASD are nonverbal as well.

Research implicates genetics as the cause of ASD in the vast majority of cases. Generally speaking, children born to older parents are at a higher risk for having autism than those born to younger parents. Despite controversy, there is no definitive link between ASD and immunizations.

Each April is Autism Awareness Month. April also hosts World Autism Day (April 2). The Autism Society, one of the leading autism organizations, established the observance month to “promote autism awareness, inclusion and self-determination for all, and to assure that each person with ASD is provided the opportunity to achieve the highest possible quality of life.” There are many steps people can take to help the group achieve that goal, both in April and throughout the year.

1. Wear blue. One of the significant markers of autism support and awareness is the displaying of the color blue. Many organizations sell blue t-shirts and other promotional items that help raise awareness and money for the cause.

2. Attend an event. There are many marches or fundraisers for ASD in April. Participating in such events shows those

with ASD that people care about them.

3. Go to a sensory friendly event. Venues like movie theaters and amusement parks offer “sensory-friendly” days for individuals with ASD and their families.

4. Embrace the ribbon. The puzzle piece ribbon represents the complexity and diversity of those with ASD. Pin a ribbon to clothing or attach ribbon magnets to cars.

5. Learn more. Dr. Temple Grandin is an autism expert who is on the spectrum herself. Through her own words, Grandin shares unprecedented insights into what the autistic brain experiences. This education can be used in one’s own life or in the classroom. There are other educators with ASD who also offer their expertise online.

6. Donate when possible. Although there is no cure for autism, researchers continue to work to learn more about it and any potential treatments that can improve the lives of those with ASD.

Learn more about ASD at www.autism-society.org.



Most Blessed Sacramento sixth-graders and First State Detachment 689 Marine Corp League volunteers pose before starting the National Youth Physical Fitness Program Challenge.

Students accept fitness challenge

Most Blessed Sacramento Catholic School physical education teacher, John Haskell, hosted the Marine Corps League, First State Detachment 689 for their annual National Youth Physical Fitness Program. Students in grades three through eight participated in various challenges to encourage a love for physical activity. The competition was heated in many of the physical education classes as students tried to beat their goals.


Each year, the Marine Corp League visits our school to conduct this challenge to promote healthy lifestyles that are full of physical activity. The program’s main objective is to enable all students to participate in physical activity, while teaching to them to respect their bodies. By doing so, they hope to inspire a life-long respect for a healthy body and the development of a personal resistance to drugs, alcohol and tobacco abuse.

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



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