

Voter safety headlines primary day

By Victor Fernandes

Patti Jackson has read about voters statewide wanting to cast their ballot for the June 2 primary in person. But early returns of mailed-in ballots from Worcester County are strong, with roughly 5,000 received less than two weeks after being mailed.

Which leaves Jackson, Election Director for Worcester County Board of Elections, wondering how many of the nearly 42,000 registered voters will head to Berlin Intermediate School next Tuesday from 7 a.m. to 8 p.m. to cast their ballots. With mail-in voting among the pandemic-inspired changes in place, in-person voting isn't necessary. Yet, how many residents will consider it their duty?

"We have no idea how many voters to prepare for," Jackson said, which means estimating the amount of supplies full-time staffers overseeing the election process require, even those they previously didn't need, like masks. Voters are strongly encouraged to bring masks to wear, because the election staff won't have enough on hand to supply what could be a steady stream of people.

Meanwhile, voters used the same pens in past years. Next week, voters will sign voter authority cards and complete ballots with a pen provided at the door, and they can keep or discard it. Privacy sleeves to secure ballots will be placed into a bin after one use.

"Then we're going to quarantine them for the next election," Jackson said. "We're not going to recycle them the same day."

Then there are the 15 voting booths spaced six feet apart, up from six often placed side by side used in previous years, because of protocols that require people to stand six feet apart and booths to be sanitized after each voter. With a maximum of 10 voters allowed in the school at all times, 10 booths will be open while a three-person election field support team will clean the other five.

Normally, Jackson said, one person would handle cleaning duties. The election staff has 16 people in all, down a few from previous years to keep the 10-voter maximum from having to shrink. "I think we're going to be swamped [with voters]," said Ed Rodier, chairman of Worcester County Election Commission, which could lead to a much larger line of people outside of the school.

Voters will stand by cones marked six feet apart, with officers from Berlin Police Department making

please see primary on page 14



Gabrielle Izzett receives Kiwanis Scholarship

Gabrielle Izzett (left), president of the Stephen Decatur Key Club is pictured with Kiwanis Club of Greater Ocean Pines-Ocean City President, Roy Foreman. Izzett will attend Shenandoah University in Winchester, VA and play on the women's soccer team. Foreman presented the scholarship to Izzett at her home.

Three candidates certified for board election

It's official: three candidates have been certified for the 2020 Ocean Pines Board of Directors election.

In a letter to Elections Committee Chairman Steve Habeger this week, Ocean Pines Association Secretary Camilla Rogers confirmed that Doug Parks, Dr. Colette Horn and Dr. Stuart Lakernick had each qualified to run.

A fourth candidate did not meet eligibility requirements.

"I have verified that the three eligible candidates are current in

their OPA fees and none of them have any outstanding CPI violations. Therefore, I can certify that Mr. Parks, Dr. Horn and Dr. Lakernick meet the requirements of Section 5.02(c) of the By-Laws and are eligible to run for the office of Director of Ocean Pines Association," Rogers said in the letter.

While the original candidate filing deadline was May 10, that date was extended. Ocean Pines By-Laws require at least two more candidates than the number of

seats available, which this year is two.

The new application deadline is Friday, July 3.

To download a candidate application, visit www.ocean-pines.org/web/pages/board-of-directors.

To read a commentary encouraging homeowners to run for the Board, visit https://ocean-pines.org/web/pages/news_content?announcementId=135&backURL=/web/pages/opa-news.

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Normal trash collection during holiday

Republic Services this week announced there would be no delay in trash pickup during upcoming holidays, including Memorial Day, Fourth of July and Labor Day.

During Memorial Day weekend, for instance, Ocean Pines residents should still plan to put trash out on Sunday evening, for pickup on Monday.

“As a reminder, the only holiday delays come from the winter holidays: Thanksgiving, Christmas and New

Year’s,” Republic General Manager Anthony Spirito said.

Spirito did caution, however, that service times may vary as volumes increase during the upcoming summer season.

“Your normal collection time could be up to a couple hours later than normal, due to increased residents during the summer months,” he said.

For questions or concerns, call Republic Services at 410-749-1551.

Kiwanis initiates Diakonia food drive

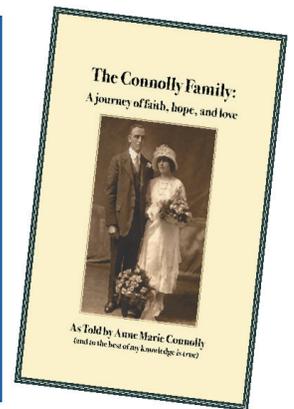
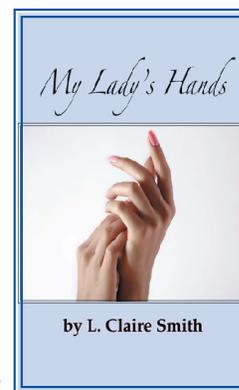
Watching the news, one realizes there is a real problem for those in need to get food. The food banks are overwhelmed as demand is up and supplies are down. The local Kiwanis Club of Ocean Pines-Ocean City wants to help. There will be food collections allowing club members and the public to donate. Collected items will be given to Diakonia. Starting Wednesday May 27 from 10 a.m. until noon, Kiwanis vehicles will be in the parking lot of the Ocean Pines Community Center outside the Assateague Room for drop off of non-perishable goods. Collections will continue every Wednesday until June 17 at the same times. There will be four collections: May 27, June 3, 10 and 17. Volunteers will be wearing masks.

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Reynolds rhetoric

Editor:

Last week *The Courier* published a commentary from Joe Reynolds entitled "Parks and OPA Board out of control". In his commentary he makes reference to several claims that are outright false.

As a public figure, criticism comes with the territory and I have no issue with anyone sharing their differences of opinion. In fact I welcome it as I believe it's a learning opportunity. You can challenge my competence on an issue, disagree with my opinion, and respond negatively to my actions and I will understand. However, when you attack my personal integrity, I draw the line and Mr. Reynolds has crossed that line.

He states that a vote to keep the loan was taken in closed session. His statement is incorrect as no vote was taken during this meeting. He states that I acted without authority and made unilateral decisions. Interestingly he jumps to that false conclusion by failing to recognize that the other Directors were informed of the proceedings as a number of emails, text messages, phone calls and other dis-

cussions had taken place. The Board was totally aware and unanimously supportive of applying for the loan and that a vote was not necessary for submitting an application. Instead of trying to obtain some factual reference, he simply ignored anything that would not support his narrative. Reynolds statement that the "...board never approved anything..." and "...Parks left the board with no choice..." is patently false and meant to further his personal attack on me. His statements are also designed to portray other members of the Board as weak and unable to have a position and convey an opinion on any issues. That notion is about as far from the truth as one can get.

He goes on to make a claim that the loan application was not factually correct and there was intent to mislead the lender. Again, another false statement and quite frankly a bold and unfounded claim that borderlines on libel. The application was reviewed by the General Manager and his Finance team, who submitted the application per the instructions, which was in turn reviewed by the SBA and the final loan amount was determined by the underwriters based on the criteria noted in the application. Reynolds claims that

please see letter on page 6



According to the Centers for Disease Control and Prevention, each country has its own guidelines about which medicines are legal. Recognizing the distinctions between domestic and foreign policies in regard to medications is important for travelers, as drugs that are prescribed or even purchased over-the-counter in one's own country may be designated as controlled substances overseas. Controlled substances are generally illegal, and carrying them into another country may leave travelers vulnerable to criminal charges. Even if travelers do not face criminal charges overseas, law enforcement or government officials may seize their drugs, leaving vacationers or business travelers without medications they need to survive. The CDC recommends that travelers avoid such situations by contacting embassies or consulates in the countries they plan to visit. Officials at such offices may put travelers in contact with local physicians who can help them find medications that can treat their conditions. In addition, it's important for prospective travelers to discuss medications with their physicians before booking any overseas trips. Physicians can be invaluable resources and help their patients learn about alternative medicines that may be available to them overseas. Such discussions can shed light on potential side effects of alternative medications, which can help travelers make informed decisions about the safety of traveling to certain countries or parts of the world.



A Time To Remember

On this day in 1963, Bob Dylan released his second album, "The Freewheelin' Bob Dylan," which went on to transform him from a popular local act to a global phenomenon.

"Of all the precipitously emergent singers of folk songs in the continuing renaissance of that self-assertive tradition," wrote journalist and critic Nat Hentoff, "none has equaled Bob Dylan in singularity of impact." Dylan's impact on the folk scene stemmed at first from his mastery and idiosyncratic performances of a vast repertoire of traditional folk songs. His devotion to the music of the great Woody Guthrie is what brought Bob Dylan to New York in the first place, and his "Song To Woody" was one of only two original numbers on his widely ignored debut album, "Bob Dylan" (1962). "The Freewheelin' Bob Dylan," on the other hand, included only two *non*-original numbers, and the speed with which Dylan's own songs from that album were added to the repertoires of other musicians is what really turned him into a household name.



Masks still required at Farmers Markets

Ocean Pines is reminding visitors to the weekly Farmers & Artisans Market that Maryland guidelines for face masks and social distancing are still in place.

Among the restrictions still active is an April 15 executive order from Gov. Larry Hogan, on "Masks and Physical Distancing."

That order requires the use of face coverings and physical distancing measures at all retail establishments, including farmers markets.

According to the order, "Face Covering" means a covering that fully covers a person's nose and mouth, but is not a Medical-Grade

Mask. The term 'Face Covering' includes, without limitation, scarves and bandanas."

To read the order, visit <https://governor.maryland.gov/wp-content/uploads/2020/04/Masks-and-Physical-Distancing-4.15.20.pdf>.

The Ocean Pines Farmers & Artisans Market is open Saturdays, from 8 a.m. to 1 p.m., at White Horse Park on 239 Ocean Parkway, in Ocean Pines.

For more information, visit www.oceanpines.org/web/pages/farmers-artisans-market.

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Secondhand stories

When you're in the throes of childrearing, it's hard sometimes to appreciate how fleeting that time really is, especially when you're trying to ensure homework gets done, baths are taken

my daughter relates stories to me about what her kids have said or done.

Case in point. A couple weeks ago my daughter and her daughter who is six had a difference of opinion on something, I don't remember what. After a couple minutes of telling her daughter what was expected of her, my daughter asked, "Are we on the same page?" to which my granddaughter replied, "Are you on page six?" That was the

end of that conversation because my daughter had to leave the room holding back laughter.

Another little story I heard second-hand. The other day my granddaughter and grandson came in from playing outside. My granddaughter asked her father if she could read to him. He said yes, so the whole family, mother,

father, brother and sister sat on the sofa. While my granddaughter was reading, my grandson, who is three, leaned over to his mother and said, "I peed outside." My daughter asked, as all mothers would,

"Why didn't you come inside to do that?" The innocent response: "Because we needed it to make the mud pies." Story reading stopped abruptly as both kids were marched into the bathroom to wash their hands.

These are the types of stories that will be retold through the years at family gatherings. I know this because I'll be the one retelling them.

It can be very challenging to really appreciate the time we spend with our kids especially when they are small and running around the house not doing what they've been asked to do, evading bedtime or creating violent wave action in the bathtub. But, there is an opportunity to relive those times, albeit from a changed vantage point, when we have grandchildren. Once we get to that point, all we have to do is enjoy the ride and watch our kids get frazzled dealing with the situations that once drove you nuts.

There is justice.

Note: This column was first published in April 2018



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

and school lunches are made. But the time together as a nuclear family goes by quickly and before you realize it, your kids get married and/or move out of the house to live their own lives. And you're left with empty chairs around the dinner table and considerably more free time that was once utilized to take a van full of kids to little league.

My daughter and I talk quite a bit so she tells me about her trials and tribulations raising her two children, my grandchildren. On those days when parent-



hood is challenging she'll quote back to me something I often said (through clenched teeth) when she and her brothers were younger and driving me to distraction: "These are the happiest years of my life." I look back now, especially when I listen to my daughter talk about parenting her kids, and truth be told, those days really were the happiest years.

No longer are toys strewn around my living room or lights left on in empty rooms. No one is opening and closing the refrigerator door just to see if maybe there's something to snack on. Back in the day those situations frustrated me to no end. But there were also times, many times, that I enjoyed very much like reading a bedtime story or sitting at the dinner table listening to the kids tell their Mom and me about their day. Also, now in the past, are the quiet times when one of the kids would say or do something that would either make me laugh hysterically or make me sit back and wonder how they got so smart.

Now I listen with great interest as

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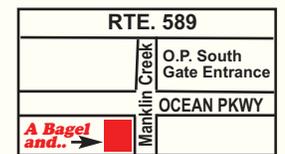
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County honors service of retiring Tourism Director

Worcester County Tourism (WCT) Director Lisa Challenger will retire effective May 29, 2020, after 31 years of public service to the community. Challenger joined WCT as the director on September 11, 1989, and she has played a pivotal role in shaping tourism in Worcester County and across the State of Maryland.

“Tourism supports 14,228 jobs in Worcester County, generates \$1.9 billion in visitor spending, and \$366.8 million in tourism tax revenues,” Chief Administrative Officer Harold Higgins said. “That statistic speaks volumes and is a testament to what 31 years of hard work can accomplish.”

Challenger, a founding member of the Lower Eastern Shore Heritage Council, spearheaded numerous projects and programs that directly attributed to the growth of tourism in Worcester County, throughout the Eastern Shore region, and across the state. For her exceptional creativity, positive approach to identifying and developing new tourism markets, and commitment to enhancing and perpetuating the Maryland tourism industry, Governor Larry Hogan

appointed her to the Maryland Heritage Areas Authority in 2014. Then in 2016, Maryland Tourism Coalition named Challenger Maryland Tourism Person of the Year.



“This job has really defined me and my life here in Worcester,” Challenger said. “I have loved every second of it. I look back and realize how lucky I’ve been to hold this position and to work with all the great folks I’ve had the pleasure to meet and collaborate with over these many years. It feels great to know that my good friend Melanie Pursel is taking over. She’ll be terrific.”

Known for her success in developing regional partnerships, Challenger developed the Cape to Cape Scenic Byway, spearheaded the Wilds of

Worcester video series, Eat, Drink and Buy Art campaign, Worcester Green Award Program, Beach and Beyond website and mobile app, West Ocean City Commercial Harbor and African American historic markers, Delmarva Birding Weekend, the social media campaign that earned Berlin the title America’s Coolest Small Town, and inclusion of the Beach to Bay Indian Trail on the Department of the Interior’s National Recreation Trails list.

Challenger successfully applied to have Worcester County recognized as both a Maryland heritage area and a Preservation America Community under then First Lady Laura Bush. She is a past chair of the Maryland Association of Destination Marketing Organ-

izations, and she organizes the Eastern Shore Economic Data handout to explain tourism’s value to the Eastern Shore delegation. She passes the torch of leadership in WCT to incoming Director Melanie Pursel, who brings 21 years of proven leadership to Worcester County Government and is respected statewide for her contributions to the business community, marketing, and tourism, as well as workforce and economic development.

Challenger has three daughters, Natalie, Mackenzie, and Olivia and is looking forward to spending more time with them, her parents, Ed and Emmy, and her 22-month-old grandson, Kellen.

Worcester Wellness Weigh returns

The Worcester County Health Department is making plans for the fourth session of our online health and wellness program, Worcester Wellness Weigh (WWW). The program set to begin in June 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 are 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, Atlantic Club Garden of Hope, Atlantic General Hospital Community Garden, and Pocomoke Corner Sanctuary Community Garden. A virtual orientation for the program will occur at the times listed below. Those interested in participating in the Worcester Wellness Weigh program must register by June 5, 2020. Pre-registration is required to participate.

Tuesday, June 9, 2020 from 5 p.m. to 7 p.m. via Google Meet

Wednesday, June 10, 2020 from 5 p.m. to 7 p.m. via Google Meet

Thursday, June 11, 2020 from

please see **wellness** on page 14

letter

from page 4

OPA could have continued its operations without the loan and would be able to rely on reserves. However, that short-sighted viewpoint fails to consider several consequences that include, but are not limited to, the balance in the reserve funds and the effect on the annual assessment for next year. I can state with certainty that if next year’s assessment was to increase by \$150 - \$200, Mr. Reynolds would be first in line leading the charge to question the Board’s competence and to criticize the Board for not carrying out its fiduciary responsibility in April of 2020 when there was an opportunity to apply for financial relief to minimize any potential increase on the annual assessment.

Mr. Reynolds would have those reading his commentary believe there were legal concerns regarding OPA applying for and being granted a loan in conjunction with the Payroll Protection Program. What he fails to acknowledge is that members of the Board and the General Manager engaged in multiple conversations with our attorneys and the Bank of Ocean City as we followed the developing situation with the federal government’s qualification criteria and loan approval status.

Mr. Reynolds summarized three statements. The first was that I made a material misrepresentation to the Bank of Ocean City. This statement is patently false. His second statement was that I signed the loan application without Board authority. This statement is also patently false. His third statement is that I misrepresented the use of reserve funds. If his statement is in reference to section 8.03 of the OPA by-laws regarding the ability to use the reserve funds if a 2/3 majority of the Board approves, then this statement is correct and during the Board meeting I did incorrectly mention that the reserve funds could not be used for operations.

At the end of the day, the GM and the Board did the right thing and acted in the best interest of the Association for both the short and long term.

In response to Mr. Reynolds personal attack on me, I will not simply ignore his comments as I believe silence will be interpreted by some as a form of consent. I’m not convinced that him resorting to a personal attack on me and on those of us who choose to serve the community are meant to better the Association. Mr. Reynolds wrote that the membership should be ashamed of the Board. What is shameful are the comments from Mr. Reynolds.

Doug Parks

Ocean Pines Association
Board of Directors, President

'Good Choices' training available online

Parenting can be difficult at any age and any time but the COVID-19 pandemic has added new challenges and stress. The Worcester County Health Department is offering free Guiding Good Choices education classes online to provide parents with resources and tools to help their children take productive roads in life. Guiding Good Choices is an evidence-based, nationally recognized program on how to teach parents to teach their kids about the dangers of drugs and how to make positive decisions as they grow up. The first class will be held from 5 p.m. to 7 p.m. on Wednesday, May 27 through an online format.

"We continue to strive to present parents with the best possible resources and education," said Mimi Dean, Director of Prevention Services for the Worcester County Health Department. "Using an online format to provide Guiding Good Choices makes these learning tools convenient and accessible."

Guiding Good Choices is taught by certified instructors and will include

five classes in total over the summer. For more information or to register, call 443-735-5437.

Dems prepare for primary

The Democratic Central Committee Worcester County (DCCWC) has been ramping up for the primary election. Virtual meetings, community outreach, voter contact, "Get out the Vote" and online engagements demonstrate that the Democrats are all in. Remember that Maryland's Primary Election is June 2. Ballots should be returned by mail, postmarked no later than June 2, or dropped off at the election board box located at Berlin Intermediate School, 309 Franklin Ave, Berlin or the Election Office, 201 Belt St., Snow Hill. An in-person voting location is also available. See elections.maryland.gov for additional information. DCCWC's Post - Primary work is crucial and your assistance is needed. Contact us by emailing to dcwcmd@gmail.com.



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How can Telehealth Physical Therapy benefit you?

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

Did you know that, in the state of Maryland, you can now receive an expert evaluation and treatment by a licensed physical therapist through your computer, tablet, or smartphone? Due to the recent COVID-19 outbreak, advances are being made in the way we deliver and receive medical treatments. I'm sure you're asking yourself how it's possible to receive physical therapy (PT) without actually being present in the same room? You're also most likely wondering if this service will be covered by your health insurance company. I am going to answer these questions for you and expand upon how this progression of healthcare is an exciting "game changer" for providers and patients!

A telehealth physical therapy session involves the patient (you) and the PT interacting via your therapist's online platform. This means that you will be sent a link via email, and all you need to do is click the link to join an online video and audio meeting with your PT. You will also be sent, via email or standard mail, the standard forms you would usually sign at the PT

office prior to your initial appointment. You will then be able to have an evaluation at the time and place of your choosing. Only licensed physical therapists in the state where you reside can offer Telehealth treatments.

Let's get the burning question out of the way. Is Telehealth physical therapy covered by your health insurance. The short quick answer is yes. Further, you do not need a referral from your physician (Direct Access). Due to the COVID-19 outbreak and as of April 30 2020, Medicare approved telehealth by physical therapists. All other private insurance companies typically follow Medicare guidelines, but if you're in doubt about coverage, you or your physical therapist can call the number on the back of your card to verify Telehealth coverage.

On to how can quality physical therapy be offered via Telehealth. During a typical "in person" PT visit, you would receive roughly 25-35% hands on care with the rest being expert advice, education, and assessment of your evolving symptoms. Through Telehealth you can now receive this expert analysis of your situation and

how to attempt to self-manage and treat at home. Studies have shown that only 8% of people that would benefit from physical therapy actually receive it. This is most likely due to the time commitment and inconvenience of having to find space in your busy day to fit in PT. Now, with Telehealth, you can quickly and easily be evaluated and educated on the what your issue may be and how to most effectively treat the condition. I will be the first to tell you that Telehealth PT is NOT for everyone, however while scheduling your visit or after the initial evaluation, the physical therapist will tell you whether you need more than what

Telehealth can offer.

What's exciting about this ground breaking change in healthcare is that you, as the patient, are no longer limited by location. If there is a medical professional, in this case PT, that you trust or is recommended, you can see them no matter where in your state they are physically located. However, to reiterate, they must be licensed in the state where you as the patient are located.

William Hamilton Jr., DPT, CHT is owner of Hamilton Physical Therapy and can be reached at either www.hamiltonPTcares.com or 410-208-3300.

Wor-Wic receives military friendly designation

Wor-Wic Community College was named as a silver-level Military Friendly School in the community college category for 2020 by VIQ-TORY, a veteran-owned company whose mission is to assist military personnel transitioning into civilian life.

Wor-Wic is the only community college in Maryland with a military friendly designation.

The Military Friendly Schools list honors the colleges, universities and trade schools nationwide that are doing the most to embrace America's military service members and veterans as students.

Wor-Wic recognizes and adheres to Veterans Administration (VA) standards and strives to assist veterans as much as possible. Fred Howard, director of veterans serv-

ices, is available at Wor-Wic to help current and prospective students who are veterans or active military personnel.

"Wor-Wic's veteran, military and eligible dependent student enrollment averages 300 students per year taking both credit and non-credit courses," said Howard. "Veterans, active duty members, National Guard, reservists and eligible family members can use one of several VA GI Bill educational benefits while attending college. In addition to VA educational benefits, eligible military students can use their active duty and reserve tuition assistance while attending Wor-Wic. Wor-Wic has been selected as a Military Friendly School by VIQ-TORY for nine consecutive years."

A U.S. Navy veteran, Howard serves as the advisor for Wor-Wic's veterans and military association, a student club that is open to all students who have served any length of time in the U.S. armed forces. The club raises awareness of veteran issues and organizes events pertaining to veterans.

Visit www.militaryfriendly.com <<http://www.militaryfriendly.com>> for the complete Military Friendly Schools list.

Veterans or active military personnel interested in enrolling at Wor-Wic can contact Howard at fhoward@worwic.edu <<mailto:fhoward@worwic.edu>> or 410-334-2882.



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Lemay named Maryland Emergency Nurse of the Year

The Maryland chapter of the American College of Emergency Physicians recently announced that Gail Lemay of Peninsula Regional Medical Center's Emergency Department was named Emergency Nurse of the Year.



Gail Lemay

Lemay was chosen for her dedication to the Emergency Department over the past 37 years; her passion for emergency nursing and process improvement; and her care for her colleagues, patients and the community. Lemay has a master's degree in nursing and holds post-graduate certifications, and works as clinical quality specialist in the Emergency Department of PRMC. She has attended Emerging Infectious Disease training at Johns Hopkins through the National Ebola Training and Education Center.

Lemay is an instructor for the Trauma Team's Stop the Bleed pro-

gram, educating the public on how to apply lifesaving aid during traumatic injuries. PRMC's Stop the Bleed program has provided education to organizations and schools across Delmarva. She also represented Peninsula Regional at a national Nurse Hackathon, where she worked with a team to develop a program to empower inner-city youth to become first responders in their communities.

Peninsula Regional Medical Center Emergency Department Director Angela Brittingham said, "We are very proud that Gail has earned this honor on a statewide level, and it is well-deserved."

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

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PRMC resumes non-urgent surgeries

Peninsula Regional Medical Center is working to reopen some services that were affected by COVID-19, such as elective surgeries. Services are being phased in to ensure the highest safety possible and in accordance with the directive of the Maryland Department of Health.

“We are eager to resume these important services to ensure the continued health of our community,” said Cindy Lunsford, Executive Vice President/COO of Peninsula Regional Medical Center. “While COVID-19 has been a significant health challenge, there are many other health conditions and needs in our area that we do not want to remain unaddressed.”

Even as services reopen, there are changes that must be made to continue to minimize the risk of COVID-19. The region, and Peninsula Regional, are still in phase 1 of the recovery roadmap; further openings and changes are to come in phases 2 and 3. For now, some significant differences from pre-COVID-19 routines include:

The medical center’s No Visitor policy remains in effect. A support person may accompany Labor and Delivery patients and those with special needs or disabilities. Patients undergoing surgery may have one support person before the procedure. The support person will be requested to wait in their vehicle or elsewhere while the patient is undergoing the procedure to comply with social distancing in the waiting rooms.

Peninsula Regional and all its affiliates will observe social distancing measures to minimize contact, such as patients waiting in a car until called, and telehealth options.

All employees will continue to be screened upon arrival to work

All patients and support persons will be screened for COVID-19 upon arrival or before their surgery.

Enhanced infection control measures in accordance with the most current CDC guidelines, which call for all staff wearing face coverings, and patients wearing masks when possible.

Peninsula Regional will monitor its personal protective equipment (PPE) numbers closely to ensure an adequate supply, both for routine patient care and in the event there is another surge of COVID-19 cases.

Here is what is coming back to Peninsula Regional in the near future:

Elective surgeries are starting to be scheduled in limited numbers this week,

and on a larger scale starting Monday, May 18. Patients should check with their surgeon to find out how soon their surgery can be scheduled.

Outpatient Physical Medicine Services resumed at PRMC and McCready effective Monday, May 18. To schedule a Physical Therapy or Speech Therapy appointment at McCready please have your referral ready and call 410-968-1017. To schedule a Physical Therapy Lymphedema appointment at PRMC, please have your referral ready and call 410-543-7069.

Pulmonary function testing and electroencephalogram (EEG) resumed for outpatient diagnostic testing on Monday, May 18. Electromyography has already resumed. Visitors are not permitted at these appointments. For questions about pulmonary function testing, call 410-677-6648; for EEG, call 410-543-7135.

Screening colonoscopies and other procedures have resumed at the Delmarva Endoscopy Center at the Ocean Pines Health Pavilion. To schedule a procedure, call 410-912-6021.

Screening mammography resumed at the Peninsula Breast Center on Wednesday, May 13. To schedule a screening, call at 410-543-7599.

For other areas not mentioned, restrictions continue until we enter the next phases of recovery. Tawes Nursing Home and Chesapeake Cove Assisted Living will continue to protect their residents with a no-visitors policy. Peninsula Regional Family Medicine and Specialty offices will continue to see patients as needed, and to offer telemedi-

cine visits where appropriate. Visitors are not permitted in physician offices, and masks are required. Nanticoke Memorial Hospital will also start resuming procedures soon, on a separate timeline following the lead of the state of Delaware.

Peninsula Regional is planning for more services to reopen as Delmarva cases decrease. However, PRMC will continue to monitor COVID-19 numbers closely, and will consider increasing or decreasing elective cases as needed.



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- **Telehealth** - we are now pleased to offer virtual evaluation and treatment from the comfort of your home
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Atlantic General announces June education calendar

Monday, June 1, 2020

T.O.P.S. of Berlin – Group #169

6 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion at 410-641-0157.

AGH Diabetes Support Group

6 p.m. - 7 p.m.

Now meeting via conference call: Dial 978-990-5451, wait for voice command, then press 3753651.

Sponsored by Atlantic General Hospital. The support group is open to the public and meets the first Monday of every month. Discussion and education related to diabetes is provided at the meetings. For more information, contact the AGH Diabetes Education program at 410-208-9761.

Wednesday, June 3, 2020

AGH Diabetes Support Group

7 p.m. – 8 p.m.

Now meeting via conference call: Dial 978-990-5451, wait for voice command, then press 3753651.

Sponsored by Atlantic General Hospital. The support group is open to the public and meets the first Wednesday of every month. Discussion and education related to diabetes is provided at the meetings. For more information, contact the AGH Diabetes Education program at 410-208-9761.

Monday, June 8, 2020

T.O.P.S. of Berlin – Group #169

6 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion at 410-641-0157.

Tuesday, June 9, 2020

Parkinson's Support Group

3 p.m. – 4 p.m.

Now meeting via Zoom. For individuals suffering from Parkinson's. Group provides discussions and mutual support, as well as education on exercise, nutrition, coping techniques, medications, and developments in treatment. For more information call Kay Kinnikin 410-

641-4765.

Monday, June 15, 2020

T.O.P.S. of Berlin – Group #169

6 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion at 410-641-0157.

Monday, June 22, 2020

T.O.P.S. of Berlin – Group #169

6 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy lifestyle. For more information, contact Rose Campion 410-641-0157.

Thursday, June 25, 2020

Online Caregiver Support Group

1 p.m. – 2 p.m.

Meeting via Zoom. This is an informal gathering of people whose lives are directly or indirectly affected by the caregiving needs of another. The group provides peer acceptance and recognition for common concerns and is a wonderful opportunity to share in the wisdom, insight and humor of fellow caregivers. For information, contact Gail Mansell at 410-641-9725 or gmansell@atlanticgeneral.org.

Monday, June 29, 2020

T.O.P.S. of Berlin – Group #169

6 p.m. – 6:30 p.m.

Now meeting via conference call: Dial 605-472-5789, wait for voice command, then press 944874.

Take Off Pounds Sensibly is a weekly support and educational group promoting weight loss and healthy life-style. For more information, contact Rose Campion at 410-641-0157.

Workshops on Chronic Disease and Diabetes Self-Management are available from MAC in the following formats:

Zoom meetings

Individual phone counseling

Phone conferencing with 2 – 4 participants at a time

For information, contact Jill Kenney at 410-742-0505 ext. 159 or jak@mac-inc.org.



ExxonMobil Grant WPS

Cato, Inc. marketing representative **Gordon Abercrombie** (WPS '13, Furman University '17, Clemson MBA '19), presents a \$500 ExxonMobil Educational Alliance program grant to the Worcester Preparatory Upper School, graciously accepted by WPS students, freshman **Jack Gardner** and eighth grader **Ansley Gardner**. This year's grant will be applied toward the Upper School AP Biology program, taught by science teacher Jenn Corron (not pictured). ExxonMobil believes in investing in educational programs for the next generation to pursue studies and careers in fields involving math and science. Celebrating 50 years, Worcester Preparatory School is an independent, college prep day school for Pre-Kindergarten through Grade 12 students. Located in Berlin, Maryland, the private school attracts an average of 500 students from Maryland, Delaware and Virginia. For more information, please visit www.worcesterprep.org or call 410.641.3575.

Build an effective, budget-friendly home gym

Physical fitness is important. Exercise guidelines depend on the individual, but the American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic activity every week. That amount may need to be increased to meet specific goals, such as weight loss.

In order to meet their fitness goals, many people invest in home gyms. Home gyms can be a convenient way to maximize physical activity and help people maintain muscle mass. According to Spaulding Rehabilitation Hospital, a Harvard-affiliated medical center, staying fit can improve physical strength, reduce seniors' fear of falls, increase confidence, and improve sleep.

When setting up a home gym, people may be tempted to invest a fortune into their equipment. But such investments aren't entirely necessary. Here are some ways to have a functional, budget-friendly workout space in your home.

Invest in elastic resistance bands. Invest in lightweight elastic bands. According to a study published in 2018 in the Journal of Sports Science & Medicine, such bands can improve strength just as effectively as many weight machines commonly found in gyms. Resistance bands don't take up much space and can be tucked out of sight when not in use.

Dedicate a workout space. Many people find that areas away from the bustle of the household are great spaces to devote to home gyms. Include a full-length mirror that lets you make sure you're performing exercises correctly and invest in a stereo to pump in inspirational music. The fewer the distractions, the more likely you will commit to your exercise regimen.

Invest in a set of dumbbells. Adjustable dumbbells or a few of various weights are a good investment. Dumbbells are compact and can be used to perform a variety of strength-training

please see **gym** on page 14

Recipe

Enjoy stuffed burgers this barbecue season

Barbecue season has arrived, so soon people will be bonding in the backyard over hamburgers and hot dogs. Backyard barbecue season begins in spring and continues through summer and, where the weather allows, into fall. Barbecues are a perfect summertime soiree, as they're usually laid back affairs and make use of the pleasant weather.

While it's fun to expand your culinary horizons over the open flame of a grill, it's important that you never forget the basics, especially when entertaining crowds who are no doubt looking forward to grilled burgers. Giving the masses what they want is good hosting, but you can still try your hand at a little experimentation when serving burgers at your next backyard barbecue. The following recipe for "Herb Cheese-Stuffed Garlic Burgers" from Andrew Schloss' and David Joachim's "Mastering the Grill" (Chronicle Books) provides the best of both worlds.

Herb Cheese-Stuffed Garlic Burgers
Makes 6 servings

- 2 pounds ground beef chuck, 85 percent lean
- 2 tablespoons chopped garlic
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons herbed garlic cream cheese, such as Boursin
- 6 hamburger buns, split
- Oil for coating grill grate

The Grill

Gas: Direct heat, medium-high 425 F to 450 F; clean, oiled grate
Charcoal: Direct heat, light ash; 12-by-12-inch charcoal bed (about 3 dozen coals); clean, oiled grate on lowest setting
Wood: Direct heat, light ash; 12-by-12-inch bed, 3 to 4 inches deep; clean, oiled grate set 2 inches above the fire

1. Heat the grill as directed.
2. Using your hands, mix the beef,

garlic, salt, and pepper in a bowl until well blended; do not overmix. Using a light touch, form into 12 patties no more than 1½-inch thick.

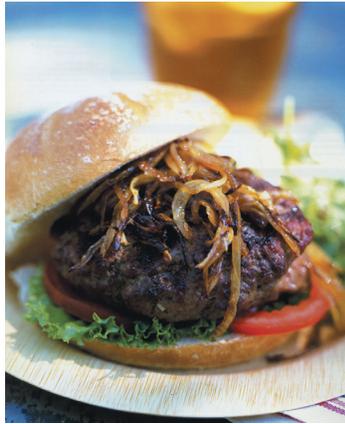
3. Put a portion (about 1-1/2 teaspoons) of cream cheese in the center of each of the 6 patties; top with the remaining patties and press together, taking care to seal the edges well. Refrigerate the burgers until the grill is ready.

4. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook for 9 minutes, flipping after 5 minutes, for medium-done (150 F, slightly pink). Add a

minute per side for well-done (160 F).

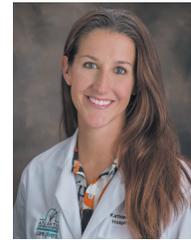
5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.

6. If serving the burgers directly from the grill, serve on the buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.



Henley named young Physician of the Year

The American College of Osteopathic Family Physicians (ACOFP) has named Dr. Kathleen M. Henley its 2020 Young Osteopathic Physician of the Year.

**Kathleen Henley**

Henley completed her medical degree from Philadelphia College of Osteopathic Medicine in 2013 and is board certified in family medicine. She joined Atlantic General Hospital in 2016 as a hospitalist to provide inpatient care. In addition to her clinical duties, she serves as the utilization review and clinical documentation improvement physician advisor for Atlantic General. She is the Maryland delegate on the board of trustees for the Pennsylvania Osteopathic Physicians Society and also volunteers on several ACOFP committees.

Henley earned her undergraduate degree in biology from Shippensburg University and her medical degree

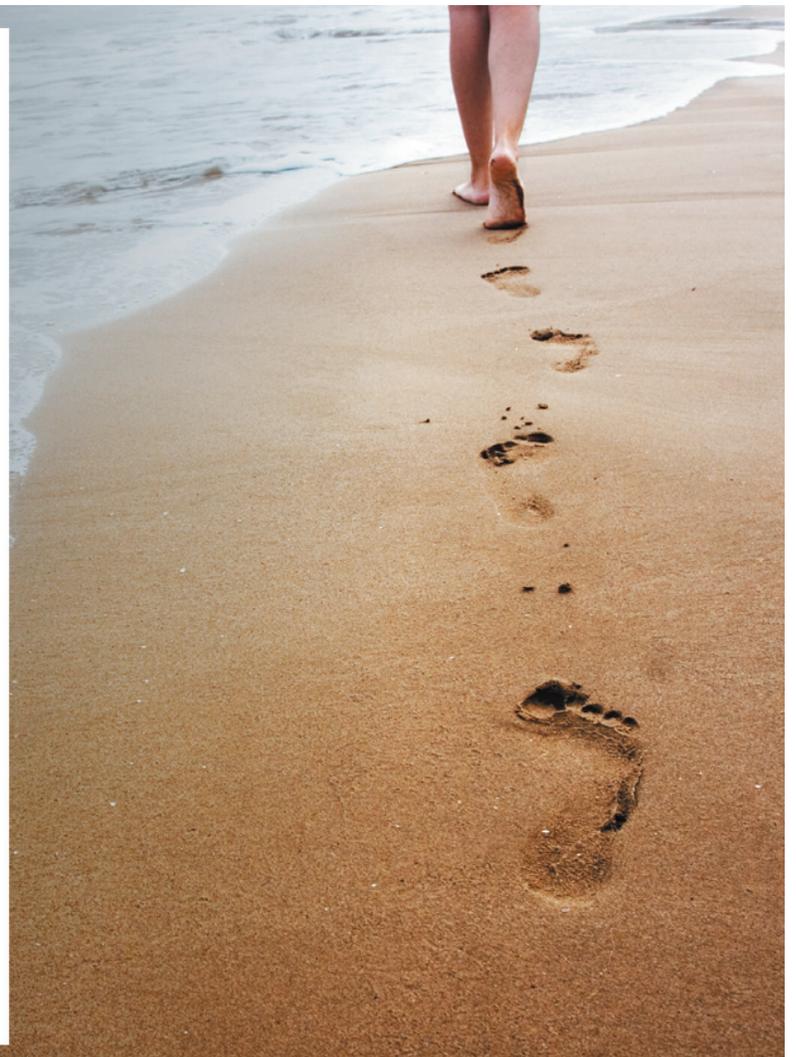
from Philadelphia College of Osteopathic Medicine. She completed her family medicine residency at Penn State Health St. Joseph Medical Center, and is board certified in family medicine and osteopathic manipulative medicine.

The ACOFP Young Osteopathic Physician of the Year honors physicians who have made significant contributions to family medicine 2-10 years after entering the specialty.

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How to find the right bike helmet

Cycling is a great way to get necessary exercise in an environmentally friendly way, all while enjoying the great outdoors. Safety should be a priority when cycling, and helmets are an essential component of cycling safety.

The American Association of Neurological Surgeons says cycling is the single largest contributor to head injuries treated in American hospital emergency rooms. The Bicycle Helmet Safety Institute advises that almost three-quarters of fatal crashes in 2018 involved a head injury. Nearly all cyclists who died were not wearing a helmet. The first step toward safety is selecting a helmet especially designed for cycling, as there also are helmets geared for kayaking, rock climbing, skiing, and skateboarding.

“Consumer Reports” suggests evaluating helmets on key features: ventilation, fit adjustments, ease of use, and of course, impact injury prevention. A helmet that is not properly fitted or comfortable cannot do its job effectively, especially if it prompts a rider not to wear it.

Riders can research “Consumer Reports” ratings and look for helmets that meet Consumer Product Safety Commission standards. Helmets sold in the U.S. are typically CPSC-endorsed.

The following are some features cy-

clists should consider before buying bike helmets.

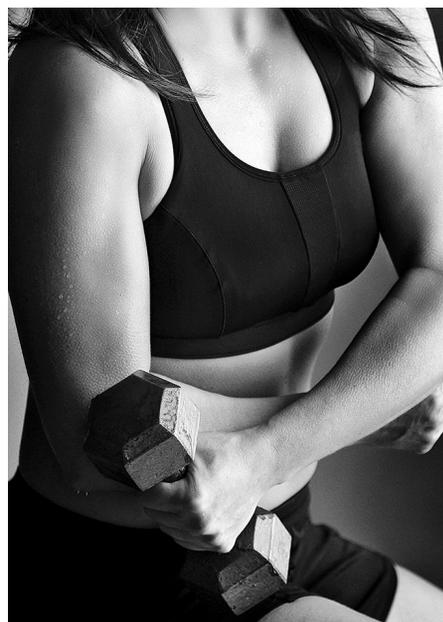
Size: High-end helmets tend to come in multiple sizes that offer a secure and comfortable fit. Many other helmets have a universal sizing ring that fits a wide array of head sizes, according to Eastern Mountain Sports.

Style: Helmets come in different shapes and styles. Experiment with helmet shapes to find a style that fits the shape of your own head well.

Placement: The helmet should be worn horizontally on the head, and shouldn't be tipped forward or backward. Experts say the front rim should end around an inch above the eyebrows. The helmet should not be too tight, yet not loose enough to move around easily.

Extra safety: Doctors now know that something called rotational forces can contribute to brain injury. This means there is a violent stopping that causes the head to be interrupted out of synchrony with the movement of the neck, torso and other lower limbs. Multi-directional Impact Protection System, WaveCel and Shearing Pads Inside (SPIN) technology help address rotational forces.

Bike helmets are an important component of cycling safety that can prevent head injuries.



gym
from page 12

exercises. Begin with light weights and work your way up to reduce

your risk of injury.

Try stability balls. Stability balls are used to perform various core exercises, according to Harvard Medical School. The body's core can be strengthened to improve balance, reduce back pain and more. Stability balls also can be used to perform abdominal crunches, squats, hamstring curls, and body bridges. Balls also can double as a bench when working with dumbbells.

Don't forget about cardio. Elliptical machines, stationary bikes and treadmills are effective, but there are other ways to get your daily dose of cardiovascular exercise. Lateral shuffles between two points on a gym floor, or setting up a circuit of jumping jacks or skipping rope can keep your heart rate up and improve health.

Home gyms can help people get and stay in shape.

wellness
from page 6

4:30 p.m. to 6:30 p.m. via Google Meet

Space is limited. For more information or to register, please contact Elizabeth Justice by email at elizabeth.justice@maryland.gov.

The program is supported by the Maryland Community Health Resources Commission. The views presented here are those of the grantee organization and not necessarily those of the Commission, its Commissioners, or its staff.

primary
from page 1

sure that happens. A staff member will do the same inside the school. Once voters enter the room, they will receive a voter authority card after checking in at the poll book and hand it to a ballot judge, who will present cards to a judge stationed six feet away. Then voters, with pens and signed ballots in hand, will move to freshly sanitized booths to cast the votes before entering those ballots into nearby scanners.

“It sounds very easy on paper, but it's going to take a lot of time,” Rodier said. “It's going to be slower and far more regulated and far more precise in order to ensure as much protection to the voting public as we can. ... It's going to be a very challenging day.”

For example, what if voters refuse to wear masks? Jackson is unsure if they legally could be kept from voting in person, although Governor Larry Hogan's mandate on wearing masks in public buildings is in effect during Phase 1 of his ongoing reopening

plan.

“I would say if they don't, then they'll have to vote by mail,” she said. “We're hoping everyone complies with the Governor's orders.”

Still, the staff is prepared to handle challenges, Jackson said, especially after gaining helpful hints on line management from a special election held in April to fill the late Elijah Cummings' 7th Congressional District seat (Howard and Baltimore counties and Baltimore City) in the U.S. House of Representatives. Voters will follow markers on the floor before exiting through a different door.

Voting machines already have been tested, Jackson said. The procedure was live streamed on Facebook last Friday.

“We're hoping there's not going to be any surprises,” Jackson said. “But if there are, we hope that we are ready to take care of it.”

President Donald Trump and former Vice President and United States Senator Joe Biden headline presidential candidates on the respective Republican and

Democratic ballots. The ballot also includes nominees for the 1st Congressional District seat in the U.S. House of Representatives. The district covers Worcester, Wicomico, Dorchester, Somerset, Caroline, Cecil, Kent, Queen Anne's and Talbot counties on the Eastern Shore as well as portions of Baltimore, Carroll and Harford counties.

Voters have alternatives to casting ballots in person. They can mail ballots to the Election Commission's office at 1 West Market Street in Snow Hill, or drop them in boxes at the election commission's office and Berlin Intermediate School at 309 Franklin Street that are locked, sealed and kept under nonstop video surveillance. All mailed-in ballots need to be postmarked by June 2, Jackson said, but will be valid if received by June 12. “That also gives time for the overseas ballots to get in,” Jackson said.

Election officials began canvassing, or tabulating, mailed-in ballots Tuesday, which will help them announce unofficial primary results a

few hours after polls close June 2. First, they need to make in-person balloting as smooth as possible for voters.

“Voters shouldn't notice any delay as far as that point, as far as checking in and getting their ballot because there's going to be 10 [voters] allowed in,” Jackson said. “I think the longer delay [for voters] will be waiting in line to get in.”

Voters in line at 8 p.m. will be allowed to vote, no matter how long it takes. “The mission in prior years has been volume,” Rodier said. “We want to move people intelligently through the process. In this case, it's going to be the protection of the voting public.”

Royal Plus, Inc., a cleaning service in Snow Hill, is under contract to clean the school June 3, the day after the primary. Then all that's left is waiting for official results to be announced after June 12. But the focus now is primary day.

“It will be interesting to see how many will venture out,” Jackson said.

review
from page 10

ral, she digs her fingernail into the callos until the skin opens. She then presses on it to drain it and puts on a fresh bandage. When she's particularly plagued by thoughts of immediate infection, she squirts hand sanitizer into it, and it is when she feels the familiar sting from the sanitizer that makes her finally calm down.

At the start of the book, Daisy learns that there is a \$100,000 reward for anyone who can provide information about the whereabouts of the billionaire, Russell Pickett. Pickett is the founder of Pickett Engineering, the firm hired to complete a sewer treatment facility near the mouth of the White River. His company failed to complete the job and he has vanished. The police are treating him as a fugitive, and so the reward is being offered to locate him for questioning.

Daisy seizes upon the objective of finding Russell Pickett, and she knows just how she'll do it. Aza used to be

childhood friends with Pickett's son, Davis. She manages to convince Aza to canoe down to the Pickett Mansion and pretend to have a canoeing accident for which they will need to seek help. The security guard spots the girls and Aza asks to be brought to Davis to vouch for them. Davis does, and their friendship slowly rekindles over time. The friendship is often stilted and awkward as Davis is all-too-aware of the reward money. He manages to get Aza to admit to seeking him out for information that could lead to Mr. Pickett's whereabouts, and he performs a test of their friendship by giving her \$100,000 in cash from one of the many stacks of money his father has stashed away in the house.

Davis wonders if Aza will continue to be his friend and she does. Both begin to experience feelings akin to first love, but Aza's thought spirals about his germs mixing with her own through the act of kissing begin to consume her and she pulls back. She also becomes confronted by Daisy accusing her of being too self-absorbed to care

about their friendship. The book builds to a climax and Aza ends up in the hospital where we as readers wonder if she will be able to pull herself together.

The book is quite penetrating at times; it provides a window into the mind of someone experiencing such levels of anxiety that they feel that their spiral will only tighten, never lessen. I enjoyed the author's rich use of language to describe how Aza felt throughout her difficult journey through her teens and into young adulthood and how he wraps the book all together, including explaining the title for the book.

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

Call 410-629-5906

Tides for Ocean City Inlet				
Day		High /Low	Tide Time	Sunrise /Sunset
Th	28	High	12:34 AM	5:40 AM
	28	Low	6:57 AM	8:16 PM
	28	High	1:02 PM	
	28	Low	6:55 PM	
F	29	High	1:28 AM	5:40 AM
	29	Low	7:51 AM	8:16 PM
	29	High	2:01 PM	
	29	Low	7:57 PM	
Sa	30	High	2:27 AM	5:39 AM
	30	Low	8:45 AM	8:17 PM
	30	High	3:04 PM	
	30	Low	9:02 PM	
Su	31	High	3:28 AM	5:39 AM
	31	Low	9:40 AM	8:18 PM
	31	High	4:07 PM	
	31	Low	10:07 PM	
M	1	High	4:29 AM	5:38 AM
	1	Low	10:34 AM	8:18 PM
	1	High	5:06 PM	
	1	Low	11:11 PM	
Tu	2	High	5:27 AM	5:38 AM
	2	Low	11:27 AM	8:19 PM
	2	High	6:01 PM	
W	3	Low	12:13 AM	5:38 AM
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	3	Low	12:19 PM	
	3	High	6:54 PM	

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