

Recommended budget posted online

The recommended budget for the Ocean Pines Association's 2020/2021 fiscal year has been posted online.

General Manager John Viola has said the budget this year was crafted using a "bottom's up" approach and input and feedback from all of the Ocean Pines department heads. The recommended budget also included feedback from the Budget and Finance Committee and Board of Directors during a series of public meetings, earlier this month.



John Viola

Included in the budget is a recommended assessment of \$986, the same figure as the fiscal 2019/2020 assessment.

A public budget hearing is scheduled on Wednesday, February 5 at 5 p.m. in the Asateague Room of the Ocean Pines Community Center.

At the hearing, Ocean Pines Board and staff members will be available to answer questions posed by residents and association members about the recommended budget.

The recommended budget may be viewed in its entirety at <https://www.oceanpines.org/wp-content/uploads/2020/01/20200124153101435.pdf>.



New officers - On December 13, The Pine'eer Craft Club held its Annual Holiday Luncheon at the Ocean Pines Yacht Club. Prior to the luncheon was the presentation of donations in the amount of \$5,500 to local organizations. The 2020 officers were installed as well.

Pictured: 1st row: Jane Wolnik, treasurer, Kim Perrone, vice president, Linda Brindley, recording secretary, Sharon Puser, president, Barb O'Connor, corresponding secretary, Janet Rembach, shop manager.

2nd row: Carol Quinto, shop treasurer, Barb Stilwell, assistant shop treasurer, Ginger McGovern, assistant shop manager.

Changes to Beach Club parking, pool coupons

Included in the budget process this year are several changes that will affect Beach Club Parking passes and pool coupons in Ocean Pines.

For Beach Club Parking, the biggest change is that the sale of parking passes will no longer include pool coupons.

According to General Manager John Viola, "A work group was formed to address the Board's request for a review to separate the Beach Club Parking permit from the pool passes. The team, comprised of Membership Supervisor Ruth Ann Myer, Director of Amenities and Operational Logistics Colby Phillips, Director of Finance and Operational Logistics Steve Phillips, Aquatics Manager Kathleen Cook, and

Senior Executive Secretary Michelle Bennett, have proposed the following:"

- Beach Club Parking only passes would increase about 9%, from \$165 to \$180

- Beach Club Parking passes with pool photo ID and pool access cards would be discontinued and no longer an option for purchase

- Beach Club Parking permits sold with other memberships would increase about 9%, from \$115 to \$125

- Realtor bundles would be discontinued and no longer an option for purchase

- Beach Club Pool entries would now be available using a regular pool membership, cash entry fee at the door, or discounted visit purchases via

coupons, which will now be loaded onto the membership card

"These changes will simplify membership options in what has become a very complex and confusing menu," Director of Finance and Operational Logistics Steve Phillips said. "Further, it will reduce administrative burden, promote consistency when compared to policies applied to other amenities, and will more accurately classify incoming revenues generated from Beach Club Parking passes that were previously sold, versus Aquatics revenues."

Regarding the "legacy" coupons and Beach Club Parking Passes sold prior to May 1, 2019 and due to expire April 30, 2020:

- Ocean Pines agrees to extend the expiration of these balances another full year to April 30, 2021, provided that the member(s) contacts the Administration Membership Department and provide department staff with the actual card(s) containing the balance by April 30, 2020

- All membership cards that are not provided to the Membership Department will expire on April 30, 2020, as was previously communicated



A Time To Remember

On this date in 1964, Stanley Kubrick's black comic masterpiece, "Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb" opened in theaters to both critical and popular acclaim. The movie's popularity was evidence of changing attitudes toward atomic weapons and the concept of nuclear deterrence.

The movie focused on the actions of a rogue U.S. officer who believes that communists are threatening the "precious bodily fluids" of Americans. Without authorization, he issues orders to U.S. bombers to launch atomic attacks against the Soviet Union. When it becomes evident that some of the bombers may actually drop their atomic payloads, American President Merkin Muffley frantically calls his Soviet counterpart. The Russian leader informs Muffley that an atomic attack on the Soviet Union will automatically unleash the terrible "doomsday machine," which will snuff out all life on the planet. Muffley's chief foreign policy advisor, Dr. Strangelove, reassures the president and chief officials that all is not lost: they can, he posits, survive even the doomsday machine by retreating to deep mineshafts.



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 operator's 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.

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 Pinestepers 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.

Pancake breakfast returns

The annual winter Kiwanis Pancake Breakfast will take place Saturday, February 22 from 8 a.m. to 11 a.m. in the Ocean Pines Community Center Assateague Room. Enjoy great food while supporting the youth of the community. The cost is adults \$7, children under 12 are \$3 and children under age 5 are free. Enjoy pancakes, sausages, scrambled eggs, fruit cup and coffee and tea. Carryout is also available.





Sports award recipients

Worcester Prep students capture coveted Middle School Winter Sports Awards.

(Front L-R): **7th Grade Boys' Basketball:** MVP – Mike DePalma, Most Improved Player – Ben McGovern, Coaches Award – Owen West. **8th Grade Cheer/Boys:** Most Spirited – Dylan Simons. **8th Grade Boys' Basketball:** MVP – Sam Menendez, Coaches Award – Dylan McGovern, Most Improved Player – Kannon Cropper.

(Back L-R): **7th Grade Girls' Basketball:** MVP – Bella Marinelli, Most Improved Player – Jayden Scopp, Coaches Award – Paige Barnhart. **8th Grade Cheer/Girls:** Co-Coaches Award – Madi Nechay, Most Improved Player – Evelyn Westman, Co-Coaches Award – Maggie McCabe. **8th Grade Girls' Basketball:** MVP – Ansley Gardner, Coaches Award – Vanesska Hall, Most Improved Player – Claire Windrow.

Carozza initiatives included in Senate workgroup

Two of Senator Mary Beth Carozza's small business initiatives were included as part of a bipartisan Senate Small Business Workgroup that was presented to the Maryland Chamber of Commerce on Wednesday in Annapolis.

As a member of the Senate Workgroup and after meeting with the Ocean City and Salisbury Chambers of Commerce over the summer, Carozza worked to include an expansion of the agricultural exemption in the minimum wage law to include farmers markets and produce stands, and to strengthen the verification process of paid sick leave used by seasonal employees, in the package unveiled this week before Maryland Chamber of Commerce members from across the state.

"My bipartisan legislation would allow seasonal employers to require that an employee used sick leave appropriately during the period between 107 and 120 days," Senator Carozza said when speaking about her additions to the legislative package, noting that the current verification provision has had little to no

use to most seasonal employers since it allows for an employee to agree to the verification at the time of hire.

With the current seasonal exemption for paid sick leave set at only 106 days, seasonal employers have experienced staff shortages at critical times during the season when seasonal employees are able to take paid sick leave at 106 days. This minor revision to current law simply allows the employer to require verification and if the employee fails or refuses to provide verification as required by the employer between the 107 and 120 time period, the employer may deny the request during that time frame, noted Senator Carozza.

Senator Carozza also has introduced legislation with Senate President Emeritus Thomas V. "Mike" Miller, Jr. (Calvert County) to expand the agricultural exemption under the current minimum wage mandate to farmers markets and produce stands.

"After meeting with members of our local Chambers of Commerce and farm bureaus over the summer,

it became clear that we needed to take action to clarify that the current agricultural exemption in the minimum wage law covers farmers markets and produce stands," said Senator Carozza. "I am thrilled that Senate President Emeritus Miller has agreed to work with me on this legislation to clarify that the current exemption in the minimum wage law includes agricultural stands."

Other measures that will be introduced by members of the bipartisan Senate Small Business Workgroup includes legislation to increase resources for the Small Business Health Options Program to assist businesses with providing health care to their employees; legislation to create a common application for State grants and procurement contracts; and legislation to establish a commission to study Maryland's current revenue structure and make recommendations on how to make Maryland more business friendly.

Carozza has been a strong supporter of small businesses as both a former Delegate and now as a State Senator.

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Women's Club to award scholarships

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

The WCOP Scholarship committee will consider the applicant's needs,

goals, scholarship, citizenship, community service, extra-curricular activities and motivation. The club believes in non-discrimination on the basis of race, gender, national origin or family status, in both principle and practice.

Applications for these scholarships may be found on the Stephen Decatur High School website after January 15. All applications must be returned to a senior counselor at Stephen Decatur High School by March 20. Qualifying applicants who do not attend Stephen Decatur are asked to call 410-641-8046 for information and/or an application.

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 congregate and dine.

SDHS owes much of the event's success to Sonrise Church, whose con-

gregation 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.



Discussion - Dr. Adam Hoffman (right), of the Political Science Department, Salisbury University, spoke to the Democratic Women's Club of Worcester County at their January meeting. At right is **Susan Hubbard**, newly-installed president of the club. The next meeting of the DWC will be Monday, February 17 at the Community Center in Ocean Pines. The meeting begins at 10:00 a.m.

Dual enrollment information night set

A free dual enrollment information session for current high school sophomores and juniors and their parents will be held on Wednesday, February 12, at 6 p.m., in Guerrieri Hall at Wor-Wic Community College in Salisbury.

Presentations will be given by a former dual enrollment student and

parent. Wor-Wic employees will provide information about how high school students can earn college credits while they are juniors and seniors in high school. Participants will have the opportunity to start the enrollment process and go on a campus tour.

"Wor-Wic's dual enrollment program is an excellent opportunity for high school students to begin their college education early at a highly-reduced cost," said Bryan Newton, vice president for enrollment management and student services at Wor-Wic. "Students can start early on their college education, save thousands of dollars on college costs and begin to learn how to succeed in a college setting."

For more information or to reserve a seat, email rwebster@wor-wic.edu or call 410-334-2895.

Modern-day fans of the National Football League, which is one of the most popular and most-watched sports leagues in the world, may aspire to one day see their favorite teams play in-person in the Super Bowl. While there may be nothing stopping fans' favorite teams from making the big game, fans themselves might be priced out. According to Ticketmaster, the average price for a Super Bowl ticket in 2019 was \$3,295. But even that figure is something of a low estimate, as tickets to Super Bowl LIII between the New England Patriots and the Los Angeles Rams were only sold in pairs, meaning tickets cost closer to \$6,590, and that's before hefty



service fees were applied. For many fans, that price is simply too high. But the average fan hasn't always been priced out of attending the NFL's annual championship game. In fact, History.com notes that the average ticket to Super Bowl I, which took place on January 15, 1967, at the Los Angeles Coliseum, was just \$12. Perhaps even more surprising to today's NFL fans? The inaugural Super Bowl did not even sell out.

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Chip Bertino Publisher/Editor

Mary Adair Comptroller **Linda Knight** Advertising Representative

Contributing Writers

Dan Collins, Ron Fisher, Douglas Hemmick, Jean Marx
Robert B. Adair 1938-2007

P.O. Box 1326 Ocean Pines, MD 21811
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thecourier@delmarvacourier.com
www.delmarvacourier.com

A little of this, a little of that

Sometimes in preparing this column I have an idea or theme that can be hammered out in fewer words than



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

are needed to fill this space. Although not long, there is still enough to be interesting, I hope. What follows are, for lack of a better term, snippets that didn't quite make it to full column status.

During a trip not long ago to the supermarket my wife and I realized that we had with us not as much cash as we thought. Added to the \$16 my wife had, what I was able to retrieve from my pocket brought our total to exactly \$16. Rarely do I carry cash, as those who know me know well.

By the time we realized our financial predicament, the contents of our cart included a package of chipped beef (\$6.79), a bag of six rolls (\$2.49), a watermelon (\$4.99), a bottle of Cheese Wiz (\$3.49), a bag of Ore-Ida steak fries (\$3.79) and a quart of ice cream (\$3.09). And we hadn't reached the midpoint of our shopping list. Hmmm. What did we really need? Well, we needed something for dinner because neither of us had pulled anything out to defrost. Thus, the chipped beef remained. But what about the rolls? Following a brief exchange, the decision was made to put the rolls back and replace it with a long French bread loaf (\$1.99) that could be cut to size. I was pleased with this decision because the rolls were not as fresh as the French bread.

A cheese steak really isn't a cheese steak without Cheese Wiz so it remained in the cart. I grew up in Philadelphia and there's only one way to enjoy a cheese steak and that's "wit." For those of you unfamiliar with the term "wit," it's how a steak is ordered in Philly if you want cheese.

Also, the steak fries stayed. A quick tally revealed that we were just below our limit assuming our calculations for membership discounts were correct. I lugged the watermelon back to the bin while my wife returned the ice cream. The other items on the shopping list had to wait for a subsequent trip.

As our items were rung up we watched intently hoping that our calculations were correct or at least within a margin of error. "That will be \$15.86," said the cashier. Made it by fourteen cents! It's funny how just fourteen cents can trigger a great sigh of relief and a little excitement as if we had correctly priced the showcase on "The Price is Right."

On a recent picture-perfect, comfortable Sunday afternoon while I was sitting on the deck reading a book, I was targeted by delinquent squirrels resting high above in a tree eating nuts. At first I was unaware of their presence. I could hear things falling around me but paid no mind thinking the breeze had dislodged berries from the trees. The situation grabbed my full and undivided attention when a discarded shell hit me square on the head. And not to be a wimp about it, it rather hurt. I looked up and there were the two malcontents sitting on separate branches but close together munching on nuts, seemingly talking to one another and casting aside what they didn't eat. Sitting as they were, they reminded of the photo taken during the 1930s of workers sitting on a beam eating their lunches high above Manhattan.

Not just a little incensed, I yelled up at the perpetrators who ignored me. Not that I speak squirrel but I think one of them made a snide remark at my expense. Otherwise they seemed unfazed by my yelling and gestures. In fact more shells rained down on me. They were taunting me!

What to do? From the yard I retrieved a large pink ball that I had given my granddaughter and haven't had the heart to put away since she left. In my best granny stance I threw the ball in the air toward the tree branches where the malcontents were perched. Like me, they watched the ball veer sharply to the left, not even coming close to their location. Undeterred, I tried again, this time getting close enough to hit the outer branches. This was enough to spook them and they darted off, jumping to an adjacent tree.

Fast forward to the next morning. I came out the back door and saw that the chair I had been sitting in the day before was covered in discarded shells. Obviously, the dynamic squirrel duo had a point to prove.

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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 located 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 preventing

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>.



Updates - The Republican Women of Worcester County (RWWC) held their January Luncheon meeting at the Captains Table Restaurant on Thursday, January 23. Guest speakers were Pat Schrawder, Senator Mary Beth Carozza’s representative, who gave a report on the Legislative happenings in Annapolis and Chip Bertino, Worcester County Commissioner, who provided an update on the county government and the community. Standing left to right are **Pat Schrawder**, **Beth Rodier**, RWWC president and Commissioner **Chip Bertino**.

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Event - "The Womanless Pageant" was held last recently at Dunes Manor to raise money for Sam Glaeser's (of Deeley Insurance) run for Prom Queen for the 7th Annual Prom Night for Believe in Tomorrow Children's Foundation.

The Prom will be held at Seacrets on February 1 from 7 p.m. to 11 p.m. The Prom Queen and Prom King will be announced that night and all the proceeds from their events will go to the Believe in Tomorrow Children's Foundation which provides respite care for critically ill children and their families. Call 410-744-1032 for tickets.

Wellness Weigh starts in March

The Worcester County Health Department will launch the third session of our online health and wellness program, Worcester Wellness Weigh (WWW), this March. The program is supported by a grant from the Maryland Community Health Resources Commission. WWW is a free, technology-based, healthy lifestyle and weight loss program designed specifically for families who are ready to work together to lose weight, eat healthier, increase physical activity, and improve their overall health.

The 12-week program includes easy-to-use online learning education lessons on healthy eating, cooking, meal planning, grocery shopping, food preservation, food budgeting, physical activity, stress and time management. Participants will monitor their activity and nutrition through the use of technology and apps. Members of WWW will be assigned a personal Physical Activity and Nutrition Coach who will monitor and review weekly goals, successes, and challenges. Individuals will also have the opportunity to participate in group walking programs and fun-filled monthly events.

Worcester Wellness Weigh is offered by Worcester Health in partnership with Chesapeake Health Care, Salisbury University, University of Maryland Eastern Shore, University of Maryland Extension, Wor-Wic Community College, At-

lantic Club Garden of Hope, Atlantic General Hospital Community Garden, and Pocomoke Corner Sanctuary Community Garden. Orientation for the program will occur at the times listed below. Those interested in participating in the Worcester Wellness Weigh program must register by March 3. Pre-registration is required to participate.

The program will be offered at the following locations:

Snow Hill Health Center

Tuesday, March 10, 2020 from 5-7pm at the Worcester County Health Department located at 6040 Public Landing Road, Snow Hill, MD.

Berlin Health Center

Wednesday, March 11, 2020 from 5-7pm at the Worcester County Health Department located at 9730 Healthway Drive, Berlin, MD.

Pocomoke Health Center

Thursday, March 12, 2020 from 5-7pm at the Worcester County Health Department located at 400 A Walnut Street, Pocomoke, MD.

Space is limited. For more information or to register, please contact Worcester County Health Department at 410-632-1100, option 4 or visit worcesterhealth.org.

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MEDICAL CENTER

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Tooth Fairy visit - The first grade students at Ocean City Elementary School have been learning about how to keep their teeth healthy. As a culmination of the first grade health literacy unit, students had a special visit from the Tooth Fairy. Pictured with their special guest are **Brooke Bates** and **Salah Sbih**.

Physical therapy, not just Rehab

By **William "Billy" Hamilton Jr.,**
DPT, CHT

The landscape of healthcare in the United States is changing, both financially and structurally. As the motivation to reduce the financial strain on insurance companies increases, the push to directly see a specialist increases and so does the importance of what your Physical Therapist can offer. You have the ability to be evaluated and treated by a physical therapist without a doctor's referral, and this is covered by your insurance. Physical Therapists are experts in the musculoskeletal system. And they don't only focus on "after" injury or surgery care, Physical Therapists can help you to prevent or alleviate even mild injuries.

Insurance companies are making cuts and changing the rules of our healthcare system. But not all of the changes are bad ones. In an attempt to reduce the financial burden on the system, you are now able to go directly to your physical therapist. This ability is termed "Direct Access" and in Maryland there are absolutely no restrictions to its use. Direct access gives people the ability to use their physical therapist as more of a primary care

doctor for aches, pains, and injuries. Typically, your physical therapist should be able to evaluate you within 48 hours, if not the same day in some cases.

You don't have to wait until you have an injury to consult a physical therapist. For instance, if you are having difficulty, feeling discomfort, or having pain only with a specific movement or activity we can evaluate your situation and develop a plan to resolve the issue before it becomes more severe. This can be a one-time visit if appropriate. Being seen by a physical therapist doesn't have to be a long-term commitment. This is especially the case for mild or preventative treatments as in the example I mentioned above.

If you find yourself "dealing" with a nagging injury or something just "popped up," give your physical therapist a call to be evaluated and treated today! It really is as simple as one phone call.

William "Billy" Hamilton Jr., DPT, CHT is owner of Hamilton Physical Therapy in Ocean Pines and can be reached at 410-208-3300 or Billy@HamiltonPTcares.com.

Community Expo scheduled

On April 25 the Ocean Pines Chamber of Commerce will hold its first annual Community Expo at the Ocean Pines Community Center from 9 a.m. to noon. Over 50 exhibitors will participate. Included will be representatives from industries such as financial, health, beauty, home care, plumbing, HVAC, insurance, home improvements, local government agencies and non-profits, recreation, and much more.

The event is free to the public, open to all, and Herl's Tile and Bath Solutions is sponsoring refreshments. All attendees will be entered into a drawing for cash prizes.

Anyone interested in reserving an exhibitor space may visit our website at oceanpineschamber.org and click on the Community Expo link under the News & Events tab.

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.

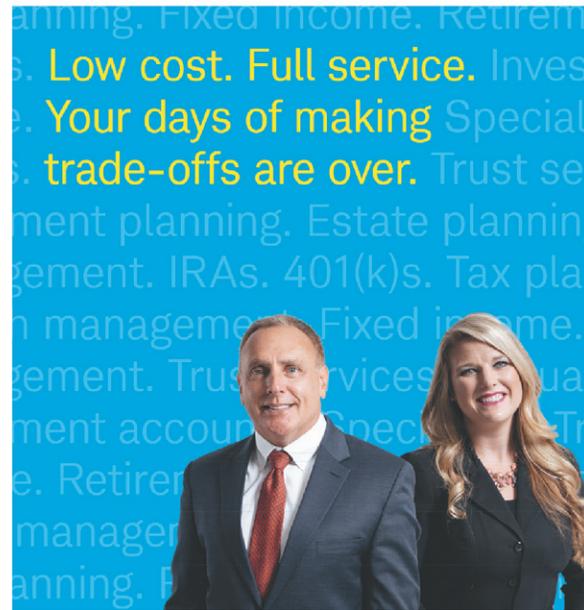
Businesses and organizations that sold trees will not be permitted to drop off trees at the convenience centers, but may take them to the Central Landfill where applicable tipping fees will be assessed.

The trees will be ground into mulch for use at the Central Landfill. Remember,

you can make a difference by recycling.

Bingo Night scheduled

The Lioness Club of Berlin will host a Bingo Night on Saturday, March 7 beginning at 6 p.m. The event will occur at the Berlin Fire Company located on Main Street in Berlin. Tickets are \$25. There will be 20 \$100 games and a special \$250 game. Refreshments will be available for sale. All proceeds go to families in need. For information contact Donna at 410-208-6496 or Email deb-biejensen1949@gmail.com.



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McKinley ushered in modern presidential communication

By **Trish Scarmuzzi**,
Curator, National McKinley Birthplace Museum

Editor's Note: William McKinley, 25th president of the United States was born January 29, 1843.

The modern Presidency includes many characteristics with which we are very familiar. One is access to the press.

William McKinley is said to be the founder of the modern presidency. Under McKinley as well as Theodore Roosevelt, management of the press would “evolve as a key tool of modern presidents.”

McKinley traveled throughout his administration. He made a tour of the United States in 1898 in order to gain the public's acceptance of the new territories gained as the spoils



of the Spanish-American War. McKinley also traveled throughout the south in 1899 defending his policy about the Philippines. In 1901, McKinley made a cross-country speaking tour, which sadly ended with his assassination on September 6, 1901. According to historian Lewis Gould, “McKinley's propensity to move about the country meant that the White House had to develop procedures to accommodate press coverage of these presidential events.” These procedures included inviting the nation's press to regular briefings by him or his assistants, thus establishing the forerunner of the presidential press conference. He understood the political advantage to be found in the use of mailings and printed propaganda.

McKinley “enjoyed the company of reporters and did not regard them as adversaries,” unlike his predecessor. According to Gould, “Within three weeks of his inauguration, he had a reception for the journalists, where he remembered their names and faces.” McKinley and his staff laid the groundwork for a press room and press conferences. McKinley, rather than

Theodore Roosevelt, arranged for journalists to have their own space outside the President's office. The press had a room with a long table and chairs for the major newspapers and news services. John Addison Porter, McKinley's first Presidential Secretary, and George Bruce Cortelyou, Addison's successor each came and spoke frequently with the reporters.

Cortelyou developed procedures

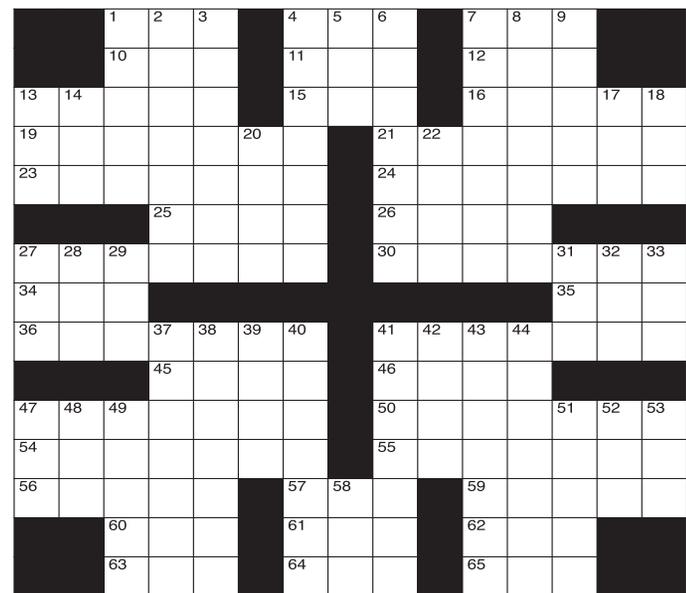
for releasing presidential speeches, McKinley's annual message, and other statements in advance for the convenience of the newspapers. Since McKinley could not be directly quoted even though he gave interviews, one reporter said “McKinley contrived to put out, by various shrewd processes of indirection, whatever news would best serve the ends of the administration.”

Cortelyou began to compile the “current comment” which provided President McKinley with clippings from newspapers. Cortelyou supervised clerks who surveyed important editorial opinion. When McKinley wrote letters to editors and influential Republicans, the basis was on what he had read. Cortelyou kept a journal, noting that “the president sees everything, whether in the shape of mail, telegrams, or newspapers that can indicate the drift of public opinion.”

Cortelyou was as objective as possible, unlike some of his successor, whose news summaries only told the president what they wanted him to hear.

Cortelyou was doing most of the

*please see **mckinley** on page 15*

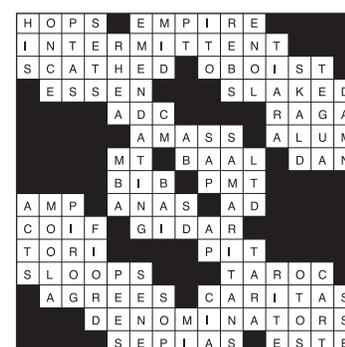


CLUES ACROSS

- | | |
|------------------------------------|--|
| 1. Public broadcaster | 35. Personal ads abbreviation |
| 4. Hit lightly | 36. Mythical animal |
| 7. Keyboard key | 41. Members of Orthodox Jewish sect |
| 10. Grain | 45. German city |
| 11. Make a mistake | 46. Algerian coastal city |
| 12. To the ___ degree | 47. Military men |
| 13. Endure without complaint | 50. Salt of sulfuric acid |
| 15. Chinese-American actress Ling | 54. Rhododendrons |
| 16. Edible stomach lining | 55. Mixture |
| 19. Sunrooms | 56. Recommended quantities |
| 21. Feared | 57. 007's creator |
| 23. Most eager | 59. Men |
| 24. Excessive chatting session | 60. Kids need it |
| 25. MLB ace | 61. Midway between east and east-northeast |
| 26. Major Central European river | 62. OJ trial judge |
| 27. Muscular weaknesses | 63. Yes vote |
| 30. Where seedlings germinate | 64. USDA branch that manages the FCIC |
| 34. Former monetary unit of the EU | 65. Create with cloth |

CLUES DOWN

- | | |
|----------------------------------|--|
| 1. English seaport | 32. Peyton's little brother |
| 2. What's owed | 33. Barrier that holds back water |
| 3. Sound systems | 37. Move quickly |
| 4. Elections feature them | 38. Deteriorate with age |
| 5. Southern constellation | 39. Colorless crystalline compound |
| 6. London and Brooklyn are two | 40. Cheekier |
| 7. One-time Ugandan capital | 41. Expresses praise or joy |
| 8. Attacked with bombs | 42. Famed boxing promoter |
| 9. Rebuke | 43. Cured sausages |
| 13. Expression of disappointment | 44. Fill with air or gas |
| 14. A way to work the soil | 47. Angry |
| 17. The human foot | 48. Chemistry prefix |
| 18. Sun up in New York | 49. Practitioner of Jamaican religion |
| 20. A small island | 51. Softly bright or radiant |
| 22. Abnormal rattling sound | 52. Buffer solution used to separate nucleic acids |
| 27. Make lively | 53. First responder group |
| 28. A team's best pitcher | 58. Defensive nuclear weapon |
| 29. It goes on the floor | |
| 31. Not good | |



Answers for January 22



First Row **David Van Gasbeck** President OPVFD, **Nate Wilkins**, OP Public Works, **Karen Earp**, Ocean Pines library, **Sharon Puser**, president, 2nd Row: **Jim Hamlin**, vice president Neighborhood Watchm, **Lt. Schoets** Ocean Pines Police Department.

Club donates to local groups

The Pine'eer Craft Club of Ocean Pines held its annual holiday luncheon that included the 2020 presentation of donations to local organizations.

Through the group's fundraising efforts which consisted of the proceeds of the Artisan and Craft fairs in August and November and also the proceeds from the Pine'eer Artisan and Craft Shop, the following donations were made to following Ocean Pines organizations. The club was able to donate \$5,500 among the following organizations:

- Police Department, \$1,500
- Volunteer Fire Department, \$1,200
- Recreation and Parks Department,

- \$1,500
- Public Works Department, \$500
- Ocean Pines library, \$300
- Neighborhood Watch, \$100
- Worcester County Veterans Memorial, \$400

Tides for Ocean City Inlet					
Day		High /Low	Tide Time	Height Feet	Sunrise Sunset
Th	30	Low	5:05 AM	0.2	7:07 AM
	30	High	11:30 AM	2.0	5:20 PM
	30	Low	5:35 PM	0.3	
	30	High	11:53 PM	1.9	
F	31	Low	5:53 AM	0.4	7:07 AM
	31	High	12:12 PM	1.9	5:21 PM
	31	Low	6:17 PM	0.3	
Sa	1	High	12:41 AM	1.9	7:06 AM
	1	Low	6:45 AM	0.5	5:22 PM
	1	High	12:59 PM	1.8	
	1	Low	7:02 PM	0.4	
Su	2	High	1:34 AM	1.9	7:05 AM
	2	Low	7:40 AM	0.6	5:23 PM
	2	High	1:51 PM	1.7	
	2	Low	7:50 PM	0.4	
M	3	High	2:32 AM	2.0	7:04 AM
	3	Low	8:38 AM	0.6	5:25 PM
	3	High	2:49 PM	1.6	
	3	Low	8:42 PM	0.3	
Tu	4	High	3:30 AM	2.1	7:03 AM
	4	Low	9:38 AM	0.5	5:26 PM
	4	High	3:46 PM	1.6	
	4	Low	9:37 PM	0.2	
W	5	High	4:26 AM	2.3	7:02 AM
	5	Low	10:37 AM	0.4	5:27 PM
	5	High	4:41 PM	1.8	
	5	Low	10:33 PM	-0.1	

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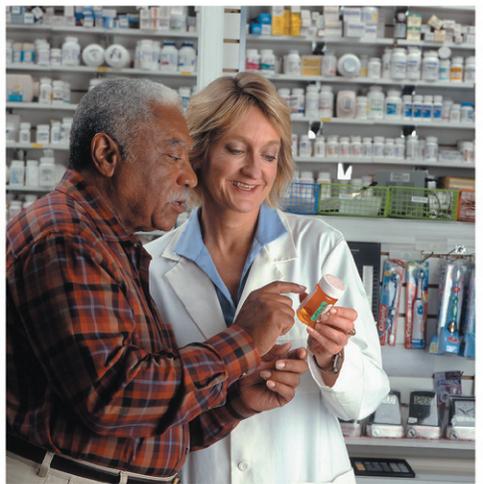
Apple Pax
Medication Adherence Packaging System

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Core Clinical Care
Diabetes Education Center

Home Medical Equipment
Independent Living Support Aids

Respiratory Equipment
Oxygen, Nebulizers, CPAP & BiPAP



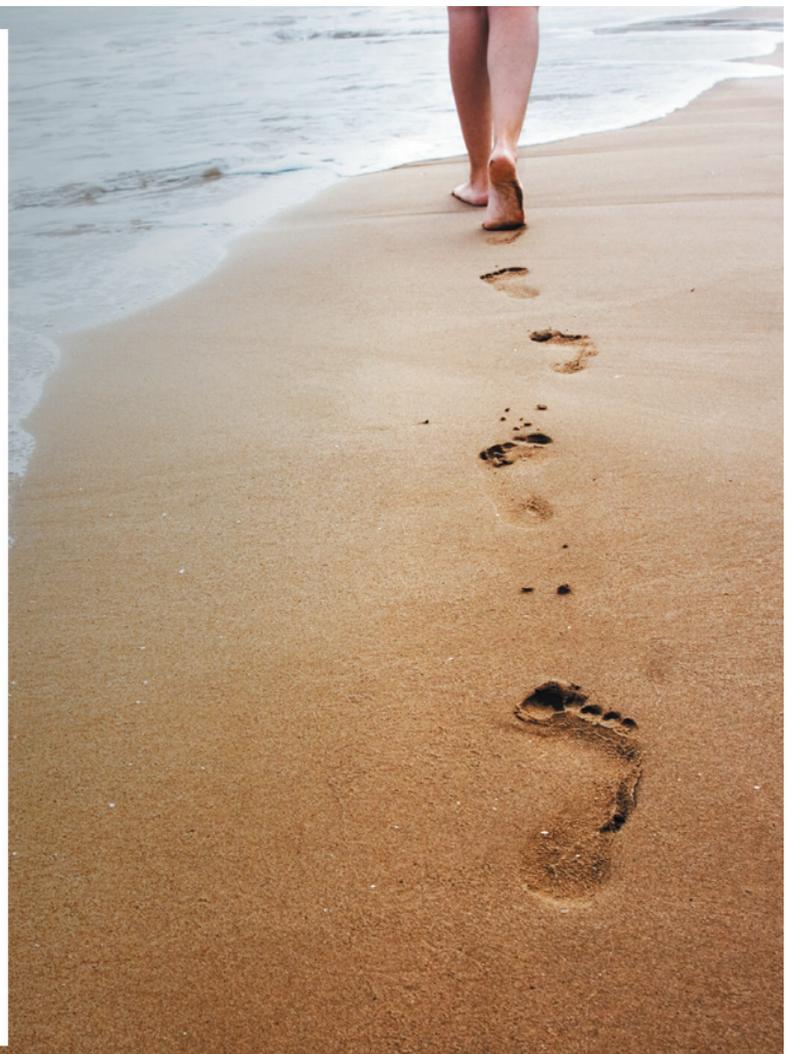
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Promise scholarship information session scheduled

An information session for anyone interested in the Maryland Community College Promise Scholarship will be held on Saturday, February 22, at 10 a.m., in Fulton-Owen Hall at Wor-Wic Community College on the corner of Rte. 50 and Walston Switch Road in Salisbury.

High school students who graduated in 2019 or who will graduate in 2020 are invited to attend with their parents. Eligible students include those who enroll within two years of high school graduation or completion of a GED; have a high school grade point average (GPA) of at least 2.3 on a 4.0 scale; enroll full time with at least 12 credits per term

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

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

For more information, email ccooper@worwic.edu or call 410-334-2989.

RWWC to meet

The Republican Women of Worcester County has announced their February Luncheon and General Meeting will be held on Thursday, February 27 at the Ocean Pines Yacht Club. The guest speakers will

be Corine Frank, executive director, MDGOP and Ed Rodier, president of the Worcester County Board of Elections. 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, please log on to the website www.gopwomenofworchester.org. Reservations are due by February 21.

Freelance features writers sought.

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Ocean City Reef Foundation support

Stephen Decatur High School Mu Alpha Theta members, the math honor society chapter at the school, calculated the risks of ocean pollution and decided to take action. After conducting a gift card raffle fundraiser, the group donated \$1,100 to the Ocean City Reef Foundation. In the process, members even got the opportunity to name a reef using a witty math pun, *The Great De-reef-ative.* The Ocean City Reef Foundation is a non-profit organization dedicated to enhancing marine life by creating and maintaining artificial reef systems.

Pictured: Ocean City Reef Foundation representative Monty Hawkins, Mu Alpha Theta Advisor Sherryl Olson, Ava Bullock, Macy Dill, Gabby Izzett, Isy Kristick, Matthew Brown, Madison Birckett, Grayson Wolf, Miles Thompson, Summer Vorsteg, Abby Yesko, Caroline Gardner, Prutha Patel, Assistant Principal Leland Green, and Mu Alpha Theta Advisor Dawn Ebelein.

Don't get caught off guard by glaucoma

Vision should never be taken for granted. Appreciating one's sense of sight involves scheduling routine eye exams and taking steps to protect one's eyes. But safeguarding vision also involves understanding the various conditions that can affect eye health.

Glaucoma is a group of eye disorders that can lead to progressive damage to the optic nerve. People who experience glaucoma can lose nerve tissue and eventually suffer vision loss. Understanding what contributes to glaucoma can help people take the steps necessary to reduce their risk.

The American Optometric Association says that glaucoma is the second leading cause of blindness for people over the age of 60, although it can occur at any age. The Mayo Clinic states that many forms of glaucoma produce no warning signs and changes in vision may occur so gradually they are not detected until the condition has reached an advanced stage.

There are various types of glau-

coma. However, primary open-angle glaucoma is the most common form, affecting about three million Americans, indicates the Glaucoma Research Foundation. Primary open-angle glaucoma occurs when the eye's drainage canals become clogged over time and fluid cannot drain out of the eye. As a result, intraocular pressure rises and damages the optic nerve, which is responsible for transmitting signals from the eye to the brain. People with a family history of glaucoma, African Americans over age 40 and Hispanics over the age of 60 have an increased risk, says the AOA. Those with thin corneas, which is the outer layer of the eye, also are at an elevated risk of developing glaucoma.

A less common type of glaucoma is called acute-closure glaucoma, which occurs due to an abrupt and rapid increase of eye pressure. This is an emergency situation that requires prompt care to prevent vision loss.

An eye doctor will conduct various

*please see **glaucoma** on page 14*

Alert others in emergencies

Emergencies occur every day. Data from the 2016 National Hospital Ambulatory Medical Care Survey found around 145 million emergency department visits are made in the United States each year. Of those visits, 42.2 million are injury-related. The Canadian Institute for Health Information says Canadians make about 14 million visits to hospital emergency departments annually.

While no one wants to imagine themselves in dangerous situations, being realistic about the likelihood of being in an emergency can help people safeguard themselves against such situations.

One way to prepare for emergencies is to make sure you and potential first responders or medical personnel know who to call should you be unable to communicate. Likely many things in the digital age, the process of indicating emergency contacts has changed.

Mobile phone ICE. All people are urged to designate an "in case of emergency" contact on their mobile phones. This way a first responder or other emergency personnel can notify the appropriate people in emergency situations. In 2004, after research from Vodafone found that fewer than 25 percent of people carried any emergency contact details on their persons, a campaign was started by Bob Brotchie of the East of England Ambulance Service in the United Kingdom to start providing emergency contact information. Brotchie urged mobile phone manufacturers to support the campaign by adding an ICE heading to

phone number lists of all new mobile phones. Emergency contact information also should be provided for school children and with a person's employer and updated regularly.

Medical alert. Emergencies may arise due to life-threatening medical conditions. If a person is in a situation in which they are unconscious or unable to speak, a medical alert card or bracelet can help first responders provide medical care more quickly. Bracelets and other jewelry, like those offered from the MedicAlert Foundation, are engraved with critical information for conditions like autism, allergies, dementia, diabetes, Alzheimer's, or epilepsy. They can provide peace of mind and speak for the person wearing one in an emergency.

Health care proxy. People should consider naming a health care proxy. This can be any whom they trust. The proxy can make health care decisions for another if he or she is unable to speak. Naming a proxy ensures that one gets the healthcare he or she prefers in the event they cannot communicate their wishes. Sometimes healthcare proxies are merged with living wills as one advanced directive document, according to the Medicare Rights Center.

Preparing for emergency situations, however unlikely they may seem, includes employing various strategies to help emergency responders and medical personnel in the event you are incapable of communicating with them.

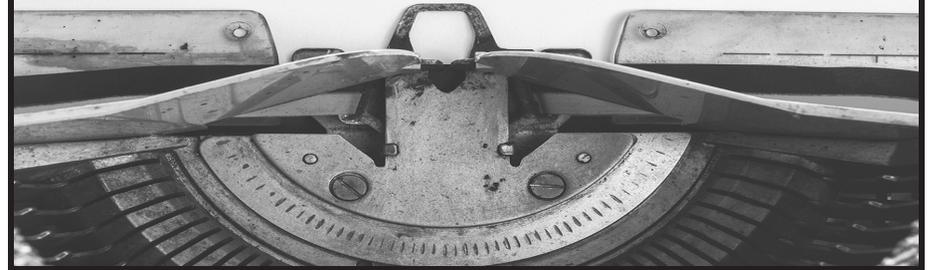


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Things people should know about creating wills

Drafting a last will and testament is an essential component of estate planning. Despite the importance of having a will, a recent survey from AARP found that two out of five Americans over the age of 45 do not have one.

Putting wishes down on paper helps avoid unnecessary work and sometimes heartache upon the death of a loved one. Wills allow heirs to act with the decedent's wishes in mind, and can ensure that assets and possessions will end up in the right hands.

Estate planning can be tricky, which is why many people turn to attorneys to get the job done right. Attorneys who specialize in estate planning will no doubt discuss the following topics with their clients.

Assets owned: Make a list of known assets and figure out which assets are covered by the will and which will have to be passed on according to other estate laws, such as through joint tenancy on a deed or a living trust. For example, life insurance policies or retirement plan proceeds will be distributed to your named beneficiaries. A will also can cover other assets, such as photographs, clothing, cars, and jewelry.

Guardianship: Parents' wills should include a declaration of who they want to become guardians their underage children or dependents.

Pets: Some people prefer to use their will to also dictate guardianship for their pets and to leave money or property to help care for those pets. However, pets do not have the legal capacity to own property, so one shouldn't gift money directly to pets in a will.

Funeral instructions: Settling probate will not happen until after the funeral. Therefore, funeral wishes in a will often go unnoticed, states the legal



advisement resource Find Law.

Executor: An executor is a trusted person who will carry out the terms of the will. This person should be willing to serve and be capable of executing the will.

People who die without a valid will become intestate. This means the estate will be settled based on the laws of where that person lived, and a court-appointed administrator will serve in the capacity to transfer property. This administrator will be bound by laws and may make decisions that go against the decedent's wishes. To avoid this outcome, a will and other estate planning documents are crucial.



Guest - The Worcester County NAACP hosted James Jones, a census spokesperson, at their January meeting. Jones emphasized the significance of the 2020 Census as the results help determine our state's representatives in Congress. Census takers are being recruited. Visit 2020census.gov/jobs for more information.

The NAACP meetings are held the third Thursday of the month at the North Worcester County Senior Center in Berlin. Phone 443-944-6701 for inquiries.

Pictured are Worcester NAACP officers, guests, **James Jones**, third from right, and **Ivory Smith**, NAACP president, second from right.



DAR presents service award

The General Levin Winder Chapter, Daughters of the American Revolution, recently presented a Community Service Award to Margaret "Bozy" Markiewicz for her patriotic endeavors and dedication to veterans. Bozy was instrumental in bringing "Wreaths Across America" to the Eastern Shore Veterans Cemetery in Hurlock.

Above: **Pat Arata**, **Margaret "Bozy" Markiewicz**, Regent **Gail Weldin**.

glaucoma

from page 12

tests to determine if a patient is at risk for glaucoma. The Mayo Clinic says tonometry is commonly used to measure intraocular pressure. During this test, the eye surface will be anesthetized with special drops. A tonometer will be applied lightly to the cornea, indenting it slightly. The resistance will be measured and calculated to determine if pressure is present. Other tests include the following:

- imaging tests that look for optic nerve damage that involve a dilated

eye examination;

- visual field tests to check for areas of vision loss;

- pachymetry, which measures corneal thickness; and

- an inspection of the drainage angle of the eye.

The effects of glaucoma cannot be reversed, but glaucoma can be caught early. Medications and lifestyle changes, like more frequent eye exams, can improve symptoms. Prescription eye drops can reduce the production of aqueous humor (fluid) in the eye and improve outflow of that fluid. Oral medications and surgery are other options as well.

mckinley
from page 10

work of the presidential secretary. Discreet and polite, he treated all presidential callers with exquisite courtesy and respect. He saved his own views for the president and became McKinley's closest daily advisor. In his short-hand memoranda that he wrote on a regular basis, Cortelyou kept a valuable record of the administration's decisions during the war with Spain."

According to Gould, When McKinley travelled Cortelyou realized that the presidential train had to be treated as a presidential office. Six stenographers accompanied McKinley and Cortelyou on these trips. Cortelyou used the stenographers to make certain that reporters had an accurate text of the president's speech within a few minutes of McKinley's speaking. In one case, the speech was transcribed



and given to the reporters just before the president's train left the station. In fact, it resulted in something more: it generated human interest stories about the president's daily activities and the people he met. Reporters put these into their stories, thus placing the President in a favorable light."

According to Gould, Cortelyou functioned as both a kind of chief of staff and a press secretary. In time, it would prove logical to divide these functions. Similarly, the fivefold growth in support staff from six clerks to thirty pointed toward even larger bureaucracies. Though no one would mistake McKinley's presidential train for Air Force One, the performed similar operations."

Thus McKinley and Cortelyou opened the doors for the creation of the modern American Presidency.

-Republished from the McKinley Birthplace Museum.

Art League welcomes new board members

The Art League of Ocean City announced their new Board of Directors for 2020 and welcomed new member, Maryellen Rosenblit.

John Sisson continues as board president; Marian Bickerstaff as past president; Barbara Patrick as 1st vice president; and Laura Jenkins as 2nd vice president. Rafael Correa continues as treasurer; Emily Schwab as recording secretary; and Judy Tremellen as corresponding secretary.

Also returning to the board are members Jamie Albright, Katy Durham, Nancy Fortney, Sandy Gillis, Joseph Mitrecic, Jan Perdue, Ryan Wilde, and Gayle Widdowson.

New member Rosenblit is a Realtor with Coldwell Banker Residential Brokerage in Delaware and Maryland. A transplant from Washington, D.C., she grew up vacationing in Ocean City, and after graduating from Indiana University with a business degree in

marketing, made Ocean City her home.

Rosenblit is actively involved with local schools, The American Cancer Society, The American Heart Association, and The Coastal Association of Realtors, as well as the Art League.

"For the past three years, I have had the pleasure of selecting the ten homes featured each year on the Art League's Sand Castle Home Tour," Rosenblit said. "This community-wide event in the fall is always well attended and enjoyed. I look forward to taking on new responsibilities as an Art League board member."

The Art League of Ocean City is a nonprofit organization dedicated to promoting artistic expression and appreciation for the creative arts in the community.

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

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