

Who is at elevated risk for COVID-19?

COVID-19 continues to dominate headlines across the globe. This novel coronavirus first made headlines in late 2019 after an outbreak in Wuhan, the sprawling capital city in China's Hubei province. The virus has since spread beyond China's borders, leading to school closures and changes in public life, such as the shutting down of professional sports leagues, that many might never have thought they would see in their lifetimes.

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention, early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

How people in at-risk groups can reduce their risk of getting sick

It's important that elderly people and people with chronic medical conditions take their risk for getting sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated risk take actions to reduce their risk of getting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.

Stock up on health supplies. Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that's not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don't have to leave the house if an outbreak occurs.

Stock up on groceries. Make sure you have enough groceries on hand so you can stay at home if restrictions on leaving home are put in place during an outbreak.

Embrace the basics. Basic strategies like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc. and avoiding crowds can help to reduce your risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at www.cdc.gov. ng very sick from COVID-19 than others.

Message to Readers: This week's edition went through many alterations while in production because of the ever changing announcements and reports regarding the impact of COVID-19 within our state and community. Some regular features, including It's All About do not appear so that we could include as much important information as possible.



Bake sale - Worcester Prep teacher Jackie Knowlton and her students, hosted the annual 2nd grade Bread Sale as part of a hands-on learning lesson combining English, science, social studies (civics and community), mathematics and philanthropy. The project is modeled like a small business, with the young entrepreneurs baking bread, selling it to Lower School classmates in a "Café," and donating the proceeds to charity. The project involved researching ingredients, creating posters, oral reports, and rotating jobs - from baker to cashier - to learn all the facets of running a business. This year, the class partnered with the Bad Monkey West in Ocean City where they learned how to make and bake the bread. At the end of the Bread Sale, the students counted the money they made (\$773.36) and donated the proceeds evenly between two charitable causes, Atlantic General Hospital and the Cystic Fibrosis Foundation.

Above: Second graders **Lea Jaoude**, **Estelle Damouni**, and **Lilly White**, prepare to make and bake bread in the kitchen of Bad Monkey West.

Emergency order expands access to child care during State of Emergency

Governor Larry Hogan on Saturday enacted an emergency order to expand child care access to child care for critical personnel during the state of emergency. This will help ensure that child care services are available for providers of health care, emergency medical services, and law enforcement personnel while schools are closed to prevent the spread of COVID-19.

“Our state has taken major and unprecedented actions to protect the health, the safety, and the welfare of the people of Maryland,” said Governor Hogan. “As we continue to operate under a state of emergency, we are committed to doing everything in our power to maintain our essential services, including child care, especially for those who are on the front lines helping us combat this public health threat.”

As part of the directive she issued on Thursday, State Superintendent of Schools Karen Salmon announced that plans would be developed to ensure that the children of emergency services personnel have access to childcare throughout during a prolonged period of school closure. This order gives the Maryland State Department of Education (MSDE) the flexibility to work with regional and local officials to quickly and effectively make child care services available that adhere to public health guidelines.

Additionally, Superintendent Salmon has issued enhanced guidelines for child care programs and day care facilities to follow to prevent the spread of COVID-19.

“Every child care and day care provider in our state is essential to our mission of maintaining essential services in this time of crisis,” said Dr. Salmon. “We are providing these guidelines to make sure that child care programs can continue to operate while helping to prevent the spread of COVID-19.”

Child care programs must take extraordinary precautions beyond what is normally recommended to prevent the spread of the COVID-19 virus, including:

- Mandating social distancing and keeping children in small groups (no more than 10 children clustered in an activity): absolutely no large group activities.

- Instructing staff to monitor for symptoms, and stay home if they are sick.

- Instructing parents/guardians to keep children home if they or any mem-

ber of the household exhibits symptoms.

- Mandating frequent hand washing with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing one’s nose. Teachers should help young children do the same. If hands are visibly dirty, use soap and water to clean hands.

- Providing children with soap and water to wash hands; adults may use an alcohol-based hand sanitizer with at least 60% alcohol, but this is very toxic to children.

- Advising persons to avoid touching their face (especially eyes, nose, and mouth with unwashed hands).

- Increasing the early childhood program’s cleaning and disinfection routine to multiple times per day, while being careful with children in the near vicinity. Emphasizing cleaning and disinfecting frequently touched objects and surfaces.

- Covering coughs or sneezes with a tissue, then throwing the tissue in the trash and cleaning hands with soap and water or hand sanitizer (if soap and water are not readily available).

- Providing adequate supplies for good hygiene, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.

- Restricting field trips.

- Restricting outside visitors and volunteers

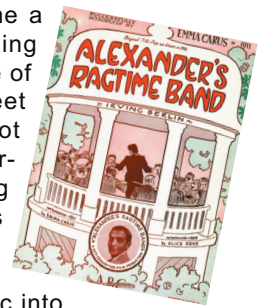
Special processes beyond routine cleaning are not necessary nor recommended to slow the spread of respiratory illness. Programs should follow standard procedures for cleaning as recommended below by the Environmental Protection Agency (EPA). Typically, this means daily sanitizing surfaces and objects that are touched often, such as bathrooms, water coolers, desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.

The State of Maryland is continuing to operate under a state of emergency, and all levels of government are taking a comprehensive, collaborative approach to keep Marylanders safe. The list of ongoing state actions is available at governor.maryland.gov/coronavirus.

For health resources regarding COVID-19, Marylanders should visit health.maryland.gov/coronavirus.

A Time To Remember

A century ago, even before the phonograph had become a common household item, there was already a burgeoning music industry in the United States based not on the sale of recorded musical performances, but on the sale of sheet music. It was in the medium of printed paper, and not grooved lacquer or vinyl discs, that songs gained popularity in the first two decades of the 20th century, and no song gained greater popularity in that era than Irving Berlin’s “Alexander’s Ragtime Band.” Copyrighted on March 18, 1911, “Alexander’s Ragtime Band” was the multimillion-selling smash hit that helped turn American popular music into a major international phenomenon, both culturally and economically.



Blood Bank announces urgent need for blood and platelet donors

Blood Bank of Delmarva (BBD) is calling on healthy blood and platelet donors and community partners to help strengthen the region’s blood supply by keeping their calendar of appointments and upcoming blood drives, respectively.

Forty percent of blood donations in the region come from blood drives that are hosted by schools, organizations and businesses. As these groups take precautions in response to the coronavirus (COVID-19) outbreak, BBD is seeing a growing number of cancelled blood drives and low donor turn-out at donor centers for the month of March. These cancellations pose a significant threat to the blood supply.

Blood is a critical component of emergency preparedness because blood is perishable, and the supply must be constantly replenished. The blood that’s on the shelf today is the blood that will save lives in an emergency.

“Every donation at all blood drive and donor centers are critical,” said Christopher D. Hillyer, M.D., President and CEO of Blood Bank of Delmarva. “As healthy, eligible donors, we have a responsibility to our neighbors to keep the blood supply safe and robust. A resilient health-care system is more important than ever and we’re counting on everyone to help maintain that.”

In anticipation of rolling cancellations of blood drives and low donor turn-out at centers, BBD is seeking to double the blood reserves now so that it can prevent shortages.

It’s important to know that donating blood is safe. BBD staff are trained in universal precautions to help prevent the risk of spreading infectious agents. They are also regularly cleaning public surfaces. As always, people are not eligible to donate if they’re experiencing a cold, sore throat, respiratory infection or flu-like symptoms. Donors are encouraged to refrain from donating, or attending a blood drive, if they have traveled to areas with COVID-19 outbreaks, as defined by CDC.

America’s Blood Centers has also issued a press release on concerns over the coronavirus negatively impacting the nation’s blood supply.

BBD provides life-saving blood and blood services to all 19 hospitals in the Delmarva Peninsula, and it tries to maintain a seven-day supply of all blood types on a daily basis. To book an appointment, please call 1-888-825-66388 or visit www.delmarvablood.org.

County officials outline spray irrigation proposal

Worcester County officials, during a town hall meeting on Thursday, outlined a proposal to begin using highly treated effluent to spray irrigate the Ocean Pines Golf Club.

Officials underscored that no decisions have yet been made, but said money for a feasibility study is in the proposed Water and Wastewater District budget.

Worcester County Public Works Director John Tustin said Ocean Pines is likely the only publicly operated wastewater treatment plant in Maryland exempted from paying into the Chesapeake Bay Restoration Fund, because of the high quality of the treated effluent. He said the exemption saves rate payers about \$60 per year.

“That means that we don’t have to give the State of Maryland \$500,000 a year to make improvements to wastewater treatment plants on the other side of the bay,” he said.

Tustin said the quality of the drinking water is also “fantastic.”

“The same ... water that is used to irrigate the golf course is the same ... water that is used for your drinking – same aquifer, same water,” he said. “Both the golf course and we [the public] are pulling at times over two million gallons a day out of that aquifer. So, think about the environmentalist aspects of that.”

Deputy Director of Public Works John Ross said the Bay Restoration Fund was created to “get nitrogen out of wastewater, down to a level of four milligrams per liter.”

“This treatment plant [in Ocean Pines] takes it down to three milligrams per liter – and a lot of times it’s down to two,” he said.

Ross said the proposal was to use the treated wastewater to irrigate the golf course, rather than continue to draw from the aquifer. He added there are 35 spray irrigation facilities in Maryland, including nine on golf courses.

“Three of those nine are in Worcester County,” Ross said. “It’s Glen Riddle, Lighthouse Sound and Eagle’s Landing. We’re also eventually going to spray at River Run.

“This is not something new. This is

very commonly done throughout the state [and] throughout the country,” he added.

Ross said there are five water supply wells in Ocean Pines, with permits allowing the county to use an annual average of one million gallons per day throughout the year and up to 2.5 mil-



Above (l to r): Ocean Pines General Manager **John Viola**, Worcester County Public Works Deputy Directory **John Ross** and Worcester County Public Works Director **John Tustin**.

lion gallons per day during peak months. He said the golf course pulls around 200,000 gallons per day, suggesting moving to spray irrigation on the golf course could help reduce the burden on the aquifer.

“That water is all coming out of the same reservoir,” he said, adding the water in Ocean Pines is one of five in the state under a water strategy area, “where they monitor the withdraws out of our wells in order to make sure that we don’t begin to pull saltwater in” because of the proximity to several nearby bodies of water.

“This water supply system is unique,” Ross said. “We are able to pull the water out of the ground, we are able to adjust the PH and we are able to chlorinate that water, and it meets every requirement of the Safe Drinking Water Act. We do not have to filter it. We do not have to treat it with chemicals.”

He said the Ocean Pines area is also able to meet requirements of the Safe Drinking Water Act “without building a water treatment plant.”

“If it ever gets to the point where you have to build a water treatment plant here ... take a look sometime at

what we have to go through at Riddle Farm in order to clean the water up, [or] what we have to go through over at Mystic Harbor,” he said. “Not only do you generate, you have to filter the water [and] you have to add chemicals to the water, but then you have to backwash the filter, so you’re making additional wastewater when that happens. This is just such a unique water system up here in Ocean Pines, you want to protect that water system.”

Ross said spray irrigation could potentially also help reduce discharges

please see proposal on page 19



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Inside Ocean Pines South Gate

Coronavirus concerns to temporarily close many Ocean Pines facilities

Ocean Pines on Monday announced several operational changes and closings related to COVID-19 (Coronavirus) concerns.

Gov. Larry Hogan on March 5 announced the state's first positive test for Coronavirus and declared a state of emergency, to help open certain funding channels. President Donald Trump declared a national state of emergency on March 13.

Hogan, yesterday, issued an emergency order to close all Maryland casinos, including Ocean Downs in Ocean Pines.

On Monday, Hogan also ordered all Maryland restaurants to close indefinitely, effective at 5 p.m. on March 16. This will include the Ocean Pines Yacht Club.

Hogan, on Monday, said there were more than 100 confirmed cases of Coronavirus in the Washington, D.C. region, including 37 in Maryland.

"Americans should be prepared that they're going to have to hunker down significantly more than we, as a country, are doing in order to fight this outbreak," Hogan said during a March 16 press conference.

"We should continue to expect the number of cases to dramatically and rapidly rise. We have never faced anything like this before. This is going to be much harder, take much longer and be much worse than almost anyone is currently understanding," Hogan added.

"Every single one of us needs to take serious actions to immediately limit day to day interactions and activities, and we need to do our part to stop this deadly virus from spreading," Hogan said.

In a separate statement, Hogan recommended avoiding contact with people over the age of 60 and those with underlying health issues, the two demographics considered most at risk.

Ocean Pines began taking measures both to educate the public and slow the spread of Coronavirus on March 6.

"Like everyone, we're concerned and are constantly monitoring the Coronavirus situation," General Manager John Viola said. "We are following the guidelines mandated by Gov. Larry Hogan in Maryland, as well as any federal guidelines from the CDC and others.

"The safety of our homeowners,

residents, guests and staff are foremost on our minds at this time, and we are doing everything we can to help slow the spread of Coronavirus in our community. Any additional closures and changes to the operation will be communicated through our website, www.oceanpines.org," Viola added.

The following Ocean Pines departments have announced operational changes:

PUBLIC WORKS:

The Public Works office will be closed to the public effective immediately, with interactions available by phone and email only.

Public Works Director Eddie Wells said the Architectural Review Committee meetings would be suspended, with all necessary documents being signed electronically. Permits and inspections will be handled through email or fax approval.

The Public Works yard will be closed for the next two-to-three Saturdays, Wells said, and all Public Works staff will be under a liberal leave policy for the next 12-21 days.

AQUATICS:

The Sports Core Pool closed as of noon on March 16 and will remain closed through March 30. All activities and classes have been canceled during that period.

"We will start contacting people in our classes by phone," Director of Amenities and Operational Logistics Colby Phillips said. "We will also have a front desk person available during the closure to take calls from 10 a.m. to 4 p.m. We will work with everyone who is signed up for classes to have makeups or adjustments to the next starting session."

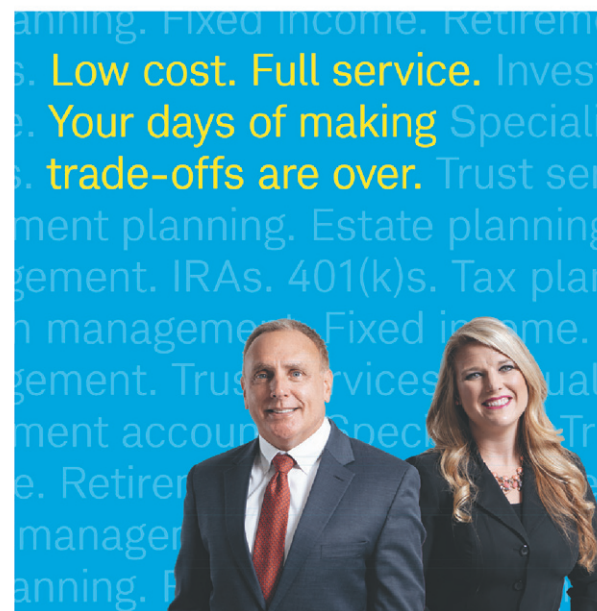
Phillips said staff during the closure will "shock" the Sports Core Pool, a process that uses additional chlorine for sterilization. All furniture and surfaces will also be cleaned and disinfected.

RECREATION AND PARKS:

The Ocean Pines Community Center closed as of March 16 and will remain closed through March 30. All activities and classes have been canceled during that period.

Recreation and Parks Manager Debbie Donahue said the Ocean Pines Community Center would also receive a deep cleaning during the closure.

please see **pin**es on page 15



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Beware possible charity scams related to COVID-19

The Federal Trade Commission has reported that scammers are taking advantage of fears surrounding the coronavirus, including through the sale of counterfeit products and the solicitation of money and personal information. When charities request donations in response to the coronavirus, Marylanders may feel duty-bound to donate in an effort to help their neighbors. Maryland's Secretary of State John C. Wobensmith and Maryland Attorney General Brian E. Frosh are cautioning Marylanders to

be vigilant and to donate wisely.

"During uncertain times, con artists prey on your generosity and create scams, frauds or deceptive acts to line their own pockets," warns Secretary Wobensmith. "Be sure you know who you are giving to, and remember it is always best to give directly to well-established, reputable charitable organizations."

The Office of the Secretary of State registers and regulates charitable organizations that solicit charitable contributions in Maryland. Together with

the Attorney General's Office, the Secretary of State's Office works to ensure that charitable contributions go to qualified charitable organizations and are used for their intended purpose.

"Fraudsters will take advantage of nearly any opportunity to steal other people's money," said Attorney General Frosh. "Consumers can avoid being cheated by understanding how thieves are trying to steal their personal information and money. It is always wise to research the charity first before donating, and avoid any charity

or fundraiser that is reluctant to give information on how donations are used."

For more tips on how to give wisely, Marylanders can visit the Maryland Attorney General's Office, Consumer Protection Division publication Consumer's Edge Charitable Giving Tips.

The Office of the Secretary of State maintains a public registry of charitable organizations authorized to solicit in Maryland. For more information and to search the registry, please visit the Secretary of State's charities database.

If you think that you have been a victim of a deceptive or illegal charitable solicitation, contact the Charities and Legal Services Division of the Secretary of State's Office: 410-974-5521 or 1-800-825-4510.

Governor closes betting facilities

In light of the serious public health emergency created by the COVID-19 pandemic, Governor Hogan has issued an emergency order to close all Maryland casinos, racetracks, and simulcast betting facilities to the general public indefinitely. "This situation continues to evolve and will escalate rapidly and dramatically," said Governor Hogan. "These are unprecedented actions in an extraordinary situation, but they could be the difference in saving lives and keeping people safe."

The following properties were affected by the governor's emergency order, which took effect at midnight on Monday, March 16 and will remain in effect until the state of emergency has been terminated or until superseded by other orders: MGM National

Harbor, Live! Casino & Hotel, Horseshoe Casino Baltimore, Hollywood Casino Perryville, Ocean Downs Casino, Rocky Gap Casino Resort, Laurel Park, Pimlico Race Course, Timonium Race Course, Fair Hill Races, Rosecroft Raceway, Ocean Downs and all simulcast betting facilities in the state

The Maryland Lottery and Gaming Control Agency will work with casinos to facilitate an orderly shutdown of operations. This order does not apply to hotels adjacent to casinos.

Additionally, Governor Hogan reiterated that failure to follow his order prohibiting large gatherings is a crime, and will be enforced if businesses fail to comply.

"It is critical to public health and

safety that bars, restaurants, and other businesses across the state comply with the law," said Governor Hogan. "Anyone who hosts or is part of the crowds in bars this weekend is jeopardizing the health of others and must avoid any contact with family members or friends over the age of 60 or those with underlying health conditions."

Resources for Businesses. The Maryland Departments of Commerce and Labor have compiled resources to help businesses whose daily operations are affected during the state of emergency. We encourage members of the business community to reach out with their questions by sending a message to Secretary.Commerce@maryland.gov.

State of Emergency. The World Health Organization has declared the coronavirus outbreak a global pandemic. The State of Maryland is continuing to operate under a state of emergency, and all levels of government are taking a comprehensive, collaborative approach to keep Marylanders safe. The list of ongoing state actions is available at governor.maryland.gov/coronavirus.

For health resources regarding COVID-19, including case counts and clinician guidance, Marylanders should visit coronavirus.maryland.gov.

Courts closed

Beginning Monday, March 16, state courts closed their doors. Maryland Court of Appeals Chief Judge Mary Ellen Barbera announced in a press release Friday the courts would close to the public for three weeks amid the concern of COVID-19.

"All courts in the Maryland Judiciary, court offices, administrative offices, units of the Judiciary and the Offices of the Clerks of the Circuit Courts shall be closed to the public on an emergency basis," states the statewide Administrative Order in part. "All other matters scheduled to be heard between March 16 through April 3, are postponed pending further order of the Chief Judge of the Court of Appeals."

Card, game party canceled

The Republican Women of Worcester County Card and Game Party scheduled for Thursday, March 26 has been canceled.

There's no way to attribute the invention of beer to a particular individual, culture or time period, but historians believe fermented beverages have a deep history. A very deep history. According to History.com, the first fermented beverages likely emerged when the development of cereal agriculture began roughly 12,000 years ago. Historians believe that the shift from hunter-gatherer tribes to agrarian civilizations based on crops like wheat, barley and rice led to the discovery of fermentation. That discovery paved the way for beer to be brewed. History.com notes that the first barley

beer was most likely created in the Middle East, and ceramic vessels that date back to 3400 B.C. were discovered in Mesopotamia.

These vessels, which might be considered a precursor to the modern beer mug, still contained some sticky substance that archaeologists believe was the residue of beer. Beer lovers who have ever found themselves loudly touting the virtues of beer, especially after having a few of these beloved beverages, should know that such boasts also are deeply rooted in tradition. The 1800 B.C. "Hymn to Ninkasi," an ode to the Sumerian goddess of beer, includes a beer recipe.



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Courier

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
410-629-5906

thecourier@delmarvacourier.com
www.delmarvacourier.com

OPA investments not affected by downturn

Ocean Pines Treasurer Larry Perrone this week said the Association's investments are safe, despite the recent stock market downturn because of COVID-19 (Coronavirus) fears.

"With the downturn in the stock market, as the CFO I wanted to ensure the Ocean Pines membership that our reserves and operating cash is not being affected," Perrone said. "As has been reported at each Board meeting, our cash reserves and operating accounts are conservatively invested."

Perrone said Ocean Pines has approximately \$5 million invested in money market accounts and \$4.8 million in CDARs, both of which are insured. The operating account has an additional \$1 million.

"Ocean Pines has no money invested in the stock or bond markets," Perrone said. "While our average rate of return has been about 2.5%, I fully expect with the Federal Reserve's lowering of the prime interest rate, it will be difficult for us to maintain that interest income."

"However, in times like this with

the volatility of the stock market, the Association's philosophy of extreme conservatism with regard to our cash investments has proven to be a wise policy," Perrone added.

For further questions on Ocean Pines investments and reserves, contact Perrone at lperrone@ocean-pines.org.

Instructors sought

The Worcester County Arts Council is once again planning the annual Summer Arts Camp program for children entering grades three to eight to be held June 22 to 25, at Berlin Intermediate school.

At this time, the organization is looking for enthusiastic and creative teachers who are interested in instructing art classes during the four days of this program.

Teachers will be instructing three sessions of same workshop daily. Arts Camp will culminate with performances and exhibits of artwork created during the week of the program for families and friends.

Instructor's teaching compensation for the program is \$500.

Interested applicants should submit Arts Camp Workshop Proposal, available on the Arts Council's website: www.worcestercountyartscouncil.org by March 20.

Applications can be submitted via e-mail: anna@worcestercountyartscouncil.org or mail to: Worcester County Arts Council, 6 Jefferson Street, Berlin, MD 21811

For more information, please call the Arts Council's office: 410-641-0809.

Why you should ask your financial professional about fees

By **Mark E. Engberg, CFP**

As a financial professional, I know that there are many different ways that investment advisors are compensated. With the various fee structures out there, the question I always encourage my clients to ask is: Are the costs fair, reasonable, transparent and helping to improve your long-term investment results?

Keeping this in mind, I encourage people to get gutsy and ask themselves and their financial professional a question they probably haven't asked before: How much am I paying in fees?

It's a question that you might expect would have a simple answer, but if you dig into it, you might find yourself doing a bit of head scratching. In the world of financial services, there are different kinds of fees—trade commissions, mutual fund loads and fees, and advisory or management fees to name a few. While cost is only one factor when it comes to dissecting the value of an investment or your relationship with a financial professional, it's important for investors to understand what they're paying, why and how these costs impact their returns.

According to a 2013 Schwab study¹, 83 percent of investors do research before making a major purchase. Yet, just half of investors say they know how much they pay for their investments and only 16 percent who work with an investment professional have asked how fees and commissions impact their portfolio's returns. But the fact is, a seemingly small difference in fees can make a potentially big difference in your return, especially over time.

It's important to understand the value you are getting from what you pay. You might be willing to pay a slightly higher fee for different kinds of services that add value, such as more personalized financial planning or a higher-touch relationship. Maybe you're a small business owner with a specialized set of financial needs that require more help and attention from a financial professional.


A couple ways to be more aware of the fees you're paying are to regularly review your statement and ask your financial advisor directly about what fees you're paying, why you're paying them and how they are impacting your financial goals.

Starting with these questions will help you become more knowledgeable and confident about your finances and the value you're receiving, but don't stop there! Keep asking questions and stay engaged, because these can be your most valuable assets when it comes to achieving long-term financial success.

If you're curious to learn more, please give me a call today. Here at Charles Schwab we offer complimentary, no obligation financial consultations and portfolio reviews. Our goal is to make investing more affordable and accessible to everyday investors.


Mark Engberg, CFP® is an Independent Branch Leader at the Charles Schwab Independent Branch located in Rehoboth Beach, DE with over 20 years of experience helping clients achieve their financial goals. Some content provided here has been compiled from previously published articles authored by various parties at Schwab. For more information visit the Rehoboth Beach Independent Branch Website at www.schwab.com/rehobothbeach or call (302) 260-8731.

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Grace period extended to all Maryland license holders

Governor Hogan has issued an executive order related to licenses, permits, registrations, and other authorizations that may be expiring or up for renewal during the state of emergency. The executive order immediately grants a grace period of 30 days after the date of termination of the state of emergency. This includes items processed at our Maryland Department of Natural Resources Licensing Service Centers. By reducing the number of people at service cen-

ters the possibility of spreading the Coronavirus is reduced. With that in mind, customers are requested to take advantage of this grace period.

Additionally, the online COMPASS portal provides 24/7 self-service access to MVA's entire product catalog of recreational licenses, permits and stamps; off-road vehicle registrations; magazine subscriptions; and donation options in support of your favorite Department of Natural Resources programs.

Virus impacts operations, events

The **Worcester County Health Department** opened a call center Thursday, March 12, for questions regarding Coronavirus (COVID-19). Callers can reach the center during health department business hours (8 a.m. to 5 p.m. Monday through Friday) by dialing 410-632-1100 option #8. General information on COVID-19 is available 24/7 through Worcester Health's Public Information Line (410-632-4321) and WorcesterHealth.org.

Worcester County Public Schools are closed and school activities cancelled until at least March 27.

All **Worcester County Library** locations will be closed through at least March 30.

All **Worcester County Senior Centers and Adult Day Care** are closed through March 20. All other services continue as scheduled.

Atlantic General Hospital has announced that it will be canceling all community events scheduled for the month of March.

For more information and updates on future events, please visit www.agh.care/calendar.

The **Berlin Fire Company** has postponed its ongoing ice rink event.

The annual **St. Joseph's Festival** scheduled for March 28 in St. Andrew's Hall in Ocean City has been postponed. A new date will be announced later.

PRHS institutes enhanced safety policy

The Peninsula Regional Health System (PRHS), operating Peninsula Regional Medical Center, Nanticoke Memorial Hospital and the McCready Health Pavilion, last week announced an enhanced COVID-19 Patient Safety and Visitation Policy. Foremost in the plan, if you're not feeling well or if you don't have to visit, in particular during this time of COVID-19, please don't visit.

In an effort to protect staff, patients, visitors and community, PRHS implemented additional pre-

*please see **safety** on page 15*

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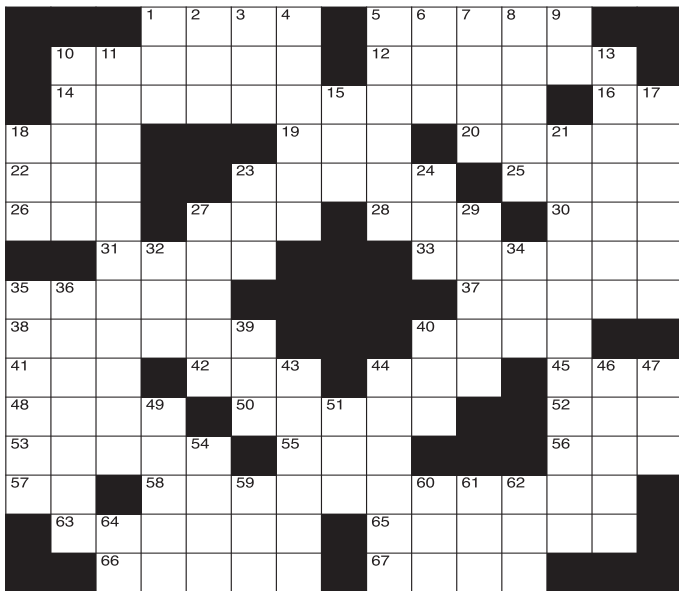


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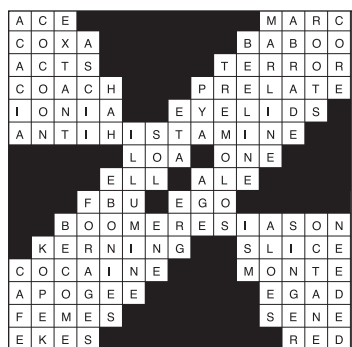


CLUES ACROSS

- 1. Currency of Guinea
- 5. Avert something bad
- 10. Sounds
- 12. Immediate dangers
- 14. Legendary Tar Heels coach
- 16. Californium
- 18. Work standards government dept. (abbr.)
- 19. Coastal Scottish town
- 20. Triangular lower back bones
- 22. Trouble
- 23. A way to smile
- 25. Something that is not what it seems
- 26. Of she
- 27. Temporary living quarters
- 28. Bag-like structure in a plant or animal
- 30. Indicates near
- 31. Spiritual leader
- 33. Soup dish
- 35. Philippine island
- 37. No longer fashionable
- 38. Peaks
- 40. Alabama football team
- 41. ___ King Cole
- 42. Digital audiotape
- 44. Open trough
- 45. The woman
- 48. Cools down
- 50. Turkic language
- 52. Body part
- 53. Pulse steadily
- 55. Embedded computer hardware company
- 56. Indicates shape
- 57. Thou (plural)
- 58. Odd and remarkable
- 63. An evening party
- 65. National capital of Zambia
- 66. Tantalizes
- 67. Dark brown or black

CLUES DOWN

- 1. Not naturally outgoing
- 2. Exclamation of pain
- 3. Polynesian garland of flowers
- 4. Surrounded by water
- 5. Church towers
- 6. Hot beverage
- 7. Body parts
- 8. Travel documents
- 9. Railway
- 10. Gradually wear away
- 11. Measuring instrument
- 13. Minor dust-ups
- 15. Strongly alkaline solution
- 17. Extreme scarcity of food
- 18. Dash
- 21. Philly culinary specialty
- 23. Popular lager ___ Adams
- 24. Snitch
- 27. Trimmed
- 29. Greek god of desire
- 32. Take to the limit
- 34. Cool!
- 35. Sound mental health
- 36. Native American group
- 39. Test for high schoolers
- 40. Rocky peak
- 43. Preferences
- 44. Bother
- 46. Call attention to (slang)
- 47. Snake-like fish
- 49. Bulgarian capital
- 51. Don't know when yet
- 54. Italian Seaport
- 59. Brooklyn hoopster
- 60. Where to bathe
- 61. Equal, prefix
- 62. Beverage container
- 64. Denotes openness

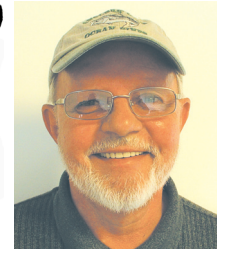


Answers for March 11



Captain Ron's
Fish Tales

By Ron Fisher



Catching tautog

Fishing Report: Monty Hawkins on the *Morning Star* has had some really good catches of tog but on occasion it has been hit or miss. I actually had one report of two flounder being caught around the shallows at the Inlet. No surprise given the mild weather.

Regulations:
At this writing no final decisions have been made regarding the 2020 tog season and catch limits as follows:

- January 1 – May 15: 4 fish/person/day
 - May 16 – June 30: Closed
 - July 1 – October 31: 2 fish/person/day
 - Nov 1- December 31: 4 fish/person/day
- Check with DNR website for more information



Catching tautog: I continue to enforce how important it is for you to understand the fish before you can really be good at catching them. The tautog or (tog) also known as a blackfish is an ugly fish with large teeth which it uses to crush the shells of crabs, barnacles and other shell fish that it normally feeds on. At times the tog will also bite on squid when available but it is not my bait of choice. It is pretty much a bottom feeder, and likes to hang around rock piles, wrecks and piers making it a difficult fish to catch since it also likes to dart into the rock piles after grabbing the bait and snagging the fishing line unless you set the hook and pull them out quickly avoiding the snag. They pursue their prey a great deal by scent unlike flounder who are site feeders.

Fishing Equipment: I recommend a 6' to 7' stiff rod as you will need this to set the hook and pull the fish out of the rocks quickly. The gear can be spinning or level wind which ever you prefer. Use at least a minimum of 20lb

test line of your choice. I prefer monofilament. Also, the bite of a Tog is light so you must pay attention.

What type rig should I use? Use a length of mono or fluorocarbon usually 40-50lb. test with a dropper loop in the middle and a perfection loop at the end for the sinker. A hook usually a J-hook from 1/0 – 4/0, is attached to the dropper loop. The finished rig is usually 20-24" long. This is attached to the main line via a barrel swivel.

What about bait? The popular baits are green crab quartered, sand crabs which I prefer, or clams. Keep in mind that your bait when fishing for tog should always be fresh as frozen baits do not provide the scent necessary to attract tog. I would also recommend that if you are new to tog fishing that you ask the salesperson at the tackle shop where you purchase the bait to demonstrate how the bait is to be hooked. This is very important as the hook must be hidden for tog fishing.

Where should I fish for Tog? If you are in a boat seek out rocky structure such as the inlet jetties or tie up to some pilings and fish right down along the piling. This is done best at slack tide. If you are bank fishing there is dome great fishing along the inlet jetties but I prefer the bulkhead from 2nd to 4th street in Ocean City. Charter boat fishing is also great as the tog bite is hot at the wrecks.

Are tog good to eat? They are an excellent eating fish. Here is one of my favorite recipes.

- Tautog Chowder:**
- 1 lb. Tautog fillets
 - 1 bay leaf
 - 1/4 tsp. black pepper
 - 2 cups water

Assistive devices help people remain mobile

Disabilities affect people from all walks of life. The Centers for Disease Control and Prevention estimates that around 55 million Americans have a disability of some kind. Of these people, 33 million have a disability that makes it difficult for them to carry out some daily activities.

People with disabilities may need assistive devices to reclaim some measure of their independence. For example, millions of people rely on wheelchairs or walking aids to get around. These are called assistive technology and rehabilitative devices, which include tools, equipment or products that can help people with disabilities get around more easily. These devices may be as small as magnifying glasses for reading to as large as

wheelchairs.

The National Institutes of Health state that 2.2 million people in the U.S. depend on wheelchairs for day-to-day tasks and mobility. More than six million use canes, walkers or crutches to assist with mobility. The following are some of the common types of mobility devices available for purchase.

Canes: Canes are handheld devices that provide a little extra stability or support to weakened limbs. Canes are easily transported and can assist those who need only a little help.

Standard walkers: Also known as medical walkers, standard walkers offer substantial support and must be lifted to move. That requires upper body strength, which can be difficult for some to maintain on long trips.



Rolling walkers: Rolling walkers are similar to standard walkers. But rolling walkers have wheels, either on the front only or on both sets of legs. They are somewhat less stable than standard walkers. Rolling walkers with wheel-locking devices may offer stability when needed. Some rolling walkers are called “rollators.”

Wheelchairs: Standard wheelchairs must be powered by the person in the chair or by someone pushing it from behind. This can be difficult for people with minimal upper body strength. Mechanical wheelchairs are powered with a lever or button. Some people may opt for motorized scooters over bulkier wheelchairs when possible.

Assistive devices can be highly effective, but only when they are used properly and safely. Assistive devices should be measured for each user.

Many walkers are height-adjustable. The width of a device also is important.

A walker or another device that is too wide can affect mobility or require modifications to be made around the home. Weight is another consideration. The device should be lightweight so it can be maneuvered, but also weigh enough to provide enough stability to keep users upright.

Users should proceed slowly and favor their stronger sides when relying on canes or walkers. Devices should not be used to climb atop other items like step stools. Children should not be allowed to play with or ride on assistive devices. If there are safety belts or locks on any assistive technology, they should be put in place before use to prevent further injury.

Senior perks and discounts

Growing older may come with some added laugh lines or a few extra aches and pains, but many will attest to the benefits and wisdom earned from a life well-lived. And if that's not enough, the discounts and other perks afforded seniors can make reaching one's golden years a bit easier to embrace.

Every day the list of companies offering special deals for people of a certain age continues to grow. Individuals willing to do the research or simply ask retailers and other businesses about their senior discount policies can be well on their way to saving serious money. Keep in mind that the starting points for age-based discounts vary, with some offering deals to those age 50 and up, and others kicking in at 55 or 60-plus.

The following is a list of some of the discounts that may be available. Confirm eligibility as companies change their policies from time to time. Also, the editors of “Consumer World” say that the senior discount might not always be the lowest price, so comparison shopping is a must to find out which discount or coupon is the best deal.

Amtrak: Travelers age 65 and older can enjoy a 10 percent discount on rail fares on most Amtrak trains. For those who prefer ground travel but want to leave the car at home, this can be a great way to get around.

Fast-food/sit-down restaurants: Establishments like Wendy's, Arby's, Burger King, Denny's, Applebees, Carrabba's Italian Grill, IHop and Friendly's offer various senior discounts.

Most are 10 to 15 percent off the meal. Others offer free beverages or an extra perk with purchase.

Kohl's: This popular department store provides a 15 percent discount every Wednesday to shoppers ages 60-plus. Other stores like Modell's, Belk, Bon-Ton, and SteinMart offer similar discounts.

Marriott: Travelers age 62 and older are privy to a 15-percent discount on room rates at Marriott brand hotels, subject to availability

Roto-Rooter: Plumbing problems can get expensive, but online sources cite a

please see perks page 12

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Reduce accident pain and heal with chiropractic care

Did you know that automotive accidents are one of the leading causes of injuries? In 2012, more than 5.6 million car accidents were reported to law enforcement and car insurance companies, and the numbers keep growing. The attorney referral service and legal information resource Find Law says the economic cost of car accidents is estimated at \$277 billion each year.

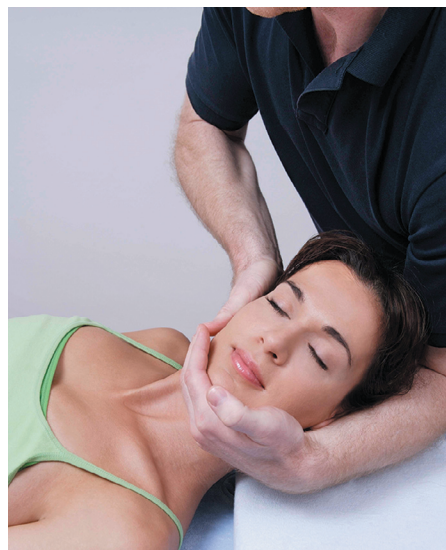
In addition to causing property damage and damage to the vehicle, car accidents can result in various bodily injuries that may impact a person's ability to function and work. Some of the more common injuries include trauma to the head, back and neck. Many different treatments can help people who have been involved in auto accidents. Including chiro-

practic care in treatment plans may help people decrease their pain and improve their mobility.

It is important for people involved in auto accidents to seek medical care immediately even if the need for medical attention doesn't seem readily apparent. Adrenaline can staunch symptoms, and a person may exacerbate an injury if he or she hasn't undergone a medical exam after a car accident.

Persons involved in auto accidents can visit chiropractors as part of their post-accident treatment plans. Chiropractors can perform various services to help people overcome their injuries.

Assess invisible injuries. Whiplash can produce symptoms hours or even days after an accident. Soreness, dizziness and pain may not register



on X-rays or imaging tests. However, a chiropractor may have the tools to assess injuries that result from tension, misalignment and micro-tears in liga-

ments and muscles.

Reduce inflammation. Chambers Medical Group says that spinal manipulations and pressure release techniques can realign the spinal column and help release an anti-inflammatory substance through the body that can lower pain and inflammation.

Improve pressure. Manipulations also can reduce pressure in the neck area, which in turn may ease the pain of headaches, stiffness, dizziness, and even ringing in the ears.

Chiropractic care may be used alone or in concert with other treatment options. Medical professionals can work together to provide a regimen that will ease pain and help patients get on the road to recovery.

Ways to volunteer and give back to your community

Millions of people across the globe volunteer every day. Without the selfless efforts of volunteers, many charities would be forced to cease operations. In fact, a 2017 study from the charitable

community membership organization Independent Sector estimated that the labor provided by volunteers is worth roughly \$193 billion per year in the United States alone.

But volunteering can be as beneficial for volunteers as it can for the organizations they help. For example, the Mayo Clinic Health System notes that research has indicated volunteering leads to lower rates of depression while providing individuals with a sense of purpose. Volunteering can be especially beneficial for adults over age 60, with the MCHS noting that older volunteers experience

*please see **volunteer** page 13*

Medications help with Parkinson's treatment

Parkinson's disease is a progressive nervous system disorder that primarily affects movement. In the earliest stages of Parkinson's, an affected person's face also may show little or no expression and speech may become soft and slurred.

According to Parkinson's News Today, Parkinson's is the second most common age-related neurodegenerative disorder

*please see **treatment** page 13*

perks from page 11

10 to 15 percent discount depending on location for this drain cleaning service provider in North America.

National Parks: The U.S. National Parks Service offers steep discounts on



the annual pass, which provides entry to more than 2,000 federal recreation sites.

Grocery store: Food shopping gets a

little easier with discounts at Harris Teeter. Be sure to check with local supermarkets about senior discounts, as they vary, particularly as to what day of the week and for what age they kick in.

AARP membership: It is important to note that many companies require enrollment in AARP for people to get senior discounts. AARP also has its own AARP Prescription Discount Card so that members and families can save around 61 percent on FDA-approved drugs that prescription insurance or Medicare Part D plans fail to cover.

T-Mobile: This carrier offers two lines with unlimited talk, text and LTE data for \$35 with AutoPay for seniors age 55-plus. Only the primary account holder has to be 55.

With a little digging, seniors can find scores of discounts to help them save money while enjoying their golden years.

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treatment

from page 12

after Alzheimer's disease. In fact, Parkinson's affects more people than multiple sclerosis, muscular dystrophy and ALS combined, and an estimated 10 million people worldwide have Parkinson's disease.

The Parkinson's Foundation esti-



mates that nearly one million people in the United States live with Parkinson's disease in 2020. Age is a risk factor for Parkinson's, but an estimated 4 percent of people with the disease are diagnosed before age 50.

Many people are familiar with the symptoms of Parkinson's, like tremors in

the limbs. Slowed movement, or bradykinesia, also occurs over time. Rigid muscles, impaired posture and balance, and loss of automatic movements like blinking and swinging arms while walking also can occur, advises the Mayo Clinic.

Like other neurodegenerative conditions, Parkinson's is linked to changes in cells in the brain, which may gradually break down or die. Environmental triggers or genetics may also contribute to Parkinson's.

Parkinson's also may be caused by shifting levels of the chemical messenger dopamine in the brain. When neurons break down, they produce less dopamine, and this causes abnormal brain activity.

Parkinson's has no cure, and treatment of the disease is designed to slow progression and treat certain symptoms.

Parkinson's patients and their families may be excited to learn that the U.S. Food and Drug Administration approved the use of a new medication known as Nourianz (istradefylline). It is recommended for "off" time, when symptoms return between other medication doses.

Nourianz belongs to a class of medications known as adenosine A2A antagonists, which work differently from all currently available Parkinson's drugs. This drug blocks the brain chemical adenosine, which boosts the signaling of dopamine, the brain chemical that decreases in Parkinson's patients. The medication can be added to a regimen consisting of levodopa/carbidopa to decrease off times. Four placebo-controlled clinical trials, which included more than 1,000 participants, demon-

strated a significant decrease in "off" time when Nourianz was added to levodopa/carbidopa. Levodopa is converted to dopamine in the brain. Carbidopa helps prevent the breakdown of levodopa before it can reach the brain and take effect.

Parkinson's patients can work with their doctors to find a regimen of drugs, therapy and support that may lessen their symptoms and improve their quality of life.

How occupational therapy can help people live with arthritis

Occupational therapy may sound like something exclusive to people who are injured on the job. Though occupational therapy helps people in the workplace every day, it also helps men and women, including those with arthritis, perform everyday activities that may or may not be work-related.

Arthritis can take both a physical and financial toll. The Arthritis Foundation notes that it's difficult to determine just how many people currently suffer from arthritis, as treatment often isn't sought until symptoms become severe. Conservative estimates from the AF suggest 54 million adults in the United States currently have arthritis, though the organization reports that a recent study sug-

gested as many as 91 million might be dealing with this painful inflammation and stiffness of the joints. As if the pain from arthritis weren't enough, the condition also can cause financial problems for those who cannot work or only work part-time, with annual medical costs and earnings loss estimates in the hundreds of billions of dollars.

Occupation therapy can help people with arthritis overcome their conditions. The American Occupational Therapy Association, Inc., notes that most joints have the potential to develop arthritis, which can affect mobility, cause pain and even lead to deformity.

please see therapy page 14

volunteer

from page 12

greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.

With so much to gain from volunteering, it's no wonder that so many people across the globe volunteer. According to

the United Nations Volunteers program, global estimates place the number of worldwide volunteers at 970 million. That's nearly three times the population of the United States.

It's never been easier to volunteer and begin helping your community. Adults and chil-

children who want to join the nearly one billion strong global volunteering community need not look far to get involved. The Corporation for National Community Service notes that the following are some easy ways to volunteer in your community.

Serve meals at a local shelter or



community kitchen.

Sign up to work as a tutor or mentor with a local afterschool program.

Help adults find the right professional opportunities by hosting a resume writing/review workshop and conducting practice interview sessions.

Work in conjunction with a local food pantry to organize a food donation drive.

Volunteer to help the environment by working with local, state, or national park services to beautify parks and/or a local community garden.

Work with a local emergency response organization to produce and distribute disaster-preparedness kits.

Help fellow community members save money by collecting

and sharing information about free tax-preparation services.

Read to students or seniors- contact a local community or senior center.

Volunteer at an animal shelter.

When it comes to volunteering, the opportunities are as endless as the benefits of giving back to your community.

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Learn to downsize before a move

Aging men and women often take inventory of their lives in an effort to focus on activities or lifestyle changes that can ensure happy retirements. Data from the U.S. Census Bureau shows there are some 76 million baby boomers, those people born between 1946 to 1964, across the country. With the youngest of the boomers in their mid-50s and the majority having already reached retirement age, many boomers are trying to decide if it is time to move out of their family homes and into smaller, more manageable abodes.

Many older adults find they do not need the same amount of space as they did when they had children living at home. Retirees and those on the cusp of retirement may find that downsizing is a

smart financial move that frees up more time for recreation.

However, it can be challenging to cut down on living space and then deal with figuring out how to make furniture, belongings and stored items fit in more condensed areas. Moving can be stressful even without having to cut down on prized items. Taking an inventory of belongings can help the process go smoothly.



Before moving, men and women can go room by room, making piles of items that will be kept, donated, sold, or discarded. This can be a tedious task, but it is necessary to avoid clutter in a new home.

People downsizing can attempt to sell items they do not need via newspaper classified sections or online classified sites. Appliances and furniture in excellent shape may fetch good prices. Any extra cash can be put toward buying new items that are size-appropriate for the smaller home.

Another way to clear out clutter is to sort duplicates from the stock of items. A person may no longer need multiple sets of dishes or silverware. If the move involves switching from a king-sized to a queen-sized bed, donate or trash bed linens that will no longer fit. Pay close attention to kitchen and bathroom items, which tend to accumulate over time but might not be discarded when clearing a home of clutter.

People moving from a detached home to a condominium or a townhouse may learn that homeowner's association fees cover everything from snow removal to lawn maintenance to pool upkeep. If so, it's unnecessary to bring lawn and garden supplies.

Homeowners are advised to look at the floor plan of their new dwellings and pay attention to storage space. This can make it easier to plan ahead for what may fit, what will need to be purchased new and which storage solutions may be needed. Having a plan in place can make unpacking and settling in go smoothly. The organizing company Organize Me says that homeowners should consider how cabinets and closets will be used before moving in.

Downsizing can free up time and money. When done right, downsizing can make retirement easier and create more leisure time for retirees.

therapy
from page 13

However, the AOTA™ also states that OT practitioners aim to help people with arthritis maximize their ability to participate in activities like work or recreation while striving to help patients enhance their quality of life.

Because there are more than 100 different types of arthritis, men and women diagnosed with the condition can benefit greatly from individualized care. One-size-fits-all solutions may not work for arthritis sufferers, who can benefit from one-on-one interactions with OT practitioners. For example, the AOTA™ notes that OT practitioners may recommend personalized adaptive equipment to patients with arthritis who are experiencing pressure and discomfort in their hands when holding or working with objects. Before making such recommendations, OT practitioners may analyze patients' daily activities to ensure they get equipment that will provide the support and relief their specific condition calls for.

Arthritis is a global concern that the Arthritis Foundation estimates will only become more prevalent in the decades to come. Occupational therapy can be just what arthritis sufferers need to overcome their conditions and improve their quality of life



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Council seeks honoree nominations

The Worcester County Drug and Alcohol Abuse Council is seeking nominations of adults, youth, or groups who have made outstanding contributions to drug and alcohol prevention or treatment. The recipients will be honored by Worcester County residents, elected officials, and council members at the 29th Annual Drug and Alcohol Council Awards Reception. This event will be held on Thursday, April 30 at the Worcester County Technical High School beginning at 6pm.

Nominations of individuals or groups who have performed commendably are currently being accepted

at the Worcester County Health Department. This year the council is asking for nominations of first responder and emergency department personnel to also be recognized. Criteria for selection of honorees include: program impact on community, appropriateness of approach, and personal contribution to the program. Anyone who received an award in the past three years is not eligible. The deadline for nominations is April 2, 2020. Please call 410-632-1100 ext. 1038 or e-mail jack.orris@maryland.gov to request a nomination form or to make a reservation.



safety

from page 8

cautions and practices.

- They include: Visiting hours restricted to Noon until 8 p.m. at Nanticoke and Peninsula Regional.

- No visitors under the age of 18 unless they are parents of hospitalized children. This includes infants and siblings across all areas of the hospitals.

- Limit of one visitor per patient. Only one person may accompany a patient into the hospital or into any of PRHS's physician offices or immediate care centers. Additional visitors will not be permitted in the building and may not stay in lobbies or waiting areas. They may visit, but only after the first person has completed their visit and left the building.

- Visitors are required to check in at the front desk of any location.

- Visitors may be screened for flu-like symptoms (fever, cough, sore throat). Those exhibiting symptoms will be asked to leave and referred to their primary care provider. They will not be allowed to visit.

- If screening questions determine a visitor has traveled internationally, they will not be allowed to visit patients until after 14 days back in the United States.

- Labor and Delivery will be restricted to two visitors including the professional support person/post-partum helper.

Exceptions will be considered on a case-by-case basis for situations including events such as end of life. PRHS encourages friends, family and loved ones to use electronic devices and applications (phones, FaceTime, Skype, etc.) to keep in contact with patients.

Enhanced safety precautions remain in place at the Chesapeake Cove Assisted Living Center and the Tawes Nursing Home in Crisfield. Visitation is restricted to one person, per visit, per resident at either facility, and limited only to those above the age of 18. All people visiting will be screened upon entry at the reception desk for cold, flu-like or respiratory symptoms, and asked a series of questions about international travel, recent contact with others who have been ill and if they are employed at a healthcare facility.

For the latest information on how PRHS facilities are prepared for COVID-19, please visit either websites at www.peninsula.org or www.nanticoke.org. If you have questions, please call 211 or visit health.maryland.gov/coronavirus and www.cdc.gov for up-to-date information and resources, including the latest information on COVID-19.

In the future, the Peninsula Regional Health System may adjust this policy, including and up to a complete ban on visitation, based on COVID-19 virus prominence in and around our region.

Handwashing fights infection

There are many ways to avoid infection, but few might be as simultaneously simple and effective as handwashing.

According to the Centers for Disease Control and Prevention, keeping hands clean is one of the most important steps a person can take to avoid getting sick and spreading germs to others. While skeptics might question just how big an impact handwashing can have, the science behind washing hands paints a pretty strong picture of just how beneficial this particular component of personal hygiene can be.

How germs get you sick. The CDC notes that feces from people and animals are considerable sources of germs, including salmonella and E. coli. These germs can get onto people's hands after they use the toilet or change a diaper. People who handle raw meats also be exposed to such germs, as these foods can contain invisible amounts of animal feces on them. The amount of germs contained in small amounts of feces may come as a

shock. Research published in the journal Applied and Environmental Microbiology found that a single gram of human feces weighing about as much as a paper clip can contain one trillion germs.

What does handwashing do? With so many germs floating around, it may seem as though something as simple as handwashing couldn't be nearly as effective as it's said to be. But the CDC notes that handwashing removes germs from hands, thereby removing an easy way for germs to enter the body and be passed on to others. For instance, many people habitually touch their eyes, nose and mouth without thinking twice, and doing so provides an easy way for germs to enter the body via the hands. By washing their hands, people can cut off this easy entry-way for germs.

Handwashing also presents germs from entering the body while eating. Germs from unwashed hands can get into people's food and drinks, and can even multiply in some foods and beverages, potentially contributing to illness.

pinetrees

from page 4

The Recreation and Parks Department expects to reopen on March 30.

Donahue said Easter special events are currently under review. Family Fun Night, scheduled for March 20, will be cancelled.

Recreation and Parks Department staff will remain in the office from 8 a.m. to 4 p.m., Monday through Saturday, to answer phones and continue with registration for classes and future room rentals. Staff will also continue to clean the building.

GOLF:

Ocean Pines Golf operations will remain open for the foreseeable future, according to Golf General Manager John Malinowski.

Staff is wiping down shop surfaces, steering wheels and handrails, and Malinowski said a communication would go out soon to the entire Golf email database. All flags sticks have been removed. Any further updates will be posted to www.oceanpines.org and www.oceanpinesgolf.org.

ADMINISTRATION:

The Administration Building front desk will remain open, as of now.

All closings are subject to change, based on state and federal government requirements. All other Ocean Pines facilities will remain open at this time, with staff following cleaning and safety guide-

lines from the Centers for Disease Control and Prevention (CDC). Anyone who is ill has been asked to stay home.

All Ocean Pines departments can be reached by phone. For department listings, visit www.oceanpines.org.

Throughout the Coronavirus crisis, Ocean Pines will also continue to coordinate with neighboring communities and with the Worcester County Health Department.

The Health Department created a website dedicated to local Coronavirus news and information: <https://worcestertehalth.org/protect-menu/1711-coronavirus-covid-19-information-2020>.

Additionally, the Health Department opened a call center, available Monday through Friday from 8 a.m. to 5 p.m. by dialing 410-632-1100 option #8.

The State of Maryland also has a hotline, available by dialing 2-1-1.

Local information about closures and other updates related to Coronavirus is available through a new Town of Ocean City webpage, <https://oceancitymd.gov/oc/coronavirus-information/>.

For more information on Coronavirus through the Maryland Department of Health, visit <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>.

For information on Coronavirus from the Centers for Disease Control, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Prepare delicious meals with frozen foods

Freezers are often unsung heroes of kitchens. Too often foods enter a freezer only to be forgotten before being exhumed from blocks of ice and discarded months later. But putting the freezer to better use can improve the way people eat and add to the flavor of the foods they enjoy.

Some people may turn up their noses at frozen foods, feeling that they lack the freshness of unfrozen foods. But that's not necessarily true. According to the food science department at the University of Florida, technology behind frozen food processing enables fast freezing times and prevents the formation of large ice crystals that can damage cells in fruits and vegetables. Food processors pick produce at the peak of ripeness and then the foods are quickly frozen, rendering them in a state of suspended animation. That means the food will not ripen further or rot like fresh food might if it's not consumed immediately.

Fresh produce that is shipped is often picked ahead of time to account for long shipping times and time spent in the produce section of grocery stores. Enzymes break down sugars and other compounds, destroying color, texture and nu-

trients.

Another advantage to frozen foods is the cost. Many items can be purchased for reasonable prices, often lower than fresh varieties, like frozen vegetables at around a dollar per bag/box. And because the frozen foods will remain fresh until they are used, shoppers don't risk waste from throwing out perishables unnecessarily.

When using frozen foods in recipes, follow package directions on whether to thaw or cook directly from the freezer. Also, when saving extras or leftovers, be sure to properly seal them in an airtight

container to preserve freshness. Look for special freezer-safe bags and containers.

It's also possible for home cooks to create their own frozen food inventory from gardens and potted herbs, and by breaking down "club-sized meat and poultry packs into portioned servings to use throughout the week. These items may have a slightly shorter freezer shelf life than professionally frozen foods because home cooks cannot achieve a flash-freeze like commercial manufacturers. When storing meat, the United States Dietary Association recommends that you store different types of meats in the

freezer for no longer than these durations:

- Ground meat: 3 to 4 months
- Pork chops: 4 to 6 months
- Fish: 6 months
- Beef, veal, and lamb steaks: 6 to 12 months
- Poultry: 9 months

Frozen foods can be healthy and convenient. Don't let their packaged nature fool you; frozen foods are healthy and delicious.

Tips and tricks for savory slow-cooked meals

Kitchen gadgets come and go, but one mainstay continues to deliver tasty meals with ease.

The Crock-Pot, dubbed the original slow cooker, was invented in 1940 by Irving Nachumsohn. This slow cooker was created to cook a traditional stew eaten on the Jewish sabbath. Because faithful Jews are forbidden from cooking on the sabbath, Nachumsohn found the stew could easily be prepared prior and allowed to cook unattended, then carried

to dinner, meeting the sabbath requirements. It was another 30 years before the slow cooker garnered widespread acclaim. That newfound popularity developed when more women entered the workforce and needed convenient ways to prepare meals at home without affecting their work schedules.

While slow cookers can make for successful meals, knowing how to use them to their fullest potential can increase the propensity for delicious, easy dishes.

Here are some tips and tricks.

Prepare ingredients the night before. By preparing recipes the evening prior, you'll have everything you need ready to put in the slow cooker and set to cook for the day.

Preheat the cooker. Add ingredients to a slow cooker that is already warmed up for best results.

Arrange for easy cleanup. Specially designed slow cooker liners can cut washing time dramatically and help prolong the surface of the internal crock.

Don't add dairy until the meal is almost finished cooking. Cooking dairy products for long periods of time can cause them to curdle. Save them for the last steps when using a slow cooker.

Exercise caution with tender veggies. The same wait-until-later approach should also apply to vegetables, beans and pastas, which can lose their integrity and become mushy if cooked for hours. Leave them for last.

Inexpensive cuts of meat are fine. Inexpensive cuts are often high in fat or connective tissue, which will break down during long, moist cooking. Consider browning meat before putting it in the cooker for even more flavor.

Layer ingredients appropriately. Place hard ingredients like potatoes, carrots and other root vegetables at the bottom of the cooker where they will cook more readily.

Stick to the low setting. As much as possible, cook using the low setting to allow for slow, gentle heat to bring out the flavors. Ginny Thomas, a training manager for Crock-Pot, says she has been sticking with this advice for over a decade as a key tip.

Many traditionally prepared meals can be converted to slow cooker recipes. Utilize cookbooks and online resources to make delicious, slow-cooked meals.

Canned food safety pointers

Canned food is convenient. Pantries that include a variety of canned foods make it possible to whip up last-minute meals. And because canned foods have longer shelf lives than fresh items, making them a part of your pantry can reduce food waste. That's a significant benefit for shoppers' bottom lines as well as the planet, as the Food and Agriculture Organization of the United Nations notes that roughly one-third of the food produced in the world for human consumption every year gets lost or wasted.

Canned foods may be more convenient than fresh foods, but home cooks should still follow a few simple pointers to ensure canned items are safe to eat.

Don't presume that canned foods last forever. The Food Safety and Inspection Service, a division of the United States Department of Agricul-

ture, notes that there are limits to how long canned foods will remain preserved. Always adhere to the expiration date on the can. If an item has expired, do not eat it or serve it.

Be especially careful with high-acid canned foods. The FSIS notes



that canned foods, and especially certain high-acid foods, such as tomatoes, have natural chemicals that can react with the container over time. This can cause changes in the texture and taste of the foods, and may even adversely affect their nutritional

value. If the can is corroded or the foods' appearance is abnormal, do not eat or serve it.

Avoid storing canned foods at high temperatures. According to the FSIS, the risk of spoilage increases sharply as the storage temperatures rise. Temperatures 100 F and above are harmful to canned goods, so do your best to keep storage conditions mild.

Store items in dry places. In addition to storing canned foods in cool places, make sure they're stored in dry areas. Never keep canned foods beneath a sink or beside a stove. Extra storage in garages or basements may seem like great places to store canned items purchased in bulk, but such areas tend to be damp and often experience extreme temperature changes between seasons. Both of those conditions can compromise canned foods.

Canned foods can be healthy additions to any diet, but only if they're stored properly and do not outlive their expiration dates.

The role of security when using social media

Social media is a significant part of daily life for people across the globe. According to the 2018 Global Digital suite of reports from We Are Social and Hootsuite, more than three billion people now use social media more than once per month.

Social media is now such a routine part of life that it can be easy to overlook security when using it. But taking security for granted when using social media can make people vulnerable to criminals, who can use social media to access a wealth of personal information about their victims. That can not only make people vulnerable to crimes such as identity theft, but it also can make them more likely to be victims of violent crimes. For example, according to Guard-Child, a group founded by parents with a goal of protecting children in the digital age, 33 percent of all internet-initiated sex crimes involve social networking sites.

Thankfully, prioritizing security in regard to social media is easy and will

not take the enjoyment out of engaging with others on platforms like Facebook, Instagram or Twitter. The following are some security measures social media users can take to protect themselves.



Avoid being overly personal. Always think before sharing personal information via social media. Even sharing something as innocuous as the name of the street where you grew up can provide an avenue for cyber criminals to access your personal information.

Many people use information like their childhood address or pets' names when creating passwords for bank accounts or other password-protected sites. Sharing such insider information on social media gives criminals a backdoor through which they might be able to access your sensitive information.

Lock your devices. The 2018 Global Digital suite of reports indicated that 90 percent of the three billion global social media users access platforms via

mobile devices. If your devices, including smartphones and tablets, are not locked, criminals can access them via Wi-Fi wherever you go. Always lock your devices, and make sure sensitive information is encrypted if it's being stored on your mobile devices.

Be on the lookout for the obvious. Email-based scams are still widely in use, even though many users may think that such scams are a thing of the past. The digital security experts at Norton note that email phishing scams are still used because they still work,

having recently been used to hack into private businesses and even government organizations. These scams, when effective, can be used to provide criminals with access to email and social media accounts. It's important that social media users stay alert to all potential security threats, even those they might think are too simple to work.

Social media users must prioritize security when accessing their accounts to ensure they can safely connect with friends and colleagues.

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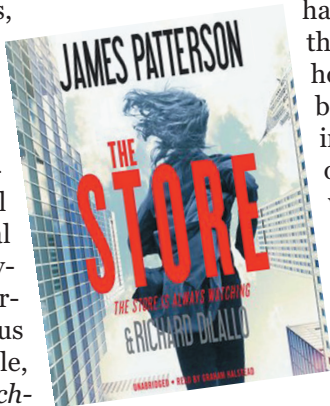
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Book Review

The Store

By **Jean Marx**

Richard DiLallo has teamed up with James Patterson on Patterson's 2017 novel, *The Store*. This is one of several books DiLallo has partnered with Patterson on; other books by the pair include "French Kiss, The Christmas Mystery," and "French Twist." "*The Store*" is a dramatic portrayal of a company based in Nebraska that has become so huge and powerful that it invades the personal privacy of all of its employees to keep them under surveillance 24/7. Thus explains the book's subtitle, "*The Store is Always Watching*."



The prologue to the book is immediately engaging. Jacob Brandeis bursts into the publishing office of Writers Place where his friend and editor-in-chief, Anne Gutman, works. He looks and sounds like a crazed madman as he is holding a box containing a hard copy of his manuscript called "*Twenty-Twenty*" that will expose the surveillance tactics of the Store and the lengths the company is willing to go to in order to silence him – including enlisting the help of the New York Police Department to chase and arrest him before he is able to deliver this manuscript.

The book then shifts to eight months prior. At that time, Jacob and his wife Megan were freelance writers in New York City who found themselves struggling to get publishing projects that would allow them to maintain the lifestyle of raising their two teenage kids, Lindsay (age 16) and Alex (age 13) in the heart of the city. The couple reluctantly admit defeat and go to work for the Store's publishing line of business, one of the company's huge array of business lines.

All the neighbors who greet them in their new community in New Burg, NE already know the names of the family members and details about where they were moving from. The neighbors are also somehow immediately on hand to assist the Brandeis family with their move-in and to welcome them. There isn't much work needed for the move-in, because the house is already furnished beautifully and stocked with just the kinds of

items the family likes, including food items in the refrigerator and pantry as well as their favorite toiletries.

Soon, the family members notice overhead drones everywhere as well as numerous cameras that have been installed throughout their new home. Each of them also begins to experience the incredibly perky attitudes of all their neighbors, co-workers, and fellow schoolkids. In the rare instances when anyone speaks out to criticize an intrusion by the Store into their personal lives, these individuals are immediately "transferred" out of the area with no further details provided about where they were moved to or why.

Jacob and Megan decide to begin writing their "*Twenty-Twenty*" manuscript together and in secret. However, it isn't long before Jacob and Megan find office supplies delivered to the attic room in which they are working on the book. This signals to the couple that the Store somehow knows about their book in the works. Then, each kid followed by Megan, begin to show the tell-tale signs of falling under the spell of the Store. They begin to put pressure on Jacob through various means to give up the book project. One of the ways the Store has wormed its way into Megan's psyche is to promote her to a new supervisory job above Jacob and to send her on business trips, sometimes without allowing Jacob the time off to accompany her.

This is when Jacob takes it on as his single-minded purpose to finish the manuscript and to hand-deliver it to his editor friend before it is too late for all of them. This is a fast-paced novel with some twists here and there to try the reader off. I would venture to say that the book is intentionally drawing parallels to today's major corporations that have significant access to our private data. It gives the reader pause to reflect on the extent to which these big corporations are already intruding into our day-to-day lives and how much further they may go, and whether it will be with or without our consent.

Veterinary technicians are like nurses for animals

Nurses are essential members of the medical community. While it is easy to think of nurses in the traditional health care setting, administering to adults and children in need, nursing disciplines extend beyond human health care. Veterinary technicians, who are petitioning to change their title to veterinary nurses, care for animals in much the same way that nurses care for people.

In 2015, the National Association of Veterinary Technicians in America initiated a conversation about changing the title of veterinary technicians to "veterinary nurse" and establishing a national licensure process similar to that used for registered nurses. As of 2018, 12 states did



not specify duties that veterinary technicians can perform. Many states certify, register or license vet techs, while others do not recognize them at all. This can make it challenging for veterinary technicians, who are highly educated, credentialed and skilled, to find consistent work and earn the recognition they deserve. According to Ginny Nystrom, president of the Tennessee Veterinary Technicians Association, vet techs "dedicate themselves to assisting animals and society by providing care and service for animals, alleviating suffering, and promoting public health." Nystrom attests that vet techs are to animals what traditional nurses are to people.

The animal welfare resource Vetstreet says that vet techs play a vital role in the well-being of pets. Vet techs' responsibilities vary, and their responsibilities require dedication and compassion. Vet techs can draw blood, place catheters, assist in surgery, manage anesthesia, and administer medications. Vet techs are not allowed to prescribe medications, make diagnoses or perform surgeries.

Vet techs work in private veterinary offices, animal hospitals, zoos, and labs. According to the United States Bureau of Labor Statistics, the demand for veterinary nurses was expected to increase by 52 percent between the years 2010 and 2020.

Vet techs require the right edu-

cational background and credentials. Credentials vary depending on where a person lives, but generally speaking a candidate must be 18 years of age or older. One typically enrolls in an accredited veterinary technology training program recognized and approved by the American Veterinary Medical Association. In Canada, a person may need to have a secondary school diploma with prerequisite courses in English, biology, chemistry, and mathematics. He or she should complete a two-year program in animal health technology, accredited by the Canadian Veterinary Medical Association.

Vet techs may be required to pass an exam before they can work. On-the-job volunteer hours can additionally provide a potential vet tech with invaluable experience and also may be a component of licensure.

Veterinary techs provide care to animals much in the same way nurses tend to the human population, showcasing not only their intellect but also their compassion.

proposal
from page 3

into the Saint Martin River.

“Yes, we produce really clean water – less than three milligrams per liter total nitrogen – but that’s still not zero,” he said. “This move could be something that would be beneficial to the river ... [and] it will make a benefit to the bay, because it goes from three milligrams to zero.”

On potential next steps, Ross said in Eagle’s Landing they “built an entirely new irrigation system,” ran several miles of pipe from the golf course to the treatment plant, and put in a

pump station.

To start spray irrigating in Ocean Pines, he said, would be a far simpler process.

“Where the wastewater treatment plant is located is almost across the street from where the entrance is to the [golf course],” he said. “We aren’t talking about miles of pipeline here. We’re talking about half a mile, or maybe three-quarters of a mile ... it’s not going to be expensive to do that.”

He added costs to build a new spray irrigation system, which would be necessary to handle the treated effluent, were not yet known. By comparison, he said about \$1.7 million was

spent at the Eagle’s Landing golf course, and a total of about \$3 million was spent on the project.

“The first step we make is ... we have to decide whether this is even something that’s viable or not.”

Ross said the county would need to investigate financing packages and the potential for grants, but that it’s likely the rate payers would pay for the project, either through assessments or utility bill increases.

“I know everyone is going to want to know who pays. That has not been decided at this point,” Ross said. “Obviously, there are really two choices here: the water and wastewater pro-

gram could pay [or] the Association could pay for whatever improvements are needed for the golf course, but at the end of the day it’s still the homeowners in Ocean Pines.

“Our first step and what we’re proposing to do right now, and why we have to have this public hearing, we’ve got to make a decision,” he continued. “We’re going to be putting \$25,000 in next year’s water and wastewater budget [for a feasibility study].”

“Once we get the information from the feasibility study, that information will be public, we’ll take it to the county commissioners and show them what it is, and a decision will have to be made whether we move forward with the project. No decisions like that have been made at this time, it’s just a concept that we believe is worth looking at for the long-term benefit of Ocean Pines,” Ross said.

Ross, Tustin and Ocean Pines officials fielded roughly an hour of public comments and questions during the meeting. To view a video of the full town hall, visit <https://youtu.be/ZKYNvpWLIgk>.

fishing
from page 10

- 4 tbsp. butter
- 1 medium chopped onion
- 4 tbsp. flour
- 2 1/2 cups evaporated milk
- 1 1/2 cups fish broth (reserved after cooking fish)
- 1/4 tsp thyme leaves

- 1/4 tsp. oregano leaves
 - 1 tsp. parsley
 - 4 oz. grated Monterey Jack Cheese
- In a medium saucepan add fillets, 2 cups water, bay leaf and black pepper, cover, cook on low heat until fish flakes easily. Remove from heat, drain and reserve 1 1/2 cups of broth.
- In another medium saucepan sauté butter, chopped onion and stir

in flour. Add evaporated milk, stirring constantly, then add 1 1/2 cups of reserved fish broth. Add flaked fish, thyme, oregano and parsley, and grated cheese. Simmer at least 15 min; add salt and pepper to taste. Enjoy.

Remember to take a kid fishing,
Capt. Ron

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