

The Courier

February 17, 2021 Volume 21 Number 22

Art is all around
Gwen and Don Lehman



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Gwendolyn and Don Lehman met in high school – Stephen Decatur High School to be exact. But they weren't teenagers going to the prom. They were adult arts educators, and their attraction to each other through the arts has bloomed and flourished during their 25-year marriage.

Art Matters

Lehmans live art-filled lives

By Elaine J. Bean

"I used to tell my students that art is all around us all of the time," Gwen said, referring to her 46 years as the theatre teacher at SDHS. "It's in the architecture of buildings, the landscape, the way you dress, the colors in nature, the dishes you serve dinner on – art is everywhere."

The couple is retired now, but continue to live their life devoted to the arts. The Lehmans make art in their Ocean Pines home - Gwen creating writing, painting, and photography, Don creating writing and photography - as well as volunteering in the community and supporting causes they believe in. Every month, Gwen and Don assist in hanging the monthly art exhibits at the Ocean City Center for the Arts, and Don constructed and installed the Little Free Library there. They are currently tutoring a young photography student, as well as running their own nonprofit for theatre students, the Friends of Gwen Freeman Lehman Scholarship Foundation. Gwen also serves on the board of Worcester Youth and Family Counseling and is a member of the Worcester County Commission for Women.

Ever since the debut of the Ocean City Film Festival five years ago, the pair has been part of the screening team, viewing hundreds of films entered from around the world and helping to select the best. This year, their team screened 108 entries and selected 80 for the festival running



March 4-11. The Lehmans also participate in a writers' group and a book club discussing classic literature. Don believes art can take many forms, and the couple remains interested in all of them.

"For me, art is a language, a method of communication," Don

said. "It can be written, spoken, danced, acted on stage, sung. It can be sculpture, paintings, and photographs. Art can be a way of saying something important that there may be no words for ... I think about art all the time. Everything I see makes me think of art. I don't know if I'm passionate, but I am obsessive."

Both Don and Gwen were born and raised in Western Maryland. Gwen received her B.A. from Hood College and her M.A. from Washington College. Don is a self-trained photographer, artist, and teacher who partnered in a marketing business for 25 years. Both fell in love with the Eastern Shore when they were falling in love with each other.

"Meeting Gwendolyn brought me from the mountains of Western Maryland to the beautiful coastline of the Eastern Shore," Don said. "The Eastern Shore is a national treasure. I've been to national parks all over the country, and now I get to live next to Assateague Island National Seashore. Within a few moments on any given day, I can walk on the beach and smell the salt air, see the waves break, and hear the seagulls."

Gwen shares her husband's love of the Coast. "I like the fact there are so many people I have met here who are artists of one sort or another. Remote from urban centers as we are, there is a wonderful community of artists who offer such support and encouragement to one another. I always found tremendous support as an arts teacher for the things I wanted to do and express and say through theatrical performances at SDHS."

As former educators, Gwen and Don practice what they preached to their students over and over for years: Just do it. They regularly work at their art, entering into competitions at the Art League of Ocean City, where they often win, writing something nearly every day, or taking new photos during their walks.

"I seem to need art, as I think most people do, even if they don't realize it. I love to read and through that love became very interested in writing myself," Gwen said. "I have



written numerous plays and now write short stories."

Don began writing seriously when he retired. "When I was young, I thought I might be a writer, but I felt I did not have enough life experience and had not read enough. I was unprepared. I found photography to be a more forgiving art medium ... When I retired, I started writing again and enjoy short fiction and poetry." He continues to cultivate his eye as a photographer even as he expands his scope. "Art pretty much goes with me, especially now that I use an iPhone as a primary camera and a MacBook for writing."



The Lehmans continue to push for the inclusion of arts education in today's school curricula, and also as part of everyday life.

"To me, an aesthetic education is vital to our mental and spiritual health, and thus ultimately to our physical health as well," Gwen concluded. "It is no accident that what remains from lost civilizations is their art."

The season of Lent and Easter

Spring is eagerly anticipated, as many people look forward to enjoying the great outdoors once more. Spring is also a special time of year for practicing Christians.

Beginning on Ash Wednesday which this year begins February 17, and lasting 40 weekdays until the arrival of Easter Sunday, the Lenten season is a very important time of year for Christians. During Lent, Christians prepare for Easter by observing a period of fasting, repentance, self-denial, and spiritual discipline. While the Bible does not reference Lent, the practice of observing Lent has become

a standard.

The following focuses on each of the special days of this church season as they pertain to Western Christianity (Eastern Orthodox churches observe Lent somewhat differently).

Ash Wednesday. The Day of Ashes commemorates the repentance of sin. On Ash Wednesday, Christians have ashes placed on their foreheads in the shape of a cross in recognition of their need to repent. Many churches host Ash Wednesday services, and those who receive the ashes are not only reminded of their mortality and sinfulness, but also of the opportunity for

absolution. Christians typically fast on Ash Wednesday, though some simply abstain from eating meat.

Palm Sunday. On what is now called "Palm Sunday," Jesus Christ rode a donkey into Jerusalem while villagers welcomed him and waved palm branches. This is mentioned in each of the Biblical Gospels and occurs a week before His subsequent resurrection. Jesus possibly rode a donkey rather than a horse as a sign of peace, as a war-waging king might ride a horse. The "Passion of the Christ" is typically read during Palm Sunday masses.

Holy Thursday. Holy Thursday is sometimes referred to as "Covenant Thursday," "Maundy Thursday" or "Thursday of Mysteries." Holy Thursday commemorates the Last Supper of Jesus Christ with the apostles. According to Catholic News Agency, Holy Thursday might be one of the most important, complex and profound days of celebration in the Catholic Church. Holy Thursday celebrates the institution of the Eucharist as the true body and blood of Jesus Christ and the in-

stitution of the sacrament of the priesthood.

Good Friday. Good Friday commemorates the crucifixion of Jesus Christ. Jesus was condemned by his peers as King Herod and Pontius Pilate had found him not guilty of his crimes. But crowds were enraged, and Pilate reluctantly ordered his crucifixion rather than face a mass riot.

Holy Saturday. Holy Saturday marks the final day of the Triduum, or the three days preceding Easter Sunday. Scripture states that Holy Saturday was when Jesus' body was placed in the tomb.

Easter Sunday. A festive and celebratory day for Christians, Easter Sunday is a time for sharing the good news of Jesus' resurrection. His body is discovered missing from the tomb, and Jesus appears to his followers again showing proof that He is alive. Typically, Easter Sunday is one of the most well-attended Sunday services for Christians. It also is a day to spend with family, and many families share large meals to mark the end of the Lenten season.

Courier Almanac

On February 17, 1972, the 15,007,034th Volkswagen Beetle came off the assembly line, breaking a world car production record held for more than four decades by the Ford Motor Company's iconic Model T, which was in production from 1908 and 1927.



The history of the VW Beetle dates back to 1930s Germany. In 1933, Adolf Hitler became chancellor of Germany and announced he wanted to build new roads and affordable cars for the German people. At that time, Austrian-born engineer Ferdinand Porsche (1875-1951) was already working on creating a small car for the masses. Hitler and Porsche later met and the engineer was charged with designing the inexpensive, mass-produced Volkswagen, or "people's car."

Hitler's plan was that people could buy the cars by making regular payments into a savings stamp program. In 1938, work began on the Volkswagen factory, located in present-day Wolfsburg, Germany; however, full-scale vehicle production didn't begin until after World War II.

Lent is a religious observance within the Christian liturgical calendar that begins on Ash Wednesday and ends six weeks later. During Lent, which this year begins February 17, millions of Christians across the globe make sacrifices, including abstaining from eating meat on certain days during Lent. It is tradition for Christians to abstain from eating meat on Ash Wednesday, which marks the official beginning of Lent, and many also abstain from eating meat on Fridays throughout Lent. According to the Archdiocese of Saint Paul & Minneapolis, the practice of avoiding meat on Fridays during Lent stems from Christians' belief that Jesus



Christ sacrificed his flesh to atone for the sins of mankind. In recognition of that sacrifice, millions of Christians do not eat flesh meat, which includes the meat of mammals and poultry, on Fridays throughout Lent. Fish is not considered flesh meat, so many Christians consume fish on Fridays during Lent.

Obituary

Robert Lowe

Robert Lowe of Berlin, MD, passed away on February 7, 2021.

He was born January 16, 1939 to William Lowe and Marie Brautigan-Lowe. He was married to Deanna Lowe for 58 years. Robert enjoyed a career as a salesman where he was well respected and had the ability to form long lasting relationships with clients.

Robert was very involved in the community and his country. He served in the United States Air Force for six years and was a member of the American Legion in Ocean City, MD Lodge #166. He attended St. John Neuman's Catholic church where he served as an usher for many years.

Robert is survived by his loving wife Deanna Lowe, son Robert Lowe Jr. and wife Lisa, daughters Kimberly and husband Gerard Barbero Jr. and Cheryl and husband John Esposito; his grandchildren Jennifer and Sean Lowe, Gerard and wife Kelly, Brandon and wife Kelsey, and Hope Barbero and, Nicholas and Brianna Esposito; and, great-grandchildren MacKenly and Kacelynn Barbero.

Robert was predeceased by his brother William Lowe and sister Marjorie Lowe.

Services were held February 11 with Rev. Edward Aigner at St. John Neumann Church. Burial will follow at a later date at the Garden of the Pine. Arrangements are in the care of The Burbage Funeral Home. Condolences may be sent to the family via www.burbagefuneralhome.com.

**The
Courier**

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The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2021. News release items and calendar entries should reach us Friday noon prior to publication date. The advertising deadline is Friday at 5 p.m. Read **The Courier** online at delmarvacourier.com,

A state of mind

On an evening not long ago, I was unable to sleep. The reason wasn't too difficult to ascertain. Earlier in the evening I had decided to have a piece of cake for dessert. Now I realize that doesn't seem like a reason not to be able to sleep. And it wasn't. It was the



It's All About. . .

By **Chip Bertino**

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cup of tea I made to have with it that presented the problem; more specifically, the caffeine in the tea. I know better than to drink tea after seven in the evening. The result is always the same: I am unable to fall asleep. But the cake tempted me so I threw caution to the wind and went for it. Later, as I always do, I paid the price.

I tell you that story to tell you this story. Because I was unable to sleep, and not wanting to wake my wife with all the tossing and turning I was doing, I went to the family room to watch some television which I hoped would make me drowsy. After ambling around in the dark, making way down the hallway, and then through the kitchen, tripping over the dog not once but twice, I finally made it to the family room. There I flicked on a light to locate the television remote control which I eventually found on the floor peeking out from under the recliner.

With the glow of the television screen illuminating the room, I positioned myself on the sofa and began flipping through the stations finally coming to Antenna TV which was broadcasting an episode of "Bewitched." It was one when Endora cast a spell on Darren, the first Darren, not the second Darren, and mayhem and confusion ensued. I think most of the storylines were similar. Anyway, in this particular episode Darren's parents were in it. And that's what I want to write about this week.

Why was it that parents of adult characters in early television shows were depicted as looking old? I never gave it much thought when I watched shows like "I Love Lucy" or "Batman" as a child, but now that I am a parent of adult children and a grandfather to boot, I certainly don't look or act like

the "elder" characters depicted on these shows. During what has sometimes been referred to as the Golden Age of television, older parents and grandparents were depicted as basically old minded, somewhat feeble, disengaged from the present and without vitality. That's not me. Nor is it my wife and nor is it many people I know who are in my age group. Heck, my own mother doesn't fall into this category. In many ways she's more engaged and hip than I am, which isn't really admitting too

much. Through the years, I've been described in many ways and I can report honestly that "hip" has never been an attribute for which I was recognized. But I digress.

Watching other shows of that era only confirmed my observation that actors cast to portray parents of adult children and grandparents, had to have white hair, be dressed frumpy and often be loud, overbearing know-it-alls. For the record, my hair is black turning silver (it's been that way for decades) and spending just a few minutes with my children and grandchildren reminds me that I'm certainly not a know-it-all. How many of you ask your grandchildren to download apps on your phone or synchronize your computer with your cell phone? But I digress yet again.

On a mission to prove my theory that older parents and grandparents portrayed on television programs during the previous mid-century were older looking stereotypes, I had to look no further than such shows as "I Dream of Jeannie," "The Brady Bunch" and "The Dick Van Dyke Show." Each time the main characters' parents were cast, they always looked old and sometimes doddering. The next time you're flipping through channels and come across one of these or other shows of that era, you'll see what I mean.

It could be that as I've aged my perception of age and what it means to be old(er) has changed. But as far as I'm concerned aging doesn't equate to being old. Being old, or being young for that matter, is a state of mind. Time may turn the pages of the calendar but it doesn't have to make be an old, old man. I have children for that.

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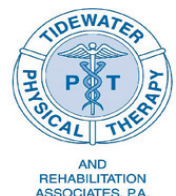
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Film festival to go virtual

The fifth Annual Ocean City Film Festival will be virtual in 2021, streaming to homes March 4-11, 2021. The festival is an initiative of the Art League of Ocean City that produces the festival along with broad community sponsorship.

"We have extended the festival to a week-long event in 2021 to give viewers more time to view all the films," B.L. Strang-Moya, Film Festival director, said. "In past years, festival attendees physically couldn't get to see every single film. An advantage to this year's virtual festival is viewers can watch almost all the films anytime they want during that week, in the comfort and safety of their own homes."

Over the week of March 4-11, the festival will stream more than 80 independent films on the proven Eventive platform with menus and interactions similar to Netflix. The festival received more than 103 entries from around the world, and judges selected 72 films representing 15 U.S. states, including Hawaii, and 11 countries: Argentina, United Kingdom, Turkey, Canada, Iran, Belgium, France, India, Brazil, Spain, and Viet Nam.

"This is a very high acceptance rate," Strang-Moya said, "and indicates the quality of entries we received. These submissions are from filmmakers who were able to persevere despite the pandemic challenges facing the film industry. Ten of our films also come from the 2020 OC Film Challenge plus several invited films to be announced."

"We are grateful to have recently been named members of the Sundance Industry Office, a testament to the rapid growth and interest in our festival locally, nationally, and internationally," Strang-Moya continued. "We will announce the full schedule of our invited feature films upon the completion of the 2021 Sundance Film Festival."

The festival will stream independent films in multiple genres: animation, dramatic shorts, environmental and aquatic, feature length, funny shorts, horror/sci-fi, short documentary, youth short films, and short feel-good films. Many of the shorter films will be grouped into blocks for easy viewing.

Salisbury-native Eric Walter will

come home with a showing of "My Amityville Horror," named one of the top ten festival horror films, in anticipation of his upcoming feature, "Dark Side of the Mountain." Walter who previously worked at WBOC, is a director, editor, and documentary filmmaker in Los Angeles, known for producing investigative non-fiction films. He has produced and consulted on numerous documentaries for film and television with a focus on cold cases and unexplained phenomena.

The feature-length documentary, "The Friendliest Town," about racial injustice in Pocomoke City, will also stream during the festival. The film was directed and produced by Baltimore journalists Stephen Janis and Taya Graham and follows the career, firing, and court trials of former Police Chief Kelvin Sewell as well as town reaction.

The festival will include Zoom workshops, virtual filmmaker get-togethers, and other special events. The festival has also planned a follow-up in-person drive-in movie event on March 26-27 at the OC Inlet Parking Lot, featuring "The Best of the Fest 2021," weather permitting.

The films have not been rated, and some feature adult content. Viewer discretion is advised.

For the fifth year, Bishopville artist Ian Postley designed the official Film Festival poster, incorporating iconic local landmarks with fantastical characters. This year's design features a cast of robots parading under the Ocean City Boardwalk arch, marking a transition from an in-person event to an exclusively electronic event.

Festival passes go on sale Feb. 1, 2021 at OCMDFilmFestival.com or by calling 410-524-9433. Prices allow customization to create a personal viewing experience. Passes start at \$10 per feature film or film block. Multi-film packages are also available: 6 features and/or film blocks, \$49; 13 features and/or film blocks, \$99. Or see everything with an All-Access Pass for \$149.

The Art League of Ocean City is a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects.



Town Hall - A virtual town hall last Thursday night focused on news and information about the COVID-19 vaccine.

Roughly two dozen people attended, as featured speaker Travis Brown gave a brief presentation and took questions from the audience. Brown is the Worcester County Health Department's public affairs officer.

Communications Committee Chairwoman Jenny Cropper Rines hosted the forum. Also present were Worcester County Commissioner Chip Bertino, Maryland Del. Wayne Hartman, and Pat Schrawder, a district representative for Sen. Mary Beth Carozza.

To view a video of the town hall, visit <https://youtu.be/MIJAgctXz5g>.

AGH continues to offer monoclonal antibody therapy

Atlantic General Hospital is seeking referrals of high-risk patients with mild to moderate COVID-19 infection for the monoclonal antibody therapy bamlanivimab.

Bamlanivimab is an infusion therapy granted emergency use authorization by the U.S. Food and Drug Administration for treatment of individuals with COVID-19 before severe symptoms occur, to reduce the chances of the infection worsening and requiring hospitalization.

It has proven to be an effective treatment for patients who have been experiencing mild to moderate symptoms of a COVID-19 infection for less than 10 days.

Treatment is offered for adults and children ages 12 and older at greatest risk of progressing to severe COVID-19, based upon specific criteria established by the FDA.

These criteria include being over the age of 65, having an underlying chronic condition like diabetes or severe obesity, and/or having a compromised immune system. The comprehensive FDA criteria can be found here.

James McGinnis, who serves as director of pharmacy at Atlantic General Hospital and also oversees the medical infusion center, urges individuals to contact their primary care provider immediately after a positive COVID-19

test.

"Bamlanivimab should be administered as soon as possible, as it is most beneficial when given early in symptom progression," said McGinnis.

The therapeutic is administered via a single intravenous infusion and mimics immune system antibodies that block viruses.

Not all individuals who test positive for COVID-19 are recommended to receive bamlanivimab. Bamlanivimab infusion is provided through physician referral only, after it is determined that a patient is a good candidate and at high risk of severe onset.

Individuals with COVID-19 symptoms should contact their primary care provider or visit the Atlantic ImmediateCare clinic in Ocean City for testing and referral.

Atlantic General Hospital became one of the first six treatment sites within the state of Maryland to offer the monoclonal antibody therapeutic last fall.

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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Senate Session Highlights

By Senator Mary Beth Carozza, 38



With 60 days left until we adjourn sine die, we are one-third of the way through the 442nd Maryland General Assembly session! This week's major highlight was passage of the COVID-19 emergency RELIEF Act and sending it to Governor Hogan to sign. Senator Carozza also stood up for Maryland taxpayers during the veto override debates, and met virtually with constituents from her district on advocacy days.

The Maryland General Assembly passed Senate Bill 496— Recovery for the Economy, Livelihoods, Industries, Entrepreneurs, and Families (RELIEF) Act on Friday, February 12, and sent it to Governor Hogan to sign. The RELIEF Act is an emergency stimulus and tax relief package intended to provide over \$1 billion for Marylanders and small businesses. This law will go

into immediate effect once signed by Governor Hogan.

"It was encouraging to see the Maryland General Assembly understand the urgency in passing this emergency COVID-19 relief and stimulus package to assist struggling Maryland families and small businesses," Senator Carozza stated. "It will go into effect immediately and provide needed COVID-19 relief now."

The Senate of Maryland reconsidered House Bill 1300—Blueprint for Maryland's Future—Implementation, which was vetoed by Governor Larry Hogan in 2020 given the bill's fiscal impact.

"We have a blueprint costing nearly \$40 billion over 10 years, a Kirwan plan that we simply cannot afford, especially in the midst of an international health pandemic, and which

does not provide local flexibility and control which is especially needed during the COVID-19 crisis," Senator Carozza said on the Senate Floor, noting that she was appointed to the Commission on Innovation and Excellence in Education (Kirwan Commission) in 2019 and before that made the extra effort to attend Commission meetings in 2018 and 2017.

"Since March of 2020, my primary focus has been assisting my constituents with both their immediate COVID-19 needs and with their long-term recovery," Senator Carozza said to her colleagues. "I strongly believe our constituents expect us to balance the ideal with the possible when it comes to funding Maryland's education priorities, which means factoring in the reality of the significant state and local fiscal impacts, and balancing education and non-education priorities, especially during a global health pandemic."

Carozza also spoke out during the debate on an override of House Bill 732— Taxation – Tobacco Tax, Sales and Use Tax, and Digital Advertising Gross Revenues Tax, which establishes a tax on digital advertising. Carozza voted against the increase and

voted to sustain the Governor's veto.

"Here we are, we have been working together on the COVID-19 emergency relief package and I'm proud of our bipartisan work together ...but then we turn around and we're going to increase taxes during the COVID-19 recovery," Senator Carozza said during her Floor remarks.

During the debate Senator Carozza read from an email she received from a constituent in Bishopville who was concerned about the possibility of tax increases.

"I have been a Maryland resident for all 66 years of my life but if taxes are increased, I will be forced to flee Maryland and move two miles away (Delaware) where it is far more affordable. Please vote against increasing taxes and vote for a decrease in taxes for senior citizens in my beloved state of Maryland," the constituent wrote.

Both vetoes were overridden on mostly party lines.

District 38 was well represented during virtual advocacy days this week. Senator Carozza participated in the Maryland Association of Community Colleges' virtual advocacy day and

please see report page 14

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Smart ways to manage an inheritance

Presented by: **Mark E. Engberg, CFP**

Deciding what to do with an inheritance can bring about mixed emotions: a sense of reprieve from this unexpected financial gain and sadness for the loss of a loved one. It may also push you out of your financial comfort zone and create anxiety about how to best manage the



Mark Engberg

money. Here are some pointers that might help.

Go slow, get organized. Don't rush to make any major decisions about the money. It's important to take time and consider your options with a clear head while the money is parked somewhere that is generally safe. Your best bet may be an FDIC-insured account, money market or CD while you take the time to come up with a thoughtful plan.

Consult with a trusted tax professional about how much you may need to set aside for taxes. The reason: That new money might not be all yours to

keep. Although some types of inheritances could be tax-free, others may be subject to federal, state and local income taxes.

Tips on inherited financial assets. Understand what you've inherited — real estate, bank accounts, brokerage assets, retirement accounts, a trust account and so forth. Each asset has different requirements for transfer and may offer the recipient certain advantages or disadvantages.

Use the funds in a way that could improve your personal financial situation. You may want to pay off high-rate, non-deductible consumer debt, or tackle other liabilities such as student loans or your home mortgage. Be prudent how you spend; don't buy a new boat unless you can *really* afford it.

If you inherit a portfolio of stocks, bonds or other financial assets, find out if you owe any federal or state inheritance tax. Here again, consult your tax professional. Determine if the inherited assets fit with your investment goals and needs, as well as your risk tolerance. Consider selling investments that aren't right for your situation. Example: An inherited stock portfolio might add too much risk to your existing asset allocation. The good news: You may be able to sell without owing taxes if you receive a step-up in cost basis on the inherited investments.

Important: If you inherit a retirement account such as an IRA or 401(k), seek advice from a trusted advisor. There are numerous rules governing inherited retirement accounts based on factors like your relationship to the deceased person and the type of account (IRA, Roth IRA, 401(k), etc.). These rules can impact your tax bill as

well as how you tap the money in the account.

Managing an inheritance

1. Get a professional, comprehensive review of your finances. Inherited wealth may call for an updated investment strategy that reflects your new tax, estate planning and cash flow situation.

2. Review your insurance needs. More wealth could mean that you've got more to protect. An insurance review can tell you if you still have the appropriate amount of life, health and liability insurance—or if your new situation suggests additional coverage.

3. Consider the advantages of giving to charity. Americans donated nearly \$450 billion to charitable organizations in 2019, according to Giving USA—with almost 70 percent of those gifts coming from individuals. A charitable gift account or trust can help you put some of your new wealth to work supporting favorite charities and causes.

Mark E. Engberg, CFP® is a Charles Schwab Independent Branch Leader located in Rehoboth Beach, DE. Mark is a Delmarva native and has over 20 years of experience helping clients achieve their financial goals. Schwab offers many tools and resources to help investors take charge of their financial future and own their tomorrow. This information does not constitute and is not intended to be a substitute for specific individualized tax, legal, or investment planning advice. Where specific advice is necessary or appropriate, Schwab recommends consultation with a qualified tax advisor, CPA, financial planner, or investment manager. Charles Schwab Independent Branch, 19266 Coastal Hwy, Unit 5, Rehoboth Beach, DE 19971. 302-260-8731. www.schwab.com/rehobothbeach

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Customer service course offered

The continuing education division at Wor-Wic Community College is offering a free online course called “Essential Skills for Success” for current employees who provide customer service.

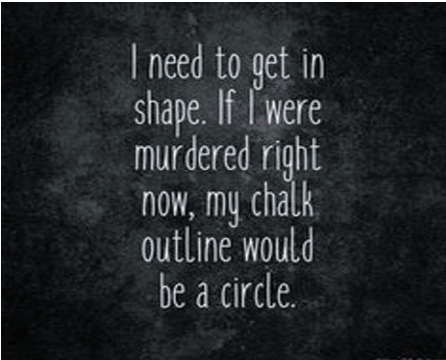
Beginning February 22, this six-week course will cover critical concepts crucial to effective management and interaction with customers, including customer service, customer empathy, handling difficult people, conflict management, conflict resolution and upselling. Participants will share their knowledge and experiences in a discussion forum with other students in the course. Students can complete the course at times most convenient for them, as long as they meet the required deadlines.

The course will be taught by Dr. George Ojie-Ahamiojie, department head and professor of business and hospitality management at Wor-Wic. In addition to 15 years of teaching and administrative experience in higher education, Ojie-Ahamiojie has eight

years of experience as a guest service manager at the Walt Disney World Resort.

The course is free due to funding provided by the State of Maryland’s EARN Maryland Grant Program, administered by the Maryland Department of Labor.

Area employers interested in having their employees take the course can register or obtain more information by emailing Kerry Cleaver, director of continuing education and workforce development, at kcleaver@worwic.edu <<mailto:kcleaver@worwic.edu>>.





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Let's think about trout fishing

Note: Because of COVID-19 restrictions DNR did not publish a 2021 Trout Stocking schedule. They do however post stocking updates on Facebook and Twitter and through its E-mail News Service. Angler's may also call 800-688-3467 and press option #1 to get a recorded weekly update when stocking is in progress (usually updated on Fridays).

Gear up for Trout Fishing. Don't just sit around and feel sorry for yourself because the weather is cold or windy and you can't go fishing. Start getting ready for some late winter and early spring trout fishing. This is the time to get out your ultra-light spinning gear or fly rod, clean it up and put new line on your spinning reel, straighten your fly line and check your tapered leaders. Also, check out your terminal tackle for rust, sharp hooks, etc. I guarantee this will make you feel better. Trout fishing is a great sport for the entire family so get them involved as well. Also, don't forget to purchase a non-tidal license and a trout stamp. License requirements are available at any approved tackle shop or retail center or by visiting the DNR web site at www.dnr.state.md.us.

Equipment. Trout fishing does not need to be complicated. If your spin fishing you will need a five and half to six-foot spinning rod and a reel that is capable of handling 4 lb test line. Some assorted removable split shot, salmon egg hooks or #14 treble hooks is what I prefer and some assorted spinners such as Mepps, or Rooster tails, etc. in the 1/32 to 1/8 weights and assorted colors of Power Bait Trout Nuggets. Also include a few small bobbers. For live bait try mealy worms, red worms or small minnows. If fly fishing a seven-foot rod with a floating line and some assorted tapered leaders with some small #18 midges, a few #12 or #14 Royal Coachmen, Adams fly and Red Quills should do the job. Don't forget a stringer and tackle box or five-gallon bucket. Upside down it makes a good seat.

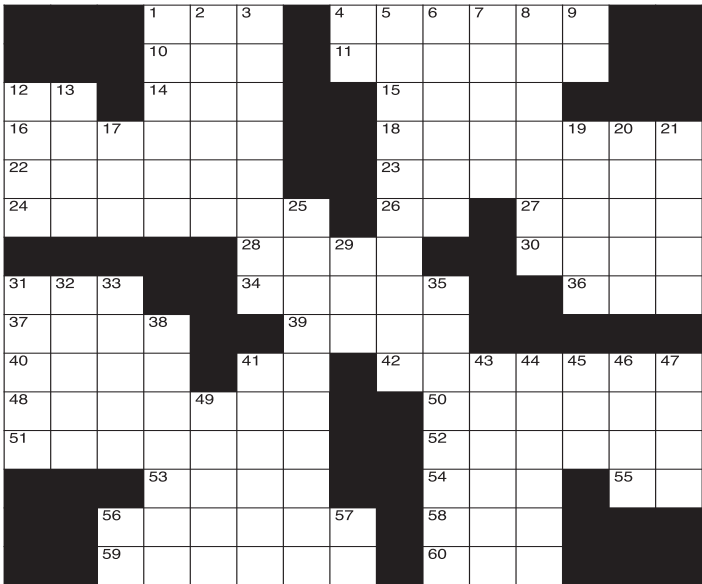
Where to Fish. Although we don't have the natural streams of Western

Maryland, we do have two areas designated as Put & Take by DNR with a daily creel limit of five fish per person. Usually, these ponds are stocked with rainbow, brown, and golden trout. They are designated as Put & Take because the trout will not survive the summer as the water warms. They are very much a cold water species. These areas are stocked usually in late February and again in late March. These areas are in Wicomico County at the Beavercreek and in Worcester County at the Shad Landing Pond.

How to Fish. Everyone has their preference regarding how to fish for all species but I am going to share mine when it comes to trout. Trout can be a very finicky fish as I found out fishing the streams of Pennsylvania for 40 years. For the first few days after stocking, they will hit almost anything and then they get smart and very selective with their diet.

First and most important, when you arrive observe the fish. Are they feeding on the surface of the water, swirling just under the surface or do you see no activity at all? If they are feeding on the surface, they are likely feeding on flies hatching off the water. Swirling just under the surface they are likely feeding on nymphs which are the larva of flies swimming to the surface to hatch. If there is no activity, they are likely bottom feeding or not at all. In any case adjust your bait to the level of the where they are feeding by rising or lowering your spilt shot, bobber etc. If spinner fishing, let it hit bottom and start with a slow retrieve, then try jigging the spinner or a faster retrieve until you start catching fish. Power Bait Trout Nuggets will float and are not great fished on the surface so get them under water with a little split shot. Flies can also be cast with a spinning rod and a bobber placing the bobber about three feet above the fly. If using a fly rod, I suggest you fish early in the morning or evening to avoid the crowd and hooking someone in the ear.

Remember to take a kid fishing,
Capt. Ron

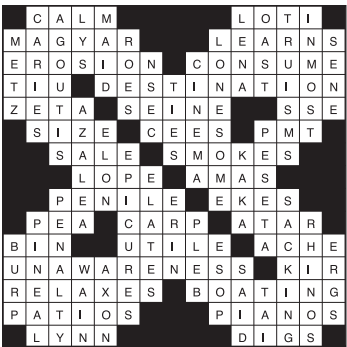


CLUES ACROSS

1. Big tech firm
4. Picked
10. Type of whale
11. A woman of refinement
12. New England state
14. Common gibbon
15. Tall coniferous tree
16. State capital
18. Making a liquid muddy
22. Vinegary
23. Peninsula
24. Thee
26. Atomic #55
27. Used in units of measurement
28. Welsh female name
30. Arab ruler title
31. One's mother
34. Trap
36. Soviet Socialist Republic
37. Assn. of oil-producing countries
39. Holy fire
40. Emit coherent radiation
41. Atomic #81
42. Orthodox Jewish college
48. Herbs
50. Ran after
51. Begin again
52. Named
53. Barbary sheep
54. Unwell
55. Postscript
56. Drivers
58. One point east (clockwise) of due north
59. Prim
60. A facility equipped for sports or physical training

CLUES DOWN

1. Small islands
2. Skullcap
3. Unexplained events
4. One hundredth of a meter
5. Beloved baseball announcer
6. Repulsive
7. Northern European languages
8. Match or surpass
9. Northeast
12. Chew the fat
13. Innovative industry
17. Land to put down to grass
19. Products
20. Nostril
21. Surprise Icelandic politician
25. Conclusive acts
29. Inform on
31. Grinding tooth
32. Keep up
33. Tablelands
35. Raising
38. Mythical creature
41. Hums
43. Mountain in Antarctica
44. Neighborhood in Manhattan
45. Distinctive practice
46. Vice president
47. Contributes to
49. Small bones
56. Oil company
57. Empire State



Answers for February 10

Burke named business development, retention specialist

The Commissioners named Michele Burke as the new business development and retention specialist within Worcester County Economic Development (WCED).



Michele Burke

"This new role will truly complete the Economic Development and Tourism team that we have been building for Maryland's Coast," Tourism and Economic Development Director Melanie Pursel said. "Michele has extensive sales and customer service experience, which is exactly what we need to assist existing businesses with growth and to attract new investors in the county."

In her new role, Burke will oversee the county's business attraction, retention, and expansion program and serve as the county's business ambassador to help existing busi-

ness owners and operators identify services and resources that support their goals. She will also be the primary liaison with local, state, and federal partners, including the area chambers of commerce, Maryland Department of Commerce, Small Business Development Center, and

the Small Business Association.

For additional information about the programs and services available through WCED to help start or grow your business in Worcester County, contact Michele Burke at mburke@co.worcester.md.us or visit <https://chooseworcester.org>.

Tooth Fairy story time schedule

In honor of Children's Dental Health Month this February, Worcester County Recreation and Parks (WCRP) will host two virtual story times in English and Spanish with the tooth fairy who will read several books and give advice for how to keep those teeth clean. Both events are free.



The first event will take place Feb-

ruary 17 from 6 p.m. to 7 p.m., and families are asked to register online at <https://tinyurl.com/yyqp5y37>.

A Spanish interpretation will take place February 19 from 3:30 p.m. to 4:30 p.m. To register for the Spanish version, visit <https://tinyurl.com/y2makh78>.

These virtual programs will be presented by Amerigroup. For more information, contact Allen Swiger at 410-632-2144 x2520 or aswiger@marylandscoast.org.

To view other upcoming events, visit www.playmaryland-scoast.org.

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Practice safe boating at all times

Boating is a recreational activity enjoyed by thousands of people. Spring and summer are prime times of year for boating, though people who live in temperate climates may be able to enjoy boating all year long.

Everyone who takes to the water,



novices and experienced boaters included, should be familiar with boating safety guidelines. In fact, it is a good idea to take a boating safety course prior to boating for the first time or as a refresher if it has been a while since reviewing the rules of the water.

Boating safety goes beyond learning basic operation and navigation.

Safety guidelines also involve getting a vessel safety check. The U.S. Coast Guard Auxiliary offers complimentary boating examinations. They can verify the presence and condition of safety equipment required by federal and state organizations. Boaters also may be able to conduct virtual vessel exams. This means boat owners can perform a self-inspection of the boats based on digital prompts.

Licensure and registration of boats are part of responsible boat ownership both in the U.S. and Canada.

Along with boating inspections and water rules, some other ways to stay safe involve educating oneself of the larger dangers on the water. These generally involve risky boater behavior, such as failing to wear a life jacket or having an inadequate number of life jackets for passengers. Alcohol use while boating also can be problematic. Being under the influence can adversely affect boaters' reaction times and decision-making abilities. According to the 2018 U.S. Coast Guard Recreational

Boating Statistics Report, alcohol continued to be the leading known contributing factor in fatal boating accidents in 2018, accounting for 100 deaths (19 percent) of total fatalities. Curbing alcohol use while boating can help avoid accidents and deaths.

Excessive speeds also can derail nice days on the water. The Texas Parks and Wildlife Department says

that, although there are no numerical speed limits on the water, excessive speed can cause accidents in crowded areas. Speeding makes it difficult to react to obstacles, including underwater wildlife, and bring the boat to a stop within a safe distance of others.

Boating season is heating up, and that means making safety a big part of operating and enjoying a vessel.

Understanding how to use a compass

Global positioning systems have revolutionized the way people get from point A to point B. Utilizing satellites and orbital data, GPS devices can ping these satellites and compute location anywhere on the planet. GPS-enabled maps are used in smartphones, car navigation systems and elsewhere. But before GPS became the primary navigational tool, people relied heavily on other aids, such as a compass.


Understanding how to use a compass can prove invaluable, especially when boating, hiking or engaging in other activities in the great outdoors.

Parts of a compass. Compasses feature various components. The most basic will have a ringed needle hous-


ing that is printed with the cardinal points N E S W for North, East, South, and West. Some also have degrees as markings; a compass pointing due North is at 0 degrees. A rotating ring with arrows or other line markings will be on the outer facing of the compass as well. Other compasses also may have a clear baseplate into which the compass is attached. The baseplate may have rulers for helping to calculate distance when used with the map's scale and a directional arrow.


The compass has a magnetized needle that always points to magnetic North. It will be colored red or white.

*please see **compass** on page 14*



USCG Auxiliary






The USCG Auxiliary performs free Vessel Safety Checks every Saturday and Sunday morning throughout the summer at the West Ocean City boat ramp from 8:00AM until noon. Vessels can be checked while on a trailer or in the water.

Vessels can also be inspected by appointment at private docks or marina slips. To arrange an inspection, E-mail at CGAUXOC@Gmail.com

2021 schedule for the Maryland Recreational Safe Boating Course :

- March 2, 3 & 4**
- April 6, 7 & 8**
- May 8 (one day)**
- June 1, 2 & 3**
- July 12, 13 & 14**
- August 7 (one day)**
- September 7, 8 & 9**
- October 5, 6 & 7**
- November 2, 3 & 4**

To register, E-mail at CGAUXOC@Gmail.com



Help Us Make Boating Safer

For more information about other activities and joining the Auxiliary, visit our Website:
<http://www.a0541205.uscgaux.info>
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Influential jazz musicians

Tracing its origins to African American communities in New Orleans, jazz has grown from its humble beginnings in the late 19th and

early 20th centuries to become popular across the globe. As the popularity of jazz grew and the genre spread beyond New Orleans, different styles emerged, giving rise to Kansas City jazz, cool jazz, free jazz, and other forms. Along the way, various musicians have put their own unique stamp on jazz. The following are just a handful of the many influential jazz musicians who have helped to el-



Bessie Smith is considered one of the best vocalists of her era.

evate this unique genre of music to one of the most popular in the world.

Jelly Roll Morton (1890-1941): New Orleans native Jelly Roll Morton, a pianist and songwriter, honed his piano-playing abilities in the bordellos of the Big Easy. In fact, it was in those establishments where the man born Ferdinand Joseph Lamothe earned his distinctive nickname. Biography.com notes that while his claims to have been the inventor of jazz might have been dubious, Morton is considered to be the first jazz musician to commit his arrangements to paper.

Scott Joplin (c. 1868-

1917): Born into a musical family that included his mother, a singer and banjo player, and his father, a violist, Scott Joplin grew up in Texarkana, learning to play the guitar and later the piano at a very young age. By the time Joplin was a teenager, he was working as a traveling musician and eventually became the foremost composer of ragtime jazz. Biography.com notes that Joplin was a true student of music, studying at the George R. Smith College for Negroes in Missouri during the 1890s. Though one of history's most celebrated jazz musicians, Joplin also composed ballets and operas.

Bessie Smith (1894-1937): While there are female instrumentalists in the genre of jazz, in the early days many, such as Bessie Smith, were vocalists. Born in Chattanooga, Tennessee, Smith would come to be known as "Empress of the Blues" thanks to her powerful voice. By the 1920s, Smith was among the highest paid black performers. Tragically, Smith's life was cut short when she died from injuries sustained in a car crash on her way to a show in Memphis in 1937.

Miles Davis (1926-1991): Compared to other jazz legends, Illinois-born Miles Davis was introduced to music rather late. It wasn't until Davis was 13 years old that his father introduced him to the trumpet, an introduction that would dramatically alter the course of jazz music. Under the tutelage of local music school director Elwood Buchanan, Davis learned to play the trumpet without vibrato, which Biography.com notes marked a departure from the style of trumpet-playing popular at the time. A true pioneer, Davis is considered one of the most influential figures in the history of jazz and 20th century music.



Miles Davis is one of the most influential figures in jazz during the 20th century.

Don't wear headphones while vacuuming... I've just finished the whole house and realised the vacuum wasn't even plugged in

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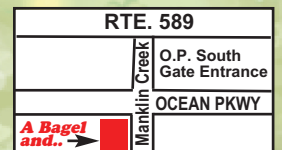
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Picky pooches: solutions for finicky eaters

The image of a dog devouring a bowl of food is a familiar one for dog owners. It's easy to see dogs as indiscriminate eaters, and many breeds will happily inhale any and as much food as their owners set before them.

However, many picky pooches will turn up their noses at even the most savory selections.

According to ["The Old Farmer's Almanac," roughly 40 percent of American households have at least one dog. A survey by Kynetec of more than 3,000 pet-owning households in Canada found that 41 percent of Canadian households have at least one dog, and those numbers have increased by 7.6 million households since 2016. One component of pet ownership is providing quality sustenance but what to do when your dog goes on a hunger strike?

Why dogs refuse to eat. Owners

of dogs that consistently refuse to eat may wonder just what is going on in that canine brain. The American Kennel Club says various factors may be at play.

Illness: Dogs may refuse to eat if they have a virus or do not feel well. A trip to the vet may be necessary. Similarly, medications can adversely affect appetite.

Emotional changes: Refusal to eat may be a symptom of a major life change, such as a move, home renovation or the arrival of a baby.

Food changes: Dogs like routine, and when their food formula changes they may not eat. This can occur if a vet or a health professional suggests changing a dog's diet due to a health issue. Patience is necessary in such instances, as dogs may need some time before they acclimate to a new diet.

Handling picky eaters. Experts cannot agree on a single strategy to treat pups who are picky eaters. Pet parents can ask their vets and experiment. Here are some suggestions to

try, courtesy of the pet food company Dawgie Bowl.

Dogs do not crave variety; they live for consistency. Do not change the dog's food frequently or because you feel they need a buffet.

Exercise your dog more, as this can stimulate metabolism and appetite.

Pick up food after a certain period of time, such as 20 minutes. The dog will learn to eat during that period or face waiting until the next feeding.

Reward eating after the meal has been consumed so the dog associates eating with good attention. Do not provide any attention to sad, puppy dog eyes and never yell at the dog for not eating.

Dogs can go a few days without eating, particularly if the pooch is drinking water and showing no signs of illness. So, don't fret. A hungry, stubborn dog will eventually eat.

A picky nature is something pet owners must contend with at times. Patience can help get dogs back on a solid eating schedule.



compass
from page 12

Magnetic North is not the same as True North. In fact, the two can differ by up to 20 degrees depending on where a person is on the surface of the Earth. For the most accurate reading, compass users will account for this difference, which is called "declination;" otherwise, they may end up many miles away from their mapped destinations. There also will be an orienting arrow. This arrow allows the base plate to be aligned with the magnetic needle. A travel arrow tells the direction a person should head.



Reading a compass. To read a compass, users must first make sure they are away from structures that can interfere with the compass reading, such as large metal structures or high-voltage power lines.

Place the compass on the palm of a hand at chest level. Watch for the magnetic needle to rest with the red tip pointing to North.

Turn the dial surrounding the compass until the orienting arrow is completely lined up with the magnetic needle. Once it is, the direction arrow on the baseplate of the compass will now indicate your heading.

Beginners should always practice using a compass and test their map-reading and navigational skills in a place they visit frequently. When using a compass, always be sure the direction traveled coincides with the direction of the travel arrow.

Despite the prevalence of GPS and other digital navigation software, understanding how to use a compass is a handy skill, particularly should one lose battery power, be out of satellite range or lose a map when enjoying the great outdoors. **SOCIAL MEDIA TEXT:** Understanding how to use a compass can prove invaluable, especially when boating, hiking or engaging in other activities in the great outdoors.

Diabetes prevention class offered

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

If you have been diagnosed with prediabetes or have a history of gestational diabetes, this program is proven to help you improve your eating habits, increase your daily activity, lose weight and reduce your chance of developing type 2 dia-

report
from page 7

reiterated her strong support for Worcester Community College. Carozza also met with constituents who were advocating for legislation in support of tourism, physical therapy services, rural issues, the arts, and the Humane Society.

"I appreciate the extra effort my constituents are making to share their views with me," Senator Carozza said. "I look forward to welcoming constituents back to my Annapolis office in the future when it is safe to do so."

betes. On average, participants lose between 5 -7% of their body weight.

The Lifestyle Balance: Diabetes Prevention Program will allow you to learn about healthy eating, exercise, and weight loss all from the comfort of your own home. It is a year-long, group program that will run February 24 through February 23, 2022. Class times are Wednesdays 5 p.m. to 6 p.m. You will participate in 16 weekly sessions followed by once-a-month support sessions for the remainder of one full year.

When you enroll in this great program, you will receive one-on-one support from a certified wellness coach, learn about healthy eating and active living, lose weight, earn weekly prizes, improve health, and participate in weekly chats with others to help encourage them during their healthy lifestyle journey!

Please call 410-632-1100 ext.1108 or email crystal.bell1@maryland.gov to discuss program enrollment, eligibility, and to request a registration packet. Space is limited; pre-registration is encouraged.

The role different vitamins play

A nutritious diet is a vital component of a healthy lifestyle. When it's part of a health regimen that includes routine exercise, a healthy diet that's rich in fruits and vegetables can help people reduce their risk for various illnesses, including chronic diseases like heart disease, cancer and diabetes.

Many adults have known about the value of fruits and vegetables since they were youngsters and their parents repeatedly told them how important it was to eat healthy foods. Despite those early lessons, the Centers for Disease Control and Prevention reports that less than 10 percent of adults and adolescents eat enough fruits and vegetables. That's unfortunate, as fruits and vegetables are loaded with vitamins that benefit the body in myriad ways.

The U.S. National Library of Medicine notes that vitamin deficiency occurs when people do not get enough of certain vitamins. Recognizing the many functions vitamins serve may compel adults and adolescents to include more fruits and vegetables in their diets.

Vitamin A: The USNLM notes that vitamin A helps form and maintain

healthy teeth, bones, soft tissue, mucous membranes, and skin. According to the World Health Organization, vitamin A deficiency is the leading cause of preventable blindness in children and increases the risk of disease and death from severe infections.

Vitamin B6: Vitamin B6 helps form red blood cells and maintain brain function. Though the National Institutes of Health notes that isolated vitamin B6 deficiency is uncommon, a deficiency has been associated with various conditions, including a weakened immune system and dermatitis cheilitis, a condition marked by scaling on the lips and cracks at the corners of the mouth.

Vitamin C: Vitamin C is an antioxidant that promotes healthy teeth and gums, helps the body absorb iron and maintains healthy tissue. In addition, vitamin C plays an integral role in helping wounds heal. Vitamin C deficiency impairs bone function, and Merck notes that in children that impairment can cause bone lesions and contribute to poor bone growth.

Vitamin D: The USNLM notes that 10 to 15 minutes of sunshine three times per week is enough to produce the body's vitamin D requirement for

people at most latitudes. It's hard to rely on food to supply ample vitamin D, which helps the body absorb calcium that is necessary for the development and maintenance of healthy teeth and bones.

Vitamin E: Vitamin E helps the body form red blood cells and utilize vitamin K. Green, leafy vegetables like spinach and broccoli are good sources of vitamin E. The Office of Dietary Supplements notes that a vitamin E deficiency can cause nerve and muscle damage, potentially leading to muscle weakness and vision problems.

Vitamin K: Vitamin K helps to make certain proteins that are needed for blood clotting and the building of bones. The T.H. Chan School of Public Health at Harvard notes that the main type of vitamin K is found in green leafy vegetables like collard greens, kale and spinach. Vitamin K deficiency is rare, but it can lead to bleeding, hemorrhaging or osteoporosis.

Vitamins are crucial to human beings' overall health. Eating ample amounts of fruits and vegetables is a great and delicious way to avoid vitamin deficiency.

Tides for Ocean City Inlet

Day		High /Low	Tide Time
Th	18	High	12:05 AM
	18	Low	6:14 AM
	18	High	12:24 PM
	18	Low	6:24 PM
F	19	High	12:55 AM
	19	Low	7:07 AM
	19	High	1:13 PM
	19	Low	7:11 PM
Sa	20	High	1:51 AM
	20	Low	8:03 AM
	20	High	2:09 PM
	20	Low	8:02 PM
Su	21	High	2:51 AM
	21	Low	9:02 AM
	21	High	3:09 PM
	21	Low	8:58 PM
M	22	High	3:51 AM
	22	Low	10:02 AM
	22	High	4:06 PM
	22	Low	9:54 PM
Tu	23	High	4:45 AM
	23	Low	10:57 AM
	23	High	4:59 PM
	23	Low	10:49 PM
W	24	High	5:35 AM
	24	Low	11:47 AM
	24	High	5:48 PM
	24	Low	11:41 PM

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