

The Courier

February 28, 2024 Volume 24 Number 23



Arrangements

Following its recent meeting, the Worcester County Garden Club held a workshop during which members created floral designs in mugs for Valentine's Day. The mug arrangements were then delivered and shared with residents of Gull Creek Senior Living Community.

Above are Worcester County Garden Club President **Joan La-Hayne** delivering some of the many Valentine's Day floral arrangements to Gull Creek Resident Services Coordinator **Jamie Triplett**.

Free entrepreneur training for veterans through Project Opportunity

Project Opportunity is an intensive curriculum based 10-week cohort program led by small business professionals and subject matter experts. These training classes are aimed for any military veterans that are interested in launching or expanding their own small business. The sessions are free, but all attendees must undergo an application process.

Project Opportunity classes will include assessing your business idea, marketing analysis, financing and financial management, business structure and taxes and development of a business plan. The sessions will be rotated between Snow Hill and Salisbury during the 10-week cohort. Eastern Shore classes are coming up soon and will take place on Tuesday evenings, beginning March 12 and ending on June 21. The class locations will rotate between the Worcester County Tourism and Economic Development office located at 107 West Green Street in Snow Hill and the American Job Center located at 31901 Tri-County Way in Salisbury.

“This program is amazing for veterans in our towns and communities that want to start their dream business but need assistance in achieving their goals and becoming successful. We’re excited to help host this program in our office space and ultimately help to enhance economic development growth on Maryland’s Coast”, states director of Worcester County tourism and economic development Melanie Pursel.

To get started and sign up for this course, attendees must attend a mandatory orientation session either on Tuesday, March 5 at 6 p.m. at 107 West Green Street in Snow Hill or on Thursday, March 7 at 6 p.m. at 31901 Tri-County Way in Salisbury.

For more information on Project Opportunity classes and their mentorship services, contact Project Opportunity founder Joe Giordano at 410-860-6664 or visit their website at www.project-opportunity.com

Wor-Wic hosts Promise scholarship information session scheduled

The Maryland Community College Promise Scholarship provides eligible students with up to \$5,000 to cover remaining tuition and mandatory fee expenses after applying financial aid. Learn about the scholarship and how to qualify in a free information session on Tuesday, March 5, at 6 p.m., in Guerrieri Hall at Wor-Wic Community College on the corner of Route 50 and Walston Switch Road in Salisbury.

There is no age limit, and full-time, part-time, credit and non-credit students may qualify. Prospective students, as well as their parents or guardians, are welcome to attend to learn more about eligibility, requirements and the process of filling out the Free Application for Federal Student Aid (FAFSA).

Visit the events section of www.worwic.edu for more information or to register by March 1.

Americanism essay underway

The Republican Women of Worcester County (RWWC) Literacy Committee has initiated an essay contest open to all eighth-grade students in Worcester County.

This essay contest is a pilot program through which the club is endeavoring to develop and enrich young minds to prepare for their future success.

The topic is “Americanism” with a specific question on the First Amendment and a free press. Winners will be announced in March.

At left are **Susan Ostrowski**, RWWC Literacy chair and **Jennie Allen**, essay judge.



Donation - The Ocean City Knights of Columbus Council #9053 devoted its January bingo fundraiser profits of \$4,446 to the Grace Center for Maternal and Women’s Health (GCMWH) in Berlin.

Pictured (from left to right): **SK Thomas Anderson** and **GK James Matthews** presenting the Knights of Columbus check to **Bobbie Hauck** from GCMWH.

Women in the arts are centerstage

The Art League of Ocean City invites the public to a free art opening and reception on First Friday, March 1 from 5 p.m. to 7 p.m. at the Ocean City Center for the Arts, 502 94th St. bay-side. Complimentary refreshments will be offered.

In celebration of March as Women’s History Month, “Women in the Arts: Nature, Nurture, Change” features new works by three female artists from Worcester and Wicomico Counties: Jeri Alexander, Sue Bromm, and Lisa Tossey. The Art League previously awarded \$1,500 to each artist to create a body of work from concept to fruition, with funds provided by a grant from the Women’s Fund of the Community Foundation of the Eastern Shore.

Jeri Alexander of Delmar, Md. created and exhibits an installation entitled “Thirty,” exploring the artist’s experience turning 30 years old, a milestone that brought anticipation and dread in the face of societal expectations. Her artwork is rife with symbolism, using sculpture and video to relate to the passage of time and unconventional materials as clothing.

Sue Bromm of Hebron created and exhibits a series, “Embracing Uncertainty,” using raw plant pigment dyes and natural fibers along with hand-stitched details in her art. The unique process of eco-printing brings awareness to our connection with nature and

the concept of impermanence and change.

Lisa Tossey of Berlin highlights the effects of climate change on local habitats, through 360-degree imagery and ceramics. The images and pieces in this series show places and species in peril across the heart of Delmarva – from the Atlantic Coast of Assateague Island to old growth forests in Wicomico County to the marshes and ghost forests of Dorchester County.

Artwork by Worcester County middle and high school students will also be on display at the Arts Center through Sunday, March 3 as part of the annual Shirley Hall Youth Art Show. Betsy Hall Harrison, Shirley Hall’s daughter, will judge the show and award \$250 in prize money to students on behalf of her family members.

In the Sisson Galleria, the “Life in Motion” group art show features Art League members and local artists exploring the theme of movement through art. Salisbury University professor Jen Pepper will judge the artwork and award cash prizes.

Nina Mickelsen of Lewes occupies Studio E in March. Mickelsen is a versatile, contemporary 2D artist working in acrylic silk screening as well as mixed media. Her artistic roots are in clean, colorful Scandinavian design, and she is inspired by nature and the

please see **arts** on page 11

art matters art matters art matters art matters art matters art matters art matters art matters art matters art matters

Native son returns home with star-studded accomplishments

By **Elaine Bean**

Josh Chamberlain was born in Salisbury, raised in Berlin, grew up living on the beach in Ocean City, and graduated from Stephen Decatur High School and Salisbury University. It took a move for 10 years to Los Angeles and a two-year Covid-affected stint in Texas for him to return to Berlin and settle his family permanently but continue to work in the wide world of entertainment.

He didn't wait long to get involved back on native spoil. Chamberlain is

Franklin embarks on a quest to discover his true biological father, leading to a profound exploration of his identity and everything he thought he knew about himself.

"Kirk Franklin called and told me about his story and how he wanted a documentary to be made in five weeks," Chamberlain said. "It was actually the easiest piece I ever edited. It has the trifecta that every editor loves: great music, a raw and vulnerable story, and the best interview I could ever ask for."

More information and tickets are available at OCMDFilmFestival.com.

Chamberlain started his professional career in film as an intern at New Line Cinema in Los Angeles in 2004, where he worked on the musical version of John Waters' *Hairspray* movie that starred John Travolta. (Waters will present his original 1988-version of his *Hairspray* movie at a live performance at the Ocean City Performing Arts Center on March 9 as part of the Film Festival.)

"*Hairspray* was actually one of our titles," Chamberlain said. "At the time, I was the assistant to the studio. My role included faxing call sheets, copying deal memos, placing props in storage, answering the phone, etc. I never met John Waters, but I did file his deal memo!"

Chamberlain's profession, he said, is "not easy to define." He is the Co-Executive Creative Director of his company, Amigo Creative, that creates con-

Josh Chamberlain

tent for brands, celebrities, film studios, and television shows.

"I am responsible for coming up with the creative and editing as well," he said. "We have a small team of very talented freelancers all over the world. Recently, we finished the Britney Spears' book campaign, promotional content for Netflix's *BBQ Showdown*, and the Kirk Franklin documentary.

The strike hit us real hard in 2023, but the industry is crawling out of the hole."

Chamberlain recalled being inspired by his student days at SDHS in Terry Sterner's communication arts class. "I'll never forget it," he said. "I was editing a 'Welcome to High School' video for Mr. Lou Taylor, and Mr. Sterner told me that I could get paid to do this for a living. I went

home that night and told my mom that I knew what I wanted to do for the rest of my life ... I did not choose my artistic medium; my medium grabbed me by the throat and said 'let's go!'"

Chamberlain also runs a local nonprofit called "Go Green OC," an organization responsible for bringing composting to Ocean City. "This year, we will reach a one million pound waste diversion," he said. "We have over 25 volunteers, and our organization will turn Ocean City into the first zero-waste resort town in the United States. I could not be more proud of our efforts. The organization turns seven years old this Earth Day."

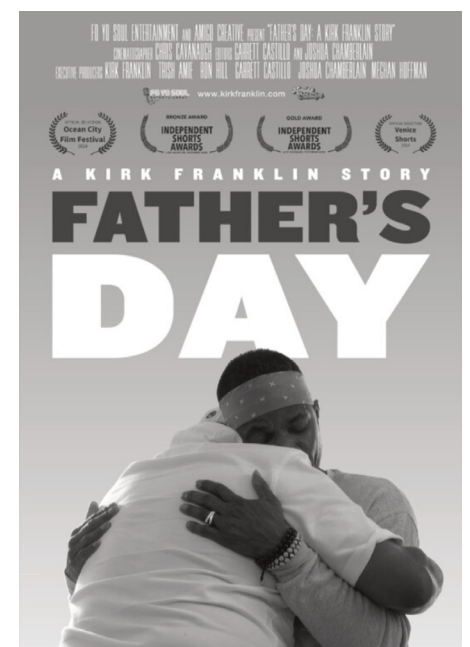
Even though he works on big projects for big names, Chamberlain also does film work locally. "Go Green OC is a perfect example of using my artistic abilities to push a message. We rely on heavy video work to gain volunteers and move towards our goals. I treat Go Green OC like I do a film campaign: Build the grass roots support, encourage by videos, continue to drill the message, and execute."

Even though Chamberlain has been "all over the U.S, the Eastern Shore is a little gem on the East Coast. I enjoy the hustle and bustle of the summertime rush and the calm of fall. I love quietly fishing in the back bays and surfing on 19th St. We have some of the best restaurants in the country here, and I should know because Los Angeles does, too. After a hard day of work, I can be found on the beach listening to the waves and rebalancing."



showing a documentary film he produced and co-edited at the 2024 Ocean City Film Festival, *Father's Day: A Kirk Franklin Story*. The film tells the story of Franklin, a Grammy-winning gospel star, who was working on a new album at age 53 when he made the shocking revelation that the man he had always believed to be his father was not his biological parent. In a remarkable and emotional journey,

The 35-minute film recently won Best Editing and Best Short Documentary at the Independent Short Awards in Los Angeles and was accepted into the Venice Beach Film Festival in California. It will be shown as part of the Ocean City Film Festival's "Spotlight on Fatherhood Showcase" on Friday, March 8, 10 a.m., and Saturday, March 9, at noon at the Princess Royale Hotel in Ocean City.



Transparency and collaboration key to implementing Maryland's Blueprint for Education in Worcester County

During a virtual meeting with the commissioners and Board of Education leaders, State Accountability and Implementation Board (AIB) members outlined local responsibilities for implementing Maryland's Blueprint for Education (Blueprint) in Worcester County Public Schools (WCPS). BOE funding transparency and collaboration between the BOE and county government is essential to chart a path forward according to the AIB members.

"The AIB made clear there is no shortcut to transparency, collaboration, and partnership," Worcester County Commissioner President Chip Bertino said. "We are committed to working together with the BOE to make the hard decisions necessary to ensure that our students, teachers, and community are best served by the

objectives of the Blueprint."

AIB Chairman Ike Leggett told the group that the Blueprint, "is not easy, it was not conceived to be an easy transition," but was necessary to improve the quality of education in Maryland.

AIB Vice Chairman Dr. Britt Kirwan, who led the state effort to develop the Blueprint, echoed Leggett's assessment of the Blueprint's challenge, "This is difficult because we're going to have to do things differently than we've done it in the past. There's no question about that. This requires massive change." Kirwan went on to say the process will require a "tremendous amount of cooperation and collaboration and partnerships in ways in perhaps we haven't done it in the past."

In FY24, the commissioners allocated \$100 million in Maintenance of

Effort (MOE) funding for education. The per pupil MOE funding will not decrease in FY25, though the new local share for the Blueprint is only \$73 million. Under the Blueprint, local jurisdictions must fund the local share or MOE, whichever amount is greater.

According to AIB Executive Director Rachel Hise, the local share amount of \$73 million was derived by the state as the funding needed to implement the five pillars of the Blueprint in FY25, which includes funding for teachers' salaries. This amount does not include services or programs outside the Blueprint, like band or athletic activities.

The new Blueprint continues to base state funding for education on the old wealth formula. This means WCPS will only receive state aid of \$1.4 million, the equivalent of \$200 per pupil,

to implement the Blueprint, according to current BOE member and former WCPS Superintendent Dr. Jon Andes.

"Rural school systems have a different set of needs than urban schools," Andes said. "We believe in community-based schools, so enrollment at Snow Hill and Pocomoke High Schools is much lower than at Stephen Decatur High School. We need you (AIB) to advocate for us. If you want Blueprint implemented, Worcester County needs more than \$200 per pupil."

Though Blueprint standards were implemented in schools in FY23, certain aspects of the program are still in flux. Most notably, AIB officials are still developing accountability measures to identify how taxpayer dollars allocated to education are being spent and how successfully jurisdictions are meeting the pillars of the Blueprint.

To help identify priorities and allocate funding for programs and initiatives, local officials agreed to apply for a Technical Assistance Grant through the AIB for a strategic facilitator to assist them in making the hard decisions and developing a transparent budget.

Leggett said transparency is imperative, "We're talking here about taxpayer dollars."

Difficult discussions and hard decisions will be required by school systems and county governments to ensure the success of Blueprint implementation AIB officials reiterated. AIB officials further stressed that school systems need to rethink how they prioritize and allocate funds.

Leggett cautioned that funding and the Blueprint will not do everything people want it to do at the local level. He also stated, "There will be difficult decisions." Leggett went on to say, "it will not be business as usual. You're not going to be able to fund all of the things people have traditionally wanted to fund. Hard decisions will have to be made either by a reallocation [of funds], doing less, or finding some other resources."

To view the AIB meeting, visit <https://worcestercountymd.new.swagit.com/videos/297753> and click the video index link, "AIB joining the Commissioners' meeting virtually to discuss Blueprint implementation."

GM updates OPA board on financials, projects

General Manager John Viola's monthly report to the Board on February 17 included updates on OPA financials, ongoing maintenance efforts, and several new construction projects.

Financial updates

Viola said an early "flash" report of the January financials shows \$26,000 favorability to budget for the month.

He said staff continues to operate at a high level, and the prolonged financial success is also proof of a larger plan in place to benefit the Association over many years.

"It's not just in revenue, but also in expenses ... we do have some open positions, but everything's getting done," he said. "And it's not surplus - it's favorability to a budget number. Everything is earmarked [and] everything is part of a bigger plan."

Year-to-date favorability is now approximately \$859,000.

Viola said the total reserve balance as of Jan. 31 is \$8.5 million, including \$6.2 million in general replacement. The forecast for the next fiscal year is about \$1.5 million in spending and a total reserve balance of \$7 million.

He said the reserve balance sheet is the healthiest he's seen in 15-20 years.

"We are positioned well for the DMA [reserve] study at the end of the year," he said.

Viola said the study will involve a

licensed professional (DMA) coming in to review all OPA assets, funding, and reserves.

"That's where we'll have all our answers," he said. "We're positioned better than we were five years ago when they first came in ... which was the plan. Everything we said we would do five or six years ago [and] where we would be with that balance sheet, that's where we are."

Racquet Sports

Viola announced several recent changes at Racquet Sports:

- Ruth Ann Meyer will manage the front desk/pro shop
- Nobie Violante will manage facility maintenance
- Debbie Donahue will continue to manage tournaments
- Terry Underkoffler will oversee instructors for lessons

Viola said Underkoffler has also agreed to serve as the Racquet Center pro.

"He'll put together a team to make sure pickleball and paddle, as well as tennis, are covered," he said.

Viola said staff continues to work on a fencing solution to help prevent trespassers at the center.

"We put up this orange prototype fence to give everybody down there an opportunity to give us feedback," he

said. "Hopefully, this will help."

Maintenance

Viola said maintenance is a major focus during this time of year.

He said Public Works did repairs on the Ocean Parkway Bridge near Clubhouse Drive in January to help combat erosion and drainage issues.

"Public Works went out there immediately ... and there's been no complaints since," he said.

Also on the subject of drainage, Viola said outside contractors cleaned 35 sections of ditches in fiscal 2023-24. The total cost was just over \$100,000.

"We're seeing a lot of very good, positive results," he said. "A lot is getting done."

Viola said contractor Fisher Marine Construction is finishing up fiscal 23-24 bulkhead replacement work. Fisher recently did a pair of emergency replacements at 25 and 82 Wood Duck Drive.

Additional maintenance efforts have focused on the Yacht Club, Beach Club, Community Center, and parks and pools.

Viola said Matt Ortt Companies gave the Association an extensive list of 17 maintenance items. He said Public Works took care of 14 of those

please see updates on page 8

Watching offstage

The hectic and unpredictable years of when we were rearing our children seemed as if they would go on forever and ever. Moments of peace and quiet were punctuated with periods of chaos such as when trying to get the sleepy

Funning thing though. My wife and I are still parenting, not from the main stage where we once stood under the spotlight of parental responsibility, not even from the wings of the stage. Rather we're cheerleaders in the audience watching as our children navigate life. Sometimes we're sideline coaches ready to offer a suggestion or opinion when asked. And that's the important caveat, "when asked."

As my children transitioned from childhood to adulthood, it was difficult for me to learn when to engage with advice and when to sit back and let things unfold naturally. I haven't always had an easy go of it because as a parent, especially when my children were young and falling off their skateboards or facing a school bully, my natural inclination was to make things better, to heal boo boos and remove from their thoughts fear or uncertainty. It's hard to let such tendencies go. I've gotten better, much better, reminding myself often

that it's their turn in the sun. And to tell you truth, I've been amazed and proud at how they deal with and overcome challenges. There have been times when I've watched them handle a situation and thought, "Gee, I wish I had thought of that."

Much more can be learned from failure than success. I believe that fully. I also believe it's important to own mistakes. That was a lesson my wife and I tried to make our kids understand from the time they were small.

Many years ago, when our daughter was about two years old or so, we were visiting my wife's grandparents in Philadelphia. We were outside in the front yard, our daughter dancing around. Several times we told her not to go near the rose bushes, she could get hurt on the thorns. She continued to dance around getting close and closer to the bushes. A relative suggested that we pick her up and move her so she doesn't fall into the roses. We said, "Well, she'll only do it once." Sometimes a lesson is learned best through experience. Admittedly my wife and I kept a very close eye on our daughter who fortunately, never came close to falling into the bushes.

It's not uncommon for children to blame outside forces for their own mistakes. Our kids were no different. If they got in trouble for not doing their homework, they would try every excuse in the book. Parents the world over have heard the same litany of woe as to why homework was not completed: "I didn't know it was due;" "She never told us we had homework;" "I was tired;" "I did do it but it got lost;" and, so on and so on. My wife and I never bought any of those flimsy retorts. "Your homework wasn't completed because you didn't do it, plain and simple. You have no one to blame but yourself." There were times when our kids would have preferred to have done their homework in the first place than have had to listen to us lecture about the importance of personal responsibility.

Now, as I watch my children deal with their children or manage with uncertainty of life in general, I am heartened that the foundations my wife and I worked to construct for them when they were little have made them much stronger and able to deal with what they deal with as adults. At some point I'm sure they'll thank us.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

heads out of bed and ready for school, or when compressed schedules dictated that each of the three children be chauffeured to different places at the same time. I'd like to remember that I was always cool, calm and collected during those episodes but such wasn't always the case. There were times when my wife and I met ourselves coming and going. We did our best. And when we finally seemed to master all the conflicts, it was over - the kids were on their own, out of the house and making their own way.



MAKE LIFE A LITTLE SWEETER

Say goodbye to painful, sore muscles, and hello to feeling stronger and healthier.

Aquacare - Berlin is scheduling gym and aquatic patients within 48 hours.

Call 443-513-3910 or go to www.aquacarephysicaltherapy.com

AQUACARE
PHYSICAL THERAPY

WHEN YOU'RE HERE,
YOU'RE FAMILY.



Commentary

By Joe Reynolds
OceanPinesForum.com

Proposed board apology?

OPA Racquet Sports membership rates continue to dominate the OPA political scene. A super-secret source communicating via a top-secret unbreakable code stolen from the Pentagon provided *OceanPinesForum.com* with the proposed draft of an OPA news release regarding association member concerns over memberships and rates in the recently passed budget

It is as follows:

Members of the OPA Board of Directors wish to humbly apologize for our recent disgusting conduct in setting membership categories and rates for Racquet Sports.

Our thoughtless action traumatized numerous racquet sports members, especially pickleballers.

They experienced trauma of a “life-changing” nature. While we realize the buck stops with the board, you need to know we seven board members were duped into taking such terrible action by some mysterious outside force. OPA police are now investigating.

Rest assured, had we realized increasing the cost of pickleball by \$3 a week would bring on a complete unraveling of the lives of some of our most valued association members, we would never have taken the action we did.

We also apologize profusely to those outsiders who graciously consent to use our pickleball courts. We have even instructed staff to halt fence construction intended to pre-

vent you from sneaking in to play pickleball. That was a thoughtless move on our part.

All of your psychiatrist bills as a result of this extremely unfortunate incident should be sent to OPA headquarters and they will be forwarded to the accounting department for immediate payment.

In recognition of our terrible mishandling of racquet sports, the board voted unanimously to provide free memberships this year to all association members who held

racquet sports memberships this past year. The Board may well decide to provide free memberships to those outside Ocean Pines if they provide a doctor’s written statement outlining the extent of their trauma.

Most importantly, given this board’s largess in correcting our despicable action, keep in mind that two members of this current board will be running for re-election this year.

OPA police, GM continue focus on safety

Ocean Pines has traditionally been “a very safe place, and we want to keep it like that,” Police Chief Tim Robinson said on Saturday.

Robinson, addressing the Ocean Pines Board during General Manager John Viola’s monthly report, said he and the GM have been looking at new ways to keep the community safe.

Viola said recent safety improvements include crosswalks along Manklin Creek Road and the Camelot Walking Trail, and speed bumps at the Ocean Pines Racquet Center. The Maryland Department of Transportation also installed a safety crosswalk at Manklin and Racetrack Road.

Robinson said he and Viola worked with the Worcester County Bike and Pedestrian Safety Coalition led by Patti Stevens on those improvements. He said he, Viola, and Public Works Director Eddie Wells have also looked at signage improvements in the community.

“We are currently looking at new things to add warning signs, especially on the Parkway,” Robinson said.

On a related note, Viola said a workgroup will create a set of standards for signage on OPA-owned property. He said Robinson will lead the effort.

“We’re going to list them by categories, see what is regulatory with the county [and state and federal government] ... and which ones are ours, so we can be more consistent and stream-

lined,” he said.

Viola said once that work is done, the team will present a recommendation to the Board.

Over the next several weeks, Robinson said Ocean Pines Police will conduct “significant speed surveys.”

“Some of them will be done remotely with remote equipment, and some of them are going to be done with live officers,” he said. “Everybody, please obey the speed limit.”

For more information on Ocean Pines Police, including hiring opportunities, visit www.oceanpines.org/web/pages/police-departments.

Safe boating course offered

The US Coast Guard Auxiliary is offering the Safe Boating Course at the Ocean Pines library located at 11107 Cathell Rd. on March 19, 20 and 21 between 6 p.m. and 9 p.m.

The cost is \$20 for all three evenings. Register or get more information by calling Barry Cohen at 410-935-4807 or Email: CGAUXOC@Gmail.com.

If you live in Ocean Pines and would like home delivery of *The Courier*, call 410-629-5906

Courier Almanac

On February 28, 1983, the celebrated sitcom *M*A*S*H* bowed out after 11 seasons, airing a special two-and-a-half hour episode watched by 77 percent of the television viewing audience. It was the largest percentage ever to watch a single TV show up to that time.

Frozen foods can be convenient ingredients to use in everyday cooking. Frozen food also is an affordable way to get the daily recommendations of vegetables and fruits a person needs in their diets. There is a prevailing myth that frozen produce is perhaps less healthy than fresh counterparts. The Academy of Nutrition and Dietetics



says this is simply not the case. Generally speaking, frozen foods will retain all of their vitamins and minerals during the blast freezing process. Also, freezing will not change the carbohydrate, protein or fat content. In fact, in some cases, frozen foods have more vitamins and minerals compared to fresh produce because the latter lose minerals and vitamins over time. Freezing will lock a food item in time, thus ensuring the food retains its nutritional value at the peak of freshness.

Keep in mind that it’s best to choose frozen produce that has not been modified by added salts, fats or sugars for the most healthy options.

The Courier

Chip Bertino Publisher/Editor

Mary Adair Comptroller

Linda Knight Advertising Representative

Contributors

Jack Barnes, Dan Collins, Ron Fisher, Douglas Hemmick, Jean Marx, Joe Reynolds

Robert B. Adair 1938-2007

98 Nottingham Lane Ocean Pines, MD 21811
410-629-5906

thecourier@delmarvacourier.com
www.delmarvacourier.com
[facebook@TheCourierofOceanPines](https://www.facebook.com/TheCourierofOceanPines)



**RESIDENTS WORKING TOGETHER
to Oversee Their Community Where
Communication, Information & FACTS MATTER!**

Stay Informed



**We Deliver
Transparency**



We Do The Research



We Share The Facts



Residents



Family



Friends



**2,900+ Members
& Counting!**



PODCAST

**Join Ocean Pines ROC
Listen to ROC BUZZ Online
www.OceanPinesROC.com**



PODCAST



Ocean Pines ROC Inc. | 11202 Race Track Road | Suite 105 | Ocean Pines, MD 21811

info@OceanPinesROC.com | 856-873-6029

FOR RESIDENTS. BY RESIDENTS. Ocean Pines ROC Inc. is independent and NOT affiliated or part of the Ocean Pines Association: OceanPines.org

Cancer prevention

A comprehensive approach to health

By **Lynn Martin**, PTA, CKTP

As you may have heard, February is National Cancer Prevention month.



Lynn Martin

Chances are, you, a family member or a close friend may have been affected by this horrible disease. The number of occurrences is on the rise and it is likely to hit close to home. Cancer, a formidable adversary that claims millions of lives

each year, is often preventable through lifestyle choices and early detection. While not all cancers are preventable, adopting a proactive approach to minimize risk factors can significantly reduce the likelihood of developing this devastating disease. From maintaining a healthy diet to embracing regular screenings, here's a comprehensive guide to cancer prevention.

Healthy Diet. A balanced and nutritious diet plays a pivotal role in cancer prevention. The old saying "You are what you eat" has never been truer. Incorporating a variety of fruits, vegetables, whole grains, and lean proteins provides essential vitamins and minerals that support the body's natural defense mechanisms. Limiting the consumption of processed foods, red meat, and sugary beverages and treats helps control calorie intake and reduces the risk of obesity- a known risk factor for several types of cancer. Many people use the excuse that buying organic, local, and non-GMO (genetically modified organisms) foods is "too expensive" compared with buying less expensive conventional foods. The fact is, the small increase in price can make a huge difference in your overall health down the road. Some studies show that even low doses of pesticides can increase your risk of a number of cancers including breast, prostate, leukemia, lymphoma and brain cancers. Foods high in fiber help move cancer-causing compounds through your digestive system before they become a problem. Cutting down on refined carbs and sugars is a major step in the right direction. High blood sugar levels lead to conditions such as high insulin levels and obesity, which both increase the risk for cancer. Eating foods high in Omega-3 fatty acids, such as nuts, fish, olive oil and avocados can support brain and heart health and fight inflammation.

Physical Activity. Regular physical activity not only aids in weight management but also contributes to overall well-being. Exercise has been linked to a lower risk of

developing certain cancers, including breast and colon cancers. Aim for at least 150 minutes of moderate-intensity exercise per week to reap the benefits. Engaging in regular activity is a key component of maintaining a healthy weight. Strive for a BMI within the recommended range.

Tobacco Avoidance. Smoking is the leading cause of various cancers including lung, throat, and bladder cancers. Avoiding tobacco in all forms significantly decreases cancer risk. If you smoke, seek support to quit, as the benefits of quitting are immediate and substantial.

Limiting Alcohol Consumption. While moderate alcohol consumption may have some health benefits, excessive intake is linked to increased risk of several cancers, such as breast, liver, and esophageal cancers. It is crucial to be mindful of alcohol consumption and adhere to recommended guidelines: up to one drink per day for women and up to two drinks per day for men.

Sun Protection. Skin cancer, including melanoma, can be prevented by protecting your skin from harmful UV rays. Use sunscreen with a high SPF, wear protective clothing and avoid prolonged sun exposure, especially during peak hours. Regular skin checks can help detect any suspicious moles or lesions early, increasing the chances of successful treatment.

Screenings and Early Detection. Regular screenings are crucial for early cancer detection. Mammograms, pap smears, colonoscopies, and other screenings can help identify abnormalities before symptoms manifest, improving the chance of successful treatment. Stay informed about recommended screenings based on age, gender, and family history, and consult healthcare providers for personalized guidance.

Stress Management. Chronic stress can weaken the immune system and contribute to inflammation. Incorporating stress-reducing practices such as meditation, yoga, or deep breathing exercises into daily routines can positively impact overall health and potentially lower cancer risk.

In conclusion, cancer prevention is a multifaceted endeavor that involves embracing a healthy lifestyle, avoiding harmful behaviors, and staying vigilant through regular screenings. While not all cancers can be prevented, taking proactive steps can significantly reduce the risk and contribute to a longer, healthier life. Empower yourself with knowledge, make informed choices and prioritize your well-being to safeguard against the impact of the horrible disease.



Presentation - On February 20 Ocean Pines Police Chief Tim Robinson gave a presentation on preventing scams to the United Women in Faith at Community Church at Ocean Pines. Shown L-R: **Linda Baker**, president, **Chief Tim Robinson**; and **Lin Bowen**.

updates
from page 4

items, and outside contractors handled the other three.

Additionally, Public Works refinshed the bar top and repaired tiles behind the bar at the Beach Club. Public Works also filled gaps on the gym floor at the Community Center and addressed restrooms in the building.

Viola said next on the list are several open items at White Horse Park.

New construction projects

Three new construction projects are underway, and all are scheduled to be finished by the end of May.

Viola said the expanded Yacht Club tiki bar will help improve service to the pool area, and the Yacht Club patio during the busy summer concert season.

He said the project is still in the permitting stage, but he hopes to have that resolved in the next few weeks.

"We're working with the contractor to make sure all the materials are in place. So, once we get the permits, nothing will hold us up," he said.

Viola said the new Racquet Sports building is also moving forward.

"We believe both should be done in May," he said.

Viola also said he's working with Whayland Construction on the new Veterans Memorial pavilion. He and the team met with Whayland representatives on Jan. 30 to talk about

design options. That project is scheduled to be finished by May 10.

Electronic signs

Viola said the existing North Gate sign housing had to be moved roughly six feet to satisfy Worcester County permitting requirements for the new, digital sign.

"The county said that we were in an easement and ... we had to be in compliance," he said.

Viola said Public Works are also addressing a permitting requirement to add a base to the sign.

"Once we get that all in, we will reach out to the contractor who has told us four-to-six weeks to have the sign installed," he said.

CPI and customer service updates

Senior Executive Office Manager Linda Martin said the Compliance, Permit and Inspections (CPI) Department issued 93 new violations in January. During the month, 97 violations were brought into compliance and 140 remain open.

"We do appreciate everyone complying," she said of the large number of resolved items.

Martin said the customer service team fielded 109 emails in December, including 49 general questions, 29 about amenities, 19 for Public Works, 11 for CPI, and one on drainage.

For general questions, contact info@oceanpines.org or call 410-641-7717.



Sleep and dream therapy

On February 14 the Kiwanis Club's guest speaker was Farah VanGenderen, a practicing mental health clinician, who spoke to the club about the importance of sleep and the healing powers of dreams.

Above (L-R) are **Farah VanGenderen** and Kiwanis Club of Greater Ocean Pines-Ocean City President **Bob Wolfing**.

Take control of your health this spring

Take control of your health this spring with the newest session of Worcester Health's Healthy Lifestyle Balance Program. This program is proven to prevent or delay the onset of Diabetes, High Blood Pressure, Heart Disease, High Cholesterol, and other chronic diseases. Healthy Lifestyle Balance is a free class that will help you eat healthy, lose weight, set goals, manage stress, and learn techniques to live a healthier and happier life.

The spring session of the Healthy Lifestyle Balance Program begins on Wednesday, March 27 and will be held at the Ocean Pines library from 9 a.m. – 10 a.m. The Healthy Lifestyle Balance Program is a 26-session, year-long, group program and will run through March 26. Participants will receive a full class schedule upon the first-class session.

Registrants will participate in 16-weekly sessions followed by monthly support sessions for the remainder of one year. Throughout the first phase of the program, participants will be educated on ways to adopt healthy lifestyle practices. During the second phase of the program, participants will be taught how to sustain the newly-learned lifestyle practices to support a balanced life.

"The Healthy Lifestyle Program is a great program in which professionally trained coaches provide participants with great information that helps them stay on track, and stay positive during their lifestyle change journey!" said

Crystal Bell, Chronic Disease and Tobacco Supervisor at Worcester County Health Department.

To register, fill out the interest form or call 410-632-1100 ext.1113.



Heating and Cooling Service and Repair You Can Trust.

\$25 OFF
Any Heating or AC Repair
Just Mention this Ad
Offer Expires 1/15/25

☎ **443-233-1713**



Using natural gas in your home or at your business can reduce your carbon footprint.

Learn more at sandpiper-energy.com



Can you save too much for a rainy day?

Submitted by **John Bennish**
Financial Advisor, Edward Jones

“Save for a rainy day” is an old piece of advice — and a good one. But is it possible to save too much?



John Bennish

To begin with, what defines a “rainy day” in terms of financial needs? It could be any number of things: a temporary loss of employment, a major home or car repair, a large medical bill, and so on.

If you did not have the money readily available to pay for these types of expenses, you might be forced to dip into your IRA, 401(k) or other retirement accounts, incurring taxes and possible penalties, as well as lowering the amount of money you’d have available for retirement. And that’s why it’s a good idea to build an emergency fund containing up to six months’ worth of total expenses, with the money kept in a liquid, low-risk account that’s separate from the accounts you use for your daily spending needs.

An emergency fund is valuable, but many people may be overfunding it. And while this isn’t the biggest financial mistake one can make, it could result in some missed opportunities.

For one thing, when you keep money in a low-risk account, you can generally count on your principal being protected, which means the money will be there for you when you need it —but the flip side is that this money likely won’t grow very much, if at all. And if you’re going to achieve your long-term goals, such as a comfortable retirement, you need your investment portfolio to provide you with significant growth potential within the context of your individual risk tolerance. So, any excess dollars kept in your rainy-

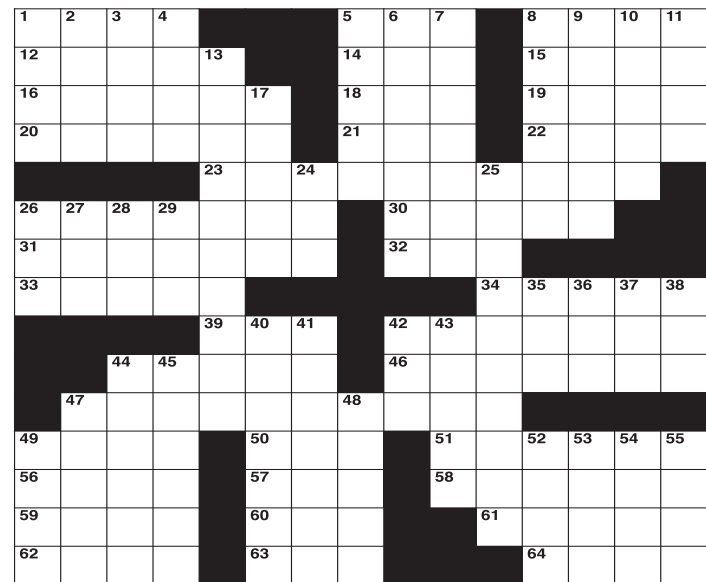
day fund might be used to help fuel some growth-oriented investments.

You could also use these dollars to help diversify your investment portfolio. If you only owned one type of investment, your portfolio could take a big hit if a market downturn affected just that asset class. But by owning a mix of stocks, bonds, government securities and other investments, you can help reduce the impact of market volatility. (Keep in mind, though, that diversification, by itself, can’t protect against all losses.)

Still, before deciding on what to do with extra money you might have in your emergency fund, how will you know if you indeed have too much? Up to six months’ worth of total expenses may be adequate for most people — but everyone’s life is different. For example, if you have reason to believe your employment — or that of your spouse — may be in jeopardy in the near future, or if you anticipate the need for some renovations to your home, but not for a year or so, you might want more than six months of expenses tucked away in your emergency fund. Also, once you’re retired, you may well want to keep a year’s worth of expenses in the fund. If you need cash, you don’t want to be forced to sell investments when their price may be down, especially since you have less time for them to recover.

Ultimately, when thinking about how much to keep in your emergency fund, review your situation carefully and weigh as many variables as you can. And if you do decide your rainy-day fund is abundant, use any “overflow” in a way that can help you keep moving toward your financial goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor John Bennish, Ocean Pines. He can be reached at 410-208-9083. Edward Jones, Member SIPC.

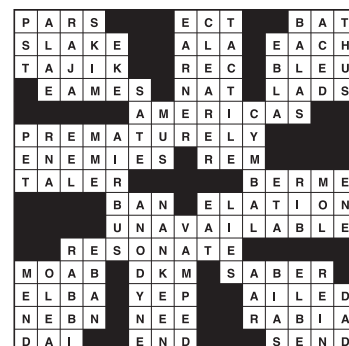


CLUES ACROSS

- | | |
|--|---------------------------------------|
| 1. Home of Iowa State University | 34. Made a mistake |
| 5. ___-fi (slang) | 39. Sacred sound symbol |
| 8. Mottled green and yellow fruit | 42. Large N. American reindeer |
| 12. Capable of thinking and expressing oneself clearly | 44. Dull and flat |
| 14. Sports broadcaster Eagle | 46. Partner to huffing |
| 15. Midday | 47. Written works |
| 16. Kinsmen | 49. Monetary unit of Serbia |
| 18. Cable network | 50. Midway between east and southeast |
| 19. Simpleton | 51. Peninsula of southwestern Asia |
| 20. Brunch beverage | 56. Widely used multiuser OS |
| 21. Fed | 57. Aggressive dog |
| 22. European capital | 58. Varnished |
| 23. Native inhabitants | 59. Hindu queen |
| 26. Mechanical device | 60. Time units, abbr. |
| 30. Rare geese native to Hawaii | 61. Farm animals |
| 31. Bedroom furnishing | 62. Capital of Latvia |
| 32. The products of human creativity | 63. Where golfers begin |
| 33. Mass transit option | 64. Takes to civil court |

CLUES DOWN

- | | |
|---|---|
| 1. One who graduated | 28. “Kill Bill” actress Thurman |
| 2. An inspired holy person | 29. Hawaiian dish |
| 3. Electronic counter-countermeasures | 35. Moroccan coastal region |
| 4. A place to store things | 36. Baseball statistic |
| 5. Indian instrument | 37. Long period of time |
| 6. Spanish saloon | 38. Moved earth |
| 7. Whole number | 40. Central Netherlands city |
| 8. Not fastened | 41. Take stock of |
| 9. Gives a boost | 42. Central processing unit |
| 10. Lounges about | 43. Distinctive qualities one generates |
| 11. Interested in | 44. Getting stuck |
| 13. Remove salt | 45. Loss of bodily movements |
| 17. Type of sword | 47. Veranda |
| 24. Naturally occurring solid material | 48. Abrupt |
| 25. Gets involved without being invited | 49. What cats do |
| 26. Feline | 52. Expresses pleasure |
| 27. Bobby ___, NHL champ | 53. Type of cheese |
| | 54. Professional STEM organization |
| | 55. Automatic data processing |



Answers for February 21

A BAGEL

and... **410-208-0707**

Irish Soda Bread!

Get Your Orders in Early

Open at 6 a.m. Wed - Sun!
Serving Breakfast and Lunch

11304 Manklin Creek Rd
Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

Free Wireless Internet

RTE. 589

Manklin Creek

O.P. South Gate Entrance

OCEAN PKWY

Some things to think about

Gathered from the internet by **Jack Barnes**

If you grew up going to school like this, say yep



arts
from page 2

coast.

In the Spotlight Gallery, pastel artist Donna Finley of Easton, Md. shows her artwork inspired by the landscapes of the Eastern Shore. Finley infuses her work with light and life, and both water and sunsets are recurring themes.

Mother-and-daughter duo Lisa Scarbath of Ellicott City and Pat Lang of Easton occupy the artisan showcase for March. Scarbath is a resident artist at the Howard County Center for the Arts and creates mosaic wall art, decor, furniture, custom pieces, and public art using a variety of material from smalti, stained glass, marble, slate, and rocks to broken crockery and found objects.

Lang began oil painting in her late teens, learning through trial and error, visiting galleries to study famous works, and reading art instruction publications. As she experimented on techniques new to

her, she used these experiences to master her own personal realistic style.

The Staircase Gallery continues a show by painter Itzel Aguilar of Georgetown exhibiting through June. Other exhibits at the Arts Center run through March 31.

The Art League's satellite galleries continue art shows during March, closing March 31. Ruth Ann Kaufman shows her artwork in the lobby of the Princess Royale Hotel at 9110 Coastal Hwy. Madeline Patsel is the artist-in-residence at the Coffee Beanery at 94th St. and Coastal Hwy.

The Ocean City Center for the Arts at 502 94th St., home of the Art League of Ocean City, is open daily until 4 p.m., and admission is always free. More information is available at OCart.org or by calling 410-524-9433.

E-subscribe **FREE** to *The Courier* and get it delivered to your computer each week!
www.delmarvacourier.com

Support Local Businesses

To place your business card call **410-629-5906**

BOAT LIFTS

Ocean City Boat Lifts & Marine Construction, Inc.

Jessica Short
12010 Industrial Park Road Unit 11
Bishopville, MD 21813

oceancitylifts@aol.com
410-352-5095
MHIC 133392

Place your business card here!
Call Linda Knight
443-366-4184

DENTISTRY

Gerard Ott, D.M.D., PA
Jeremy Masenior, D.D.S.
Family Dentistry

1 Pitts Street
Berlin, Maryland 21811

(410) 641-3490
ott.masenior@gmail.com

FINANCIAL SERVICES

Consulting & Business Services

- Tax Debt Relief
- Credit Repair
- Tradelines for Individuals & Businesses
- Tax Lien Removal
- Full Service Accounting
- Business Credit

We get results!
434-219-6692
www.AMAconsultingbusiness.com

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.
Call 410-629-5906

FINANCIAL SERVICES

MITCHELL AND HASTINGS FINANCIAL SERVICES

STEVEN E. SWEIGERT, CRP[®]
CHARTERED RETIREMENT PLANNING COUNSELOR[®]
INVESTMENT ADVISOR

9927 STEPHENDECATUR HIGHWAY, SUITE 1&8, OCEAN CITY, MD 21842
410-213-2150 800-647-8727 Fax 410-213-2151

MEDICAL

Chesapeake **UROLOGY**

Leading Providers.
Convenient Locations.
The Superior Care You Need.

chesapeakeurology.com

Seaford, DE
220 Pennsylvania Ave.
Seaford, DE 19973
302-628-4222

Berlin, MD
314 Franklin Ave, Ste 302
Berlin, MD 21811
410-641-3735

PATIO

PAVER PATIOS & DECKS

Brick Paver Patios Fire Pits Decks
Call for a FREE ESTIMATE
Decks, Patios & Improvements - Family Owned & Operated

410-390-1499



**VOLUNTEER & CAREER
SERVING OCEAN PINES
SINCE 1963**

FIRE STATION FUNDRAISER

We are raising funds to build a new
and improved South Station.

**Personalized
Brick Fundraiser**



TWO OPTIONS

- ✓ 4x8 Brick- \$100
- ✓ 8x8 Brick- \$200

**BRICKS WILL BE USED
TO CONSTRUCT A
FEATURE AT THE NEW
SOUTH STATION!**

***DONATIONS OF \$1,000,
\$5,000, \$10,000 (AND UP) WILL
BE RECOGNIZED ON PLAQUES
AT THE NEW STATION.**

PURCHASE online or in person TODAY!

More Information
www.OPVFD.com

