

Proposed assessment stays at \$981

General Manager John Viola and Association staff last Wednesday presented a detailed overview of the proposed fiscal year 2020/2021 budget in a condensed, daylong meeting with the Ocean Pines Board of Directors.

Staff discussed proposed budgets across all Ocean Pines departments and amenities. Additionally, Ocean Pines Fire Department President Dave VanGasbeck presented the proposed Fire Department budget to the Board.

Based on feedback received during the meeting, Viola said the proposed assessment as of now would remain at \$981, or \$5 below the fiscal 2019/2020 assessment.

“I don’t believe there were any changes that affected the assessment,” he said. “We will still be at the \$981.”

In instances where there were changes to the original proposal, such as adding 5% 401k contribution for Ocean Pines Police officers, Viola said the Association looked to make up that money elsewhere.

“We always try to reallocate re-
please see **budget** on page 19



Recognition - The Worcester County Commissioners recently presented a commendation to Superintendent of Schools Lou Taylor and other Board of Education (BOE) members, administrators, teachers, and support staff for their ongoing efforts to enable students to achieve success, resulting in Worcester County Public Schools being recognized for having the highest concentration in Maryland of four and five-star public schools by the Maryland State Department of Education (MSDE).

Free drainage seminars scheduled

In an effort to continue public education on drainage issues, Ocean Pines will partner with several outside organizations this spring to present a series of free seminars.

Each of the seminars will be open to the public and held in the Ocean Pines Community Center. There is no need to preregister.

The events are as follows:

March 2, 6 p.m. to 7:30 p.m. – Watershed Restoration Specialist Jennifer Dindinger will discuss yard waste and lawn fertilization

April 20, 6 p.m. to 7:30 p.m. – Watershed Restoration Specialist Jennifer Dindinger will host a hands-on seminar on how to make a rain barrel and rain garden

May 12, 5:30-7 p.m. – Kevin Wag-

ner, who manages the Federal Emergency Management Agency (FEMA) Community Assistance Program for Maryland, will host a seminar on FEMA activities and flooding issues. The event will also include local agencies and vendors that specialize in flooding

Additionally, Director of Amenities and Operational Logistics Colby Phillips will offer a presentation on drainage during the February 5 Ocean Pines Board meeting, slated to start at 5 p.m. in the community center.

Phillips will supply updates on drainage improvement efforts, including those on Watertown Road and in the Borderlinks section.

“Watertown was expected to start last week, but we will now be looking to start next week after some unexpected

obstacles,” she said. “Borderlinks will be starting soon, with work done by contractor Goody Hill of Berlin. They will also be installing a new culvert under the road at Harborview, which will help with some of the drainage issues there and on Clipper Court that have been reported to us.”

Phillips added the Association has nearly finished compiling a drainage maintenance list of Ocean Pines owned swales, which should help staff to “stay on top of the clearing and maintenance of our ditches.”

She said recent efforts to improve flooding in Ocean Pines also received significant boosts from Worcester County officials.

“In the 10 months I have been involved with drainage, I have been so im-

pressed with the work done by our team, as well as the help and interest that has come from county representatives Bob Mitchell, Ryan Presock and Bobby Shockley, and County Commissioners Chip Bertino and Jim Bunting,” she said. “Vista Engineering has also been a huge driving force in our drainage improvement plans.

“The Board and GM have been very supportive of all we need to get done,” Phillips continued. “It has been refreshing to be able to work with so many people who want the same thing for our residents.”

For questions about the seminars or concerns about Ocean Pines drainage issues, contact Phillips at Cphillips@oceanpines.org.

A Time To Remember

After the shocking assassination of John Lennon, thousands of mourners gathered spontaneously outside his and Yoko Ono's Central Park West apartment building, the Dakota. Tens of thousands more gathered six days later in New York, Liverpool and other world cities to honor Yoko's request for a silent, 10-minute vigil in John's memory. Radio airwaves were saturated with Beatles' songs during the weeks that followed, as well as with John's most recent recordings, one of which, "(Just Like) Starting Over"—became a posthumous #1 hit in late December. By late January, the inauguration of Ronald Reagan and the release of the American hostages in Iran had pushed accounts of Lennon's death and the massive public response to it from newspaper headlines. Then, on January 22, 1981, *Rolling Stone* magazine's John Lennon tribute issue hit newsstands, featuring a cover photograph of a naked John Lennon curled up in a fetal embrace of a fully clothed Yoko Ono. The iconic Annie Liebowitz portrait would become the definitive image of perhaps the most photographed married couple in music history.



MBS to host open house

Most Blessed Sacrament Catholic School (MBS) in Berlin will hold an open house on Sunday, January 26 from noon to 2:30 p.m. Please visit the school to see all that a Catholic education can offer your family. Most Blessed Sacrament Catholic School is a pre-k to eighth grade school that offers a learning environment grounded in Catholic values and based on the Gospel teachings of Jesus Christ. The school's program emphasizes the intellectual, spiritual, and physical development of every child. Respecting the individual and celebrating unity as Christian learners, the school is a mission-driven educational community that is both academically challenging and spiritually nourishing.

Children are taught, as called for in the Gospel, that we are meant to serve others. MBS was founded in 2003 by the Catholic Diocese of Wilmington as a Regional Catholic School for the Catholic parishes of St. Ann, St. Edmond, St. Jude the Apostle, St. Luke, St. Mary Star of the Sea, St. Michael the Archangel, Our Lady of Lourdes and then later St. John Neumann. Since its founding, more than 1,500 students and their families have been part of the MBS community. For MBS families, school is not just for children, it is a faith-filled community of families as well. School functions and volunteer opportunities provide meaningful experiences for parents to build fellowship as they participate in school life. For students, their shared experiences throughout the elementary and middle school years form bonds that last a lifetime.

Most Blessed Sacrament Catholic School is located at 11242 Racetrack Rd. in Berlin. For information about admissions, please contact Amanda Evans, director of Admissions and Advancement, at 410-208-1600.

SDHS Taco Night returns

It's been over a decade since Stephen Decatur High School (SDHS) began hosting \$1 Taco Night and the event has sure become a tradition.

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

Typically, over a thousand people will attend SDHS Taco Night to con-

please see **taco** on page 4

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.

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.

Free identity theft seminar offered

The Ocean Pines Recreation and Parks Department will give area residents an opportunity to learn how to protect themselves from identity theft at a free seminar on Wednesday, February 5 from 5 p.m. to 6:30 p.m. at the Ocean Pines Community Center.

According to the Federal Trade Commission's Consumer Sentinel Network Data Book, 1.4 million fraud reports were filed in 2018, representing \$1.48 billion in total losses. Close to 15% of those reports were for identity theft.

"Identity theft is America's fastest-growing crime," said Katie Goetzinger, an Ocean Pines recreation programmer. "Come learn what to do before and after a breach of your identity."

Leading the seminar will be certified senior advisor Michael LeCompte. LeCompte has a Master of Science degree in loss control science and retired from Nationwide Insurance Companies as a senior

loss control consultant. He has been a regional award-winning speaker on reducing personal loss for 20 years.

Seminar participants will learn how to safeguard personal information and detect suspicious activity. Advice on how to find a resolution to an identity theft situation and restore a victim's good name will also be given.

For those unable to attend the February seminar, a session on April 1 from 5 p.m. to 6:30 p.m. will be offered.

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

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



Reading - Students in Shelby Ennis' kindergarten class at Ocean City Elementary have been completing an author study on Mo Willems. They have read books from three different series and have identified the characters, settings, and major events from each story. To conclude the unit, students wrote about their favorite character. Pictured are: Liam Fluckey, Noy Katna, Giana Nappi, Beckam Hemp, Alfredo Castro-Gutierrez, Kaitlyn Dorsey, Damiana Milite and Vincas Queen.

Eastern Shore Physical Therapy

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Saturday, February 8 at 10 a.m.

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OPA searching for Search Committee

The Ocean Pines Search Committee is looking for members. The committee, each year, helps stimulate community interest in the Board of Directors election.

According to Resolution M-09, the committee must “solicit candidates from a broad spectrum of the Ocean Pines membership, provide information to, or otherwise assist potential candidates with the application process.”

The committee also must verify that all applications received go to the Association Secretary for validation of eligibility.

Ocean Pines Bylaws require that a Search Committee be appointed by the Association President and approved by the Board of Directors by February 1 each year.

Association President Doug Parks encouraged homeowners to consider volunteering.

“There are no specific qualifica-

tions to become a member of the committee, other than a pledge to discuss the issue with members of the community and see if there is any interest in someone becoming a candidate for the Board,” he said. “Two positions are up for election this year and, per the bylaws, the committee needs to attempt to get [at least] four candidates. Any interested parties should contact Doug Parks at dparks@oceanpines.org.”

For more information on the committee resolution, visit <https://www.oceanpines.org/wp-content/uploads/2020/01/M-09-3-9-19.pdf>.

Committee applications can be downloaded online here, <https://www.oceanpines.org/wp-content/uploads/2018/02/OP-Committee-Application-2-14-18.pdf> and are also available in the administration building on 239 Ocean Parkway.

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 Char-

please see cards on page 19



Write way - Three Stephen Decatur High School students were named finalists in the Eastern Shore Literacy Association Young Authors' Contest. Freshman Jessica Beck, sophomore Jake Gillespie, and junior Lydia Woodley were each recognized for their work in the short story category. The top three winners will be named during a special ceremony held at Salisbury University on March 4. Above are Jessica Beck, Jack Gillespie and Lydia Woodley pictured with Principal Thomas Sites.

Brewing the perfect cup of tea involves a few different variables. One of the components of the process is understanding how water temperature will bring out the best flavor in the tea. According to the independent tea company Two Teas and Bud, if teas are not steeped at hot enough temperatures, they may lack a full depth and

breadth of flavor. The darker the tea, the hotter the water temperature should typically be. The basic rule of thumb is that black tea and herbal teas should steep at a full boil, which is between 208 degrees F and 212 degrees F. Green and white teas are more delicate. When preparing such teas, the water should be at just off-boil temperatures, between 170 F and 185 F. If you are brewing loose tea, scoop 1 teaspoon per large cup of water (around 12 ounces). In fact, teaspoons get their name due to their use when measuring tea.



taco
from page 2

gregate and dine.

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

The 11th annual \$1 Taco Night will be held at Stephen Decatur High School on Tuesday, February 4 from 2:30 p.m. to 7 p.m. in the cafeteria.

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

For questions, please call Stephen Decatur High School at (410) 632 - 2880.

**The
Courier**

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How'd this happen?

How it is that things have come to pass as in such a way I have not a clue how it happened. But I've become that husband who follows a couple feet behind his wife as she pushes a shopping

bands in the same fix. I can tell because like me they have that sort of distant stare in their eyes. There was a time when I never accompanied my wife to the supermarket. This was kind of her



It's All About. . .

By **Chip Bertino**

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cart down the aisles of the supermarket seeking the best price on items appearing on her shopping list.

What purpose I serve in these excursions is tenuous at best unless you count the times I'm asked to reach for something on a high shelf. I don't mind necessarily but I'd like to know how things wound up this way because it's not as if I saw it coming. It sort of just happened quietly like when a cat stalks a vole in the garden.

I do find comfort though in the fact that I'm not a lone husband in such circumstances. I've witnessed other hus-

thing; like mine was to mow the lawn. Truth be told I never really gave much thought to how food came into the house. It was just there when it was needed like electricity when a switch was flicked on.

Although I'm with my wife in the supermarket, I have no rights in the process of purchasing groceries. In short I'm expected to tag along but say nothing and ask no questions; sort of like that old philosophy that children are to be seen and not heard.

I consider myself fairly intelligent and believe I can ably process and articulate complex thoughts. Yet I'll be the first to admit that knowing what is a good price per pound for hamburger is not information I have at my fingertips. Are Bounty paper towels better than Viva paper towels? I don't know.

And when it comes to knowing whether to wait for a sale to get a better price on broccoli I'm as much in the dark as a blind man sitting alone at night. So, I just follow along several paces behind my wife doing my best to answer her questions she from time to time asks. However, even that isn't as simple as it sounds because often her questions are rhetorical, spoken aloud unconsciously. On those occasions when I've dutifully responded she looks at me as if I'm an interloper.

When we get to the checkout register I've learned to stay at the back of the cart as my wife moves in front of the cart to unload it. There is a method to the way she places the items on the conveyor belt.

Like items have to stay with like items. For instance all the cold stuff is grouped together. Then comes cleaning products and then meats or vice versa. My services are required to re-

trieve the items that are located in the deeper part of the cart that is difficult for my wife to reach. Once I inadvertently jumped in front of the cart in the checkout line. To say I felt like a fish out of water is an understatement. I stood there momentarily frozen not knowing what to do. What gets put up first? My anguish was short-lived when my wife instructed me to step aside.

I guess I shouldn't be too concerned about reaching that stage of married life when just going along for the ride to the supermarket is the high point of a Saturday afternoon. I just hope that should I graduate to the next level and you see me in the supermarket wearing black nylon knee socks, sandals and an athletic undershirt and occasionally pinching red grapes justifying the pilferage by exclaiming "they're free samples,"

please, please perform an intervention. Of course, if I get to that stage my wife may not want to be seen with me and she'll encourage me to stay home.

Hmmm!



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Nominations open for memorial scholarship

The Jesse Klump Memorial Fund has announced the terms of its 2020 scholarship, and the nomination process has begun. The 12th annual scholarship has a potential value of \$15,000, \$3,750 per year renewable for up to four years.

"We grant a scholarship each year to a member of the graduating class at Snow Hill High School," said Fund president Kim Klump. "Our selection is based not on academic achievement,

but rather on the student's demonstrated willingness to put others ahead of himself or herself. It is compassion and altruism we recognize. Our scholars want to continue their educations with a goal to making the world a better place."

Critical to the selection process are character references, ideally letters that relate stories about how this young person has helped those in need without having to be prodded to do so, and without any expectation of recognition or reward. "These are students who do the right thing simply because it's right, not to build their resumes and not to advance themselves personally," Klump said.

Past nominees have befriended and mentored other students, helped elderly neighbors with daily tasks, taken it upon themselves to create programs to help others, and created their own volunteer positions when they have seen a need. "We want to know what about these students set them apart from their peers. Tell us the stories of what you have observed, about what makes this student truly altruistic," said Ron Pilling, the Fund's secretary.

"It is the reports of a student's quiet kindness and caring that put him or her over the top. Without them, the odds that we will select that student are nil," Pilling said. "The amount, \$15,000, should be adequate for nominators to take the extra time and effort on the student's behalf."

Nominations are accepted from anyone in the community – teachers, clergy, neighbors, and friends. The nominee must not participate in the process, and to do so will render that student ineligible. Nominees can plan

please see **scholarships** on page 18



Soccer volunteers - Members of the Worcester Prep School (WPS) Volunteers Club made a lasting impact in the local community by partnering with TOPSoccer to work with special needs young athletes. In September, WPS Acting Head of School/Head of Upper School Mike Grosso brought the TOPSoccer program to the attention of the WPS Volunteers Club. TOPSoccer is a community-based training program run out of River Soccer Club that matches athletes who have intellectual, emotional and physical disabilities with high school volunteers who become their "buddies" during the training sessions. Throughout the fall, more than a dozen WPS Upper School students volunteered on Saturday afternoons to work with these young athletes in a safe, fun, supportive and inclusive environment.

Above: WPS seniors **Spencer Paquette** and **Gavin Carmody** with TOPSoccer athlete **Gabe Merritt**.

Lifestyle Balance classes 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.

Lifestyle Balance will be held every Wednesday starting February 12 and running until February 10. Classes are offered from 1:30 p.m. to 2:30 p.m. every Wednesday at the Pocomoke Health Department at 400 Walnut Street, Pocomoke City and from 5:30 p.m. to 6:30 pm at the Snow Hill Health Department, 6040 Public Landing Road, Snow Hill.

Lifestyle Balance is a year-long intervention program 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.

All participants receive their own personal lifestyle change coach who will assist them with goal setting, progress, and overcoming barriers. Program participants also receive incentives.

Participants must be a Maryland resident and have a diagnosis of prediabetes. Please call 410-632-1100 option 4 for more information or to register. Space is limited and pre-registration is required by February 5.

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Collection - 6th graders at Berlin Intermediate School have been collecting supplies for the Worcester County Humane Society, a no kill shelter. Supporting the shelter is part of their service learning goals. Pictured are **Dylan Ringen, Collin Pennington, Olivia Koval, Anthony Perella, Ellie Cheynet and Sophia Ferrante.**

Poet's reading to be held

The public is invited to attend a poetry reading with Cameron Barnett on Friday, February 7, at 7 p.m., in Room 302 of the Hazel Center at Wor-Wic Community College in Salisbury.

Barnett is the author of "The Drowning Boy's Guide to Water," winner of the Autumn House Press 2017 Rising Writer Contest. He holds a bachelor's degree in English from Duquesne University in Pittsburgh, Pa., and a master of fine arts degree from the University of Pittsburgh. He teaches middle school language arts and social studies at the Falk Laboratory School in Pittsburgh and is also an editor of the "Pittsburgh Poetry Journal."

For more information, email atavel@worwic.edu or call 410-334-2866.



ENROLLING

Pre-K to Grade 12

OPEN HOUSE
February 11, 2020
9:00 a.m.

TESTING
February 22

Transportation & Scholarship Opportunities Available



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Tara Becker | 410-641-3575 | tbecker@worcesterprep.org | www.worcesterprep.org

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Aqua Jog
at the Sports Core Pool

Tuesday & Thursday
Feb 3-Mar 12 | 9-9:30am

\$25 OP swim members
\$35 OP residents | \$42 non-residents

Drop-in: \$5/\$6/\$7

Aqua jogging closely mimics natural running form & provides an awesome neuromuscular workout!
Call 410.641.7052 to register.

Creaky Joints
at the Sports Core Pool

Monday, Wednesday, Friday
Feb 3-Mar 13 | 11-11:50am

\$55 OP swim members
\$65 OP residents | \$81 non-residents

Tuesday, Thursday
Feb 4-Mar 12 | 11-11:50am

\$40 OP swim members
\$45 OP residents | \$57 non-residents

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

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

Youth Yoga
at the Community Center

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

Kids will flex & stretch their physical and emotional muscles in this fun class.

\$8 drop-in

Call 410.641.7052 to register.

Tai Chi with Shibashi
at the Community Center

Thursday | March 5-April 23
3:30-4:30pm

Each move directs energy to specific organs & allows a release to detoxify the body.

For all ages.
\$65 OP residents | \$81 non-residents

Valentine's Family Night Out

February 14 | 6-8pm
Sports Core Pool

Enjoy a fun night at the pool swimming & making Valentine's Day crafts. Pizza & desserts for sale.

\$2 OP swim members
\$4 OP residents | \$6 non-residents

Adult Fitness Classes
at the Community Center

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

Aerobics Mash Up
Tuesday | through February 25
8:30-9:15am

\$6 drop-in

*No class February 5

Drop-In Pickleball
at the Community Center

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

Sundays: 1/19, 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

Schedule for January through May 2020



Inside Ocean Pines
South Gate

Bar Special

Mon-Fri 4-9 pm
1/2 Price Appetizer

with the purchase of a
Blacktop Beach Specialty Drink
(excluding Crab Dip)

\$2.50 Rail Drinks

4-7 pm daily Restaurant Wide

HH Mon-Thurs

11-7 pm Restaurant Wide

Fri & Sat. 4-7 restaurant wide

SPECIALS

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

Burger Night! \$4 with purchase of a
beverage. Dine in only.

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 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!

Mon - 11am - 9pm

Tues - Thurs. 7:30am - 9pm

Fri. & Sat. 7:30am - 9:30pm

410-208-2782

Garden Club to meet

The Ocean Pines Garden Club will meet on Thursday, February 13 at 10 a.m. in the Assateague Room of the Ocean Pines Community Center. There will be a presentation by Catherine Winkler of Roots Landscaping on "Secrets for Success with Succulents." Attendees will be able to make a lovely decorated pot with a succulent inspired gift card. The materials cost will be \$10. A business meeting will follow the presentation. Guests are always welcome.

Dem Club to meet

The Democratic Club of Ocean City/Berlin is hosting a meeting on



Jim Mathias

Thursday, January 23 at noon at the Ocean City library meeting room. It is a casual event with a brief business meeting. The guest speaker is former Senator Jim Mathias, legislative liaison for University of MD Eastern Shore. A bag lunch will be served. The cost is \$10 for members; \$15 for non-members. Email soonerrlanny@gmail.com for information or to reserve your spot.



Installation - The Ocean Pines Garden Club (OPGC) installed its officers for 2020 at a recent meeting held in the Ocean Pines Community Center. They are L-R, **Barbara Ferger**, treasurer; **Nancy Waters**, corresponding secretary; **Marsha Reeve**, recording secretary; **Gail Jankowski** and **Gail Philippi**, co-vice-presidents; and **Patti Lookner**, president. The OPGC meets the second Thursday of each month at 10 a.m. in the Ocean Pines Community Center. New members and guests are welcome.

Health Dept. seeks community input

The Worcester County Health Department recently released a community health survey with the goal of identifying the most important local

health issues. The Worcester County Themes and Strengths Assessment 2020 is part of the health department's ongoing Community Assessment process. Guided by the Mobilizing to Action through Planning and Partnerships framework (MAPP), the survey is the first step in gaining the community's opinion on health issues in Worcester County.

"We hope as many residents as possible will complete this simple survey and let us know what issues are important to them," said Jennifer LaMade, Director of Planning, Quality and Core Services for Worcester County Health Department. "Together we can address health problems and

please see **survey** on page 18



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Book Review

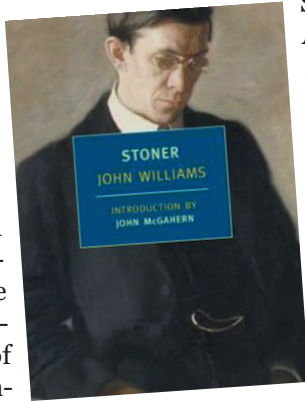
Stoner

By **Jean Marx**

The book, "Stoner," while written by John Williams and published in 1965, has enjoyed a renewed appreciation in recent times, particularly over this past decade. An October 2013 article from "New Yorker" magazine entitled "The Greatest American Novel You've Never Heard Of," described, "In one of those few gratifying instances of belated artistic justice, John Williams's "Stoner" has become an unexpected bestseller in Europe after being translated and championed by the French writer Anna Gavalda."

After I read the book, I could understand why the book is considered a literary success. I found that I didn't particularly like the characters nor did the book turn out the way I would have liked. Nonetheless, I can appreciate the appeal of the book because it is artistically written and I found myself admiring how the author was unapologetic about the personalities and actions of his characters.

The book chronicles the life of William Stoner who was born to destitute parents on a farm set in Missouri. The book takes place in the early 1900s when Stoner is growing up. The



climate is arid and the soil is unforgiving, which creates back-breaking work for Stoner's parents and then for Stoner when he becomes of age. As time goes on, Stoner observes how his parents become worn out, stooped in posture, and rather apathetic about life. This weariness and negative perception about life grab hold of Stoner as well. He develops an outlook of "Does anything really matter?"

As Stoner nears age eighteen, his father presents him with an unexpected invitation to enroll at a college in Columbia, Missouri. His parents had managed to scrape together enough earnings to get Stoner through his four years, but it isn't enough to pay for his room and board. For these, Stoner lives with relatives to work their farm. Stoner's father requests that he major in Agriculture so that he can discover

please see **review** page 18

RELIEF... IS JUST STEPS AWAY.



"We welcome you to our new practice!"

William Hamilton, Jr., DPT, CHT
and Jennifer S. Hamilton, DPT, CHT

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.

NOW, just around the corner, Billy and Jenn have set up a very special kind of practice in Pennington Commons. So call, email or simply stop in to experience a new kind of physical therapy, it's a breath of fresh air for anyone who is experiencing pain.

¡Se Habla Español!



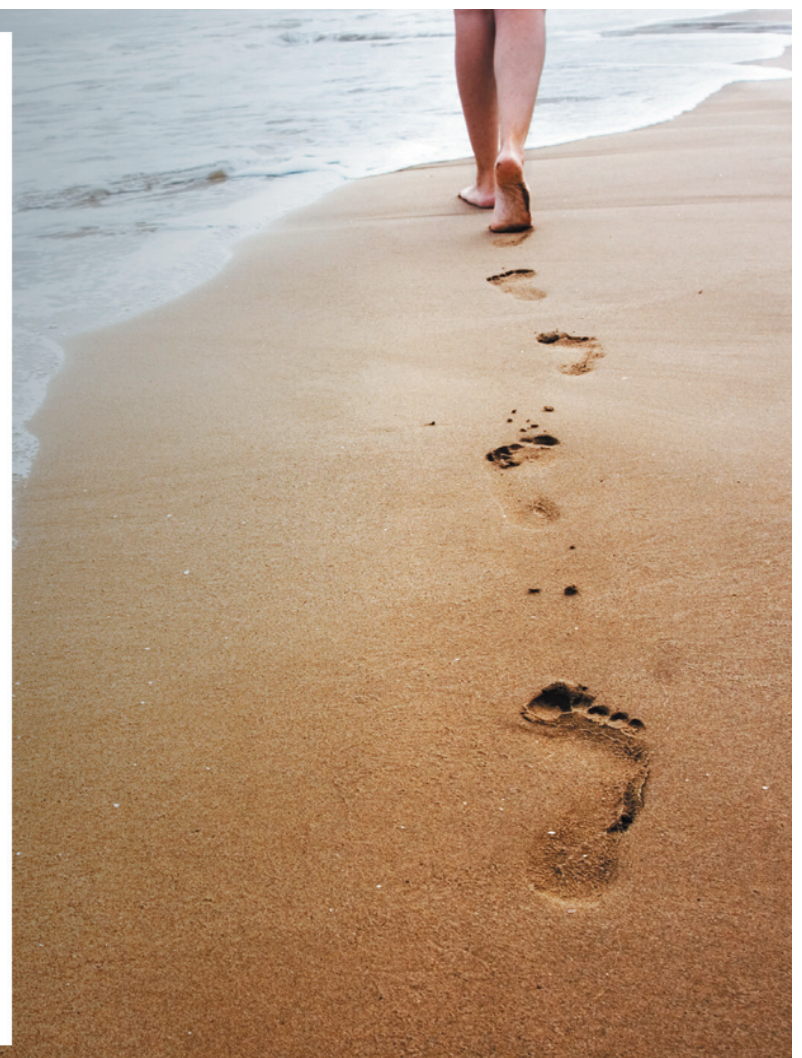
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Pennington Commons, steps
away from Food Lion.

Tides for Ocean City Inlet				
Day	High /Low	Tide Time	Height Feet	Sunrise Sunset
Th 23	Low	12:02 AM	-0.4	7:12 AM
	High	6:45 AM	2.5	5:12 PM
	Low	1:05 PM	-0.2	
	High	6:55 PM	1.8	
F 24	Low	12:49 AM	-0.5	7:12 AM
	High	7:30 AM	2.5	5:13 PM
	Low	1:46 PM	-0.2	
	High	7:40 PM	1.8	
Sa 25	Low	1:32 AM	-0.5	7:11 AM
	High	8:12 AM	2.5	5:14 PM
	Low	2:25 PM	-0.2	
	High	8:23 PM	1.8	
Su 26	Low	2:14 AM	-0.5	7:10 AM
	High	8:53 AM	2.5	5:15 PM
	Low	3:02 PM	-0.1	
	High	9:04 PM	1.8	
M 27	Low	2:55 AM	-0.4	7:10 AM
	High	9:32 AM	2.4	5:17 PM
	Low	3:39 PM	0.0	
	High	9:46 PM	1.9	
Tu 28	Low	3:36 AM	-0.2	7:09 AM
	High	10:11 AM	2.3	5:18 PM
	Low	4:17 PM	0.1	
	High	10:27 PM	1.9	
W 29	Low	4:19 AM	0.0	7:08 AM
	High	10:50 AM	2.1	5:19 PM
	Low	4:56 PM	0.2	
	High	11:09 PM	1.9	

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at your business
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carbon footprint.





Getting ready for trout fishing: Hopefully we will continue to have mild weather unlike a few years ago when we were digging out from a big snow storm. I thought this would be a good time to discuss trout fishing which usually starts in February. Of course, all is dependent on the weather cooperating. Just in case it does and the weather permits here is where to fish etc.

Where to Fish: Although we don't have the natural streams of Western Maryland, we do have a pond in Worcester County, Shad Landing that is designated as Put & Take by the Department of Natural Resources (DNR) with a daily creel limit of 5 fish per person. Usually the pond is stocked with rainbow, brown and golden trout. It is designated Put & Take as the trout will not survive the heat of summer as the water warms. They are very much a cold water species. The pond is usually stocked late in February and again sometime in March. The February stocking is sometime around February 14 this year assuming once again the weather is such that the pond is not frozen which would delay stocking. The March stocking is sometimes listed on the stocking schedule on the DNR Web site @ www.dnr.state.md.us/fisheries/stocking-springtroutstock.html.

The Pond is easy to find and is located on Rte. 113 between Snow Hill and Pocomoke. It is well marked as Shad Landing State Park. Also, this is a great place to take kids fishing. Note: You will require a Maryland Fishing License to fish for trout at Shad Landing. Check Maryland Regulations at the DNR site or your local tackle shop.

Equipment: Trout fishing does not need to be complicated. If you spin fish you will need a 5 1/2 to 6-foot spinning rod and a reel that is capable of handling 4lb test line. Some assorted removable split shot, salmon egg hooks or #14 treble hooks is what I prefer and some assorted spinners such as Mepps or Rooster tails, etc. in the 1/32 to 1/8 weights. You should also purchase some assorted colors of Power Bait Trout Nuggets and don't forget a few small bobbers. For live bait try mealy worms, red worms or small minnows. If fly fishing a 7-foot rod with a floating line and some assorted tapered leaders with some small #18 midges, a few #12 or #14 Royal Coachmen, Adams

fly and Red Quills should do the job. Also, don't forget a stringer and tackle box or five-gallon bucket.

How to Fish: Trout can be very finicky so the first and most important thing when you arrive is observe the fish. Are they feeding on the surface, swirling just under the surface or do you see no activity at all? If feeding on the surface they are likely feeding on flies hatching off the water or dropping from trees. Swirling just under the surface they are likely feeding on nymphs which are the larva of flies swimming to the surface to hatch. If no activity they are likely bottom feeding or not at all. In any case adjust your bait to the level of where they are feeding by rising or lowering your split shot, bobber etc. if fishing bait. If spinner fishing let it hit bottom and start with a slow retrieve, then try jigging the spinner or a faster retrieve until you start catching fish. Power Bait Trout Nuggets are not great fished on the surface so get them under water with a little split shot.

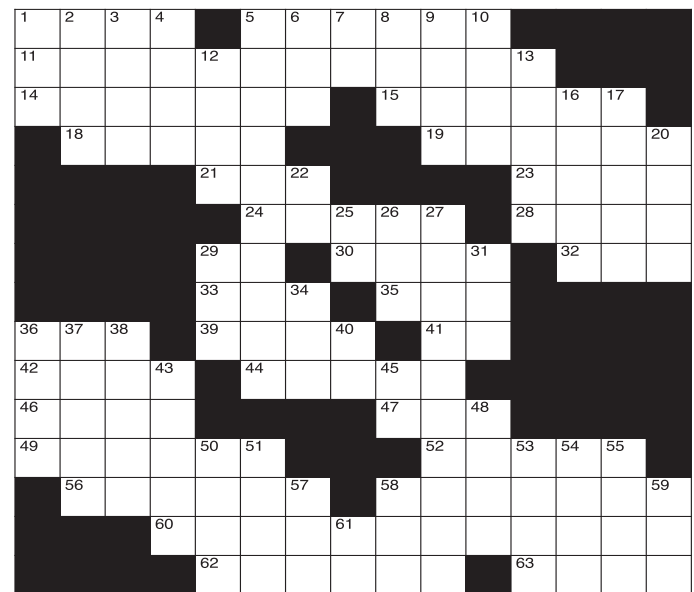
Now that you caught your trout here is a great recipe:

Honey Fried Trout
Ingredients

- 2 whole rainbow, brown or golden trout
- Cleaned: Heads and tails removed
- 2 trout
- 2 tablespoons of honey
- 4 tablespoons of butter or margarine
- 1 lemon
- 1/2 cup cornmeal
- 1/4 cup flour
- 1 medium egg
- 1/3 cup milk
- Salt and pepper, to taste

Directions: In a bowl, mix the cornmeal, flour, salt and pepper. In another bowl, mix the egg and milk. Rub the trout with lemon and dredge in the cornmeal mixture. Dip in the milk mixture and then back into the cornmeal mixture. In a large skillet, heat the butter/margarine to almost smoking on high heat. Place the trout in the pan and cook until golden brown on both sides. Put the honey on top of the fish, lower the heat, then cover and cook for four minutes.

Good luck and remember to take a kid fishing,
Capt. Ron

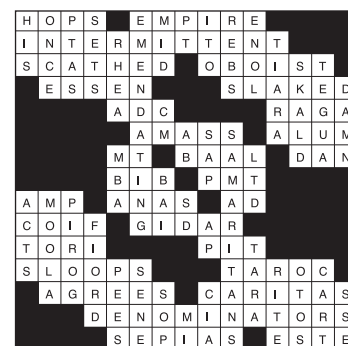


CLUES ACROSS

- 1. Beer ingredient
- 5. Popular FOX TV show
- 11. Recurring from time to time
- 14. Criticized severely
- 15. Musician
- 18. German urban center
- 19. Quenched
- 21. Human gene
- 23. Indian music
- 24. Accumulate
- 28. One who graduated
- 29. Atomic #109
- 30. Semitic fertility god
- 32. Sportscaster Patrick
- 33. Child's dining accessory
- 35. Payment (abbr.)
- 36. Guitarist's tool
- 39. Dabbling ducks
- 41. Commercial
- 42. Style someone's hair
- 44. Biu-Mandara language
- 46. Actress Spelling
- 47. Large hole in the ground
- 49. One-masted sailboats
- 52. Tropical Asian plant
- 56. Concur
- 58. Latin term for charity
- 60. The number below the line in a fraction
- 62. Reddish browns
- 63. This (Spanish)

CLUES DOWN

- 1. Belong to he
- 2. One time only
- 3. Parent-teacher groups
- 4. Puts in place
- 5. Editing
- 6. In the course of
- 7. Helps injured people (abbr.)
- 8. OJ trial judge
- 9. Resist authority (slang)
- 10. Formerly alkenols
- 12. "Cheers" actress Perlman
- 13. Jewelled headdress
- 16. Viking Age poet
- 17. Vanuatu island
- 20. Wish harm upon
- 22. Unit of length
- 25. Blood type
- 26. Drain
- 27. Do-gooders
- 29. Advanced degree
- 31. Business designation
- 34. Chinese-American actress Ling
- 36. Performs on stage
- 37. Slang for money
- 38. Large Russian pie
- 40. The Mount Rushmore State
- 43. Narrow inlet
- 45. News organization (abbr.)
- 48. Scarlett's home
- 50. Micturates
- 51. Monetary unit
- 53. Any customary observance or practice
- 54. Sons of Poseidon
- 55. Facilitates grocery shopping
- 57. Standard operating procedure
- 58. Former OSS
- 59. Midway between south and southeast
- 61. The Wolverine State



Answers for January 15

Caregivers: How to manage a loved one's money

The number of retirees is on the rise. Data from the U.S. Census Bureau points out that, by 2030, there will be 81.2 million Americans over age 65, and many of them will need help taking care of themselves.

Caregiving is a big responsibility. One crucial role caregivers may take on involves managing a loved one's finances.

AARP states that acting as a money manager becomes especially important if a loved one begins having trouble keeping a checkbook or becomes confused about money. The Family Caregiver Alliance indicates millions of Americans are managing money or property for a family member or friend who is unable to pay bills or make financial decisions.

Juggling one's own finances and the responsibilities of another person's money can take its toll. Here are several ways to navigate these often tricky waters.

Discuss plans in advance. Have conversations even before an aging loved one needs caregiving. Talking through difficult topics when parents are healthy can simplify decisions later on.

Open a joint account. Joint back accounts make it easier for caregivers to manage loved ones' money if the person becomes physically or mentally incapacitated. When necessary, you can step in as a money manager to pay bills, make deposits and withdrawals and monitor account balances.

Make legal fiduciary changes. AARP suggests drawing up legal documents to manage all financial accounts. A power of attorney is a legal document in which one person assigns another the power to

make financial decisions on their behalf. This also protects family interests, so that another relative like a sibling, who may want his or her share of a loved one's money, will not have access. Documenting fiduciary changes in the letter of the law can serve as a measure of protection against potential problems.

Put your priorities first. You may end



up running yourself emotionally and financially ragged catering to a loved one's needs. According to a 2015 study from the National Alliance for Caregiving, an estimated 43.4 million American adults provide unpaid care to an adult or child. Taking repeated time off of work or paying for loved ones' needs out of your own pocket can take its financial toll. Do not take on unmanageable debt.

Ask for help. Speak with a financial advisor and/or elder care attorney about the best ways to manage a loved one's money to ensure an aging parent or child will be provided for. Arranging assets in certain ways can make individuals eligible for certain benefits.

Managing money is just one of the many tasks associated with being a caregiver.

The Button-Down Mind of Bob Newhart is a 1960 live album by comedian Bob Newhart. Recorded at the Tidelands Club in Houston, Texas, the debut album by Newhart was number one on the Billboard pop album chart and won Album of the Year at the 1961 Grammy Awards, where Newhart was named Best New Artist. It was the first comedy album to win Album of the Year and the only time a comedian had won Best New Artist.



-wikipedia

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How to incorporate more heart-healthy foods into your diet



mark of a healthy lifestyle. And supplementing such a diet with other heart-healthy foods is a great way to reduce one's risk for cardiovascular disease.

Fruits and vegetables. The U.S. Department of Health and Human Services notes that fruits and vegetables are healthy whether they're fresh, frozen, canned, and/or dried. The AHA advises eating fruits and vegetables with every meal and snack, and that may require a little creativity as you sneak them into favorite dishes. For example, the AHA suggests replacing half the ground meat in recipes for burgers, meatloaf or meatballs with cooked chopped mushrooms. The

a knife or food processor, and then sauteed in some olive oil until they're soft. They can then be mixed in with the lean meat, and the meal can be cooked as it normally would. At the breakfast table, add fruit to a bowl of cereal to make for a more flavorful morning meal.

Dairy products. When purchasing dairy products, the DHHS recommends sticking to fat-free or low-fat options. Replace whole milk with fat-free or one percent milk and buy only fat-free or low-fat cheese. When snacking, reach for fat-free or low-fat plain yogurt or cottage cheese. You can even add fruit or vegetables to such snacks to make snack time even more heart-healthy.

Proteins. Healthy proteins are another way people can promote heart health with their daily diets. When choosing proteins at the grocery store, the AHA recommends choosing chicken and fish over red meats. That's because red meats, which include beef

and lamb, have more saturated fat than chicken and fish. Saturated fats increase blood cholesterol levels and can worsen heart disease, while the unsaturated fats in fish like salmon can actually reduce the risk for cardiovascular issues like heart failure and ischemic stroke. When preparing poultry, remove the skin, as most of the saturated fat in poultry is found just beneath the skin.

Grains. When buying grains, the DHHS recommends reading the ingredients list on the package before purchasing. Make sure whole wheat or another whole grain is the first item listed in the ingredients list, and choose only those products that say 100 percent whole grain. Instead of preparing white rice as a side dish, serve brown or wild rice, quinoa or oats.

A heart-healthy diet is easy to design and just as flavorful as less healthy alternatives.

Diet and heart health go hand in hand. The American Heart Association (AHA) notes that a healthy diet and lifestyle are the best weapons to fight cardiovascular diseases, which the World Health Organization says kill more people across the globe each year than any other disease.

Men and women do not need degrees in nutrition science to create heart-healthy diets for themselves and their families. In fact, the familiar calls to "eat your fruits and vegetables" many adults recall from childhood lessons or nights around the family dinner table still bear weight today. A diet that is rich in fruits and vegetables is a hall-

mushrooms can be finely chopped with

Principles of first aid everyone should know

Emergencies can strike at any time. When such situations arise, emergency care often must administered to someone who is sick or injured, and that care can mean the difference between life and death.

Being prepared for emergencies means understanding basic first aid procedures that can help a person navigate a crisis, or at least stabilize the situation until paramedics arrive. The following are some first aid principles that individuals should know and practice, courtesy

of the American Heart Association, American Red Cross and CPR Certified Indigo Medical Training. They should not replace formal first aid training, but can assist a person when he or she is providing medical care to someone in need.

Bleeding. Bleeding can almost always be controlled until more help is available. Severe bleeding can lead to shock and death, so bleeding needs to be addressed immediately. Cloth should be used to cover the wound, and direct pressure should be applied to stop the blood flow. Do not remove the cloth; add

more layers as needed. Tourniquets may do more damage to a limb than good, so they are generally no longer recommended. Nosebleeds can be treated by pinching the nostrils for a few minutes until the bleeding stops. Wounds to the head and mouth tend to bleed a lot even if they are superficial. So, keep a level head when addressing these areas.

CPR. Cardiopulmonary resuscitation is one of the most important medical procedures to know. If the heart is no longer pumping blood, a person can die quickly. Immediately start chest compressions hard and fast in the center of the chest, allowing recoil between compressions. Many buildings also have automated external defibrillator devices that can help save lives. If you're not trained in CPR, then provide hands-only CPR, says the Mayo Clinic. That means uninterrupted chest compressions of 100 to 120 a minute (the beat of "Stayin' Alive" by "The Bee Gees") until paramedics arrive. People who are trained also may perform rescue breathing. The Red Cross and other medical groups offer first aid and CPR certification classes that train people on how to perform CPR and use an AED.

Fainting. Someone suffering from shock or fainting needs blood to get back to his or her brain. Victims should lie on their backs with their feet ele-

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please see **first aid** on page 14

Modifications can make driving safer for seniors

Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents involving older drivers actually decreases as age increases. It is the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90 percent of seniors do not take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

Cushions and seat pads: Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit the car as well.

Adaptive cruise control: This feature can adjust speed automatically to maintain a consistent space between vehicles.

Adaptive headlights: These headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.

Pedal extenders: Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.

Hand controls: Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand con-

trols can move the pedals up to the steering column.

Blind spot warning and other sensors: Today's cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.



Parking assist: Parking assist technology can steer the vehicle into a space with little input from the driver.

Voice control: Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.

Convex mirrors: Special mirrors increase the field of vision.

Seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.

Devour these fast-food facts

It's easy take the accessibility of food for granted. Thanks to food industry changes, meals that might once have taken hours to create can now be prepared much more quickly. And that's just for meals made at home. Fast-food and takeout restaurants have made on-demand meals a possibility seven days a week.

A fast-food restaurant, which may be referred to as a quick service restaurant in industry parlance, is defined as a restaurant that provides food with minimal table service. However, precisely what constitutes fast food has become

please see fast food page 14

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fast food

from page 13

blurred as various incarnations of food providers compete in the market. The activism group DoSomething.org says at least one in four American people eat some type of fast food everyday.

The term "fast food" first appeared in the Merriam-Webster dictionary in 1951. But historians say that the roots of fast food are much older than that.

Fast food likely evolved from ancient street vendors who sold ready-to-eat fare in busy cities and in key ports of call. Although taverns and coffee houses were popular places to gather and share beverages in earlier centuries, the idea of eating out for fun didn't take off in Western society until around the late 18th century. Fast food continued to grow in the 1860s with the first fish and chip shops in Britain. But its popularity wouldn't be solidified for years to come.

In the United States, the first successful fast-food restaurant was opened on July 7, 1912, and was unlike the fast food people are familiar

with today. According to the site History of Fast Food, the first-fast food restaurant was outfitted with vending machines that allowed people to choose among various options.

Although McDonald's now epitomizes fast food, the first successful fast-food chain was White Castle, which opened its doors in 1921. White Castle was the first to standardize production of food and establish a fast-food supply chain that



supplied ingredients to other outlets. A&W root beer drive-in restaurants arrived shortly thereafter, and McDonald's arrived in 1940. These restaurants helped change perceptions of hamburgers, which previously were thought to be low-quality cuisine reserved for fairs and circuses. These restaurants are still in business and continue to serve billions of customers each year.

first aid

from page 12

vated.

Choking. The Heimlich maneuver can be performed when someone is choking. Contrary to popular belief, people who are choking do not typically make any sounds. Stand behind the victim and wrap your arms around him. Place a fist between the person's rib cage and belly button, and place your other hand over the fist. Deliver a quick thrust upward, and keep doing this until the foreign object is dislodged. Choking in children is handled differently depending on the child's age. Parents can get training in child maneuvers.

Sprains and fractures. Sprains and fractures occur readily, especially among active adults and children. Immobilize the limb, apply a cold pack, elevate it, and offer anti-inflammatory drugs for discomfort and swelling. A doctor should be seen for further diagnosis and treatment.

Common first aid procedures can help save lives or reduce the severity of injuries when promptly offered.



Carozza supports Hogan's Shore priorities

"Governor Larry Hogan's Fiscal Year 2021 budget funds several Shore priorities while keeping with his theme of the Accountability Session and holding the line on out-of-control spending," said Senator Mary Beth Carozza after her review of Governor Hogan's proposed Fiscal Year 2021 budget. "I want to publicly thank Governor Hogan for his continued strong support of our Shore priorities."

Governor Hogan's Fiscal Year 2021 Budget was introduced in the Senate on January 15. The proposed \$47.9 billion in the Operating Budget includes record spending: \$7.3 billion on K-12 education; \$733 million for school construction; \$74.5 million to fund police aid to local governments; \$18.2 million in funding for community colleges; and \$57.2 million in funding to the Chesapeake and Atlantic Coastal Bays 2010 Trust Fund. All of these priorities are funded without raising taxes.

Shore Operating Budget Highlights

- No new taxes
- \$500,000 to support the University of Maryland Eastern Shore's efforts to secure accreditation of

its Physician Assistant Program

- \$175,000 for Salisbury University's Downtown Entrepreneurial Center

- \$1 million to support Main Street Improvement programs

- \$177.7 million to meet the goals of the Agricultural Land Preservation Program, Program Open Space, and Rural Legacy

- \$500,000 to enhance Maryland Tourism Development Board activities

- \$1 million to implement the new Qualified Workforce Housing Tax Credit for housing projects located within Opportunity Zones

- \$1.5 million for the Maryland State Arts Council

Shore Capital Budget Highlights

Somerset County

- \$61 million for the University of Maryland Eastern Shore School of Pharmacy and Health Professions

- \$2.1 million in school construction funding for Crisfield Academy and High School

- \$2 million for Somers Cove Marina improvements

please see budget page 18

AGH welcomes new VP

Atlantic General Hospital officials have announced that Dr. Matthew Morris has joined the organization's senior leadership to serve as vice president of patient care services/chief nursing officer. Morris succeeds Colleen Wareing, who has served in this role for the past 15 years.



Matthew Morris

Morris has been a registered nurse for more than 20 years, earning his Bachelor of Science in Nursing from the University of Maryland Baltimore (UMB) and a Master of Science in Health Services Leadership and Management from UMB, before completing a Doctor of Nursing Practice degree at the University of Alabama. He is also a board certified nurse executive through the American Nurses Credentialing Center (ANCC).

He has worked in progressive nurs-

ing leadership roles in several hospitals in the Baltimore area, most recently serving as the director of nursing for the Surgery and the Physical Medicine and Rehabilitation units for The Johns Hopkins Hospital.

Morris has also been actively involved in nursing and leadership development for a number of years, most recently as adjunct faculty and a member of the Nursing Advisory Board at Cecil College.

"Colleen Wareing has made an indelible mark on the fabric of the culture at AGH and she has shaped the stellar nursing practices that are in place here today," said Michael Franklin. "We are sad to see her go and her retirement from Atlantic General is bittersweet, but we are fortunate to have gained another great leader in Matt Morris. I look forward to working with him."

Morris began his duties at Atlantic General on January 6.

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The best way to prevent and treat chapped lips

Chapped lips can be an unpleasant reminder that the weather is changing. Many different people experience chapped lips periodically, but they seem to be especially common when the air is dry and cold.

The health and wellness resource Healthline.com says that because the lips do not contain oil glands like other areas of the skin, they are more prone to drying out. Therefore, people need to take extra steps to keep their lips moist.

Stop licking your lips. Licking your lips when they are dry is a reflex habit, and one that will only temporarily address the dryness. The Mayo Clinic says that saliva evaporates quickly, which can leave lips drier than they were before you licked them. Flavored lip balms may entice you to lick your lips more, so avoid them if that flavor is just too much to resist.

Rely on sunscreen. Use a lip balm that contains sunscreen, which can help prevent the lips from damage caused by UV rays, further exacerbating dryness. UV rays are present all year long.

Protect your lips. If you know it's going to be cold and dry outside, apply

a lubricating lip cream or balm before heading outdoors. Products containing petroleum, beeswax or coconut oil can help lock moisture in. Reapply often. Also, a scarf or balaclava can help block wind that dries out lips.

Use gentle skin care products. Some people are prone to allergic reactions from cosmetics or skin care products. Read the ingredients carefully and avoid those that have led to reactions in the past.

Drink more fluids. Be sure to drink plenty of water to avoid dehydration, which can dry out lips and skin. While you're hydrating from the inside, also try to improve the air humidity inside of your home or office. A humidifier can make the environment more comfortable and help combat dry lips.

Avoid mouth-breathing. Drawing air in through your mouth can further dry out the lips. Alleviate a stuffy nose so you can breathe through your nose more easily.

The Mayo Clinic recommends speaking with a doctor if chapped lips are chronic and not easily remedied, as this may be a symptom of an underlying condition.



New member

At the weekly meeting of the Kiwanis Club of Greater Ocean Pines-Ocean City on Wednesday January 15, the newest Kiwanis member, Patty Baglieri, a resident of Ocean Pines who is a real estate Agent with Long and Foster, was inducted. Above are **Patty Baglieri** and her sponsor **Lynne McAllorium**.

Saturday starts the Chinese New Year

Each year, millions of people across the globe celebrate a unique holiday that is rich in tradition, spectacle and pageantry. The Chinese New Year, also known as the Lunar New Year or Spring Festival, is celebrated around the world, even by people who do not trace their heritage back to China.

In China, Chinese New Year marks the end of the coldest days on the calendar and welcomes spring with new beginnings and the start of planting season. This spectacular holiday follows the lunar calendar, so there is no set date for the event. The Lunar New Year begins between January 21 and February 20 each year and lasts about 15 days. This year the celebration begins on Saturday, January 25.

Fireworks are a large part of Chinese New Year festivals. According to Chinese mythology, a monster named "NianÓ" would come about every New Year's Eve, forcing people to hide in their homes. A brave boy fought Nian off using fireworks, and the following day the public celebrated their survival by setting off even more pyrotechnics. Fireworks became a key component of celebrations from that point forward.

Some other traditions associated with the holiday include burning fake paper money and printed gold bars in honor of deceased ancestors. It is believed these offerings will bring fortune and good luck to ancestors in the afterlife. Other customs include cleaning homes thoroughly prior to the

dawn of the new year, welcoming family for a big reunion and avoiding activities deemed to be taboo. Such activities may include hair cutting, using scissors and other sharp objects, arguing, saying unlucky words, or breaking things. Children receive money tucked inside of red envelopes to help transfer fortune from elders to younger generations. In addition to red envelopes, homes and decorations are adorned in red. The red color was purported to be instrumental in scaring away Nian and bringing about luck.

Another component of Chinese New Year is the Chinese zodiac. One animal represents the entire year, and there are 12 different animals. The animal a person is born under can help decide his or her career, health and relationship status. 2020 is the year of the Rat. The Rat is associated with wealth and surplus and also is known to be a clever, quick thinker. The Rat is successful, but content to live a peaceful life.

The Chinese believe your ben ming nian, or the year of your zodiac animal, is the unluckiest for you because it is a rebirth year and a time when children can easily be taken by evil spirits. Wearing red all year is a defense against this. Those born in 1936, 1948, 1960, 1972, 1984, 1996, and 2008 are all born under the Rat.

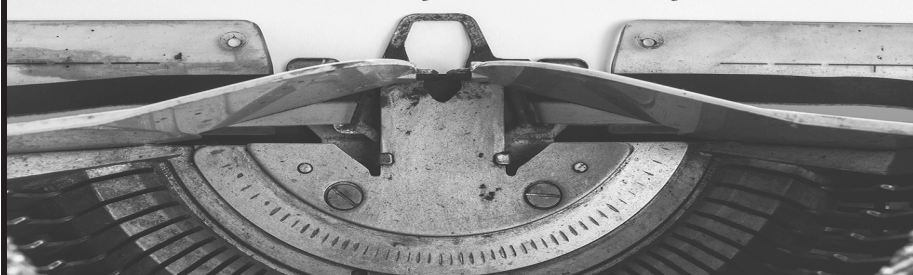
Chinese New Year is a spectacle that Chinese and non-Chinese alike can behold.

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What's your story?





Law enforcement class graduates

Twenty law enforcement officers from Wicomico, Worcester, Somerset, Kent, Harford, Calvert and Washington counties graduated in the 83rd entrance-level class of the Eastern Shore Criminal Justice Academy (ESCJA) operated by Wor-Wic Community College at the corner of Route 50 and Walston Switch Road in Salisbury.

Graduation exercises, which were held in Guerrieri Hall at the college campus, featured a commencement address by Col. G. Adrian Baker, superintendent of the Maryland Natural Resources Police.

Deputy Ryan M. Price of the Kent County Sheriff's Office was the class speaker.

Worcester County law enforcement officers who graduated are shown, from left, **Patrick J. McElfish** and **Nathan R. Thompson** of the Ocean City Police Department, **Colin H. Morris** and **Joshua P. O'Ferrall** of the Ocean Pines Police Department and **James G. Wood** of the Pocomoke City Police Department.



Recognition - The General Levin Winder Chapter, Daughters of the American Revolution recently recognized Laurie Chetelat as the chapter's Outstanding Teacher of American History. Chetelat teaches at Stephen Decatur High School and spoke to the chapter about her career as a history teacher. She is being sponsored by the chapter in the state competition.

Above: Regent **Gail Weldin**, **Laurie Chetelat**, American History chairman and **Janet Simpson**.

How to protect wood floors from inclement weather

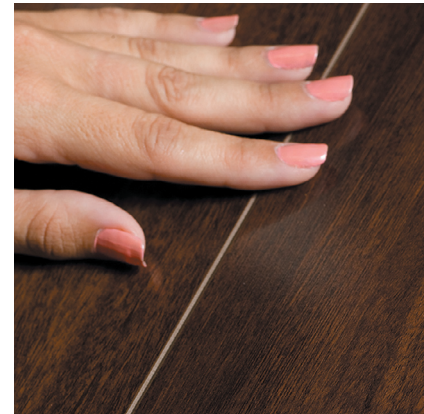
Wood floors are a worthwhile investment that can improve the beauty and function of just about any room in a home. Even though wood floors are durable, and new protective treatments help seal out many of the things that may have damaged floors in the past, homeowners still need to prioritize protecting their hardwood floors.

Certain seasons of the year can be more harsh on wood floors than others. For example, seasons characterized by moisture and precipitation, particularly the early spring, winter and fall, can be hard on wood floors. The experts at ServiceMaster Clean say that cold, snowy days can damage wood floors, and Lumber Liquidators agrees that winter weather can be harsh on flooring.

Homeowners need not give up on hardwood if they live in an area that sees all four seasons. They just need to

take a few steps to keep floors looking beautiful.

Clean up the salt. Salt that keeps sidewalks and streets clear of snow and ice inadvertently gets tracked inside a home. Hard chunks of salt can scratch wood floors, and, if left to sit, that salt can eventually cause white marks and other stains. Routinely vacuuming and sweeping up salt is necessary to protect wood floors.



Invest in shoe storage.

Wet or snowy boots can create puddles around the house. Have a special mat or tray by the front door where wet shoes can be kept. A nice bench in the entryway makes it easy for residents

please see floors page 18

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floors

from page 17

and guests to remove their shoes until it is time to go back outside.

Use water-wicking mats. Homeowners will probably need a few extra mats around to tame errant drips and wipe shoes. Any entrance that might be used by people or pets should be protected. Try to avoid petroleum-based, rubber-backed mats, as they could discolor the wood floor.

Control humidity indoors. Cold, dry air in a home can be problematic because the moisture in the wood can eventually evaporate into the air. The heat will suck that moisture from the flooring, causing it to shrink, creak and splinter and be-

come more brittle. Think about investing in an in-line humidifier for the home's HVAC system that can keep a moderate amount of humidity in the home. Hardwood floorboards are installed to accommodate minor temperature and humidity fluctuations. This is typically a range of between 60 and 80 degrees F with a relative humidity range of 35 to 55 percent, advises ServiceMaster.

Use the right cleaning products. Avoid excessive water to clean wood floors, and select soaps that are specially designed for wood flooring. Consult with the flooring manufacturer for a list of detergents that are safe to use.

With proper care, hardwood flooring can survive rain, snow and cold weather.

budget

from page 15

- \$137,000 for the Deal Island Road Water Main Loop
- \$300,000 for the Crisfield-Somerset County Airport Hangars

Wicomico County

- \$7.6 million in school construction for Beaver Run Elementary School in Salisbury
- \$1.3 million for the Delmar Sewer Replacement Project
- \$1 million for the Salisbury Animal Health Laboratory replacement
- \$1 million in funding for Salisbury Downtown Revitalization
- \$945,000 for the Fruitland Tuxents Branch Stormwater Drainage Upgrade

Worcester County

- \$2 million for the Ocean City Beach Replenishment and Hurricane Protection Program
- \$1.2 million in school construction funding for Pocomoke Middle School
- \$1.1 million in Tizzard Island (Chincoteague Bay) Shoreline Enhancements
- \$100,000 for Selsey Road Shoreline Enhancements in West Ocean City
- \$800,000 for the Atlantic General Hospital Ambulatory Surgical Facility
- \$280,000 for the replacement of a registration building at Assateague State Park
- \$250,000 to install finger piers for boat slips at Public Landing
- \$158,000 towards a new Maryland State Police Barrack in Berlin
- \$108,620 for the Ocean City Dog Park



Lodge installs new officers

The Ocean City Lodge of the Sons and Daughters of Italy at its January meeting installed a new president and executive board.

Pictured in the photo above is the new executive board and newly installed President **Vincent Mollicone** (left) of West Ocean City and outgoing President **Vito Potenza** (right) of Ocean Pines.

Sons and Daughters of Italy Lodge 2474 is a Social and Cultural organization that meets monthly, except in the summer, at the Ocean City Knights of Columbus Hall. The Lodge engages in charitable activities throughout the year and helps support young Italian men and women who travel to work in Ocean City, Worcester, and Sussex counties in the summer season.

survey

from page 8

make Worcester the healthiest community possible.”

Whether you live, work or play in Worcester, your input in the survey is helpful. All information provided will be kept confidential and the results will be used to develop county health priorities.

For more information, call 410.632.1100. To complete the survey visit WorcesterHealth.org.

scholarships

from page 6

to attend any legitimate post-high school institution. “There is no requirement that a student must be seeking a degree,” Pilling said.

Nomination forms are available at www.jessesaddle.org (click on Jesse Klump Memorial Scholarship) or by calling 443-982-2716. The deadline for nominations is April 15 and multiple nominations for the same student are acceptable, in fact, are encouraged.

review

from page 9

more efficient ways to run the family farm and he is expected to take it over when he graduates.

While in college, Stoner manages to make a couple of friends in Dave Masters and Gordon Finch. The trio begin gathering together weekly to discuss life's issues of the day, which at this time focus on the start of World War I. Unlike his two friends and most of the other young men at the college, Stoner feels no urge to enlist and so he does not. This brings on a greater sense of isolation for him. He enrolls in an English literature class under the professor, Archer Sloane. Sloane is rather cantanker-

ous, but he sees potential in the struggling Stoner. He invites him to his office and challenges Stoner to delve deeper into the subject matter in order to better appreciate it. Not only does this work for Stoner, but it ends up propelling him to switch his major out of Agriculture into English Literature to follow his passion. It further propels him to want to teach at the university upon graduation despite knowing how disappointed his parents will be. Stoner procrastinates telling them the news until the day of his graduation.

As the book progresses, Stoner meets a woman who becomes his wife, and she is equally, if not more, socially awkward than himself. The book then spans the lives of husband

and wife through a depth of character development where, if you're like me, you will not be drawn to like either of them, but you will come to understand the complexities of the social norms of marriage and raising children in the decades following World War I and those around the decades of World War II. You also see personality traits emerge in both characters that puts them at odds with each other and you wonder how the conflict will play out. There are also some twists in the book that you won't see coming.

I found the book to be a fascinating glimpse into the lives of everyday people, revealing that there is always a lot more than meets the eye in the circle of life.

budget
from page 1

sources, assets or money to try to fund or right-size our budgets, and that's reflected in the assessment. Everybody came in with benchmarking, with examples, work plans [and] pictures, [and] everything was detailed," he said.

Association President Doug Parks said there were a few action items based on Board member feedback, although he added those were "nothing that's going to affect the assessment."

Parks encouraged homeowners to attend a public budget hearing, scheduled on Wednesday, February 5 at 5 p.m. in the Assateague Room of the Ocean Pines Community Center.

"It is designed to have the public interact with the Board," Parks said, adding directors would "open the floor up for discussion, open questions to the Board, to the general manager, and anybody else that needs to be involved in answering questions.

"We'll be available, so I encourage the general public and membership to

show up with any questions that they have, because that's the opportunity [for the Board and staff] to answer them," he said.

Viola and staff will next reconcile the proposed budget based on input from the Board on Wednesday, as well as from the Budget and Finance Committee during meetings last week. The recommended budget is due by January 24.

Key upcoming dates in the budget process include:

*February 5: Board conducts hearing on recommended budget

February 11: Treasurer and General Manager provides Board with any final recommendations

February 7-14: Board provides General Manager with any motions to amend; General Manager calculates any assessment impact

*February 18: Board hears final comments on the budget, considers any motions to amend, and then votes to adopt the final budget

(*denotes opportunity for member comments)



Troop collection - Girl Scout Troop 812 of Berlin collected personal items for overseas active duty troops. The collection was given to Operation We Care to be sent to the troops.

Above are pictured L to R: **Julia Kozma, Stephanie Sampson, Summer Brenner, Summer Banks, Paula Magathan, Emery Busko, Chloe Beall and Evelyn Walsh.**

cards
from page 4

lotte 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 li-

brary, 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. This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.

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