

The Courier

January 19, 2022 Volume 22 Number 18



Dell Purrell

Learning by teaching

Story on page 3

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Art Matters

Artist believes the best way to learn is to teach

By **Elaine Bean**

“So many people come into my class thinking they have no artistic ability,” Dell Purrell said. “But they create a beautiful painting that is uniquely theirs – in just three hours.”

Purrell teaches Acrylic Pour Painting at the Ocean City Center for the Arts. Poured Painting is a new and popular technique where colors of paint are literally poured onto a canvas rather being applied with a brush. The results are brilliant puddles and pools of paint that can be coaxed into beautiful abstract patterns. Pour painting is truly playing with color, and many love the freedom of it. There is no

drawing experience needed.

“The Art League opened my eyes to the expansiveness of creative expression,” Purrell said. “At the Arts Center, I’ve experimented with a variety of artistic mediums. After exploring watercolor, collage, pottery, fused glass, mosaics, and acrylic painting, I found my niche in Acrylic Paint Pouring.”

“After facilitating classes on Julia Cameron’s book, *The Artist’s Way*, I realized that the vibrant colors and flow of paint on canvas were calling to me. There are so many techniques in Paint Pouring that I thought the best way to learn them was to teach them,” she said.

Purrell is originally from

Newark, NJ where she attended Montclair State College and Fairleigh Dickinson University for Paralegal Studies. After working in a law office in downtown Newark for many years, her husband was offered an employment opportunity in Salisbury in 2003.

“We had always dreamed of living near the ocean,” Purrell said. Encouraged by family members who lived in Ocean Pines, they decided to take the chance,

Joan Worrall and Dell Purrell



and it wasn’t long before Purrell was actively involved in her community. “Before Covid times, I was involved with the Women’s Club, Garden Club, Craft Club, Friends of the Ocean Pines Library, the Democratic Women’s Club, Town Cats, and of course, the Art League of Ocean City.”

Purrell continues to be inspired by the natural beauty of Worcester County and the creative connections she’s made here.

“When we first moved here, I was intrigued that most of the people we met were ‘come heres’ like us, folks that were drawn to the natural beauty of the Eastern Shore,” Purrell said. “As a city girl, I had learned the healing power of the ocean. Whenever I go to Assateague National Park, I feel refreshed and renewed. The stress and worry in my life are replaced by peacefulness and a creative unity with nature. I am inspired by the changing vista around me.”

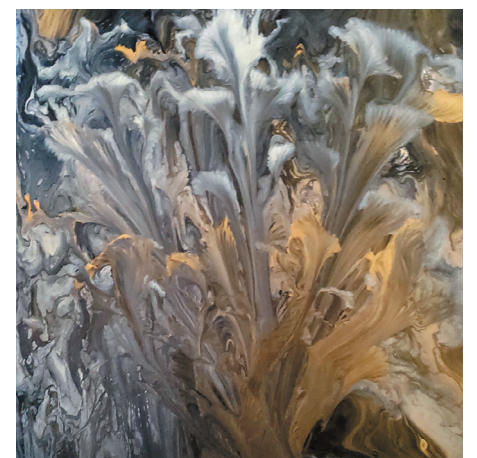
Purrell regularly attends the Art League’s Watercolor Drop-in Painting Group where she meets up with fellow artists who paint together and encourage each other.

“The friendships I’ve made over the years (shout-out to the Watercolor Drop-In Group) are inspiring for me to expand my horizons and try new and more challenging

things. The artistic energy is invigorating. Art matters, especially in these trying times, because I believe it is necessary to see beyond our human perceptions to the beauty that surrounds us.”

Purrell’s Paint Pouring classes are held once a month at the Ocean City Center for the Arts, and everything needed to create a work of art that day is supplied. More information is available at ArtLeagueofOceanCity.org/classes.

“I hope that I’ve encouraged readers to try a class,” Purrell said. “Beginners or veteran artists will find an opportunity to learn the freedom of pouring paint.”



We may be losing country

Editor:

In response to Mr. Evan's letter - I agree!!! Yes we may be losing our country if we allow:

1. A society that is anti-intellectual and anti-science.
2. Minorities to be characterized as a threat.
3. The encouragement of violence.
4. The support of divisiveness and chaos in our society.
5. The invention of massive problems that can only be fixed by emergency powers or by a beloved leader ("Only I can fix it") and the encouragement and constant broadcast of



these non-existent problems.

6. The vast income differential to consume our country....leaving SO many behind.
7. The continual focus on "hyped-up" cultural wars - us vs. them.
8. The constant lying.
9. Leaders who deceive their supporters.
10. Leadership to constantly attack and then try to own the judiciary.
11. The dramatic restriction of universal voting or invalidation of confirmed results by a single party.
12. The complete take over by a single person of once proud parties.
13. A leader / party to take whatever actions they want to retain power.

14. Ordinary / fine people to become instruments of the state. We need to disconnect them from the lies and partial truths and allow them to make decisions based upon facts not opinions.
15. The disregard of peaceful transitions of power.
16. The disregard of the Christian principles upon which this country was founded - The ENDS DON'T JUSTIFY THEM MEANS...THE MEANS JUSTIFY THE ENDS! God doesn't need any help to insure (sic) His will is

done here on earth.

I agree with Mr. Evans - I don't want socialism here either - but that would mean shutting down many "socialist-type" programs wouldn't it - Social Security, Insurance, the Veterans Administration, Interstate Highways, the Federal Reserve, the US Military, National Park Service....

We have only a year or two to save our democracy. I too do not want a social autocracy.

Doug Tribull
Ocean Pines

Courier Almanac

On January 19, 2007, Beijing, China, the capital city of the planet's most populous nation, got its first drive-through McDonald's restaurant. The opening ceremony for the new two-story fast-food eatery, located next to a gas station, included traditional Chinese lion dancers and a Chinese Ronald McDonald.



Social state is no closer

Editor:

No, we are not getting closer to a social state. At least, not based on the evidence presented by a reader who wrote a letter last week (1/12/2022). He erroneously stated, "There are eight levels of control that must be obtained before you are able to create a social state, wrote Saul Alinsky in his book, 'Rules for Radicals' in 1971."

I bet two cigars and a glass of milk that neither the letter writer or anybody who has actually read the book, "Rules for Radicals" can find these eight levels of control in Alinsky's tome. This is just more ancient nonsense circulating on the internet.

Not only is this list not something taken from Alinsky's writing it does not sound like something he would have written. The line about "controlling health care is chronology out of place for the time he lived. He died in 1972. The concept of "increasing the poverty level as high as possible" goes against everything for which he worked.

This list of eight levels has been found to be an updated variation of the made-up "Communist Rules for Revolution," that was first said to have been found in 1919 in Germany, but is now thought to have been manufactured here by an unknown deceitful person about 1946 after WW II.

Yes, Alinsky was on the left. But he wasn't a Communist, a Marxist, or a part of the New Left. He WAS a self-professed radical.

It is interesting to note that in recent years among Conservatives, Alinsky's writings have helped shape the Tea Party movement, been used by Dick Armev formerly of Freedom Works, Glenn Beck, who encouraged Conservatives to learn from Alinsky, and spoken of in a positive manner by other Conservatives as a way for them to move forward.

The Alinsky story and the truth about the levels of control is a study that should sooner put us to sleep than get us agitated.

George T. Mason
Salisbury

Firms on the lookout for ways to manage employees' time more efficiently may want to reconsider their approach to meetings. A recent study on meetings commissioned by Verizon Conferencing found that an overwhelming majority of professionals who are considered heavy meeting-goers admitted to an array of behaviors that suggest meetings aren't as productive as employers may believe. Ninety-six percent of respondents admitted to having missed meetings in the past, while 91 percent acknowledged daydreaming during meetings. In addition, 73 percent of respondents did other work during a meeting, while 39 percent acknowledged falling asleep.




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ORCHARD Six – 0-4-2-3

Sitting recently with friends at a local restaurant, the topic of phone numbers arose. How the conversation originated I don't remember but I do recall a friend commenting that



It's All About. . .

By **Chip Bertino**

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she no longer remembers phone numbers because everyone she calls is on speed dial in her cell phone. Interestingly, she can remember her home telephone number from when she was growing up in Baltimore.

This led to a roundtable discussion of phone numbers in general and personal phone numbers specifically. One friend recalled that when he was a child, his family had a party line phone which was shared among four other neighborhood families, each having its own ring signal. Can you image children today coping with such technology? How would they survive?

Many of us recited our old childhood phone numbers, numbers that rang rotary phones, usually attached to a kitchen wall. Growing up in Philadelphia, my home phone number started with the word ORCHARD. Our phone number was ORCHARD Six- 0-4-2-3 which may not have had the Big Band appeal of "TRANSYLVANIA Six – 5000" but still had its own sort of lyrical panache. Later it was shortened to O-R-6-0423. Later still it was just 676-0423. Finally, it did not exist at all, phased out by cell phone numbers.

More than thirty years ago, when we arrived on the Eastern Shore, we had a 6-4-1 home telephone number prefix. At the time the area code was not necessary to dial for an in-state call. Then the 410 prefix was instituted. So, instead of dialing seven numbers, ten numbers were required to connect a call. At the time it seemed like such an inconvenience to spend another fraction of a microsecond to include the area code prefix. But I adapted like so many others.

There was a time when I had a fairly good handle on what geograph-

ical location different area codes represented. For instance, 6-0-9 was New Jersey, 2-1-5 was Philadelphia and 3-0-1 was Baltimore. Now? Forget it. Where once telephone numbers and area codes remained in specific regions, people now take their phone numbers with them regardless of whether they move across town or across the country. People are more apt to leave behind a family

heirloom than give up their cell phone number.

Growing up, all my friends' phone numbers were memorized. I could dial in a flash Marc or Frank or the other Frank or Joey whether I was at home or using the pay phone outside the 7-11, that is if I had a dime. Now, in order to recall my wife's cell phone number or write it on a form, I have to pause a moment and check it twice and even then I'm not always certain it's correct. If a million dollars wager rode on my being able to rattle off the phone numbers of my children, even just one of them, I'd be the poorer for the experience.

Like my friend, important phone numbers exist within the memory of my cell phone or in a cloud somewhere. Written phone/address books are relics of a forgotten past. Phone numbers, addresses, emails, birthdays and much more are stored in my phone which is somewhat concerning should I lose it. It would be akin to existing on a deserted island with no way to reach out and touch someone. And if I had to find someone's phone number, where would I look? There was a time when my fingers could do the walking through either the white or yellow pages of the phone directory. But phone books with their hun-

dreds, if not thousands of pages of single spaced, three column entries of names, addresses and seven-digit numbers have gone the way of Princess phones and collect calls.

In the large kitchen drawer, just beneath the tangled cord of the white rotary phone that hung on the wall of our home on Verree Road, could be found the hefty Bell Telephone Philadelphia directory. Each year this treasured tome was delivered to our house, jammed between the storm and front doors. The phone books of that period were versatile. Not only was the book useful to ascertain a phone number or address or the correct spelling of someone's last name, it also made for a

searching for the telephone numbers of the girls I liked while in grade school but was always too afraid to call.

In my late teens I bought my own phone giving me my own phone number. The red rotary desk phone, which must have weighed 25 pounds, was installed in my bedroom and matched the fire engine red walls. Why red? Your guess is as good as mine. Owning a phone that I paid for made me feel very grown up. I really felt a sense of arrival when I thumbed through the new phone book to find my name: *BERTINO, Anthony W. Jr.* Wow! It may not have been the same as being listed in "Who's Who" but it was really something – to me. You know what else was really something? The very expensive phone bill I racked up calling my girlfriend who was in Germany visiting family.

Back in the days when the phone company was known maternally as Ma Bell, we could never have imagined a future when our phones would not be tethered to a wall or a cord; that it would become a camera, television, encyclopedia, bank, medical assistant, and so much more. Now we retrieve them from a pocket to stream videos and pay bills, to video chat and text messages to friends and family around the world and across the room and to capture high resolution photographs. No, we could never have imagined it. Now, it's really hard to remember slipping a coin into the slot on a public phone, interacting with an operator to make a long-distance call and dialing the phone company to get the correct time.



handy children's booster seat. Stacking the phone book atop the Sears catalog, a kid could stand and reach all the way up to the second shelf of the third kitchen cabinet to retrieve a favorite blue boot-shaped plastic mug.

Our family fingers regularly walked through pages to find the numbers for such places as Hank's service station on Krewstown Road and Gino's pizzeria on Oxford Avenue. Many were the times as well when I paged through the book



Commentary

By **Joe Reynolds**
OceanPinesForum.com

Public Comments

During the board meeting of January 12, 2022, Larry Perrone proposed a change to the agenda so that public comments came after the election of officers and not at the beginning of the meeting as on the printed agenda. Doug Parks questioned this change. Perrone said he had made a mistake and the public comments should have been after the election of officers. Parks did not push the issue and the change was approved.



Audience members were upset with the decision. Former board member Tom Janasek in the audience voiced strong objections and Perrone asked for silence or Janasek would be removed. Others also shouted opposition to the change.

So, what is the policy and what mistake was Perrone referencing?

I can find no bylaw or resolution that clearly sets out the agenda for an organization meeting. There is a somewhat standardized sample agenda for all meetings in the resolutions but with the comment that the board can change the agenda when desired.

Looking back at the agenda for various organization meetings in the past, there is support for Perrone's position in that they all list public comments as coming after the election of officers.

That said, it would not be a "mistake" to place the public comments at any place in the agenda.

Finally, the issue of board meeting dates was not a specific agenda item so those who desired to comment on the dates have somewhat of a reason to be upset at not having that opportunity.

Board meetings debate

There was much discussion of meeting dates at the board meeting. Attendance stats were provided that indicated time and day did not seem to make much difference. There was also a discussion on having OPA employees show up for meetings outside working hours. There was mention of having the meetings during what might be lunchtimes for association members who worked, and online

via Microsoft Teams that allows public comments.

My opinion? All a great deal of nonsense.

Back around 1990, for example, there were probably around 4000 homes in Ocean Pines, less than half of today's number. Many of those homes were owned by people who built them as second homes. Board meetings were held on a specific Saturday at 9 AM in the old Community Center, perhaps something like the second Saturday of the month. Attendance was typically in the range of 100 association members, sometimes 150 or more. So many people gave public comments that members had to take a ticket to get in line.

Saturday was the selected day because most association members were in Ocean Pines on the weekend. The board also held what it called a workshop meeting on a Wednesday morning each month in the board room. Few attended these meetings.

At some point around 2000 or so the board, in its wisdom, decided to start evening meetings during the week. At this time the board members also started to have a debate every year about when meetings would be held. Individual board members would say "Oh, I can't be there on that date" etc. Eventually, there was no rhyme or reason to when the board would meet. Attendance went downhill.

These days we are lucky to see 20 people attend a board meeting. In most cases, if the two highest attended meetings and the two lowest attended meetings were eliminated from any data, the average attendance is probably around 10 association members.

Then there is the refrain about video or internet meetings. OPA is currently spending your assessment dollars to install adequate video functionality in two locations. Why two? Because the board is reluctant to use its authority to have first use of the Assateague Room for board meetings.

The board should hold meetings just as the OPA Board of Directors did for its first 30 or more years, including having OPA legal counsel at every regular board meeting, just as the Worcester County Commissioners do. The board stopped having legal counsel at meetings back around 2010 when a board president said (paraphrasing), "We don't need a lawyer at the meetings. All this legal stuff is just common sense."



Angler of the year

John McFalls [L], secretary of the Atlantic Coast Sportfishing Association (ACSA) presented the Angler of The Year awards to **Ron Smith** (ocean) and **Shaun Flaherty** (bay).

Farmers Market announces 2022 Award winners

The Ocean Pines Farmers & Artisans Market recognized its merchants, artisans, volunteers, and community partners during the 2022 Achievement Awards, held at the marketplace last Saturday.

"We are excited to celebrate this outstanding group of 2022 winners," Market Manager David Bean said.

Honorees included Parker Place owner Anne Taylor, who was named Marketplace Merchant of the Year. Taylor features upcycled rugs made from recycled plastics, along with other home products.

Calm Coast Boutique was named Artisan of the Year. Boutique owner Jamie Millhoff creates unique hand painted artwork and jewelry.

"It was so nice to be honored for doing something that I truly love," Millhoff said.

Del Vecchio's Bakery was named Green Market Merchant of the Year. During the pandemic shutdown, owner and baker John Del Vecchio made several trips to his Snow Hill bakery during each market day to restock his Ocean Pines market stand, to make sure his customers could have the comforts of his baked goods while sheltering at home.

Cove Craft and Treasures was also honored with Peddler Merchant of the Year. Owners Ruth and Gary White offer estate sale sterling silver jewelry to shoppers.

"This is so exciting. We are so honored! We have never been nominated for anything," Ruth White said. "We so love our OP Farmers & Artisans Market Family and look forward to another great year."

The market also recognized three participants with Legacy Honors. The awards are given for commitment through service and leadership to the Ocean Pines marketplace.

Those honored included the Ocean Pines Volunteer Fire Department for its participation as a community partner; greengrocer D. J. David & Company, recognized for 10 years of continuous participation at the market; and John Chandler, assistant market manager, for his outstanding contribution to market leadership.

Also recognized were Janice Curtis, Educational Programming; Terry Jordan of Longridge Gardens, Storefront Presentation; the Jessie Klump Memorial Fund, Community Corner Partner of the Year; Brightman Farm, Outstanding Social Media Promotion; and Janine Dufrene of Amish Friendship Breads, the 2022 Inspiration Award.

The Ocean Pines Farmers & Artisans Market is open Saturdays from 9 a.m. to noon, through February. In-season hours return in March, with the market open from 8 a.m. to 1 p.m.

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

TidalHealth Peninsula Regional moves to crisis status

As a result of significant increases in both emergency department volumes, COVID-19 related admissions, and the ongoing national staffing shortage, TidalHealth has chosen to implement and follow CDC recommendations for crisis standards at TidalHealth Peninsula Regional in Salisbury, Maryland. A similar change in status was announced at TidalHealth Nanticoke in Seaford, Delaware on January 10.

TidalHealth becomes the 13th hospital in Maryland to implement crisis standards for care. This is the first time in the 125-year history of TidalHealth that its hospitals have been operating under crisis standards of care.

The health system is experiencing occupancy levels never seen before coupled with tremendous lengths of stay, making managing the volumes of patients very challenging. The situation has been and continues to be serious not only within TidalHealth but at hospitals across the nation.

Since December 1, TidalHealth has collectively experienced over a 300% increase in admissions for COVID-19 and record-setting numbers of emer-

gency department visits for COVID-19 related symptoms.

Crisis standards of care are only used in time of emergency, when the demand for healthcare exceeds a hospital's ability to provide it through normal means. Although very rarely used, they are guided by best practices, the values of the organization and ethical principles. This change in status follows emergency healthcare declarations recently by the Governors of Maryland and Delaware.

This decision comes after careful discussion and consideration, and is a move from optimal care for each person to optimized care for many.

"We remain fully committed to providing the best and safest possible care, but it is becoming extremely challenging with the anticipated holiday surge in cases now occurring," said Steve Leonard, PhD, MBA, FACHE, and TidalHealth CEO. "We continue to strategize best ways to reduce hospitalizations and overcrowding with our team and with other healthcare providers in our region. However, we desperately need the help of our communities. Getting vac-

inated and receiving your booster can reduce the severity of illness and will help take the pressure off our extremely busy facilities."

Currently, TidalHealth has exceeded the peak number of admissions witnessed in previous surges. Prior to implementing this change, TidalHealth had already taken steps to reduce admissions by postponing non-urgent surgeries requiring an overnight hospital stay and continues to evaluate all non-urgent surgeries. Emergency and urgent surgeries are not affected at this time.

In crisis status, TidalHealth will keep in place its no visitation policy at both hospitals and will also continue to relocate, as necessary, members of its team to different areas and units of patient care where they are most needed and can best benefit patients and staffing requirements. Additionally, wait times may be increased for services, in particular in emergency departments.

TidalHealth continues to ask the public to only use the emergency departments at both hospitals for life-threatening issues. People with less

severe illnesses or injuries should see their provider or visit one of the many immediate or urgent care facilities on Delmarva.

If you need a COVID-19 vaccination or booster shot, or are looking for a testing location, please visit these websites in Maryland, Virginia and Delaware:

In Maryland: <https://coronavirus.maryland.gov/pages/symptoms-testing>

In Delaware: <https://coronavirus.delaware.gov/testing/>

In Virginia: <https://coronavirus.delaware.gov/testing/>

TidalHealth is not offering COVID-19 testing at either of its hospitals, and reminds everyone to please continue to wear your mask, keep your distance, and wash and sanitize your hands.

The health system will reevaluate weekly the crisis standards of care operating status, and will move back to a traditional operating mode as soon as it is safe to do so.

please see crisis on page 18

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Carozza supports Hogan's top priorities

Senator Mary Beth Carozza last week voiced strong support for Governor Hogan's 2022 top legislative priorities including major tax relief and law enforcement legislation and funding which remain key priorities in District 38.

State Retirement Tax Relief.

Governor Hogan has designated a \$4.6 billion tax relief package targeted to hard-working families, small businesses, and retirees. This major tax relief package includes the Retirement Tax Reduction Act eliminating 100 percent of state retirement taxes in Maryland; the Working Marylanders Tax Relief Act making permanent the enhanced earned income tax credit (EITC); providing small business fee relief; extending the successful More Jobs for Marylanders manufacturing program for an additional five years, and making permanent the Project Restore Act to support long-term COVID-19 economic recovery.

"I have been a strong supporter of Governor Hogan's tax relief legislation, especially targeted to small businesses and retirees, making Maryland a great place to live, work, and retire. Throughout this entire pandemic, I have been working with our job creators and business operators to assist with their COVID-19 recovery. Many of our small businesses have taken a financial and workforce shortage hit, and would greatly benefit from the Governor's initiatives," said Senator Carozza.

Re-Fund Law Enforcement Initiative. Governor Hogan also has announced the three-year expansion of his Re-Fund the Police Initiative. This initiative releases \$500 million to support law enforcement, crime control, and victim protection services across the state.

The Re-Fund the Police Initiative includes \$150 million for historic salary increases and bonuses for law enforcement officers; \$137 million for a 50 percent increase in state police aid to local jurisdictions statewide; \$24 million to create a new Accountability Resources Fund; and \$1 million for the Maryland Chiefs of Police Association and the Maryland Sheriffs' Association to further expand operational training and support.

The Governor also is planning to re-introduce major crime legislation to address violent crime during this session convening Wednesday, January 12, which includes the Violent Firearms Offender Act and the Judicial Transparency Act. The Violent Firearms Offender Act enhances penalties for using guns in violent crimes, illegally selling and possessing firearms. The Judicial Transparency Act, on the other hand, will require the Maryland State Commission on Criminal Sentencing Policy to track and publish detailed information on the sentences that are handed down by judges for violent crimes.

Senator Carozza remains a strong supporter of law enforcement and uses her position in the Maryland State Senate to advocate for public safety.

"Public safety remains job number one, especially with violent crime on the rise. We should do everything we can to ensure that our law enforcement is supported and that Marylanders are safe in their homes and communities," Carozza stated.

OPA elects officers, seats new director

Ocean Pines Association President Colette Horn released the following statement on Wednesday, Jan. 12:

"In today's Special Board Meeting, the OPA Board of Directors complied with the court's ruling that Richard Farr be seated as a director. Mr. Farr was seated, replacing the seat held by Frank Brown, whose term expired with the recent election. The Board thanks Mr. Brown for serving in the seat vacated by the resignation of former Director Steve Tuttle."

The Board elected the following officers: Association President, Colette Horn; Association Vice President, Frank Daly; Association Treasurer, Larry Perrone and Association Secretary, Josette Wheatley

The Board set the following meeting dates: Wednesday, Feb. 23, 11 a.m., Wednesday, March 23, 11 a.m., Wednesday, April 20, 11 a.m., Wednesday, May 25, 11 a.m., Wednesday, June 22, 11 a.m. and Wednesday, July 27, 11 a.m.



Presentation - T.J. Myers, a retired veterinarian and local beekeeper, gave an informative presentation on bees to the Worcester County Garden Club during a recent luncheon at Lighthouse Sound Restaurant. Myers emphasized the importance of bees to pollination and gave step-by-step instructions for establishing and caring for a hive. Members were also advised on landscaping practices that promote bee pollination.

Individuals interested in learning more about Worcester County Garden Club can contact the membership chair at WorCtyGardenClub@gmail.com.

Above (L-R) T.J. Myers, Worcester County Garden Club President Deb Young, and Myers' husband Tom Sullivan, who provided technical support for the presentation.



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EOE

Hogan pushes to eliminate business filing fee

Governor Larry Hogan last week announced legislation to eliminate the filing fee for businesses that submit their annual report online.

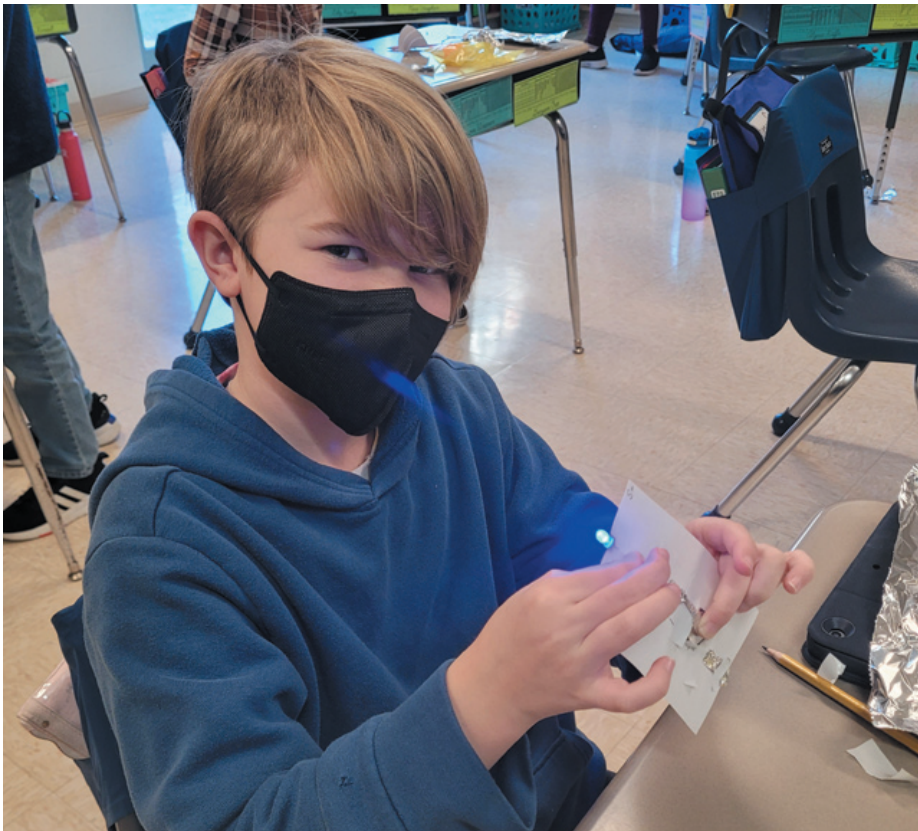
Maryland would be the first state in the country to provide a zero-fee option for all businesses for this type of filing, which is required to be submitted every year with the Maryland State Department of Assessments and Taxation (SDAT). Annual reports, and most business filings, can be submitted online using the Hogan administration's award-winning Maryland Business Express website.

"I thank Governor Hogan for submitting this forward thinking, pro-business legislation that would give Maryland yet another competitive edge over neighboring states with lower fee structures," said SDAT Director Michael Higgs. "Since the onset of the pandemic, SDAT has implemented 15 new online filing services and the number of new businesses registered with the state has surged by historic numbers."

Corporations, LLCs, and other

legal entities are currently required to file annual reports with SDAT every year for \$300, and family farms for \$100. The administration's bill would not only amend Maryland's annual report fee structure to be among the most competitive in the nation, but it would also incentivize online filing, which is a more efficient and cost-effective filing method for businesses and the state.

Over the past few years, the department has witnessed a dramatic increase in Maryland business activity. SDAT launched the annual report and personal property return online filing system on Maryland Business Express in 2015 when there were close to 300,000 businesses in good standing in the state. Today, there are 462,082 businesses in good standing compared with 415,734 in January 2021 and 391,768 in January 2020. If you are a business owner and are unsure whether your business is in good standing, or if you are required to submit an annual report, please read SDAT's Good Standing Checklist.



Perseverance - As students in Wendy Macrides' science classes at Ocean City Elementary School constructed paper flashlights, they were inspired by the words of Thomas Edison: "I have not failed. I've just found 1,000 ways that didn't work." Proving that perseverance truly pays off, the fourth graders were able to apply scientific concepts and the engineering design process to conduct electricity from a battery to an LED light bulb using paper, tape, and aluminum foil. Above is **Nora Emerick**.

Smoking cessation classes starting

Temperatures have dropped and it is a season for fresh starts. The Worcester County Health Department's free winter smoking cessation classes begin in January. Worcester Health is committed to helping smokers establish new behavior patterns that lead to a tobacco free lifestyle.

Join one of the smoking cessation classes available throughout Worcester County beginning next month:

-From 3:30 p.m. to 4:30 p.m., Tuesdays (January 18 to March 29)

Snow Hill Health Department:
6040 Public Landing Rd. Snow Hill, MD 21863

-From 3 p.m. - 4 p.m.; Wednesdays (January 19 to March 30)

Pocomoke Health Department:
400 Walnut St. Pocomoke, MD 21851

-From 1:30 p.m. - 2:30 p.m., Thursdays (January 20 to March 31)

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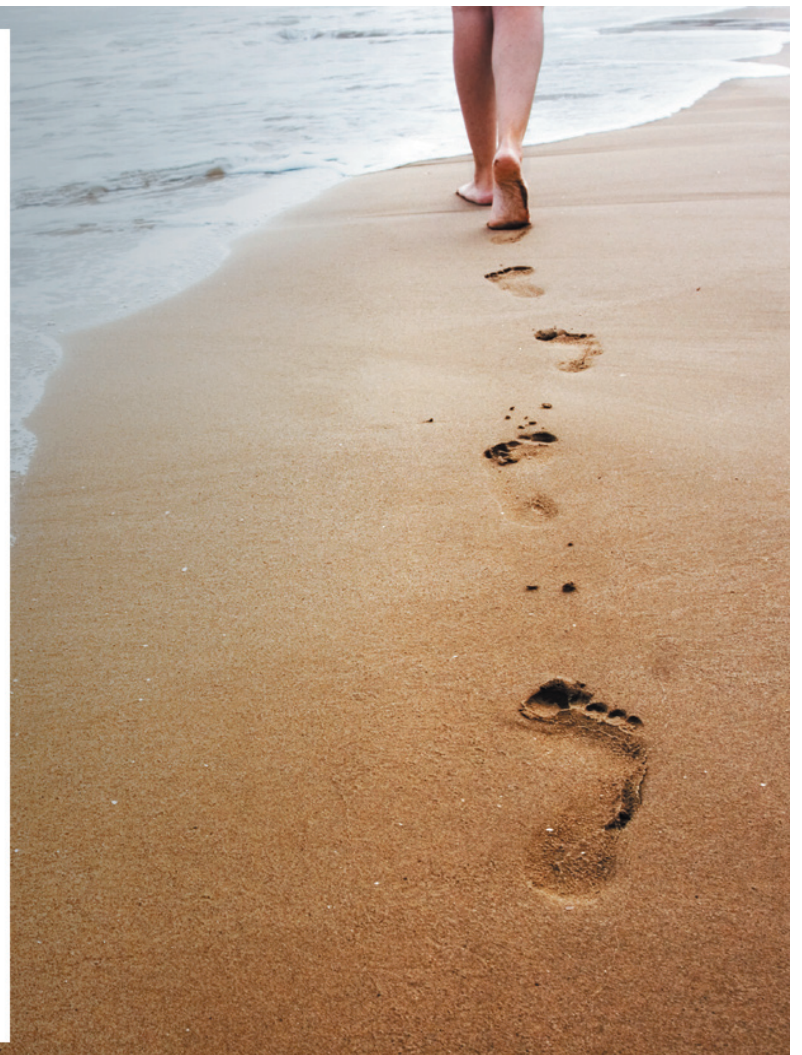
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please see **classes** page 18

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So, you're thinking about buying a boat

During my many boating years I have learned a great deal about buying a boat and thought I would share with you some of the pros and cons of entering the world of recreational boating so that your first purchase is a good experience. In this month's column I will only be addressing a boat purchase to be used in our Coastal Bays and not offshore.

Boating can be great fun for you and your family particularly living here on the Eastern Shore. However, I will caution you that it can also be expensive and at times quite frustrating. First you will need to consider a few very important questions. Buying a boat without considering these could result in many unpleasant surprises. They are as follows:

- Will you be using the boat for pleasure boating, fishing or both?
- Will you be taking children on the boat?
- Are you interested in speed or simply a boat that will get you around at a comfortable pace?
- How big a boat are you interested in?
- Are you interested in a new or used boat?
- Will you have a slip in a Marina to keep your boat during the boating season?
- Will you trailer the boat or will you have it stored and launched by someone else?
- Where will you winter store the boat?
- Do you have a vehicle equipped and is it capable of towing the boat?

Since I obviously would not be able to address each question in this column, I will address generalities that I believe to be very important. First please be certain to take a safe boater's course either offered by the Maryland Department of Natural Resources, Power Squadron or U.S. Coast Guard Auxiliary. Here you will learn boating talk, safety, rules of the road, naviga-

tion, knot tying and proper identification of various locations on your boat. It may also help you decide what type boat you are interested in purchasing. Also, become familiar with Maryland boating regulations available through the Maryland Department of Natural Resources (DNR).

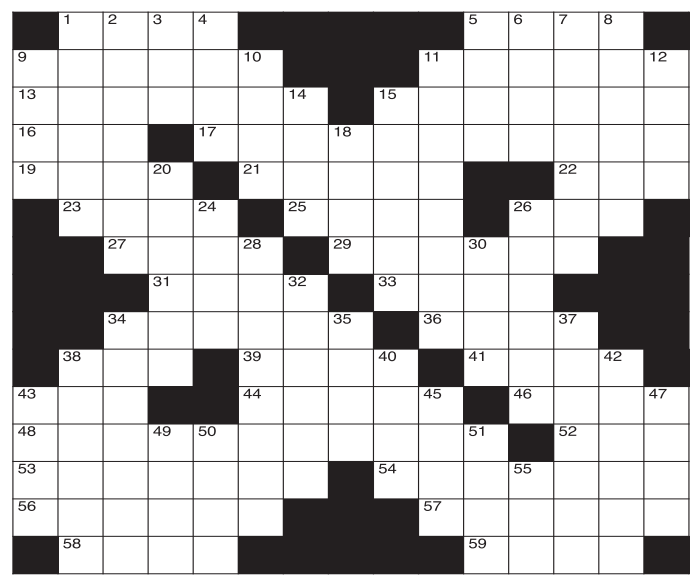
Now you are ready to consider a purchase. Remember we are discussing a boat to be used on the Coastal Bays. I would not consider anything smaller than 17' or larger than 25' for ease of handling. Although there are many types of boats, the center console, walk-around cuddy, deck boats and pontoon boats are most commonly used on the bay. If you decide to purchase a new or used boat from a dealer, they will help you select a boat for your particular needs and will give you a demonstration ride and instructions on operation. They will also suggest an engine to meet your needs. Today most new boats will have four stroke engines that do not require mixing oil with your gas which is an added convenience. If you are purchasing a used boat, I will address what you should be considering later in this column. The dealer can also advise you on purchasing a trailer although most new boats today come with a trailer as a package. Also, don't be afraid to negotiate for price and include accessories.

Possibly you have decided to purchase a used boat. There are many great deals on used boats today. However, you do need to evaluate your prospective purchase thoroughly before the actual sale. Here are some of my recommendations:

Take a friend along who knows boats and who can help you evaluate your potential purchase.

Determine the age of the boat and look over the general condition including the hull for blistering which is a sign of real trouble. Check the steer-

please see capt. ron on page 18

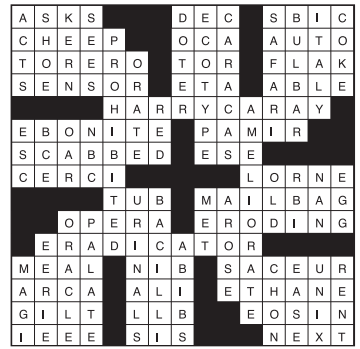


CLUES ACROSS

- 1. Breathe noisily
- 5. ___ Nui, Easter Island
- 9. Reddish browns
- 11. Simple shoes
- 13. Produce alcohol illegally
- 15. Home to famed golf tournament
- 16. Tax collector
- 17. Famous people
- 19. Urban area
- 21. Units of syllable weight
- 22. Pituitary hormone (abbr.)
- 23. Dismounted
- 25. Actor Damon
- 26. Vietnamese offensive
- 27. Retail term
- 29. Netted
- 31. Partner to carrots
- 33. Witnesses
- 34. Caulked
- 36. Satisfy
- 38. R&B performer ___ Lo
- 39. Monetary units of Macao
- 41. Give advice, explain
- 43. Possesses
- 44. Turn back
- 46. Gentlemen
- 48. One who fertilizes
- 52. Italian monk title (prefix)
- 53. Parties
- 54. Type of horse
- 56. Cuts in half
- 57. Raises
- 58. Expresses contempt or disgust
- 59. Ancient Italian-Greek colony

CLUES DOWN

- 1. Illinois city
- 2. One of the original disciples chosen by Christ
- 3. Young form of a louse
- 4. Type of powder
- 5. Finger millet
- 6. Share a common boundary
- 7. Assumed as a fact
- 8. Provide clear evidence of
- 9. Invests in little enterprises
- 10. A way to be
- 11. Monies given in support
- 12. Fashion accessory
- 14. Steal
- 15. Becomes less intense
- 18. Geological times
- 20. Hooray!
- 24. Monetary unit
- 26. Male reproductive organs
- 28. Earnings
- 30. Close by
- 32. Small integers
- 34. Fixed in place
- 35. Used to treat Parkinson's disease
- 37. Large, imposing building
- 38. A rooflike shelter
- 40. Stiff, hairlike structure
- 42. Print errors
- 43. To show disapproval
- 45. Body of traditions
- 47. Without
- 49. ___ Clapton, musician
- 50. Dangerous illegal drug
- 51. Infrequent
- 55. Sound unit



Answers for January 12

County earns award for financial reporting excellence

The Government Finance Officers Association (GFOA) of the United States and Canada awarded Worcester County Government (WCG) a Certificate of Achievement for Excellence in Financial Reporting for the thirteenth consecutive year. This prestigious award, which is valid for a period of only one year, is the highest form of recognition in the area of governmental accounting and financial reporting.

“Accountability and transparency continue to be the focus of our financial reporting,” Finance Officer Phil Thompson said. “We do this to provide the residents of Worcester County with a document that is understandable and useful for decision making.”

Thompson, Budget Officer Candace Savage, Deputy Finance Officer Jessica Wilson, Senior Budget Accountant Kim Reynolds, Tax Manager Michelle Carmean, and Enterprise Fund Controller Barbara Hitch accepted the certificate on behalf of the county.

The GFOA recognizes contributions to the practice of government finance that exemplify outstanding financial manage-

ment. WCG was honored with this recent recognition for its Annual Comprehensive Financial Report (ACFR) for the fiscal year ending June 30, 2020. The ACFR has been judged by an impartial panel to meet the high standards of the program, including demonstrating a constructive “spirit of full disclosure” to clearly communicate its financial story and motivate potential users and user groups to read the ACFR.

The Certificate of Achievement represents a significant accomplishment by a government and its management in any of nine categories. To be awarded the Certificate of Achievement, a governmental unit must publish an easily-readable and efficiently-organized ACFR, with content that conforms to program standards. Such reports should satisfy Generally Accepted Accounting Principles and applicable legal requirements.

The GFOA is a nonprofit professional association serving approximately 18,000 government finance professionals. Additional information on the Government Finance Officers Program is available at www.gfoa.org.



Recognized - *Rina Thaler, executive director of the Art League of Ocean City, presented the first Annual heART Awards to artist Randy Hofman and Larry Noccolino, executive director of the Ocean City Convention Center, at the Art League's holiday luncheon at Fager's Island. The award recognized the pair for their efforts to bring the visual arts to Ocean City. Hofman and Noccolino have teamed to fill the Convention Center walls with more than 40 of Hofman's paintings depicting life in the resort.*

Interesting facts about winter

The winter solstice marks the first day of winter. For people residing in the Northern Hemisphere, Tuesday, December 21, 2021, was the official arrival of winter (the Southern Hemisphere's winter solstice is on Sunday, June 20).

Though it's common to think of the winter solstice as an event that spans an entire day, it actually occurs for just a moment, specifically when a hemisphere is tilted as far away from the sun as it can be.

Winter is widely known as the coldest time of the year in most locales, but that's not the only thing that makes the season unique. Explore these other cold, hard facts about wintertime.

The Earth actually is closest to the sun in December, even though the winter solstice is the shortest day of the year. The amount of daylight hours has to do with the tilt of the Earth on its axis rather than its proximity to the sun.

The Southern Hemisphere, due to having less land mass and a more maritime climate, tends to have milder winters than the Northern Hemisphere.

According to Smithsonian, ancient Romans used daylight and darkness to

determine the time. As a result, an hour in ancient Rome lasted 45 minutes in the winter and 75 minutes in the summer.

Two islands, called Big Diomedes and Little Diomedes, are located in the Bering Strait, which divides Alaska from Russia. Big Diomedes is owned by Russia, while Little Diomedes is owned by the United States. The 2.5 mile stretch between these two islands often freezes over in winter, technically making it possible to walk from the U.S. to Russia, according to Alaska Centers Public Land Information.

Snow is common in many areas during the winter. The highest snowfall ever recorded in a one-year period in the U.S. occurred at Mount Rainier, in Washington. Between February 19, 1971, and February 18, 1972, 31.1 meters (1,224 inches) of snow fell.

Russia remains the coldest country in the world during the winter. Canada and Mongolia are not too far behind.

The largest snowflake ever recorded measured 15 inches wide. It was found in Fort Keogh, Montana.

A city in Sweden uses light therapy in bus stops to help combat seasonal affective disorder during winter, when

please see winter on page 18

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Some things to think about

Gathered from the internet by **Jack Barnes**

FUTURE OPTIONS...

You can retire to Arizona where...

1. You are willing to park three blocks away from your house because you found shade.

2. You've experienced condensation on your rear-end from the hot water in the toilet bowl.

3. You can drive for four hours in one direction and never leave town.

4. You have over 100 recipes for Mexican food.

5. You know that "dry heat" is comparable to what hits you in the face when you open your oven door at 500 degrees.

6. The four seasons are: tolerable, hot, really hot, and ARE YOU KIDDING ME??

OR

You can retire to California where...

1. You make over \$450,000 and you still can't afford to buy a house.

2. The fastest part of your com-

mute is going down your driveway.3. You know how to eat an artichoke.

4. When someone asks you how far something is, you tell them how long it will take to get there rather than how many miles away it is.

5. The four seasons are: Fire, Flood, Mud and Drought.

OR

You can retire to New York City where...

1. You say "the city" and expect everyone to know you mean Manhattan.

2. You can get into a four-hour argument about how to get from Columbus Circle to Battery Park, but can't find Wisconsin on a map.

3. You think Central Park is "nature."

4. You believe that being able to swear at people in their own language makes you multilingual.

5. You've worn out a car horn. (IF you have a car.)

6. You think eye contact is an act

of aggression.

OR

You can retire to Minnesota where...

1. You only have three spices: salt, pepper and ketchup.

2. Halloween costumes have to fit over parkas.

3. You have seventeen recipes for casserole.

4. Sexy lingerie is anything flannel with less than eight buttons.

5. The four seasons are: almost winter, winter, still winter, and road repair.

OR

You can retire to The Deep South where...

1. You can rent a movie and buy bait in the same store.

2. "Y'all" is singular and "all y'all" is plural.

3. "He needed killin'" is a valid defense.

4. Everyone has two first names: Billy Bob, Jimmy Bob, Joe Bob, Betty Jean, Mary Beth, etc.

5. Everything is either: "in yonder," "over yonder" or "out yonder."

6. You can say anything about anyone, as long as you say "Bless his heart" at the end!

OR

You can move to Colorado where...

1. You carry your \$3,000 mountain bike atop your \$500 car.

2. You tell your husband to pick up Granola on his way home, so he stops at the day care center.

3. A pass does not involve a football or dating.

4. The top of your head is bald, but you still have a pony tail

OR

You can retire to Nebraska or Kansas where...

1. You've never met any celebrities, but the mayor knows your name.

2. Your idea of a traffic jam is three cars waiting to pass a tractor.

3. You have had to switch from "heat" to "A/C" on the same day.

4. You end every sentence with a preposition; "Where's my coat at?"

OR

FINALLY, you can retire to Florida where...

1. You eat dinner at 3:15 in the afternoon.

2. All purchases include a coupon of some kind - even houses and cars.

3. Everyone can recommend an excellent cardiologist, dermatologist, proctologist, podiatrist, or orthopedist.

4. Road construction never ends anywhere in the state.

5. Cars in front of you often appear to be driven by headless people.

The Weather Channel said dress for the mid 70s today.



She says I keep pushing her buttons. If that were true, I would have found 'mute' by now.



Catholic schools are popular options for education

Education is a personal decision for every family. Families have many education options to choose from, and that includes private institutions.

When considering private education, families may consider Catholic

schools in America.

The first Catholic parochial school opened in Philadelphia in 1783 and was called St. Mary's School. Interest in Catholic education soon started to grow, especially during the mid-19th

total number of schools in the 1960s.

Catholic schools still present a viable education option for students in the 21st century. Each year during National Catholic Schools Week (CSW), which is the last week of January, the country celebrates Catholic education. It's also a time when many Catholic institutions host open houses and sponsor recruitment campaigns for the upcoming school year. CSW is now entering its 48th year, and 2022 events will include special masses, assemblies and other activities for students, families and parishioners, according to the National Catholic Educational Association.

With CSW on the horizon, consider these points of interest about Catholic education.

The NCEA says academic excellence is a hallmark of Catholic education, but it is directed in a way to foster the growth of the whole person, mind, body and spirit.

Service is fundamental to Catholic education and is a core teaching of the Catholic faith. Students enrolled in a Catholic school can expect to participate in service projects.

Many people are drawn to Catholic schools because of the smaller, more intimate campuses and class sizes. NCEA indicates the average student/teacher ratio in Catholic schools is 13:1.

Statistics for the 2018-2019 school year indicated there were 6,289 Catholic schools operating across the country.

Catholic schools enjoy diverse populations and have a history of welcoming and supporting lower-income students. The NCEA says the Hispanic/Latino population accounted for 20.7 percent of Catholic school populations in 2017.

While many of the students enrolled in Catholic parochial schools are practicing Catholics, it is not necessary to be Catholic, or even Christian, to attend. Catholic schools require a significant financial commitment. Niche, the school comparison and rating company, and the NCEA indicate the average cost of Catholic elementary schools in the U.S. is \$4,400 per year, while Catholic high schools cost around \$9,840 annually. However, many families feel the cost is well worth it because of the education students receive at Catholic schools.



schools. The family and parenting resource Verywell Family indicates that Catholic schools have the highest enrollments and the greatest number of schools in operation of all private

century, when the United States welcomed an influx of Catholic immigrants. By 1920, there were around 1,500 Catholic schools in the United States, reaching peak enrollment and

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Community impact grant provided

Avery Hall Insurance and the Selective Insurance Group Foundation partnered to support the efforts of the Make Delmarva Foundation through a \$500 grant. The Make Delmarva Foundation was selected by Avery Hall Insurance Group for the grant as part of the Selective President's Club Matching Gift initiative, which allows premier independent insurance agents the opportunity to double their donations and make a bigger impact in their local communities.

The President's Club Matching Gift program is run by the Selective Insurance Group Foundation, which is a philanthropic affiliate of Selective Insurance Group, Inc. Together with President's Club agencies, such as Avery Hall Insurance, the Foundation has supported thousands of community-based and national nonprofits in regions across the country since its inception in 2002.

The grant represents a \$250 donation from Avery Hall, matched by a \$250 gift from The Selective Insurance Group Foundation. The grant will help the Make Delmarva Foundation's efforts to support their M4Reactor initiative, which is Delmarva's only makerspace. Their workshop is a place

where community members can create and collaborate while learning about new technologies and tools made available.

The donation was presented to Make Demarva Foundation President, Jim Leather. Jim hopes to breathe new life into M4Reactor after the COVID-19 pandemic greatly delayed the construction and opening date for the new makerspace. By getting more involved in local community events, starting dialogues with makers around Delmarva, and spreading the word about M4Reactor's services, he believes M4Reactor can be a creative hub for the Salisbury area and beyond, welcoming everyone from the most basic crafter to the more seasoned engineer.

"President's Club agents are not only proud Selective Insurance partners, but are ambassadors in strengthening our communities and keeping them safe – a core mission shared with Selective," said Robert Redden, Vice President, Distribution Strategies and Insurance Learning Services, Selective Insurance. "As an insurer that focuses on maintaining a human connection in every interaction, we are passionate about partnering with our agents to recognize impactful organizations in their



Avery Hall account executive **Lacy Messick** (left) and Make Delmarva Foundation President **Jim Leather** (right).

communities and rally behind Avery Hall Insurance Group in their support of the Make Delmarva Foundation's M4Reactor initiative."

Now in its twentieth year, the Selective President's Club Matching Gift program has more than doubled in size and scale. It has grown from supporting organizations in 11 states in

2002 to supporting charities in every corner of the country. Last year, the Foundation granted more than \$34,000 to 74 charities, doubling the donations made by Selective's top agencies, dollar for dollar. The initiative aims to support organizations that work to empower safe, sustainable, just, and diverse communities.

Answering questions about added sugars

Thanks to the internet, the average consumer now has access to more information than ever before. In the days before the internet, trust factored heavily into the consumer-business relationship. Though trust still

Nutrition Facts	
Serving Size 1/4 cup (38g / 1.3 oz.)	
Servings Per Container about 6	
Amount Per Serving	Mix Baked
Calories	150 170
Calories from Fat	40 5
	% Daily Value
	7%

has a place in that relationship, consumers can now access product reviews on seemingly anything, removing much of the risk associated with buying a product or service. However, many consumers are not making the most of that access, par-

ticularly when it comes to buying food.

When buying food, individuals can rely on product labels to determine nutritional value. A quick glance at food labels reveals the amounts of various ingredients, including sodium and fiber, that are present in a given product. Customers may know to check for sodium content, but added sugars have long slipped under the radar. That's unfortunate, as high amounts of added sugars pose a significant threat to consumers' overall health.

What are added sugars? The Mayo Clinic notes that added sugars are the syrups and sugars that are added to foods during processing.

What distinguishes sugar from added sugars? Many foods, including fruits and vegetables, naturally contain sugar, but there's a difference be-

tween natural sugars and added sugars. Natural sugars, like those found in fruits and vegetables, contain calories and nutrients, while added sugars contain all the calories without the nutritional value.

So why is sugar added to foods and beverages? Manufacturers add sugars for many reasons. According to the Mayo Clinic, added sugars can provide additional flavor, serve as a preservative or a bulking agent, and balance the acidity of certain foods, such as those that contain vinegar and tomatoes.

If added sugars are so commonplace, how harmful can they be? The Centers for Disease Control and Prevention notes that overconsumption of added sugars can contribute to an assortment of health problems, including obesity, type 2 diabetes and heart disease. That's especially troubling when considering just how much added sugars the average person consumes. The U.S. Departments

of Agriculture and Health and Human Services update their Dietary Guidelines for Americans at least once every five years. In 2020, those guidelines recommended that individuals over the age of two limit their added sugar consumption to less than 10 percent of their calories per day, and that children two and under consume no added sugars.

For individuals two and older, that translates to no more than 12 teaspoons of added sugars each day. The American Heart Association is even more cautious, urging women to consume no more than six teaspoons of added sugars per day while recommending that men limit their intake to nine or fewer teaspoons per day. Unfortunately, data from the USDA released in 2020 indicates that the average male between the ages of two and 19 consumed 18 teaspoons per day, while the average female in that

What to expect at a veterinary dental cleaning

Oral health is as important for companion animals as it is for their owners. Left unchecked in pets, periodontal disease can lead to pain, trou-

ble eating and other issues. Anesthesia. One of the main differences between a dental cleaning for a person and one for a pet is the use of anesthesia. According to Kulshan Veterinary Hospital, pets do not willingly open their mouths to give veterinary dentists access to perform cleanings.

Anesthesia ensures that the animal will remain still and the vet can remove any plaque and tartar that has built up. If a tooth needs to be extracted, sedation ensures that will go smoothly. Pre-testing. Since anesthesia will be used, vets often will run lab work and an EKG to determine if a pet is healthy enough to receive anesthesia. Testing ahead of time also helps the vet make the best decisions regarding which types of anesthetics to administer and in what quantities. Examination and cleaning. The vet will conduct a thorough examination of the pet's mouth, noting any abnormalities. A dental probe is often used to evaluate bleeding gums and detect pockets in the gums where food can accumulate and potentially lead to decay.

After the examination, VCA Hospitals says tooth scaling will be performed, using both ultrasonic and hand scalers to remove plaque and tartar above and below the gum line. Teeth will then be polished to remove any microscopic scratches that can snag bacteria and lead to subsequent build-up. Monitoring. Throughout the procedure, a pet's vital signs are monitored and IV fluids are administered to keep the animal comfortable and safe. Before the pet is brought out of anesthesia, dental x-rays also may be taken to check for problems not visible to the naked eye. The pet also will be monitored after anesthesia in the recovery room.



At home. When the pet is released to go home, it is important for pet owners to keep up with dental cleanings. Do not use toothpaste designed for humans, as there are special animal-safe products for this purpose. Depending on what was done during the cleaning, the vet may prescribe antibiotics and/or pain medications.

Dental cleanings are an important component of overall pet care. Consult with a vet to learn more about pet dental cleanings.



ble eating and other issues.

Pet owners are urged to brush their pets' teeth to help remove bacteria that can lead to tartar buildup. If oral hygiene is ignored, pets can develop tooth decay and other issues.

People know from experience what to expect when they go to a dentist for a cleaning, but a pet's oral cleaning may be an unknown, and that can induce anxiety. Most cleanings follow a similar pattern and recognition of that pattern can give pet owners an idea of what to expect at a veterinary dental cleaning.

JANUARY
2022

**TRI-COUNTY
HEALTH DEPARTMENT
COVID TESTING**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 1:30-3:30PM Somerset County Health Department	11 9:30-11:30AM Somerset County Health Department 10-12PM Elks Lodge, Pocomoke, MD 9AM-3PM Wicomico Youth & Civic Center	12 10-12PM Worcester County Health Department	13 1-3PM Wicomico Youth & Civic Center	14	15
16	17 OFFICES CLOSED MARTIN LUTHER KING JR. DAY	18 9:30-11:30AM Somerset County Health Department 10-12PM Elks Lodge, Pocomoke, MD 9AM-3PM Wicomico Youth & Civic Center	19 10-12PM Worcester County Health Department	20 1-3PM Wicomico Youth & Civic Center	21	22
23	24 1:30-3:30PM Somerset County Health Department	25 9:30-11:30AM Somerset County Health Department 10-12PM Elks Lodge, Pocomoke, MD 9AM-3PM Wicomico Youth & Civic Center	26 10-12PM Worcester County Health Department	27 1-3PM Wicomico Youth & Civic Center	28	29
30	31 1:30-3:30PM Somerset County Health Department					

Somerset County Health Department
8928 Sign Post Road
Westover, MD 21871

No appointment necessary.
For questions, please call
443-523-1920.

Worcester County Health Department
4 Caroline Street
Ocean City, MD 21842

Elks Lodge
1944 Worcester Hwy, Pocomoke City, MD 21851

Appointments required.
To schedule, please call
410-632-1100.

Wicomico Youth & Civic Center
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Salisbury, MD 21804

Appointments preferred,
please call 410-341-4600 to
register. Walk Ups Welcome.

Appointments times are
subject to change.

Health Focus

The complicated link between genetics and cancer

Few, if any, families have not been affected by cancer. Estimates based on data from the International Agency for Research on Cancer suggested that 19.3 million new cancer cases were diagnosed in 2020, which reflects the far-reaching impact cancer has on people across the globe.

With so many instances of cancer across the globe, it's no surprise that some families include more than one person who has had cancer. As a result, it's not uncommon for some people to feel as if cancer runs in their family. Such a conclusion may not be entirely off-base, but it's also not entirely accurate.

Why do some cancers seem to run in families? The American Cancer Society notes that various factors may make it seem as though certain types of cancer run in families. For example, family members may share certain behaviors, such as poor diet, that can increase their risk for obesity, which in turn increases their risk for various diseases, including cancer. In such instances, it's not the family's genes that

are the risk factor for cancer, but rather the shared poor diet. Other commonalities within families, such as smoking, can increase cancer risk, even if the families do not have a genetic predisposition to cancer.

Do genes ever affect cancer risk? The ACS notes that some cancers are caused by abnormal genes being passed along from generation to generation. In such instances, the cancer is not inherited, but an abnormal gene is. However, such instances are somewhat rare, as the ACS reports only about 5 to 10 percent of all cancers result directly from gene defects inherited from a parent. These gene defects are called mutations.

What are inherited gene mutations? According to the ACS, an inherited gene mutation is present in the egg or sperm cell that formed the child. When an egg is fertilized by sperm, it creates one cell. That one cell then divides many times, eventually becoming a baby. Since all of the cells that eventually form come from that first cell, the inherited gene mutation is present in every cell. That's why it's

questions
from page 14

age group consumed 15 teaspoons per day (adults age 20 and over consumed roughly the same amount of added sugars each day as young people).

What can consumers do to avoid overconsumption of added sugars? The easiest thing to do to limit added sugar intake is to read product labels and avoid products with especially high amounts of added sugars. Such products may include beverages like fruit juice, soda or sports drinks; certain breakfast cereals; and baked goods and desserts like cookies, pie and ice cream.

Added sugars pose a significant threat to public health. But informed consumers can do much to eliminate this threat entirely.

possible for gene mutations that lead to cancer to be passed down from generation to generation.

How



do people know if a family cancer syndrome affects their families? The ACS notes that cancer is a common disease that roughly one in three people in the United States will develop during their lifetimes. So even if two family members develop the same type of cancer, that does not necessarily mean a family cancer syndrome is present. However, the ACS reports that certain factors make it a family cancer syndrome more likely. Those factors include:

-Many cases of the same type of cancer, especially if it is an uncommon or rare type of cancer

-Cancers occurring at younger ages than usual. Age is a risk factor for many types of cancer, but the average age of diagnosis tends to be in adulthood. Many young people in the same family being diagnosed with a cancer that is most often diagnosed in older adults is a potential indicator of a family cancer syndrome.

-More than one type of cancer in a single person, such as a woman with both breast and ovarian cancer

-Cancers occurring in both of a pair of organs, such as both eyes, both kidneys, or both breasts

-More than one childhood cancer in siblings, such as sarcoma in both a brother and a sister

-Cancer occurring in the sex not usually affected, such as breast cancer in a man

-Cancer occurring in many generations, such as in a grandfather, father and son

The relationship between genetics and cancer is complicated. More information is available at www.cancer.org.

Tides for Ocean City Inlet

Day	High / Low	Tide Time
Th 20	Low	2:48 AM
20	High	9:30 AM
20	Low	3:36 PM
20	High	9:44 PM
F 21	Low	3:31 AM
21	High	10:09 AM
21	Low	4:15 PM
21	High	10:26 PM
Sa 22	Low	4:17 AM
22	High	10:49 AM
22	Low	4:57 PM
22	High	11:11 PM
Su 23	Low	5:07 AM
23	High	11:31 AM
23	Low	5:41 PM
23	High	11:59 PM
M 24	Low	6:03 AM
24	High	12:19 PM
24	Low	6:28 PM
Tu 25	High	12:54 AM
25	Low	7:04 AM
25	High	1:13 PM
25	Low	7:20 PM
W 26	High	1:55 AM
26	Low	8:08 AM
26	High	2:15 PM
26	Low	8:15 PM

Why breakfast still matters

Many adults recall being told "breakfast is the most important meal of the day" when they were youngsters. Though the accuracy of that phrasing hinges on what people eat during their morning meal, scientific evidence supports the notion that breakfast is important to overall health. A 2017 study published in the Journal of Physiology found that eating breakfast decreased the activity of genes involved in insulin resistance and increased the amount of sugar taken up by the cells. Those two results suggest that eating breakfast could help protect against chronic illnesses, including type 2 diabetes. As important as breakfast can be,



more important is what individuals eat for breakfast. Various cereals contain a significant amount of added sugars, which the Mayo Clinic notes have been linked to a host of adverse health effects, including weight gain, increased triglyceride levels and tooth decay. In 2019, registered dietitian nutritionist Sharon Collison told "Time" magazine that a morning meal that contains protein, whole grains, healthy fat, and a fruit or vegetable can increase satiety and reduce risk for snacking later in the day. In addition, such a breakfast should provide significant amounts of fiber, vitamins and minerals that can benefit both short- and long-term health.

How to encourage kids to love music

Music education can have a profound impact on children. According to PBS, research has found that learning music facilitates learning other subjects, enhancing skills children will inevitably use elsewhere.

The benefits of music education might be even more tangible than that. A 2004 study published in the journal *Psychological Science* found that six-year-olds who were given weekly voice and piano lessons benefited from small increases in IQs. Groups that received drama lessons or no lessons at all experienced no such increases.

Additional studies have linked music education to other benefits. The Children's Music Workshop notes that research has shown that musical training physically develops the part of the brain associated with processing language.

These are just a handful of the ways music education can positively impact young minds. Parents who want their children to reap these rewards and more can take these steps to encourage a love of music in their children.

Cut a rug with your kids. Children are bundles of energy who want to expend as much of that energy as possible. Dancing along to music is a great way for kids to use it up. Kids might not be able to waltz or dance an Irish jig, but many love to jump up and down. If they begin to associate music and dancing with jumping up and down, they're more likely to smile when mom and dad crank up the stereo.

Sing and encourage kids to sing along. Kids won't know if their parents are classically trained opera singers or performers whose vocal talents are best restricted to the shower. Singing along to favorite songs may encourage kids to follow suit, allowing them to learn words and language. Singing also is a fun activity kids are sure to embrace, making them look forward to daily music sessions.

Let kids be the DJ. When you start playing music, keep a close on children to see how they react to different types of music. If they seem to favor one style over another, play that favorite style more often. If they tend to like it all, continue to expand their horizons, which many even open your eyes to musical styles and acts you'd never consider otherwise.

Let kids participate in music. Especially young children might not be able to pick up a guitar and make it sing, but that doesn't mean they can't participate. Purchase age-appropriate instruments for your children the moment they start playing with toys. Their curiosity might compel them to embrace musical lessons as they grow older. In addition, look for children's musical events in your community, whether

It's a sing-along at the local library or an introduction to musical instruments at a nearby community center.

Music can enrich kids' lives in various ways, and it's never too early for parents to encourage a love of music in their children.



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Non-profit Grant applications available

Worcester County Government (WCG) is accepting applications from area non-profit agencies now through Monday, February 7.

Applications are available to download as a PDF at www.co.worcester.md.us. Once there, the link to the Non-Profit Grant Application can be found under "Important Links" on the right-hand side of the web page.

Completed grant applications should be mailed to the following address:

Worcester County Government,
One West Market Street, Room
1103, Snow Hill Maryland, 21863,
Attention: Senior Budget Account-

ant Kim Reynolds

Applications received after the deadline will not be considered, and applying for a non-profit grant is not a guarantee of funding approval

NAACP to meet virtually

The January meeting of Worcester County NAACP will host a COVID-19 Update presentation with Dr. Angela Gibbs M.D. The Omicron Variant will be discussed. Dr. Gibbs is a board-certified family practitioner with over 25 years of medical experience. The meeting will occur Thursday, January 20 at 6:30 p.m.

Zoom meeting link is

port, incentives, curriculum handbooks and materials; quit kit resources, a stress relaxation technique CD and more.

Space is limited. For more information or to register, please contact Crystal Bell by email at crystal.bell1@maryland.gov or by calling 410-632-1100 ext. 1108. For all in-person class sessions, participants will be required to participate in a health-screening questionnaire, wear masks, and practice social distancing. Pre-registration is encouraged.

from WCG. Grant awards will be announced by mail following the adoption of the FY23 WCG Operating Budget in June 2022.

<https://uso2web.zoom.us/j/83182494619?pwd=UEJpMDdSeTZMMjFU-UHVraFVOZG1JQT09>. The Meeting ID is 831 8249 4619l Passcode: 901997

Ten minutes prior to the discussion, gubernatorial candidate John B. King Jr. will introduce himself. He is a lifelong educator and was Secretary of Education under President Obama. Call Ivory Smith, NAACP presidents, for information at 443-944-6701

crisis
from page 7

What does crisis standards of care mean?

Crisis standards of care protocols are put into place when there is a need to extend the availability of key resources, while also minimizing the impact of shortages on clinical care. These protocols have been prepared and approved in advance so that we can quickly implement them in times of crisis. This is the first time in the history of TidalHealth that they have implemented these plans.

What changes for patients?

It's important to note that patients with serious illness and injury should continue to access needed care at TidalHealth. The focus will be on care for the sickest patients who truly require inpatient hospital treatment. Those with less serious conditions should avoid the emergency departments and seek care from their primary care provider or an urgent care center. Patients can expect longer wait times for all services and possible increased limitations on visitors and communication with loved ones.

Can someone still go to TidalHealth when they need care?

TidalHealth is always available for those with serious illnesses and injuries. During this time, those with less serious needs are asked to go to their primary care doctor or an urgent care center. Because TidalHealth is caring for so many with COVID-19, they have fewer team members and fewer beds

winter
from page 11

19 hours of darkness are common.

Unlike hurricanes and other summer storms, winter storms are not named by the National Weather Service.

Snowflakes are translucent, not white.

No country in the Southern Hemisphere has hosted or applied to host the Winter Olympics.

Most weather-related crashes in the U.S. happen on wet pavement during rainfall rather than during snow or sleet, according to the U.S. Department of Transportation.

Winter might be seen as a cold period marked by dark days. But there's still a lot of interesting things going on between the winter solstice and the spring equinox.

available for those with other needs, so surgeries may be postponed. They are working diligently to get back to normal care protocols as soon as possible.

How long will the crisis protocols be in place?

It is difficult to know when the need for crisis standards of care will abate. The next four to six weeks could be a very difficult time for the states of Maryland and Delaware, and the pandemic models we are seeing form the CDC and other trusted sources support this. They are closely monitoring the evolving situation and making decisions accordingly.

What can the community do to help?

The most important things the community can do is to take care of themselves. Get vaccinated and boosted. Practice the 3Ws – wear a mask, watch your distance and wash your hands. During this crisis, people with less serious needs are asked to go to their primary care doctor or an urgent care center rather than the emergency departments. Patients within the emergency department should understand that the hospital team is working at peak capacity, and there may be longer wait times or differences in care experience. All TidalHealth care teams are focused on being able to provide the highest quality, safe care to those who need it the most. You are asked to be patient and kind with healthcare team members who are working under extraordinary stress and conditions.

classes
from page 9

can help participants break the smoking addiction. The smoking cessation course consists of eight core sessions utilizing the American Lung Association's Freedom from Smoking curriculum, which is proven to help smokers quit. Key topics of discussion will include stress management, weight control, assertive communication, how to develop a quit plan, relapse prevention, and physical activity. Participants will receive weekly educational sup-

capt. ron
from page 10

ing to determine if it is working properly.

Ask how long the boat has been sitting? This can be a problem if it was sitting with 10% added ethanol gas that has not been treated properly. The tank could have water or phase separation which are two big problems.

How old is the motor and how many hours does it have on it? Is it two stroke or four stroke? In what condition is the propeller? Who performed regular maintenance on the boat and motor?

What accessories are included such as VHF radio, depth finder, fish finder, GPS, life jackets, fire extinguisher, etc. and what is the working condition of each?

In what condition is the trailer and tires? Will it pass inspection?

Finally, be certain to insist on an on the water demonstration while at the same time checking out all the accessories. Also, ask if you can have your mechanic check out the boat before purchase.

Failure to properly review all of these can result in considerable expenses later on. I hope these guidelines help as you consider your purchase. Boating is fun but consider all your expense before you jump into purchasing your first boat.

Note: Navigating the Coastal Bays can be very challenging as there are many sandbars and shallow areas. I would highly recommend you go out the first time with someone who is experienced and can instruct you as to how to follow the navigation markers and point out some of the hazardous areas you should avoid.


Remember to take a kid fishing,
Captain Ron

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