

## Third quarter fatal overdose data released

The Opioid Operational Command Center (OCC) and the Maryland Department of Health have released their quarterly report on the opioid crisis in Maryland for the third quarter of 2019. The report includes preliminary data for unintentional drug- and alcohol-related intoxication deaths for the period between January and September 2019. The report also provides a summary of the state's annual strategic plan for the heroin and opioid crisis and includes information on the grant programs that the OCC administers to support Maryland's fight against the epidemic.

From January through September of 2019, there were 1,574 deaths related to opioids in Maryland. Opioid deaths accounted for 88.7 percent of the 1,774 total unintentional intoxication deaths during this same period. In Worcester County the number of opioid intoxication fatalities was 12.

When compared to the first nine months of 2018, opioid-related deaths declined by 4.8 percent, and total unintentional intoxication deaths were down by 4.1 percent. In Worcester County the number of deaths rose 25 percent over the same period in 2018 (12 compared to 9).

"The third-quarter data show that we must remain completely dedicated

to this cause. While opioid-related fatalities have fallen from their all-time highs, they continue to represent an unprecedented threat to Maryland's citizens, a threat that we are working overtime to neutralize," said Executive Director Steve Schuh of the OCC.

There were 1,436 fentanyl-related deaths in the first nine months of 2019, representing a 1.1 percent decrease over the same time period last year. Fentanyl was involved in over 93 percent of all opioid-related deaths during this period.

"Fentanyl is a lethal drug often involved in fatalities. The situation has become extremely complex since people often use multiple substances, such as fentanyl in combination with cocaine. Thus far in 2019, there have been more fatalities involving cocaine than heroin," said Secretary of Health Robert R. Neall.

Cocaine is the second-most prevalent drug involved with overdose deaths in Maryland. There were 643 cocaine-related deaths in Maryland between January and September of 2019. When compared to the same period of 2018, the number of cocaine-related deaths decreased by eight percent. The general increase in co-

*please see data on page 15*



**Helping** - Ravens Roost #58 helped provide a nice Christmas to a local family in need through Worcester Youth and Family Counseling Services (WYFCS). Pictured are Ravens Roost #58 Treasurer **Jeanette Deskiewicz**, WYFCS incoming Executive Director **Dr. Jennifer Leggour** and outgoing Executive Director **Steven Taylor**.

## Heart health program returns

Physical activity of any form is one of the best ways to improve heart health. In 2020, public and private health agencies across the Lower Eastern Shore are encouraging women to "Get Pumped" about their heart health and to learn more about how exercise, as well as healthy eating, contributes to preventing heart disease.

The Tri-County region will "Go Red for Women's Heart Health" again this January with a free kick-off in Worcester County. The event will take place from 5 p.m. to 7 p.m., January 31, at the Worcester Technical High School lo-

cated at 6290 Worcester Hwy. in Newark. Learn about heart health with interactive presentations including physical activity, heart healthy cooking demonstration, and heart disease prevention 101. Light refreshments, including a smoothie bar, will be offered.

"Worcester County is excited to host this year's Tri-County Go Red event. Our theme for 2020 is #GoRedGetPumped," said Mimi Dean, director of Prevention Services for Worcester County Health Department. "We want women to get excited, get informed, and get active when it comes to pre-

venting heart disease and promoting heart health."

Go Red for Women is a passionate social initiative designed to empower women to take charge of their heart health. According to the Centers for Disease Control, heart disease is the leading cause of death in women in the United States. Approximately two-thirds of women who die suddenly from coronary heart disease have no previous symptoms, making regular screening and heart-healthy decisions critical. Go Red's mission is to "build healthier lives, free of cardiovascular diseases

and stroke," by promoting healthy habits, awareness of risk factors, knowledge about heart disease, and by encouraging women to be proactive about their heart health.

Tri-County Go Red is a partnership between Worcester, Wicomico, and Somerset County Health Departments, Atlantic General Hospital, and Peninsula Regional Medical Center.

This is a free event, but space is limited, and pre-registration is required. For more information or to register visit <https://www.peninsula.org/events/tri-county-go-red-event-2020>

# A Time To Remember

On January 8, 1835, President Andrew Jackson achieved his goal of entirely paying off the United States' national debt. It was the only time in U.S. history that the national debt stood at zero, and it precipitated one of the worst financial crises in American history.

The elimination of the national debt was both a personal issue for Jackson and the culmination of a political project as old as the nation itself. Since the time of the Revolution, American politicians had argued over the wisdom of the nation carrying debt. After independence, the federal government agreed to take on individual states' war debts as part of the unification of the former colonies. Federalists, those who favored a stronger central government, established a national bank and argued that debt could be a useful way of fueling the new country's economy. Their opponents, most notably Thomas Jefferson, felt that these policies favored Northeastern elites at the expense of rural Americans and saw the debt as a source of national shame.

## Grief support group relaunched

Atlantic General Hospital will be offering a free grief support group once a month beginning Wednesday, January 22.

The goal of the grief support group is to provide participants hope for the future and the skills to help find their way by providing a supportive and safe place, allowing members to share stories confidentially, and spend time with others who understand. There are no sign-ins and no special requirements to attend.

The group will meet on the fourth Wednesday of every month in Conference Room 1 at Atlantic General Hospital from 5:30 p.m. to 7:00 p.m.

For more information, contact Gail Mansell at 410-641-9725 or gmansell@atlanticgeneral.org.

## Dem Central Committee to meet

The Democratic Central Committee Worcester County meeting will be held on Saturday, January 11 from 9 a.m. to 11 a.m. at the Community Center in Ocean City located at 3001 Atlantic Ave. All interested persons are welcome to attend. Phone 410-213-1956 for more information.

## County offers Christmas tree recycling

The Solid Waste Division of Worcester County will host its annual collection of Christmas trees through January 31. Area residents can drop off Christmas trees at the Central Landfill in Newark and the Berlin, Pocomoke, and Snow Hill Homeowners Convenience Centers at no cost.

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

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

## Jazz evening planned

Germantown School Community Heritage Center located at 10223 Trappe Rd. in Berlin will present "An Evening of Jazz and Blues" on Saturday, January 18 from 7 p.m. to 10 p.m. Tickets are \$25.00 per person.

Singer and saxophonist performer Everett A. Spells, will be the evening's entertainment. Spells has a wealth of experience in performing for a wide range of audiences along the East Coast, both individually and with other musicians. Phone 410-641-0638 for tickets.

# Community Calendar JANUARY

## 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

### Quilting Club

Quilters by the Sea meets most Wednesdays at the Ocean Pines Community Center. First Wednesday of the month is Volunteer Day, from 10 a.m. to 3 p.m., when the group sew or tie quilts for charity. The second and fourth Wednesdays are free sewing or workshops from 10 a.m. to 3 p.m. The third Wednesday of the month is the business meeting, followed by Show & Tell, from noon to 3 p.m. Open to the public.

### 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.

### 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.

## Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, January 11 at 9:30 a.m. in the Ocean Pines library. The meeting will be a look back at the clubs' youth programs for 2019. Buddy Siegel and Jack Barnes will share the excitement from the clubs' Teach-a-Kid-to-Fish, Youth Fishing Contest and Believe in Tomorrow programs. Also, fishing regulations for 2020 will be reviewed. This is a good time for any interested new anglers to check out the Club. Everyone is welcome.



# Conservation nominations sought

The Lower Shore Land Trust (LSLT) is seeking nominations for the second annual Stephen N. Parker Conservation Legacy Award. This special award will be given in honor of the late, Stephen N. Parker, to recognize an individual for his or her enduring contributions to private land conservation on the Lower Eastern Shore.

Nominees should display a lasting and distinct dedication to conserving the vital lands of the Lower Eastern Shore. Nominations will be accepted until Friday, January 24 and award winners will be recognized at a special award ceremony luncheon in late spring 2020.

Stephen N. Parker served on the Board of Directors of LSLT and the Maryland Coastal Bays Program and is remembered for his work as Director of the Virginia Coast Reserve with The Nature Conservancy, as well as his leadership with the Citizens for a Better Eastern Shore. Parker's background in business and nonprofits, served to bring together economic development and conservation, further preserving the health and productivity

of large ecosystems while meeting the needs of human communities.

In February 2019, the inaugural award was presented to Charles "Buddy" Jenkins, of Worcester County. Through deed restrictions the Jenkins Family Trust, Jenkins is known to have preserved one of the most significant tracts of land in Northern Worcester County, totaling over 2,000 acres of forest, prime agriculture and coastal wetlands, and which serves as an ecological anchor for the coastal bays.

The Lower Shore Land Trust is dedicated to preserving rural lands, promoting vibrant towns, and to building a healthier and more connected Eastern Shore. LSLT is a nationally accredited 501(C)(3) nonprofit that has, since 1990, protected more than 21,000 acres of pristine Eastern Shore farmland, critical habitat, streams, parks, trails, and more.

LSLT For more information or to submit a nomination, please visit [www.LowerShoreLandTrust.org](http://www.LowerShoreLandTrust.org) or contact Kate Patton at 443-234-5587 or [kpatton@lowershorelandtrust.org](mailto:kpatton@lowershorelandtrust.org).



**Honored** - Worcester County NAACP President **Ivory Smith** (right) received the 2019 Citizen of the Year Award from Omega Psi Pi Fraternity Inc. Pictured is Smith and Dawn LaRue-White (left), University of MD Eastern Shore Chapter, who nominated Smith. Smith is active in his community as president of both the Worcester NAACP and Worcester County Classified Employees. He is also a Lay Leader for his church.

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**Monday, Wednesday, Friday**  
**January 13-February 21**  
**9-9:50am**



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\$25 OP swim members  
\$35 OP residents | \$45 non-residents  
\$5 | \$6 | \$7 drop-in

**Indoor Youth Soccer**  
at the Community Center

**Happy Cleats**  
**Wednesday | Feb 5-Mar 11**  
**5-5:30pm Age 2**  
**5:30-6pm Age 3**  
\$40 OP residents | \$50 non-residents

**Pee Wee**  
**Wednesday | Feb 5-Mar 11**  
**6-6:45pm Ages 4-6**  
\$45 OP residents | \$55 non-residents

Call 410.641.7052 to register.

**Wet Works**  
Fitness Classes at the Sports Core Pool

**Wet Works | Monday, Wednesday, Friday**  
**Feb 3-Mar 13 | 9:30-10:20am**  
\$55 OP swim members  
\$65 OP residents | \$81 non-residents

**Wet Works Too! | Tuesday, Thursday**  
**Feb 4-Mar 12 | 9:30-10:20am**  
\$40 OP swim members  
\$45 OP residents | \$57 non-residents

Ask about drop-in rates! Call 410.641.5255 for information or to register.

**Youth Yoga**  
at the Community Center

**Saturday | Jan 11-Feb 15**  
**Ages 3-4 | 9-9:45am**  
**Ages 5-9 | 10-11am**

\$45 OP residents  
\$50 non-residents  
\$8 drop-in



Call 410.641.7052 to register.

**Tai Chi Classes**  
at the Community Center

**Tai Chi for Arthritis II**  
**Thursday | Jan 9-Feb 27**  
**3:30-4:30pm**

Call 410.641.7052 to register.

**Tai Chi with Shibashi**  
**Thursday | Mar 5-April 23**  
**3:30-4:30pm**

For all ages.  
\$65 OP residents | \$81.25 non-residents

**Dive-In Movie**  
**"Toy Story 4"**

**January 11 | 6pm**  
**Sports Core Pool**



Splash & swim while a movie plays on our giant inflatable screen. Plus, meet Woody & Buzz from the movie!

\$3 OP swim members  
\$5 OP residents | \$7 non-residents  
\$20 families

**Adult Fitness Classes**  
at the Community Center

**Zumba**  
**Monday & Wednesday | Through March 2**  
**4:30-5:15pm**

**Aerobics Mash Up**  
**Tuesdays | Through February 25**  
**8:30-9:15am**

\$60 OP residents | \$65 non-residents  
\$6 drop-in

Low-impact, high-energy classes for all fitness levels! Call 410.641.7052 to register.

**Drop-In Pickleball**  
at the Community Center

Schedule for January through May 2020

**Monday 7:30-9:30pm**  
**Tuesday 7:30-9:30pm**  
**Thursday 1:30-4pm**  
**Friday 1:30-5pm**  
**Sunday\* 1:30-5:30pm**

Sundays: 1/5, 1/19, 2/9, 2/23, 3/1, 3/15, 3/29, 4/12, 4/26, 5/10, 5/17, 5/31

FREE for OP pickleball members  
\$5 OP residents | \$7 non-residents

# Maryland to phase in manure restrictions without delay

By **Timothy B. Wheeler**  
*Bay Journal News Service*

Maryland Agriculture Secretary Joseph Bartenfelder has declared that he saw no need to delay a state regulation that restricts the use of animal manure to fertilize farm fields, despite a study warning there are likely to be problems dealing with the excess manure that is expected to result.

Bartenfelder, in a letter to a departmental advisory committee, said that he was basing his decision on its overwhelming vote recently to oppose any postponement of the restrictions. The 19-member state advisory committee, which included representatives of the poultry industry, farmers, municipalities and environmentalists had voted December 13 to recommend against a one-year delay in the restrictions to be imposed in the coming year on more than 1,300 farms in the state.

The vote came after the panel received a report from Salisbury University's Business Economic and Community Outreach Network (B.E.A.C.O.N.) saying that the state lacks the funding, trucks and storage facilities likely needed to collect and haul away the animal manure that grain growers would no longer be able to spread on fields.

The Phosphorus Management Tool regulation, adopted in 2015, restricts or bars outright the application of phosphorus on fields where there's a risk that it will wash out of the soil into nearby streams and drainage ditches when it rains. The restrictions

could affect a total of 228,000 acres on 1,600 farms statewide by the time they are fully phased in Jan. 1, 2022.

So far, about 65,000 acres on 350 farms have been regulated. In the coming year, however, nearly 123,000 acres of farm fields are expected to be affected by the rule. Most are on the Eastern Shore, where poultry manure is widely used to fertilize corn and soybean crops.

Phosphorus is one of the nutrients contained in animal manure, which farmers have traditionally relied on as a low-cost fertilizer. In some places, manure has been applied to fields so often that phosphorus has built up in the soil and risks running off into local waterways. There, phosphorus feeds algae blooms and worsens the fish-stressing "dead zone" that forms in the Chesapeake Bay.

State officials have said there's ample farm acreage elsewhere in Maryland — and even on the Upper Shore — where more manure could be safely applied to soils without high levels of phosphorus. The state provides \$1 million annually to subsidize hauling about 250,000 tons of animal manure each year to farms where it can be safely spread.

But the Salisbury University study predicted that with so many more fields subject to potential restrictions the state would have to boost its manure transport subsidy and provide financial incentives to expand the private truck fleet now hauling it. Memo Diriker, director of B.E.A.C.O.N., projected \$10 million might be needed over the next three

years.

Lower Shore growers also have said that they fear restrictions on manure use will hurt them financially by forcing them to buy more expensive commercial fertilizer.

Even so, the panel voted 12 to 5, with two abstentions, to recommend against holding up the regulation for a year. Environmentalists opposed the delay, arguing that the restrictions are needed to improve water quality in the Bay and its rivers. They were joined by representatives of major farming groups, who later issued a joint statement calling for all concerned to work together on an "action plan" to address the challenges the restrictions pose.

"When we succeed, we can make a case for freedom to operate in a business climate where phosphorus runoff is being properly addressed and managed to benefit the environment and protect water quality," the joint statement said. It was signed by leaders of the Maryland Farm Bureau, Maryland Grain Producers Association and Delmarva Poultry Industry, Inc.

Agriculture Secretary Bartenfelder stressed in his letter that restoring the Bay is a top priority of Gov. Larry Hogan and the phosphorus regulation is "a major part of our efforts to reduce nutrient runoff."

Hogan had initially opposed the phosphorus regulation developed by his predecessor, Martin O'Malley, because of concerns it would hurt farmers, and he blocked it from taking effect when he took office in 2015. But he reinstated it a short while later with a few modifications, including a provision allowing for a one-year delay if officials determined the state was not ready to deal with its impact. In his letter, Bartenfelder said that Hogan had forged "a landmark agreement between the agricultural and environmental communities."

Now, the agriculture secretary said, state officials are consulting with all concerned to see that the restrictions continue to be phased in smoothly.

"The department will ensure that

farmers and growers, especially those on the Lower Eastern Shore, receive the funding and support they need to assist them during the transition," he said.

*Timothy B. Wheeler is associate editor and senior writer for the Bay Journal. He has more than two decades of experience covering the environment for The Baltimore Sun and other media outlets.*

## Firearms hunting for deer reopens

The Maryland Department of Natural Resources announced the winter portion of the firearm deer hunting season opens January 10, in Deer Management Region B, which includes all of the state except the westernmost counties. Hunters with a valid hunting license may use firearms to harvest sika and white-tailed deer during this season.

The season is open January 10 and 11 in all Region B counties. The season is open Sunday, January 12, as follows:

On private and designated public lands: Cecil and St. Mary's counties.

On private lands only: Calvert, Caroline, Carroll, Charles, Dorchester, Frederick, Harford, Kent, Montgomery, Queen Anne's, Somerset, Washington (Zone 1), and Worcester counties. Shooting hours end at 10:30 a.m. in Kent and Montgomery counties.

"This season provides deer hunters with another chance to fill their firearms season bag limit if they have not already done so," Wildlife and Heritage Service Director Paul Peditto said. "The resulting deer harvest contributes positively to managing deer in Region B."

Hunters are encouraged to consult the Maryland Guide to Hunting and Trapping for information on bag limits, regulations, and registration procedures.

During firearms season, Maryland

*please see **hunting** on page 15*

A flashlight is an invaluable part of any disaster preparedness kit, and it's a handy tool to have on hand in a car, at home or when traveling. You never know when you might need a flashlight, and it's helpful to have many on hand. When stocking up on flashlights for emergency kits, choose ones with light-emitting diode, or LED, technology. According to "Popular Mechanics," LED flashlights are 70 percent more efficient than incandescent models. That means the batteries powering the light have the potential to last 10 times longer. Furthermore, LEDs do not have any fragile parts like incandescent bulbs. That makes them more likely to withstand shock or even endure being dropped.



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# Five-year-old imagination

The imagination of a five-year-old boy is a boundless and fascinating expression of creativity. Ask me how I know. Go ahead, ask me.



***It's All About. . .***

By **Chip Bertino**

chipbertino@delmarvacourier.com

Alright I'll tell you. Because I was witness to such expression when my grandson and his family visited for the holidays. I shared with you in this space a few weeks back that I had set up my model railroad for the kids to enjoy when they came. And boy did they enjoy them, especially my grandson.

Not long after they first arrived, my wife ushered the grandchildren into the sunroom where I was waiting, to show them the platform. When they reached the doors, their expressions were jubilant and they raced to the layout, pretty much ignoring me. But that's okay, I got over it... in time.

"Can we play with it," came the question simultaneously from their wide-eyed smiling faces.

"Absolutely," was my reply despite the reality that they hadn't yet given me a hug.

My grandson was first to reach the controls. And although he had no familiarity with what he was doing, he did what all little boys do (and men for that matter), he just started turning dials. The headlamp of the Santa Fe diesel locomotive came to life and the train lurched forward at top speed. Squeals and screams all around.

The trains ran regularly during the kids' multi-day visit.

Because my grandson is big into all things dinosaur, my wife and I for Christmas got him a large container filled with plastic dinosaurs that seemed to include everything from T-Rex to Raptors and many in between. Also included in the container were plastic trees and rocks. It wasn't long before descendants of the Triassic Pe-

riod were riding the rails, heads sticking out of the open-door box cars, or sitting atop tanker cars. There were several Pterosaurs (is that the correct plural?) that had landed on building- and house-tops. The grandson and the dinosaurs were having a good time. My grandson was perpetual motion walking from one side of the platform to another positioning dinosaurs as the Old Santa Fe circled the tracks.

At one point he positioned a menacing T-Rex to watch over a pile of model plastic automobiles that he swept together. In response to my question, he said the T-Rex didn't like the cars. Evidently the T-Rex didn't like the model buildings I constructed either because later in the day I heard



crashing sounds emanating from my grandson who had a T-Rex in one hand and a building in the other seemingly reenacting a pivotal scene from a Godzilla movie. The battle was very animated as demonstrated by my grandson's facial expressions and hand motions. What little boy (or man for that matter) doesn't have fun destroying something?

By the time the Old Santa Fe pulled into the station for the last time, the scene of devastation was total and complete. Neighborhoods were gone, buildings were toppled and several of the rolling stock had been turned over. In the midst of all this havoc was a smiling little boy with sparkling eyes who experienced days of enjoyment. And there too was a grandfather who relished watching the days of enjoyment. A nice Christmas. A nice Christmas indeed.

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## RURAL Act ensures tax exempt status for electric cooperatives

Just before Christmas Congress passed, and the president signed into law, the 2020 spending package that contained the RURAL Act and other key provisions for electric cooperatives and their consumer-members. The RURAL Act protects more than 900 electric cooperatives throughout the nation from the risk of losing their tax-exempt status when they accept government grants for disaster relief, broadband service and other programs that benefit co-op members.

Choptank Electric Cooperative's Chairman of the Board and Talbot County Director, Jeff Rathell, said, "Passage of the RURAL Act is due, in large part, to the tireless commitment of our co-op advocates. This highlights what is possible when our members take action and work together toward practical solutions. Ultimately, this effort keeps your electricity affordable and reliable."

"While we look to bring high-speed internet to our rural communities here on the Eastern Shore and

continue to prepare for extreme weather events, such as hurricanes, we need to make sure Choptank Electric is positioned to tap into federal, state, and local funding opportunities without risking our tax-exempt status," Rathell explained. "We would like to thank Senators Ben Cardin and Chris Van Hollen and Congressman Andy Harris for listening to our concerns and co-sponsoring the RURAL Act. Without their leadership and

commitment to our cooperative members, this bill would not have made it across the finish line."

The RURAL Act was the National Rural Electric Cooperative Association's (NRECA) top legislative priority for the year because of the profound threat to the business model of not-for-profit co-ops. Tens of thousands of co-op leaders, employees and members across the country rallied for passage of the bill.

## Agronomy Day returns

The 2020 Lower Eastern Shore Agronomy Day is right around the corner. It will be held on January 22 at the Somerset County Civic Center in Princess Anne, MD from 8:30 a.m. to 3:30 p.m.

This annual program provides agronomic crop updates relevant to Delmarva farmers and agricultural service providers. This year's program will cover insect pests, potassium cycling in Delmarva soils, "Is starter phosphorus necessary?" herbicide resistant weed management, "Fungicides on corn—do they pay?" and how

to do your own farm research. Nutrient management, pesticide recertification, and CCA credits will be available.

There is no fee for this program, but pre-registration is required for a lunch headcount. Please register online at: <https://2020agronomyday.eventbrite.com/>.

Or you may contact the Somerset County Extension Office at 410-651-1350 or by e-mail at [kjohns26@umd.edu](mailto:kjohns26@umd.edu) to attend or for sponsorship information. Please register by January 20, 2019.

### STEVEN W. RAKOW

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# WGP gears up for new year

Following a successful inaugural year, Worcester Goes Purple (WGP) is preparing to kick off 2020. Spreading the word about addiction education and awareness along with promoting healthy life choices resonated within Worcester County according to coordinator Deborah Smullen.

“Businesses, community organizations and local citizens have gotten behind our message and WGP is making a difference for those suffering from addiction and their families,” said Smullen.

In an effort to “Keep Worcester



Talking,” WGP has adopted the “Puzzle Piece” as its symbol for 2020 to underscore that everyone is a piece of the puzzle. With grant funding awarded by the Worcester County Arts Council, the first puzzle signing will occur at the Ocean City Mayor’s Prayer Breakfast with keynote speaker Darryl Strawberry on Friday, January 10. The breakfast will be hosted by Greater Ocean City, MD Chamber of Commerce and the Clarion Resort Fontainebleau Hotel in Ocean City. Tickets are available from

OC Chamber of Commerce.

Strawberry knows the struggles of addiction and hopelessness. However, that is not the case today. Said Strawberry, “Today I have hope! No matter what comes your way, or how many times you may fall, you do not quit! You never give up! You get up and you keep moving. If there is breath in your body, there is purpose and reason for your life.”

WGP promotes hope and assistance for those suffering with addictions and their loved ones.

Follow WGP Facebook page for updates. Contributors and volunteers are welcome and needed. Debbie Smullen can be contacted at 410-870-5161 or [dasmullen@worcesterk12.org](mailto:dasmullen@worcesterk12.org).



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Inside Ocean Pines  
South Gate

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**Monday Night**

*Chicken or Eggplant Parmesan over penne, served with a choice of soup or salad...\$9.95*

**Tuesday Night**

*Sandwich Night! ...\$6 with purchase of beverage. Choices will vary*

**Wednesday Night**

*Pasta Night! (selections vary), served with a choice of soup or salad...\$10.95*

**Thursday Night**

*Roast Pork served with scalloped potatoes & a veggie. \$11.95*

*1/2 Priced Large Cheese Pizza with the purchase of beverages, when dining in (toppings at regular price)*

**Friday Night**

*Fried Shrimp Platter, served with FF & cole slaw and a choice of a soup or salad...\$14.75*

**Saturday Night**

*Crab Cake Platter served with FF & cole slaw and a choice of a soup or a salad...\$17*

*BBQ Baby Back Ribs served with a choice of 1 side and a soup or salad \$11.95*

**PIZZA SPECIALS**

**Monday & Tuesday**

**Large Cheese Pizza** for only \$9.50 only on carryout (toppings are extra)

**Pizza, Wings & Beer Combo!**

\$12.95

personal size pizza, buffalo wings & your choice of a draft Miller Lite or a bottle of Natty Lite.

**\$6.99 Lunch Specials**

*offered for dine in and carryout, options change daily, call for details!*

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## Ocean Pines Chamber Community Connection

By Kerrie Bunting, President & CEO



### Pines Chamber celebrates milestone anniversary

In February of 1975, seven local business men and women saw what was to come. What started in 1968 as a planned community with over nine miles of waterfront property on 3,000 acres of wooded area has grown to 8,452 platted lots and turned Racetrack Road into a major Northern Worcester County artery. Those seven forward thinking entrepreneurs founded the Ocean Pines Chamber of Commerce 45 years ago this year. Happy birthday to us!

Although not incorporated until May 1976, the Chamber hit the ground running. With Joseph Staley as our first Board of Directors President, the all-volunteer non-profit worked hand in hand with the Ocean Pines Association and local realtors to grow the community.

Massive marketing campaigns brought residents and second home buyers by the hundreds quickly. It soon was clear that the Chamber needed to entice businesses to the area with services and products to accommodate the exponential growth. The first commercial development within the community came in 1976 when the Manklin Meadows Development Corporation, through local broker, Marvin Steen, created the Ocean Pines Plaza.

Our first publication was entitled "Welcome to Ocean Pines." This 36-page brochure still focused on marketing to potential residents while highlighting chamber members. This also served as

*please see chamber on page 12*

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# Highlights from OPA Board meeting

During a regular board meeting held Saturday, January 4, the Ocean Pines Board entertained several resolution amendments and approved a handful of new job titles.

Second readings to amend Resolution M-01 (Compliance Procedures) and Resolution B-01 (Book of Resolutions) passed unanimously, as did a first reading to amend Resolution M-06 (Elections and Referendums).

The directors by a 5-2 vote approved an amended motion on revised Architectural Review Committee Guidelines. Directors Larry Perrone and Tom Janasek were not in favor.

Based on the amended motion, the Board will review the proposed ARC

## RWWC to meet

The Republican Women of Worcester County will hold its January luncheon and general meeting on Thursday, January 23 at the Captains Table Restaurant at 15<sup>th</sup> and Baltimore Ave. in the Marriott Hotel in Ocean City. The guest speakers will be Pat Schrawder, representing Senator Mary Beth Carozza, and Worcester County Commissioner, Chip Bertino. They will discuss Maryland 2020 Legislative issues and Worcester County issues. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. with the meeting beginning 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. Reservations are due by January 18.

## Craft club to meet

The Pine'eer Craft Club will meet January 16 beginning at 9:45 a.m. in the Ocean Pines Community Center. All are welcomed to join for fun and friendship.

guidelines and supply feedback to the committee liaison by January 24. Directors Doug Parks, Steve Tuttle and Camilla Rogers will then send for review a summary of the changes to Ocean Pines' local legal counsel, attorney Joe Moore.

Board members added two new items to the agenda on Saturday: discussion of a virtual resident's academy and a motion to create several new positions.

The new positions, approved 7-0, include Director of Amenities and Operational Logistics (Colby Phillips), Director of Finance and Operational Logistics (Steve Phillips), and Senior Executive Assistant (Michelle Bennett). Additionally, the Board named John Malinowski General Manager of Golf operations and maintenance.

The following board appointments were made: Larry Malone (chair – ARC); Kathy Grimes (extended term – Aquatics); Gene Higgins (Recreation and Parks); and, Susan Holt (Environment and Natural Assets).



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# Astronomy & Spaceflight

By Douglas Hemmick, Ph.D.



## Space-X joins NASA's CLPS program

NASA's \$2.6 billion Commercial Lunar Payload Service or CLPS program involves a series of unmanned explorations, lunar landers and science experiments in preparation for astronauts returning to the moon. On November 18, 2019 NASA added five new companies, including Space-X, to the CLPS roster. According to NASA's administrator Jim Bridenstine, "Expanding the group of companies who are eligible to bid on sending payloads to the moon's surface drives innovation and reduces costs to NASA." By including Space-X's latest designs, the program now features larger capacity spacecraft and rocketry.

Under the CLPS program, contracts already awarded in May 2019 include the small Nova-C lander to be powered by the Falcon-9 rocket from Space-X. This lander, built by Intuitive Machines, will carry a payload of 220 lbs. of scientific instruments. The Peregrine lander, also approved in May, is designed for a payload of 200 lbs.

Space-X's president and chief operating officer Gail Shotwell said, "We offered the Starship and Super Heavy rocketry. That capability [100 metric tons] far exceeds the mass that CLPS was looking for, but we think that brings pretty extraordinary capability to NASA." The lunar cargo lander from Blue Origins, with its 6.5 metric tons capacity, was also added to the CLPS program.

Space-X's Starship spacecraft and Super Heavy rocket are considered its next generation launch system; the two stand about 390 feet tall and are 50% wider than a 747 jumbo jet fuselage. Just as they have done with the Falcon rocket boosters, Space-X plans to recover and land the Super Heavy rocket shells and the Starship craft with vertical landings. Accomplish-

ments by Space-X have included 19 missions carrying supplies to the International Space Station, often reusing the recovered, refurbished rocket shells. The most recent cargo flight docked with the space station on December 8, 2019.

The Starship spacecraft with the Super Heavy rocket are designed to be



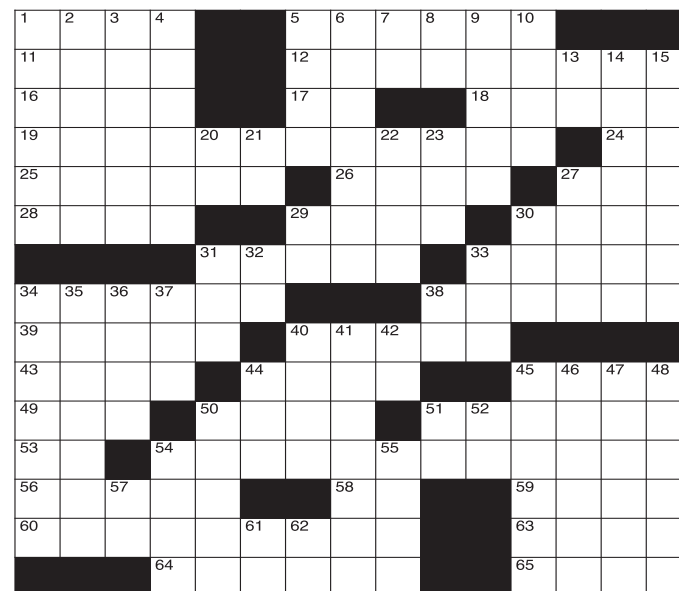
SpaceX's "Starship" with fins to assist in vertical landing

the world's most powerful launch vehicle ever developed. Latest modification of the Starship design features stainless steel for its structure and tanks. This contributes to rapidly reusing the components without the need for extensive refurbishment. Space-X is an industry pioneer in the recovery and reuse of rocketry components.

A recent adaptation of the Starship design involves adding fuel tanks capable of in-flight refueling for orbiting spacecraft. In October 2019 NASA awarded Space-X a \$3 million contract to study the refueling designs.

The moon's south polar region will become a primary target for NASA's future explorations. Dr. Noah Petro, a NASA Project Scientist said: "The south pole contains hydrogen and possibly water ice, a resource we would use to enable ongoing exploration deeper into the Solar System and on to Mars." Finding water could help future explorers quench their thirst, produce oxygen, and grow plants as food. Splitting water into hydrogen and oxy-

please see **nasa** on page 11

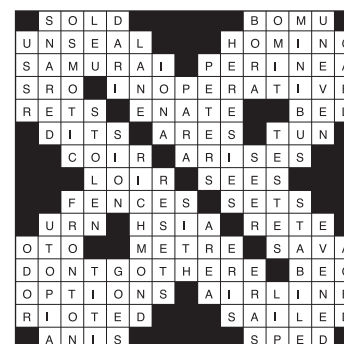


### CLUES ACROSS

- 1. Database management system
- 5. Soft blue-gray mineral
- 11. Algerian coastal city
- 12. A healthy redness
- 16. El \_\_, border town
- 17. Part of the mind
- 18. Female body part
- 19. Atrocities
- 24. You can call Paul Simon this
- 25. Copyread
- 26. Large integers
- 27. Large, flightless bird
- 28. Bread and whiskey are two
- 29. Indicate pain or discomfort
- 30. Worry
- 31. Wild goats
- 33. Belittle
- 34. More supernatural
- 38. Wakes up
- 39. Intestinal pouches
- 40. Popular dance
- 43. American state
- 44. CSI actor
- 45. Having a keen enthusiasm for
- 49. Swiss river
- 50. Restaurant item
- 51. Intense unhappiness
- 53. Unit of loudness
- 54. Increase in velocity
- 56. Mesoamerican religion
- 58. Early multimedia
- 59. Forearm bone
- 60. An unprincipled person
- 63. Swarming with
- 64. Shellfish
- 65. Root of taro plant

### CLUES DOWN

- 1. More silly
- 2. Adult beverage
- 3. Iron used for lofting
- 4. Noses
- 5. Smile
- 6. One who examines closely
- 7. Lethal dose
- 8. Denotes past
- 9. "This Is Us" actor Fitch
- 10. Dabbling ducks
- 13. Polish beer
- 14. A type of cat
- 15. Shows respect for
- 20. Of I
- 21. Commercial
- 22. Chai and chamomile are two
- 23. Lodging option
- 27. Geological times
- 29. Unit of electrical inductance (abbr.)
- 30. Where G-men work
- 31. Hot beverage
- 32. One of the six noble gases
- 33. Southern constellation
- 34. South American nation
- 35. Suitable for use as food
- 36. The back
- 37. I (German)
- 38. Blood group
- 40. Fit to stand trial
- 41. Praise excessively
- 42. Female's title
- 44. EU predecessor
- 45. Acutely insightful and wise
- 46. Disguised
- 47. Improved the appearance of
- 48. Generator
- 50. The real \_\_, the genuine article
- 51. Male's title
- 52. Home of the Hawkeyes
- 54. About aviation
- 55. At all times
- 57. Military peace officer
- 61. College degree
- 62. Indicates position



Answers for December 18

# Boating safety courses offered

Winter may seem endless, but the long nights and short days will soon be coming to an end. Spring is closer than you think. Warmer temperatures, sunshine, and the urge to get the boat back on the water are just around the corner. This is the perfect time to get prepared for the season by taking the Maryland Safe Boating Class. Whether you are new to boating or an old pro at it, there is always something new to learn. Boat safety is for everyone on board, small boats do not have a crew so literally your guests are your crew. Each person who boards a recreational boat should know something about boating. Boating emergencies can occur at any time. It is always important to be prepared.

Take the Maryland Safe Boating Class given by certified instructors from the United States Coast Guard Auxiliary. This nine-hour course being offered February 4, 5 and 6 from 6 p.m. to 9 p.m. will teach navigation both day and night, knot tying, boat maintenance, trailering, boating rules,

and basic knowledge of the local waters.

This class is required for all Maryland boat operators born after July 1, 1972, and all boat operators in Virginia and New Jersey waters. A certificate is awarded upon completion of the course. The cost is \$15.00 for materials.

All classes are held at the Ocean Pines library.

For more information or to register, please contact Barry Cohen at 410 935-4807 or email: CGAUXOC@Gmail.com.

### 2020 CLASS SCHEDULE:

March 3, 4, & 5

April 21, 22, & 23

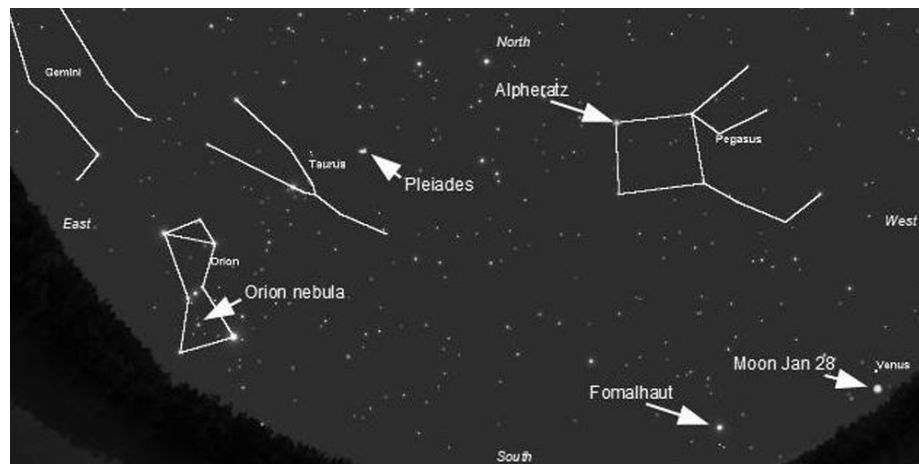
June 2, 3, & 4

July 7, 8, & 9

September 1, 2, & 3

All classes are 6 p.m. to 9 p.m.

Saturday, May 9 and Saturday August 8 are all day classes from 8:30 a.m. to 4:30 p.m.



nasa  
from page 10

gen would provide fuel for further space travel.

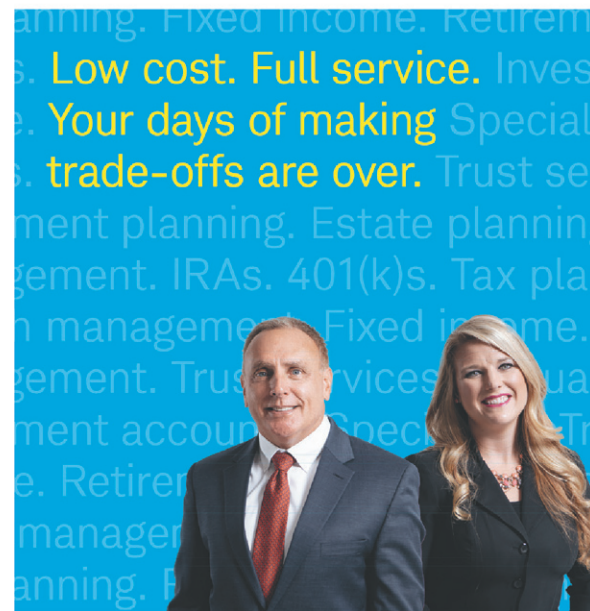
NASA's objectives are emphasizing explorations for lunar water resources. The Volatiles Investigating Polar Exploration Rover, or VIPER will go to the south pole region of the moon to determine if water ice can be found in permanently shadowed craters. "We're going to characterize the water ice, and ultimately drill and find out just how the water ice is embedded in the regolith on the Moon," said Bridenstine.

During January stargazing begins early, at about 4:50 p.m., with the bright planet Venus. A little later, most of the evening's stars emerge, at

about 5:45 p.m., when Taurus the Bull will become visible. Taurus is well-known for the Pleiades Cluster, which can be seen as a small faint patch about 10 degrees north of the "V." With binoculars five or more individual stars may be seen within the Pleiades. After about 9 p.m., most of the classic winter constellations will be available, including Orion the Hunter and Gemini the Twins. Experienced hobbyists may observe the ghostly-white patch of the Orion Nebula, with binoculars.

A conjunction between Venus and the crescent moon occurs on January 28. Venus will appear about 4 degrees north of the moon until the planet begins setting at about 8:20 p.m.

Wishing good luck and clear skies to all stargazers.



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If you're in pain that is making everyday activities difficult... there's a new Physical Therapy practice in Ocean Pines that you should know about. You may already know Billy and Jenn Hamilton, they've been Doctors of Physical Therapy in the region for over 13 years, and they are both Certified Hand Therapists.

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## Diabetes prevention program offered

Small changes often lead to major results and Worcester County Health Department's Lifestyle Balance: Diabetes Prevention Program aims to help residents eat healthy, be active and lower their risk for type 2 diabetes with easy-to-follow tips and tools.

Beginning January 15, the Diabetes Prevention Program will be held from 1:30 p.m. to 2:30 p.m. every Wednesday at the Pocomoke Health Department, 400 Walnut Street in Pocomoke City and from 5:30 p.m. to 6:30 p.m. at the Snow Hill Health Department located at 6040 Public Landing Road in Snow Hill. The program is a covered benefit for eligible Medicaid and Medicare participants.

The Diabetes Prevention Program is a year-long course proven to prevent type 2 diabetes among individuals with prediabetes or those who are found to be 'at risk' for the disease.

The program consists of 16 weekly sessions followed by once a month support sessions for the remainder of one full year. Participants receive individual coaching from a certified Lifestyle Change Coach and have the opportunity to work with their peers in developing new healthy lifestyle behaviors. Those who take the classes will learn about healthy eating, physical activity, stress management, weight loss, time management, and more.



"We are excited to continue to provide the Diabetes Prevention Program in our County. Research has proven that healthy eating, physical activity, and a 5-7% weight loss can prevent type 2 diabetes in those with prediabetes or those who are 'at risk' for the disease," said Mimi Dean, Director of Prevention Services at the Worcester County Health Department.

Please call 410-632-1100 option 4 to discuss program enrollment, eligibility, and to request a registration packet. Space is limited, pre-registration is encouraged.

## Job fair scheduled

Those interested in a new or continuing career in corrections are invited to attend a job fair on Thursday, January 9, from noon to 3 p.m.

Worcester County Human Resources will host the job fair at the Worcester County Jail, located at 5022 Joyner Road in Snow Hill. Applicants must be 21 years of age or older to apply.

For more information, visit [www.co.worcester.md.us/departments/hr/jobs](http://www.co.worcester.md.us/departments/hr/jobs) or contact Human Resources Specialist Ann Hankins at 410-632-0090.

## Lodge members honored

The Ocean City Lodge of the Sons and Daughters of Italy has awarded its 2019 Distinguished Citizens of the Year award to Sal and Mary Castorina of Frankford, DE. The couple was honored for years of significant contributions to the local community, including mentoring students, providing food for needy families and local food pantries, and playing leadership roles in the Sons and Daughters of Italy and the Knights of Columbus Council in Ocean City.

In presenting the award to the Castorinas at the group's year-end function, incoming 2020 president of the lodge Vincent Mollicone said "As a couple they are charity personified. He is a fund raiser par excellence and she is a charity organizer like no other."

Mary Castorina has mentored two young women at Sussex County School for the Arts for five years. She organized the Women's Club in the Frankford, DE community where they live and subsequently began the club's tradition of adopting needy Sussex County families, who received food and gifts at Christmas. Mary next turned to collecting non-perishable foods year-round at meetings of the women's club, expanded this effort to

get her entire neighborhood involved, and then began delivering food donations as well to local food pantries.

Mary organized and chaired the first charity committee for the Ocean City lodge of the Sons and Daughters



Sal and Mary Castorina

of Italy. She began the lodge tradition of adopting needy families at Christmas and organizes and coordinates delivery of all gifts to the Snow Hill offices of G.O.L.D. She also is active in the Ladies Auxiliary of Knights of Columbus, and has served as its President and Vice President. In 2018 she was honored by the Knights as Lady of the Year. In addition, she has worked as a volunteer in the kitchen at the Knights of Columbus hall, and as a

*please see members on page 14*

Tides for Ocean City Inlet					
Day		High /Low	Tide Time	Height Feet	Sunrise Sunset
W	8	High	5:47 AM	2.5	7:18 AM
	8	Low	12:01 PM	0.1	4:57 PM
	8	High	6:02 PM	1.9	
	8	Low	11:53 PM	-0.2	
Th	9	High	6:34 AM	2.7	7:17 AM
	9	Low	12:49 PM	-0.1	4:57 PM
	9	High	6:50 PM	1.9	
F	10	Low	12:40 AM	-0.4	7:17 AM
	10	High	7:22 AM	2.8	4:58 PM
	10	Low	1:35 PM	-0.3	
	10	High	7:38 PM	2.0	
Sa	11	Low	1:28 AM	-0.6	7:17 AM
	11	High	8:10 AM	2.9	4:59 PM
	11	Low	2:22 PM	-0.4	
	11	High	8:27 PM	2.1	
Su	12	Low	2:16 AM	-0.7	7:17 AM
	12	High	8:58 AM	2.9	5:00 PM
	12	Low	3:09 PM	-0.4	
	12	High	9:17 PM	2.1	
M	13	Low	3:06 AM	-0.7	7:17 AM
	13	High	9:47 AM	2.9	5:01 PM
	13	Low	3:58 PM	-0.5	
	13	High	10:07 PM	2.1	
Tu	14	Low	4:00 AM	-0.6	7:16 AM
	14	High	10:36 AM	2.7	5:02 PM
	14	Low	4:48 PM	-0.4	
	14	High	11:00 PM	2.1	

## chamber from page 8

the Chamber's Business Directory. Beginning in 1997, the Chamber modified this brochure to be all Chamber focused and is now the annual Business Directory. *The Ocean Pines Progress* was created in 1979 by the Chamber and was more of a community newspaper in brochure form. Controversy brought that publication to its end in 1988. Our Chamber Chatter newsletter is now fully electronic, but it was started in paper form in 1993.

Did you know that the Chamber operated a gatehouse at South Gate beginning in 1983? It served as a Chamber facility and information center. We were not to inhabit an actual office until 1990. After moving around the area for several years, we have occupied our current location since 2010 after *The*

*Courier* vacated the building.

Throughout the 80s and 90s the Ocean Pines Chamber spearheaded the "Days in May" parade and festival which, again, served as a marketing tool to bring in more residents. A joint venture with the OPA, the Chamber decided to cease its sponsorship of this event in 1998. At this point, the Chamber has realized the immense residential growth meant that we could focus more on the economic development in the area and all efforts turned toward our business and non-profit leaders. However, we continue our dedication to community service and cohesiveness by hosting many beloved annual events such as a classic car show, flounder tournament, community/business expo, annual awards banquet, and raffles.

The Chamber's first paid employees came to fruition in 1995. Over the years,

a few part time and contractual positions have come and gone but since then, we have always maintained an Executive Director (which is now referred to as President/CEO) and an Administrative Assistant. In 2020, our current Assistant, Sherri Lassahn, will have been with us for eleven years! I'm working on year two with Sherri's guidance!

Please follow us on Facebook as every Wednesday we will feature a "Humpday History" moment all year long. In going through photo albums, newspapers, and brochures, we have uncovered some cool stuff. We'd love to hear your stories and share your memorabilia as well. Anything you may have pertaining to the Chamber or local business growth, drop us a line at [info@oceanpineschamber.org](mailto:info@oceanpineschamber.org).

Here's to a fantastic 2020! May you all enjoy good health and our one of a kind community. Happy New Year!

# OPA staff help feed local families for the holidays

In what has become a seasonal tradition, Ocean Pines staff members have ensured that area families and individuals will receive a nourishing meal this holiday, complete with turkey and the requisite trimmings.

For the past several years, Association employees have participated in Worcester County GOLD (Giving Other Lives Dignity)'s "Helping Hands for the Holidays" program, which provides food as well as gifts and clothing for area residents in need.

This year, Ocean Pines staff donated and delivered baskets full of food to 10 local households. Each basket also included a special homemade touch – a pumpkin cake roll baked by Ocean Pines resident Cathy Gallagher.

Ocean Pines Executive Secretary Michelle Bennett, who coordinated the food collection and delivery this year, said "staff jumped at the chance to support the cause."

"I am proud of our employees coming together as a team to provide holiday meals to those less fortunate," she said. "The recipients were beyond thankful."

Brittany Jarman, a recreation program supervisor with the Ocean Pines Recreation and Parks Department who helped deliver the baskets, this year witnessed that gratitude for the first time.

"The experience of delivering was very heartwarming. All of the recipients were so appreciative of the goodies all the employees donated and it provided me with a new meaning to the season of giving," she said.

Bennett echoed Jarman's sentiments that the employees who made donations got as much as or more than those who received them.

"I am blessed to have played a small part in this awesome program," she said. "I look forward to continuing this tradition in the future!"

Worcester County GOLD, Inc. improves the quality of life of local citizens for whom traditional means of well-being support is not fully available. A 501(c)(3) non-profit organization, it promotes dignity by providing financial aid for families in crisis, vulnerable adults and children in foster care.



## Grace Center enters new decade

The Grace Center, formerly Shirley Grace Pregnancy Center, is entering its tenth year of providing our free services to hundreds of women and their families on the Delmarva Peninsula.

The center began by offering pregnancy tests, counseling, pre- and post-natal education, and material assistance. Limited ultrasound was added when the Knights of Columbus assisted with the purchase of the equipment. Clients can now also take advantage of professional therapy, as well as educational and employment services.

Regardless of the socio economic or ethnic demographic of clients, the goal is to assist them in strengthening their ability to achieve positive outcomes.

The ability to do all of this comes from the generosity of private donors, churches, and community organizations. The center has also benefitted from a number of grants, including the Community Foundation of the Eastern Shore and The Lower Shore Workforce Alliance.

One of the ways the public is invited to assist would be to look for and attend any of the center's fundraisers coming up this year including bingo at the Knights of Columbus Hall in Ocean City. The jackpot is \$1000. Every Friday in January all proceeds will be going to the Grace Center. On Thursday, February 6 Chick-fil-A will donate a portion of sales to the center.

The center hopes to hold this year's walk in May and plans to have a special anniversary celebration in the fall.

Comments, questions, or concerns can be directed to 443-513-4124 or emailing [info@gracematernalhealth.org](mailto:info@gracematernalhealth.org). Check out the center's website at [www.GraceMaternalHealth.org](http://www.GraceMaternalHealth.org) or look for them on Facebook.

Cold weather months can be especially difficult for respiratory patients.

## Tips for good respiratory health:

- \*Use SoClean, Lumin, or other CPAP and BiPAP cleaning devices to keep your equipment sanitized
- \*Change CPAP and BiPAP masks as needed
- \*Take advantage of Apple's MedSync program to make sure your prescriptions are always up to date
- \*Apple Respiratory Therapists are available to assist with proper MDI and Nebulizer Instruction
- \*Apple Pharmacists are available for any questions
- \*Apple has a variety of respiratory equipment and accessories available
- \*Flu, Pneumonia, and Travel Vaccines are still available.





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## County receives clean opinion on financial standing

Worcester County Government earned the Certificate of Achievement for Excellence in Financial Reporting for the eleventh consecutive year from the Government Finance Officers Association of the United States and Canada for the County's Comprehensive Annual Financial Report (CAFR) for FY19.

Worcester County financial officers and TGM staff spent roughly 1,000 hours preparing the CAFR, which represents the County's fiscal report card, stat sheet, and fiscal state of the County, all in one document.

In a recent review of the Independent Auditor's Report, Chris Hall of TGM Group, LLC, Certified Public Accountants, stated that the CAFR was issued an unmodified opinion (previously referred to as a "clean opinion"), which represents the highest assurance TGM can give.

The CAFR is issued to more than 100 entities that the County does business with, as well as international bond rating firms, Moody's, Fitch, and Standard & Poors, which use this data to assign the County's credit rating, and the financial analysts and institutions that currently hold or bid on the County's bond offerings. Most importantly the CAFR is available to the public on the County website at [www.co.worcester.md.us](http://www.co.worcester.md.us).

"This certification is the highest form

of recognition awarded to local governments in the areas of accounting and financial reporting and assures the users of the County's financial statements that the County is complying with the most recent accounting and finance pronouncements in a format that is widely acceptable," Finance Officer Phil Thompson said.

For the dedication and knowledge they provide and for their dedication to excellence in financial reporting, special recognition for this award is due to key members of the County's finance team, comprised of Thompson, Chief Administrative Officer Harold Higgins, Budget Officer Kathy Whited, Assistant Finance Officer Jennifer Swanton, Enterprise Fund Controller Jessica Wilson, and Senior Budget Accountant Kim Reynolds.

The CAFR, which adheres to the guidelines recommended by the Government Finance Officers Association, provides full accountability to Worcester County citizens and others with an interest in government finances. The CAFR outlines County finances and reflects a long-established history of prudent fiscal management practices.

For more information about the CAFR, contact Finance Officer Phil Thompson or Assistant Finance Officer Jennifer Swanton at (410) 632-0686.



**Seeing Santa** — For 20 years, clients of the Worcester County Developmental Center visit Dunes Manor during the Christmas season to perform their Christmas concert, enjoy lunch and to receive gifts from Santa Claus. The gifts are provided by the Ocean City Lioness Club.

## Veteran Valentine card program returns

Start the year off by thanking a veteran with a Valentine card that says thank you for your service. For the 18th year, cards will be sent to four veteran rehab medical centers to thank them for their sacrifices and to let them know they are loved, appreciated, and not forgotten. All area schools, clubs, businesses, organizations, and individuals are invited to participate with purchased cards (no youth cards, please), but home-made cards are particularly appreciated. No postage is necessary. Cards are to be addressed to "A Veteran." Through the generosity of Linda Dearing and the Copy Central staff, the cards, plus some candy, will be delivered to Charlotte Hall Veterans Hospital, Baltimore Rehab Center, Baltimore VA Medical Center, and Perry Point Hospital. Drop off locations are: Shamrock Realty Group, 11049 Racetrack Rd, Ocean Pines; Copy Central, Cathell Rd., Ocean Pines; the Ocean Pines library, the Ocean Pines Community

Center and Recreation and Parks building, and other locations as they become available. The deadline is Friday, January 31. For more information, call 410-208-9390 or email at [ultimateenergy@verizon.net](mailto:ultimateenergy@verizon.net). This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.

### members

from page 12

ticket seller on the boardwalk to support Knights of Columbus raffles.

Sal Castorina also has mentored students in Sussex County schools. As a member of the Knights of Columbus he was the president of the Columbus Club, which manages the Knights of Columbus Hall facility. He has been an officer in the Knights for years and is instrumental in Knights' functions and fund raising. He is a past president of the Ocean City Sons and Daughters of Italy lodge and has been one of the driving forces behind the continued success and growth of the organization's annual St. Joseph's Festival. He acted as contact person for the Grand Lodge of Maryland to hold the last two Statewide Conventions here in Ocean City and helped make all arrangements for successful conventions over the past four years.

The Order Sons and Daughters of Italy in America has been in existence in the U.S. since 1905. The Ocean City lodge was started by Italian businessmen and women in May of 1980. Its goals include increasing awareness of the Italian culture and contributions of Italian Americans to the progress of the United States, helping the community through charitable contributions, and promoting Americanism based on absolute loyalty to the Constitution.

Today Ocean City Lodge 2474, with more than 200 members living in Worcester County and Sussex County DE, is active throughout the local area, donating to many charitable organizations. The lodge also provides scholarships to young Italian American high school students and helps support the many young men and women who travel from Italy every summer to work in Ocean City and the surrounding resort areas.

**Freelance features  
writers sought.**

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**hunting**  
from page 4

requires deer hunters and their companions to wear daylight fluorescent orange or fluorescent pink in one of the following manners: a cap of solid fluorescent daylight orange or pink; a vest or jacket containing back and front panels of at least 250 square inches of fluorescent daylight orange or pink; or an outer garment of camouflage daylight fluorescent orange or pink worn above the waist and containing at least 50% daylight fluorescent color.

Hunters should carefully inspect all tree-stands and always wear a full-body safety harness while climbing in or

out and while in the stand. The department strongly recommends using a sliding knot, commonly known as a prusik knot, attached to a line that is secured above the stand that allows the hunter to be safely tethered to the tree as soon as they leave the ground.

Maryland hunters are encouraged to donate any extra deer they may harvest to Farmers and Hunters Feeding the Hungry. Hunters are reminded that they may claim a tax credit of up to \$50 for each legally harvested deer that is processed and donated to a nonprofit food sharing program. The maximum credit in any one tax year is \$200 per hunter. The approved form to claim this credit is available online.

**data**  
from page 1

caine-related deaths over the last several years can be attributed to the use of cocaine in combination with opioids, which have been involved with approximately 90 percent of cocaine-related deaths so far in 2019.

Heroin-related deaths continued their recent downward trend. The 571 heroin-related deaths in Maryland between January and September of 2019 represent a 12.7 percent decrease

when compared with the same period in 2018. Prescription opioid-related deaths fell by 2.5 percent in the first nine months of 2019 when compared to the same period in 2018.

“Through collaboration and diligence, we have developed an effective response to the crisis in Maryland using resources from across the state and employing multiple strategies,” Secretary Neall added. “Although we can’t let up on our efforts, we are optimistic that the burden of this crisis will continue to decrease.”

The OOCC’s quarterly report can be found at [www.BeforeItsTooLate.Maryland.gov](http://www.BeforeItsTooLate.Maryland.gov).

Before It’s Too Late is the state’s effort to bring awareness to the opioid epidemic and to mobilize resources for effective prevention, enforcement and treatment. Marylanders struggling with a substance use disorder can find help at [BeforeItsTooLateMD.org](http://BeforeItsTooLateMD.org); through our state’s crisis hotline, **CALL 211, PRESS 1**; or by texting their ZIP code to 898-211.

## Boat Show returns

Now in its 37<sup>th</sup> year, the Seaside Boat Show sponsored by the Ocean City/Berlin Optimist Club returns to the Roland E. Powell Convention Center in Ocean City February 14 through 16.

The show typically attracts thousands of water and boating enthusiasts and helps to underwrite the club’s local youth and service programs.

This year’s show will include more than 150 exhibitors, 50 boat dealers and over 350 boats including sports cruisers, sport fishers, and performance models with special show pricing. Again, attendees will have a chance to win a pontoon boat and motor donated by North Bay Marine owners Scott and Mary McCurdy.

Exhibitors will include marine electronics, trailer, canvas tops, motors, jewelry, art, fishing gear, financing and insurance representatives.

Times of the show are: Friday February 14 11 a.m. to 7 p.m.; Saturday 10 a.m. to 7 p.m. and Sunday 10 a.m. to 5 p.m. Admission is \$10 for adults and \$1 for kids. A weekend pass is available for \$15.

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