# The COULTER January 4, 2017 Volume 17 Number 17

Get *The Courier* delivered free to your electonic reading device each week.

Go to <a href="https://www.delmarvacourier.com">www.delmarvacourier.com</a> to sign-up. All the news and all the ads at your fingertips.

# Pines police makes arrests

In a cooperative investigation with the Maryland State Police, the Ocean City Police, and the Worcester County Criminal Enforcement Team, Ocean Pines Police have charged two individuals in a series of thefts from unlocked automobiles in Ocean Pines.

The investigation reveals that the suspects entered thirteen vehicles from Wednesday, December 7 through Monday, December 12.

Police charged Bennett Thomas McNeil, III, 26, of Ocean City, and Jenna Leigh Vermillion, 24, of Ocean City, with two counts of theft from \$1,000 to \$10,000; two counts of theft less than \$1,000; eight counts of theft less than \$100; twelve counts of rogue and vagabond; one count of theft scheme between \$1,000 and \$10,000; one count of conspiracy to commit a theft scheme between \$1,000 and \$10,000.

McNeill and Vermillion were taken before a District Court Commissioner and are being held in the Worcester County Jail. Numerous stolen items in these cases have been recovered.

An active investigation is continuing with a series of thefts from autos in West Ocean City and Ocean City, in which McNeill and Vermillion are believed to have been involved.

# AARP to meet

The next meeting for AARP will be January 9 at the Community Center in Ocean Pines. Social time will be at 9:30 a.m. and the meeting will begin at 10 a.m. This month's speaker will be Debbie Smithson, a therapist from People's Place Counseling Center.

# Auxiliary to hold bingo

The Bishopville Volunteer Fire Department Auxiliary will hold its annual Cash Bingo on Friday, January 6. Doors open at 5 p.m. and early bird bingo begins at 5:45 p.m. There will be 20 regular games (\$125); two specials (\$200 value); Jackpot and 50/50. Food and beverage will be available for purchase.



# SDHS NJROTC has annual inspection

The NJROTC program welcomed United States Navy Captain Jim Daniels during its annual inspection on December 20. The event, which combines a formal personnel inspection of uniforms and grooming with an evaluation of the understanding of Navy values, is designed to allow cadets to demonstrate what they have learned as a participant with the program.

Above: Navy Captain **Jim Daniels** inspects Stephen Decatur High School student Lieutenant Commander **John Revel**.



Visit peninsula.org/opcancer



# Community Calendar January

Brought to you by Law Offices of Patricia Cleary

# Evening of jazz planned

Germantown School Community Heritage Center will host an Evening of Jazz and Blues, featuring "VT Second Edition" on Saturday, January 21 from 7 p.m. to 11 p.m. at Germantown School located at 10223 Trappe Road in Berlin. Proceeds will help support the historical school.

A donation of \$25 per ticket includes soulful music and light appetizers. Call 410-641-0638 for information. Tickets are limited.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King, Jr. Day	<b>17</b>	18	19	20	21
22	23	24	<b>25</b>	<b>26</b>	<b>27</b>	28
29	<b>30</b>	31				

# **EWGA to hold** annual tournament

The Executive Women's Golf Association (EWGA) Eastern Shore Chapter (ESC) of the Delmarva area, will hold its 20th Annual Co-

Ed Miniature Golf Tournament on Friday, January 13, at Old Pro Golf Indoor Safari Village & Family Arcade at 136th Street and Coastal Highway in Ocean City. Local PGA pros, EWGA members, spouses and prospective members will attend the event.



"This event has always been one of our most popular 'winter' events. It is a fun evening and an opportunity to get together after the holiday season," said Judy Schoellkopf, who with her husband Herb, have hosted this event for the last 19 years.

This year's tournament will be chaired by EWGA member Valerie D'Ambrogi and her husband Tom. "We're hoping for a record attendance this year," said D'Ambrogi. The format will be a four-person scramble with prizes for 1st place team, low score for both men and women, as well as a 50/50. The cost is \$25/person which includes: Refreshments, beer, wine and soda.

For more information, please contact

Valerie D'Ambrogi at vs-dambrogi@aol.com, or www.ewgaeasternshore.com.

EWGA/ESC was formed in 1996 with 35 members and has grown to over 300 members. The Eastern Shore Chapter offers women the opportunity to learn the game of golf in a woman-friendly environment with golf clinics, organized golf events, golf

leagues with all levels of play, championship golf, business networking, fun events, golf tournaments, mentoring, discounts at several golf courses local and nationwide and social gatherings throughout the year. For more information on the Eastern Shore Chapter of EWGA, please visit our website: www.ewgaeasternshore.com.

# **Monday**

#### Ocean Pines Poker Club

Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

#### **Sweet Adelines**

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876

# Monday/Tuesday

#### Sanctioned Duplicate Bridge

Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

# **Tuesday**

#### **Families Anonymous**

From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

# Tuesday/Thursday

Poker Players wanted for Gentalmen's Poker in North Gate area Ocean Pines.Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m.on Pinehurst Rd.Ocean Pines. Call 410-208-0063 for more information.

# Wednesday

# **Kiwanis Club Meeting**

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

### Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

#### **Delmarva Hand Dancing**

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahanddancing.com.

#### Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

#### **Square Dancing**

The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

#### AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

# **Thursday**

#### Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

#### **Beach Singles**

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

#### Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

#### **Gamblers Anonymous**

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

#### Friday

# Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

#### **Gamblers Anonymous**

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.



Patricia Cleary, Esquire

Office Hours by Appointment | Free initial consultation

Your Neighborhood Lawyer

General practice law firm with an emphasis on...

Wills, Trusts, Powers of Attorney
DWI/DUI, MVA Hearings

Personal Injury

Small Business Counsel/Advising

Real Estate

240-304-6058 pattyclearylaw@gmail.com www.pattyclearylaw.com



All Aboard - Students in Jennifer Spicer's third grade class at Ocean City Elementary got into the holiday spirit by taking a magical ride on the Polar Express at the Salted Rim in Ocean View, DE.

# **Arts Center opens New Year on First Friday**

"Shared Visions" is the opening show for 2017 at the Ocean City Center for the Arts, where artists and writers collaborate and inspire each other.

The public is invited to the free, opening reception for the writers and artists on First Friday, January 6 from 5 p.m. to 7 p.m. at Arts Center on 94th St. bayside.

"Shared Visions" is a partnership between the Art League of Ocean City and the Ocean City branch of the Worcester County Library, home of the Ocean City Writers Group, headed by Ruth Wanberg-Alcorn.

"This is the fourth year for the collaboration," said Rina Thaler, executive director of the Ocean City Center for the Arts. "It is a great coming together of words and images and demonstrates the different forms of self expression."

The Art League invited local artists to submit a significant work. Then the Writers Group composed poetry and prose to accompany the artwork. In all, 19 writers and 22 artists collaborated for the "Shared Visions" show.

On Tuesday, January 17 from 6 p.m. to 8 p.m., the Ocean City Writers Group will perform a reading of their work and discuss what inspired them in a free presentation, also open to the public. The show will run through January 28 at the Arts Center.

Also hanging in the Galleria of the Ocean City Center for the Arts is an allmedia group show by members of the Art League with a theme of "Seasons."

Contemporary painter Megan Burak of Berlin occupies Studio E in January. Burak, who received her BA from Salisbury University in 2015, has won numerous awards in regional shows for her realistic, highly-crafted paintings.

Painter Irene Averitte of Bridgeville, DE. is the Spotlight Artist during January. She considers her art naturalistic and believes in connecting with the beauty of Mother Nature.

Hannah Miller displays her jewelry creations in January in the Artisan Showcase. She uses a blend of unique materials in her geometric-inspired creations, including buttons, small glass tiles and Swarovski® crystals.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League of Ocean City, a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events. The arts center is supported by memberships, corporate and civic funding, donations and sales of art.

More information is available 410-524-9433 or www.artleagueofoceancity.org

# Naloxone can save a life

By Ray Clauson

The use of Naloxone can save a life. Naloxone, also known as Narcan is an opioid antagonist used in opioid overdoses to counteract the life-threatening depression of the respiratory system. It allows an overdose victim to breathe nor-

Although traditionally administered by emergency response personnel, naloxone can be administered by lay people or public, making it ideal for treating heroin and other opioids overdoses. The training is simple and use of Naloxone results in a life saved.

Here is what occurs in an opioid overdose. When too much of any opioid, like heroin goes into too many receptors, the respiratory system slows and the person breathes more slowly, then not at all. Because Naloxone basically knocks the opioids out of the opiate receptors in the brain, the overdose is reversed and the person is able to breathe again.

However, it is a temporary drug that will wear off in 30-90 minutes and the person should be watched for signs of continued overdose. The overdose victim must seek medical assistance or call 911.

Lack of oxygen from opioid overdose

may lead to brain injury in as little as 4 minutes, yet the average EMS response time is 9.4 minutes. Seconds can count during an opioid overdose so it is vital if you have a loved one or friends who use, you need to have a plan in place. Most life threatening opioid emergencies occur in the home, witnessed by friends or family.

Brand names of Naloxone are Evzio, Narcan injection, Narcan Nasal Spray. They all come with simple, lifesaving directions and are easy to administer. Upon purchase, read and know how to use these devices and keep them readily available.

Some states have a third-party law where a concerned parent, employee or nurse at a school can obtain Naloxone and administer it without facing legal repercussions (known as the Good Samaritan Act). If you come in contact with a high-risk individual, you should have this lifesaving overdose antidote.

For more information and the availof naloxone. go http://www.narcononnewliferetreat.org /blog/naloxone-availability.html . If you are in need of a referral to a treatment center, call at 1-800-431-1754.

# Grant to fund suicide prevention programs

The Worcester County Health Department, on behalf of the Lower Eastern Shore Suicide Prevention Coalition (LESSPC), received a grant last fall from the Rural Maryland Council. The grant project will focus on reducing the Lower Eastern Shore's rising suicide rates and target behavioral health risks in youth by increasing prevention measures in Somerset, Wicomico, and Worcester Counties.

The LESSPC is a newly formed partnership with a mission to "reduce suicide rates by enhancing access to behavioral health care" and a vision that "strives to create a community without suicide." The group is comprised of individuals from a variety of local government agencies, non-profit organizations, and community members.

Rates of suicide have been trending upward nationally during the last decade. Between 2004 and 2014, there was a 20.5% increase in suicides across the nation. The 2014 Youth Risk Behavior Survey reported that 16.7% of Somerset County's middle school youth, 14.3% of Wicomico County's middle school youth, and 17.4% of Worcester County's middle school youth had seriously considered suicide at least once during the year prior to the survey.

The approximately \$28,000 grant will provide funding for provide six different behavioral health trainings in the region including safeTALK, Mental Health First Aid, Youth Mental Health First Aid, and Applied Suicide Intervention Skills. In addition to trainings, LESSPC hopes to pilot the Signs of Suicide (SOS) Prevention Program in Worcester County Middle Schools. The SOS program is a depression awareness and suicide prevention project that strives to decrease suicide and attempts, encourage to seek help, reduce the stigma placed on mental illness, engage family and school staff, and encourage partnerships.

For additional information or questions about the grant or trainings, please contact Jackie Ward at 410-632-1100, ext. 1049.

# The Courier

P.O. Box 1326
Ocean Pines, MD 21811
410-641-6695 • fax: 410-641-6688
thecourier@delmarvacourier.com
www.delmarvacourier.com

#### **Chip Bertino**

Publisher/Editor chipbertino@delmarvacourier.com

## **Susan Bertino**

General Manager

Mary Adair / Comptroller

#### Contributing Writers

Ron Fisher, Steve Habeger Douglas Hemmick, Jean Marx, Dolores Pike, Kelsey Reichenberg and Bev Wisch

Robert B. Adair 1938-2007

# 2012 Business of the Year

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2016. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarva-courier.com

Newspapers have helped shape the world for decades, serving as invaluable resources that highlight both national and local news, retail information, cultural



events, and much more. Al-though several newspapers now offer on-

line versions of their publications, many readers remain partial to print versions. Those who purchase printed newspapers daily or subscribe to home delivery should consider recycling the papers to protect the planet. According to the environmental resource EarthEcho International, recycling a single run of the Sunday issue of The New York Times, or a comparable paper Sunday edition would save 75,000 trees.

# Understanding dementia is a key to care

Alzheimer's disease is one of the more prominent forms of dementia, but there are many additional types of dementia that also can cause both physical and cognitive alterations. Understanding the complexity of dementia can be beneficial to both dementia sufferers and their caregivers.

Dementia is a general term used to define a decline in mental ability severe enough that it can interfere with daily life, offers the Alzheimer's Association. Alzheimer's disease is the most common type of dementia.

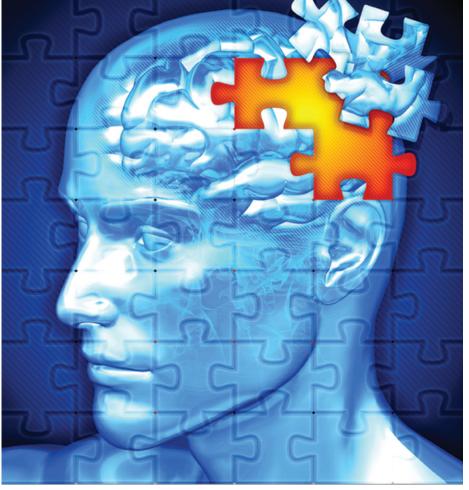
Dementia is not a disease but a term used to describe a wide range of symptoms. The words "senility" and "dementia" often are incorrectly used interchangeably. However, serious mental decline is not a normal part of aging.

Dementia presents itself through various symptoms, and memory loss alone is not enough to lead to a dementia diagnosis. Dementia can affect thinking and social abilities, but the Mayo Clinic notes that some dementias may be reversible. The following are some common symptoms of dementia:

- -Trouble communicating or finding
- -Difficulty completing complex tasks.
- -Challenges with planning and organization.
- -Episodes of confusion and disorientation.
- -Memory loss, which is often noticed by a third party.
- -Personality changes that can include agitation, anxiety, inappropriate behavior and even hallucinations.

Apart from Alzheimer's disease, which is a progressive disorder most common in people age 65 and older, there are other types of dementia. The second most common is called "vascular dementia." This results from damage to vessels that supply blood to the brain. This damage can be the result of stroke, smoking and other blood vessel conditions. Brain imaging can often detect blood vessel problems implicated in vascular dementia.

Dementia with Lewy bodies, or DLB, is another dementia that laymen may mistake for Alzheimer's disease. The Alzheimer's Association notes that people with DLB often have not only memory loss and cognitive problems common in Alzheimer's, but they also display initial or early symptoms such as sleep disturbances, well-formed vi-



sual hallucinations, slowness, gait imbalance or other Parkinsonian movement features, which can lead to misdiagnosis.

If physicians suspect dementia was caused by various factors, a person may be diagnosed with mixed dementia.

Unfortunately, there are no cures for progressive dementias that are linked to plaque tangles in the brain and changes in the way the brain processes the protein alpha-synuclein. Patience and various medications may be needed to help those with dementia live fuller lives. Cholinesterase inhibitors are mainstays in dementia

treatment. These medications prevent the breakdown of acetylcholine, a chemical messenger important for learning and memory. Acetylcholine supports communication among nerve cells by keeping acetylcholine levels high. Physical therapy and cognitive therapy may be used in conjunction with medication to assist those with various dementias.

Helping individuals with dementia remain comfortable is a priority for caregivers, and understanding the symptoms and treatments can help caregivers make patients and loved ones as comfortable as possible.

# Jones earns certification

Coastal Hospice announced that Caitlin Jones, a social worker with the nonprofit since 2010, has earned her Licensed Clinical Social Worker – Clinical (LCSW-C) from the Association of Social Work Boards (ASWB).

To earn her LCSW-C, Jones performed at least 3,000 hours of supervised clinical social work experience in direct service to clients, and supervised in the assessment and formulation of diagnostic impressions. She also passed the required examination administered through the ASWB, the nonprofit association that tests a social worker's competence to practice ethically and safely. Jones earned her BA and MSW from Salisbury University.



Caitlin Jones

Born in England and raised in Canada, she now resides in Salisbury with her husband and two children. She currently is a member of the Coastal Hospice Fair Winds team that services Worcester and Somerset counties.

# Look that up in your Funk and Wagnalls\*

drous. Well, you won't hear many a bit jarring to read: "Roosevelt,

It's All About. . . By Chip Bertino

chipbertino@delmarvacourier.com

complaints. So much information is now available at our fingertips; literally no farther away than the touchtone screen of a Smart Phone. There was a time when if you wanted to learn something about say some distant island in the South Pacific ocean, you would refer to Funk and Wagnalls. Remember Funk and Wagnalls?

Each year the company published volumes arranged alphabetically which contained information on just about everything and anything. They were usually leather bound (or at least looked leather bound) and lined the book case. Information, photos and diagrams were all printed on the black and white pages, all there for the reading. Of course compared to today, pulling a book from a shelf to thumb

through pages to locate exactly what it was you are looking for seems as old fashioned as a rotary phone.

Growing up we had a set of encyclopedias. I don't remember if they were Funk and Wagnalls but I do remember we acquired the books over a period of time. The local supermarket was selling them so during visits my mother purchased one or two volumes. For the longest time we had volumes B through E; no A and only one of the two index volumes. Eventually the entire set of burgundy and white covered volumes rested on our bookshelf. And there they sat for a long time. With each passing year they become more dated and less used. The information contained within their pages was frozen in time. Gerald Ford was president. Beijing was Peking. And Pluto was a planet. Whatever happened to these books I am unsure.

From time to time when I amble through an antique store I find old en-

You will hear no complaints from cyclopedia volumes. Opening an old me that modern technology is won-volume is a journey through time. It's

> Franklin D.: president of the United States, 1933present." There's no mention of World War II because it wouldn't take place for another six years.

Or how about this? "Television. A concept of transmitting radio and im-

ages to a home receiver." That's something isn't it?

Of course today, information is updated immediately, in nanoseconds. And you don't have to go to the bookshelf or library for that matter. Just tap the screen of your phone and presto! Everything you wanted to know about "twerking" is right there

which is either amazing or a just a little unsettling.

Not long ago my wife and I were watching a commercial in which Marie Osmond was promoting a diet plan. We started remembering when Marie and her brother Donny had their television show in the 1970s when stereo and HD were not fea-

tures on the old Magnavox. We then debated how old Marie was. The word "debate" really doesn't convey accurately the scene. My wife speaks in infallible tones and I say "Uh-huh." Modern technology has provided me with a bit of an edge. I googled Marie Osmond's name and learned she was a few years younger than my wife thought which I quickly related. The room went quiet. You know sometimes it's best to just say "Uh-huh."

Funk and Wagnall is no more; gone the way of the dinosaur, phone booths and video stores. Wikipedia is the research tool of choice these days. It's never outdated and is much easier to carry around than 26 bound volumes. Still, years from now a person walking through an antique shop won't have the opportunity to learn what the world knew as of 2016.

\*A catchphrase popularized in the 1960s television program Rowan and Martin's Laugh-In.

# STEVEN W. RAKOW

Attorney at Law

General Practice / Civil Litigation / Criminal Defense Contracts / Construction Law

- President, Worcester County Bar Association
- Former Assistant State's Attorney, Worcester County
- Retired Marine Officer 19 Years Legal Experience

410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM All Major Credit Cards Accepted



Internet

410-208-0707

Open 6 a.m. - 2 p.m. Daily

Serving Breakfast and Lunch

# Pastries and Cookie Trays

**Boar's Head Meats** 

Mon., Wed., Thurs., Fri: 6 a.m.- 4 p.m.; Tues, Sat. and Sun: 6 a.m.- 2 p.m.



Southgate - Ocean Pines (Manklin Creek & Ocean Pkwy)



**ALL OF THE HEALTHCARE SERVICES** YOU NEED UNDER ONE ROOF?

Apple accepts most insurances including TRICARE

A Easy to transfer all prescriptions to Apple

Free, local prescription delivery twice daily in the Berlin, West OC & Ocean Pines areas

△ Fast, Professional, Personal care

Other services: Home Medical Equip., Oxygen, CPAP, Nebulizers, Diabetes Counseling & much, much more....

Route 13 South and Cedar Lane

FRUITLAND **+** 410-749-8401

314 Franklin Ave., Berlin Prof. Ctr. BERLIN **+ 410-641-3130** 

1210 Nanticoke Rd., Pecan Square **SALISBURY + 410-543-8401** 



# Wallops activities work hard but rarely make headlines

By Steve Habeger

During 2016, readers of The Courier have seen 11articles which have traced the history of Wallops Island as well as discussions of some of the many important activities that happen there on a daily

Five articles (published in January, March, May, June and September) traced the history of Wallops Island and the contributions to WWII, the Space Race, and modern scientific studies.

Six articles focused on several of the mission functions performed at Wallops:

February – Fleet Carrier Landing Practice (USN)

April – National Oceanographic

## Monday

Chicken Parmesan over Pasta \$9.95 Lobster Tail \$14

#### Tuesday

Burger and French Fries \$6

#### Wednesday

Meatloaf with mashed potatoes and a vegetable \$6.95 Add a soup or a salad \$9.95

# Thursday

Steak Night! **\$13.95** 

#### Friday

Fried Shrimp with French Fries & cole slaw \$14.75

## **Saturday**

Crabcake Platter with 2 sides and a choice of a soup or salad \$15

# \$2.50 Bottles

While supplies last Excluded from \$1 off happy hour special

Leinenkugal Summer Sandy Bud Lime Sams Summer Ale

- \$5 Lunch Specials thru December-

# Bar Only

Buy One Dinner Entree or Pasta Dish from regular menu and get a second at 1/2 price. (of equal or lesser value, excludes specials) Monday - Saturday 8 p.m. to closing

OPEN Mon-Sat at 7:30 am Breakfast Lunch Dinner Sunday Brunch 8 am - 1 pm 410-208-2782

and Atmospheric Station (NOAA)

June - Scientific Balloon Program (NASA)

August – Sounding Rocket Program (NASA)

October - Surface Combat Systems Center (USN)

November – Aircraft Operations (NASA)

After reviewing the wide range of the Wallops-based activities, it is fair to ask, "What does it all mean?"

Wallops workers rarely make newspaper headlines. Regrettably, the latest and largest publicity surge occurred when the Antares mission Orb-3 mission exploded shortly after liftoff on 28 October 2014.

More typically Wallops workers enable other organizations and people to accomplish their goals. Wallops activities could be compared to the people who work backstage to produce a Broadway play. While the stars enjoy the spotlight, the play is critically dependent upon staging, lighting, wardrobe, makeup and audio workers doing their jobs. Here are some recent examples:

An article published September 23, 2016, in the "Astrophysical Journal" reported on new information about the origin of x-rays that strike the earth. Acknowledgment of the role Wallops played was contained in the final paragraph of the

On August 25, 2016, NOAA issued a press release which stated, "For the first time, NOAA's National Weather Service/National Hurricane Center used real-time weather data from the NASA Global Hawk unmanned aircraft to upgrade a tropical storm to a hurricane." Ac-

mike@mbmatherslaw.com

www.mbmatherslaw.com

base of the Global Hawk flight was contained in a photo caption.

On October 15, 2016, the USS Mason (DDG 87) was fired upon by unknown forces in Yemen. The missiles, "did not reach the ship." While the Pentagon is reluctant to discuss the countermeasures the ship used, the ship's combat system was tested and the crew was trained at Surface Combat Systems Center on Wallops Island. Bravo Zulu,

On July 28, 2016, NASA's Marshall Space Center issued a press release about the Hi-C project – to study the corona of the sun in an effort to understand why the corona of the sun is far hotter than the surface of the sun. The final paragraph of the release noted that a Wallops sounding rocket would be used to lift the payload into space.

Local readers need to know that although Wallops rarely makes headlines around the region, the contributions of Wallops are important and widely diverse. weather forecasts we use daily come from Suitland, MD, but it is the NOAA workers at Wallops who are at the stations communicating with weather satellites on Christmas morning, Thanksgiving afternoon and New Year's Eve. It is the NASA workers who work outdoors in Alaska or Antarctica to launch the scientific instruments which help us learn about our universe.

At the inception of this series about Wallops Island, this last article was planned to offer a view of a possible future. That plan has become much more difficult than originally expected.

The NOAA, NAVY and Virginia Spaceport operations will certainly

appointment

410-208-3331

remain at Wallops. Each of these activities have made significant investments in physical plants and equipment that cannot be moved elsewhere in America. Additionally, the NAVY and Virginia Spaceport are located at Wallops Island for very specific and unique geography which is not available anywhere

The known unknown is: What will happen to the NASA components at Wallops? The incoming administration has said nothing of consequence about their approach to any NASA operations, let alone Wallops activities. Many people associated with the incoming administration have expressed highly negative assessments about climate change, and studying the earth's climate is a primary function of NASA at Wallops Island. Observers of space and related industries have published a number of opinion pieces all of which express levels of concern regarding funding for climate research by NASA and other agencies of the US Government. It remains to be seen what will happen in the coming years; NASA operations at Wallops may well be a leading indicator in the approach of the next administration.

# Birding trip set

The Tri-County Bird Club will go on a coastal birding trip on Sunday, January 8 from Ocean City to Cape Henlopen looking for waterfowl and other winter birds. The group will meet at the Ward Museum parking lot at 7:30 a.m. or the Ocean City inlet parking lot at 8:30 a.m. Bring lunch, snacks and drinks. Dress warmly in layers. For information, call Ellen at 410-982-8695 or Rick at 410-360-7374.



The LORD will surely save me So we will play my songs on stringed instruments Isaiah 38:20 We do that! www.FellowshipAlliance.com Church Come join us this Sunday 9:00AM Showell Elementary School-Route 589 410-641-6000

# Settling in to a new neighborhood

A new year means plenty of exciting opportunities on the horizon. For a number of people, this may be the year they relocate to a new home or apartment. The moving rate in the United States has remained steady since 2008, with roughly 12 percent of the population relocating each year according to reports from the U.S. Census Bureau.

Movement to the suburbs continues to be high, and renters tend to move more frequently than others. People who move cite a new job or a job transfer as one of the primary motivators to relocate.

Acclimating to a new home and neighborhood after a move can be challenging. Even after boxes have been unpacked and items put away, some people still feel unsettled. It could be because one of the most important parts of being in a new house is feeling at home. That involves meeting neighbors, having friends over for dinner and knowing all the local haunts that help solidify a homeowner as a true member of his or her new neighborhood. It can take time to establish feelings of belonging, but here is a way to speed up settling in.

Host your own welcome party. Rather than waiting around for others to welcome you to the neighborhood, take the bull by the horns and introduce yourself to your neighbors in a fun way. Host an open house party and invite your new neighbors. What better way to converse with others than with food, beverages and a festive atmosphere? Plus, your party may lead to reciprocation from others.

Scout out the neighborhood. Use mobile phone apps to see where the lo-

The Courier welcomes letters for publication. Preference is given to letters addressing community and county

topics and have not appeared in another publication.



Letters must be

signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words.

E-mail letters to:

thecourier@delmarvacourier.com

cals tend to congregate and plan trips to these restaurants and other shops. Over time, you probably will start to see some familiar faces. Drive around town and get a feel for side streets instead of the main thoroughfares. It is often off the beaten path where you happen upon the greatest finds.

Get involved. If you have children, you may have the advantage of meeting people at school functions or at the bus stop. Volunteer with the PTA/PTO or sign up to coach youth sports or serve as a scout leader.

These opportunities will help expand the number of people you meet in your new community.

Find people with similar interests. Let your hobbies and other interests open up connections. Explore the opportunities in the area that cater to your interests. Find a local gaming



shop and discuss the latest video game offerings, or check out a local band if indie music is your thing. Converse with others who are participating in the event or are in groups meeting in your area.

After moving, getting acclimated to a new neighborhood and making new friends is one way to feel at home.

# **NOW HIRING!**

# **Great Part-Time Opportunity!**

Seeking a skilled assistant to work in our busy volunteer department. The Assistant Volunteer Coordinator matches volunteers to patient needs, provides phone coverage, does data entry and must possess excellent customer service skills to work in a positive team environment.

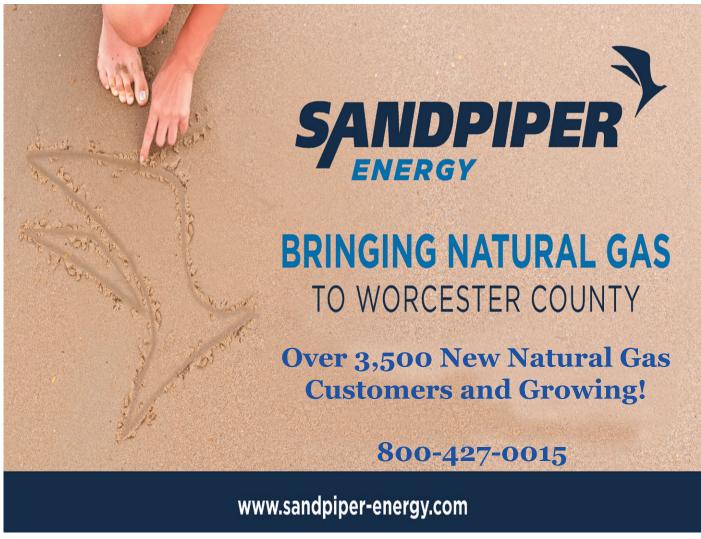
Part time with medical benefits; 20 hours a week. At least two years office experience required. Previous experience working with volunteers is a plus.

Submit your resume by visiting our website today!

www.coastalhospice.org

EOE JC Accredited





# How to shorten the duration of a cold

Few things can be as uncomfortable as the common cold. In their book "Common Cold," authors Olaf Weber and Ronald Eccles say the common cold has been around since the ancient times. More than 200 virus strains can contribute to colds, but the rhinovirus is the most common. Colds produce a bevy of symptoms, including runny nose, congestion and sore throat, so it should come as no surprise that sufferers want to find relief fast.

Colds typically last for a week or more. While there is no cure for the common cold, according to The Mayo Clinic, there are some remedies that can help cold sufferers feel better more quickly.

Rest: One of the best things to do when you have a cold is to get adequate rest. Your body's immune

system is working overtime to combat the cold virus, and restricting activity can help it direct efforts where they are needed most. Keep away from strenuous activities, and spend more time relaxing or sleeping to let your body do its job.

Hydration: Consuming plenty of clear fluids can reduce congestion and ensure that you do not get dehydrated. Plus, warm beverages can be soothing to an irritated throat. Avoid coffee, caffeinated sodas and alcohol, which can exacerbate dehydration.

Saline rinses: Intra-nasal saline sprays, neti pots and similar products can help loosen mucus that is clogging the nose and sinus cavities, allowing it to flow out. This makes blowing your nose more effective and may help prevent post-nasal drip. Avoid prolonged use of medicated decongestant sprays. They may work well, but they can cause rebound congestion that is worse than the original stuffiness.

Vitamin C: Vitamin C will not prevent colds, but it could help in other ways. Taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C also may provide benefits



for people at high risk of colds due to frequent exposure, offers The Mayo Clinic.

Soup and tea: Soup is an easy-todigest meal that provides many of the necessary remedies for a cold, including warm broth to hydrate and soothe, antioxidant-rich vegetables and protein to help fuel the body's recovery process. In 2000, Dr. Stephen Rennard of the Nebraska Medical Center in Omaha actually tested if chicken soup clinically makes people with colds feel better. He found that chicken soup inhibited neutrophils, immune cells that cause congestion. Decaffeinated tea also may help you stay hydrated and relieve many cold symptoms.

Reinfection: Use cleaning products that are effective at killing viruses around the house to prevent reinfection and cold relapses. Also, avoid touching your nose, eyes and mouth between hand-washings to keep germs at bay.

Colds can be a nuisance. Most medicines will help relieve symptoms but cannot make colds go away faster. Natural remedies can help the body's immune system work at its best and lessen the severity of a cold.



# Annual luncheon held

The Ocean Pines Pine'eer Craft Club held its annual holiday luncheon on December 15 at the Captain's Table Restaurant in Ocean City. New officers for the 2017 year were inducted.

Above are Jane Wolnik, Barbara Stillwelll, Louise Lassiter, Linda Brindley, Sharon Puser, Lois Schultz, Jackie Kollar and Carole Quinto.

# **Optimist boat show is coming**

The "Boat Show That Works for Kids" is 34 years old. The Ocean City/Berlin Optimist Club is sponsoring the 34th annual Seaside Boat Show in Ocean City February 17 through 19.

The show will be held at the Roland E Powell Convention Center and traditionally draws thousands of water and boating enthusiasts to the resort over President's Day weekend. The show also provides the Optimists the opportunity to raise funds to support the club programs to support local youth.

The local affiliate of Optimist International has over 120 members and is recognized as one of the best clubs in Optimist International.

Income from the show supports many youth and community service programs.

The show will feature over 350 boats, 150 exhibitors and 50 boat dealers. The dealers and exhibitors will offer numerous special show prices and will display their newest and most popular models and water related items. The large number of boats sold each year at the shows makes it one of the most popular shows on the East Coast.

Show exhibitors will include marine electronics, trailers, canvas tops, motors, jewelry, art and fishing gear. The show will also provide financing and insurance for the boater and water enthusiast.

The show will be open Friday, February 17 between 11 a.m. and 7 p.m.; Saturday10 a.m. to 7 p.m.; and, Sunday 10 a.m. to 5 p.m. Admission is \$10 for adults and \$1 for children. A weekend pass is available for \$15.

# Wor-Wic offers express registration

Wor-Wic Community College is offering "Smart Start Express Registration," an extra day of spring credit registration services on Saturday, January 7, from 9 a.m. to 1 p.m., at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

Students will be able to explore career options, complete admission applications, apply for financial aid, register for classes, buy books, learn about child care opportunities and pay tuition. Students can also complete their placement tests, but they must allow at least three hours to do so.

Spring credit classes begin Friday, January 13.

To RSVP, visit the college's website at www.worwic.edu<http://www.worwic.edu> or call the college at 410-334-2800.



Ocean Pines Book Club - The Ocean Pines Book Club recently met to celebrate one of their members, Betty McDermott, who founded the Book Club in 1992 at the Ocean Pines Yacht Club Pool. Betty will be celebrating her birthday and will be leaving Ocean Pines. L-R: Mary Logisz, Sid Warner, Betty McDermott, Ellen Wentzel, Betty Franke, Doris Lloyd, Dolores Pike and Dottie Vanderclute. Photo by Mary Evans



# AARP Christmas Party

Ocean Pines AARP President Larry Walton (second from right) and members celebrated their Christmas Party at the Ocean Pines Yacht Club in December.



your new year off with a clean kitchen without the use of harsh chemicals. Purchase a large container of white vinegar and one of baking soda and get to work. For people with allergies it is so much better to use these products. Cleaning the oven can be a breeze. Just sprinkle baking soda on affected spots and spray lightly with vinegar. The soda and vinegar will react and bubble up. Let stand overnight and wipe clean the next morning. Put vinegar in a spray bottle and use on counter tops, cutting boards, refrigerator and wherever you use the harsh chemicals. When I come home from the grocery store, I put any fresh vegetables in water with a little vinegar to remove any germs. Windows can be washed with a mixture of equal parts of water and vinegar. My Mom used to wash her windows with vinegar and

Happy New Year everyone! Start I wondered why. The old ways do ir new year off with a clean kitchen work.

Now that the kitchen is fresh try some new recipes. Your family will be delighted on a chilly January morning to have some homemade donuts for breakfast. Kids love helping to make these.

#### **Quick Donuts**

1 (11 oz.) can buttermilk biscuits

1 qt. vegetable oil

1 cup sugar

1 T. ground cinnamon

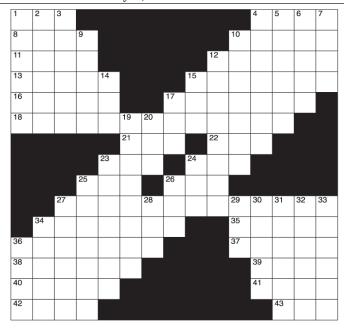
Chocolate glaze

Separate biscuits and put them on a cutting board. Cut a hole from the center of each, reserving balls. Pour oil into Dutch oven and heat to 350 degrees.

Fry dough in batches, 30 seconds

please see **cook** on page 13





# **CLUES ACROSS**

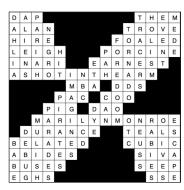
- 1. Engine additive
- 4. Soluble ribonucleic acid
- 8. Subdue
- 10. One long, three short
- 11. Morally bad
- 12. With collapsible shelter
- 13. Central church parts
- 15. Summer shoes
- 16. Intestinal
- 17. Transgressors
- 18. Meeting expectations
- 21. Clutch
- 22. Autonomic nervous system
- 23. What you can repeat immediately after perceiving it
- 24. Favorite summer sandwich

- 25. An accountant certified by the state
- 26. Cologne
- 27. Norma Jean Baker
- 34. Galaxies
- 35. Bluish greens
- 36. Detected
- 37. Having 3 dimensions
- 38. Made level
- 39. The destroyer (Hindu)
- 40. Uncovered
- 41. Ooze slowly
- 42. Aerie
- 43. Point midway between S and SE.

#### **CLUES DOWN**

- 1. Having beautiful natural views 23. Cleaned up
- 2. Fanafuti is the capital
- 3. Shrub used for hedges
- 4. Polishing tools
- 5. Slow down
- 6. Christmas carols
- 7. & & &
- 9. Sound of sheep or goat
- 10. A long flag, often tapering
- 12. Atomic #73
- 14. Schilling (abbr.)
- 15. Female sibling
- 17. Long sandwich
- 19. In a way, necessitated
- 20. Mayan people of SW Guatemala

- 24. Prohibit
- 25. Upright cupboard
- 26. Cyclone center
- 27. Metric linear units
- 28. Young male
- 29. Securities market
- 30. City across from Dusseldorf
- 31. Animal disease
- 32. Mount of \_\_ east of Jerusalem
- 33. Get free
- 34. Variable stars
- 36. One point N of NE



Answers for Dec. 28

# Eyes on the Skies Milky Way **Spiral Arms**

By Douglas Hemmick, Ph.D.



January is here and a nice way to start the year might be to enjoy the winter's impressive stars. The brilliant star Sirius is beginning to draw attention, and the best-known constellation, Orion the Hunter, is entering the stage.

The new theme for 2017 is Earth's home galaxy, the Milky Way. The study of the Milky Way is in some ways as old as astronomy itself. Legendary astronomer Galileo was astounded by the Milky Way: "To whatever region you direct your spyglass, an immense number of stars immediately offer themselves to view, of which very many appear rather large and conspicuous, but the multitude of small ones is truly unfathomable."

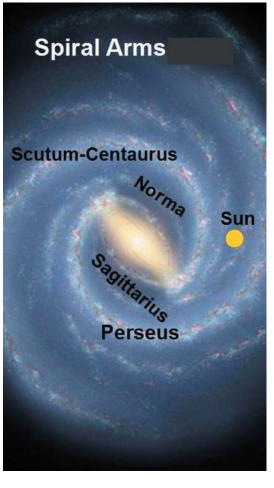
The Milky Way's softly-glowing band is composed of a multitude of faint stars. Stargazers will find that locations far from the bright city lights, are required to view this luminous pathway through the night sky. The galaxy measures 100,000 light-years across and all of the visible stars belong to this immense collection.

Modern astronomers have estimated that the Milky Way contains over 200 billion stars, with as many as 100 billion planets. There are many varieties of stars including ordinary ones like the Sun, also the red-giants,

white-dwarfs, and others of differing size, color and temperature. Regions within the Milky Way contain large clouds of gas and dust, known as nebulae, which are the nurseries for newborn stars. In addition, astronomers have mapped star clusters within the Milky Way, and even the graceful pattern of stars called the "spiral arms."

This month features the Milky Way's spiral arms. While other spiral galaxies had been identified by Edwin Hubble and others in the 1930s, the true shape of Earth's home galaxy was not known until the 1950s. The Milky Way is filled throughout by a thin haze of interstellar dust, which becomes increasingly prominent with distance,

and the remotest stars are cut off entirely from astronomers' inspection. To penetrate this dust, astronomers resorted to telescopes using radio, infrared, and X-ray wavelengths. In 1958, Professor Oort produced the first map of the Milky Way's spiral structure using his radio telescope in



the Netherlands. The galaxy's four spiral arms were given the names: Sagittarius, Perseus, Norma and Scutum-Centaurus. It is interesting to note that the Earth, sun and solar system are located within the Sagittarius

In 2003 the Spitzer Infrared Space Telescope joined in the study. Astronomers were surprised to find that Spitzer's measurements had generated a new debate. Heavier concentrations of stars in two spiral arms, Perseus and Scutum-Centaurus, confirmed the earlier results from radio telescopes. However, the same was not true for





And the winner is - Kitty Reeves of Delaware won the Quilters by the Sea 2016 Raffle quilt. From left Kitty Reeves, Shirley Schaefer, chair of Raffle Quilt Events and Norma Kessler, chair of Raffle Quilt Tickets.

## eyes

from page 10

the Sagittarius and Norma arms. Spitzer detected no such spike in the star density in these regions, suggesting that they are too sparsely populated to qualify as spiral arms.

Finally, another survey using modern radio telescope "interferometry" was conducted in the US, Australia and China, led by the UK's University of Leeds. The results of this "Red MSX Source Survey," published in December 2013, have resolved the debate, finding that indeed there are four spiral arms of the Milky Way. Professor Melvin Hoare, co-author of the study, explained the distinction: "Spitzer only sees much cooler, lower mass stars – stars like our Sun – which are much more numerous than the massive stars that we were targeting." The 1650 massive stars surveyed by the Leeds study revealed a distribution amongst not two but four spiral arms, thus confirming the original radio telescope results of the 1950s.

Stargazers may begin their evening early, courtesy of the bright planet Venus, appearing over the eastern horizon at about 5 p.m., just as the sun sets. When the sky grows darker at about 5:30 p.m., Mars may be seen to the northeast of Venus. An enjoyable conjunction takes place January 31, when the two will be joined by the crescent moon, forming a triangle.

Stargazers should begin to see most of the evening's stars at about 5:45 p.m. when Taurus the Bull will be visible in the East. Taurus is well-known for the Pleiades cluster, which can be seen as a small faint patch about 10 degrees north of the V.

After about 9 p.m., most of the classic winter constellations will be available, including Orion the Hunter, appearing above the southern horizon. Experienced hobbyists may observe the ghostly-white patch of the Orion nebula, with binoculars. The Orion nebula and the Pleiades star cluster both reside within the Sagittarius spiral arm, as does the Earth itself.

# Bank of Ocean City donates to AGH

Atlantic General Hospital Foundation received a \$100,000 donation from the Bank of Ocean City toward its Campaign for the Future and the development of the new Regional Cancer Care Center.

Jack Burbage and Michelle Fager, co-chairs of the Atlantic General Campaign for the Future were on hand for the presentation of the donation. The new cancer center will be named the John H. "Jack" Burbage, Jr. Regional Cancer honor Burbage's and the community.

one centrally-located, convenient facility for the care and treatment of individuals with cancer and blood disorders.

In addition to existing medical oncology and chemotherapy infusion



Care Center in From left: Todd Ferrante, chair of the Atlantic General Hospital of Foundation; Hugh Cropper, IV, AGH Board of Trustees; Michelle per- Fager, co-chair of the Atlantic General Campaign for the Future: sonal and finan- Michael Franklin, president and CEO, Atlantic General Hospital; cial contributions Earl Conley, vice president of Bank of Ocean City; Ried Tingle, to the hospital president & CEO of Bank of Ocean City; and John H. "Jack" Burbage, Jr., co-chair of the Atlantic General Campaign for the Fu-

"We're extremely grateful for the unwavering support of the Bank of Ocean City and the community. The new Regional Cancer Care Center is a much needed resource in our community and will provide convenient, quality access to care that Berlin and the region so deserves," commented Burbage.

The new 18,000-square-foot Regional Cancer Care Center, which is to be built on hospital-owned property at the corner of Rte. 113 and Old Ocean City Boulevard in Berlin, will provide

services and integrative therapies, the new center will include radiation oncology; PET imaging; laboratory services; community education and support facilities; and telemedicine technology that will allow patients and their physicians to consult with other cancer care experts, preventing unnecessary travel for consultation and follow up care for patients who may require more intensive cancer care services.

Construction is due to begin in July 2017, with completion in early 2018.

#### Tide and Sun Chart \* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide LOW TIDE DATE HIGH TIDE SUNRISE SUNSET 12:12 a.m. 7:18 a.m. 4:54 p.m. Thur., January 5 12:33 p.m. 1:13 a.m 1:33 p.m. 7:32 a.m. 7:18 a.m. 4:55 p.m. Fri., January 6 2:16 a.m. 8:37 a.m. 7:17 a.m. 4:56 p.m. Sat., January 7 2:36 p.m. 8:53 p.m. 3:19 a.m. 9:42 a.m. 7:17 a.m. 4:57 p.m. Sun., January 8 3:37 p.m 9:51 p.m. 4:18 a.m. 10:46 a.m. 4:58 p.m. 7:17 a.m. Mon., January 9 10:48 p.m. 4:36 p.m. 5:15 a.m. 11:45 a.m. 7:17 a.m. 4:59 p.m. Tues., January 10 5:32 p.m. 11:44 p.m. 6:09 a.m. 6:27 p.m. 12:40 a.m. 7:17 a.m. 5:00 p.m. Wed., January 11

# Make the year ahead clutter-free

Many people feel the dawn of a new year provides an opportunity to clean the slate and begin anew. That notion can be applied in various ways, including around the house.

Cleaning the slate at home may involve reducing clutter around the house. Clutter can gradually overtake a home's interior, turning a once pristine home into one overwhelmed with nonessential items. Clearing a home of clutter can seem like a monumental task, but the following tips can help homeowners and apartment dwellers make the year ahead clutter-free.

Scan important documents and save them on a computer. Some documents cannot be discarded, but that does not mean they have to be stored in bulky file cabinets or desk drawers. Scan important documents such as medical receipts or tax returns and save them on your computer where they will not take up any physical space. Purchase an external hard drive as a safety net where you can store backups of important documents in case a computer crashes and cannot be rebooted.

Thin out DVD and CD libraries. Thanks to

streaming services and digital music players, DVDs and compact discs have become somewhat obsolete. Discard or donate DVDs that you can just as easily stream through your television, and convert compact discs to digital files that you can play on your computer and MP3 players, ultimately donating the discs and clearing space.

Purchase furniture that doubles as storage. Storage ottomans and benches can help clear common areas and bedrooms of clutter such as blankets and bed linens that can make rooms feel

more claustrophobic. Storage furniture might not get excess items out of the house, but such furnishings can create a more comfortable, welcoming environment.

Switch to e-statements for bank documents and utility bills. Paper is a big contributor to household



clutter. That is still the case even though many adults now pay the majority of their bills online. When given the chance to choose between paper or e-statements, opt for the latter so bills and bank statements do not pile up on your desk or throughout your home office. If you still want to keep important bills and bank statements, download them to your computer and keep them in a designated folder on your desktop.

Adopt an "out with the old, in with the new" mantra. Resolve to discard old items after purchasing new ones or receiving birthday or holiday gifts. Hanging on to old items because they can still function and serve some utility is a recipe for a cluttered home. Anytime you or a family member brings a new item into your home, make sure the item it is replacing finds its way out the door.

Clearing clutter is a goal for many people at the dawn of a new year. As intimidating as clutter can seem, discarding it is easier than it may appear

# CLASSIFIEDS



Display Ads: \$15 per column inch Deadline: 3 p.m. Friday Prepayment required. Cash or check accepted 410-641-6695 Fax 410-641-6688 P.O. Box 1326 Ocean Pines, MD 21811

# **ANNOUNCEMENTS**

Acorn Stairlifts. The AFFORD-ABLE solution to your stairs! \*\*Limited time -\$250 Off Your Stairlift Purchase!\*\* Buy Direct & SAVE. Please call 1-800-410-7127 for FREE DVD and brochure.

SOCIAL SECURITY DISABIL-ITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-208-6915 to start your application today!

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-419-3684

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-880-1686

Lung Cancer? And 60 Years Old? If So, You and Your Family May Be Entitled To A Significant Cash Award. Call 800-897-7205 To Learn More. No Risk. No Money Out of Pocket.

## **ANNOUNCEMENTS**

SPECTRUM TRIPLE PLAY TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. We buy your existing contract up to \$500! 1-800-806-5909.

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-254-4073

Promo Code CDC201625

# BUSINESS OPPORTUNITY

Drive with Uber. No experience is required, but you'll need a Smartphone. It's fun and easy. For more information, call: 1-800-354-4313

# BUSINESS TO BUSINESS

Advertise to 500,000 Homes with a business card size ad. You choose the area of coverage in free community papers...we do the rest. Call 800-450-7227 or visit macnetonline.com

#### **EVENTS**

Holding a Carnival! Fair! Festival! Jubilee! Promote it to over 1 Million readers for only \$200!!! Visit www.midatlanticevents.net for more details or call 800-450-7227.

# **FOR SALE**

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-906-3115 for \$750 Off

Metal Roofing & Siding for houses, barn, sheds. Close outs, returns, seconds, overrun, etc. at Discount Prices. Huge inventory in stock. slateroadsupply.com 717-445-5222

# **Lots & Acreage**

LOTS & ACREAGE
ABANDONED FARM! 26
acres - \$49,900
Gorgeous acreage with views,
nice pond,
in a Perfect country setting!

in a Perfect country setting! Quiet town road with utilities! EZ terms! 888-738-6994

LOTS & ACREAGE
LENDER ORDERED SALE!
39 acres - assessed value \$95,700
Available now for \$89,900!
Catskill Mountain views,
woods, fields, apple trees,
great hunting! 3 hrs NY City!
Owner terms!

#### **WANTED TO BUY**

888-431-7214

Cash for DIABETIC TEST STRIPS! Free Shipping, Best Prices & 24hr Payments! Call 1-877-588-8500, www.Test-StripSearch.com. Habla Espanol.

Place an ad in

The Courier and let others know what you'll be selling!

410-641-6695

# PRMC offers diabetes education classes

Peninsula Regional Medical Center is sponsoring Wednesday evening and Thursday afternoon diabetes self-management education class sessions start to discuss healthy eating, activity, monitoring, medications, healthy coping, risk reduction and other self-management skills to help assist with diabetes control.

The evening class session will meet at the Medical Center on five consecutive Wednesdays from 6:30 p.m. to 8:30 p.m. beginning February 22. The afternoon class session will meet at the Medical Center on five consecutive Thursdays from 1:00 to 3 p.m. beginning February 23. All classes are taught by certified diabetes educators.

Registration is required. The cost of the five-week program may be reimbursed by insurance or Medicare. For more information or to register, please call the Peninsula Regional Diabetes Education Program at 410-543-7061.



**Time with friends** - Saying goodby to Ellie Loechel who will be moving from beautiful Ocean Pines to be near her children. L-R seated: Marion Novack, Ellie Loechel, and Jo Smith. L-R standing: **Jean Dickson, Barbara Witt, Eileen Lenahart, Sis LeGates, Lee Tilghman, Joan Hatfield and Dorothy Danchik.** Photo by Anna Foultz.

# Film editor to host workshop

Hollywood entertainment professional and Berlin native, Josh Chamberlain, will host the Film and Television Workshop at Worcester Preparatory School on Saturday, January 7, 10 a.m. to 2 p.m. This event is open to the public and tickets must be purchased in advance. The ticket fee for this one-of-a-kind workshop is \$34, which includes lunch. Seating is limited to 100 people. There will be a contest giveaway of industry prizes at the end of the four-hour workshop. Tickets can be purchased online at Eventbrite.com: https://goo.gl/XlUo1x.

Josh Chamberlain is a global marketing content film and television editor with over a decade of professional entertainment experience including post-production on TV shows such as Ellen and working with celebrities including Will Smith. Josh's upcoming workshop is for all ages and skill levels looking for tips on how to pursue a career in the entertainment field of editing trailers, composing music, sound design, color correction, motion graphics, pre-visualization, directing, producing, managing, writing, acting, and working behind the camera. A graduate of Stephen Decatur

High School and Salisbury University, Josh recently moved from Los Angeles to his hometown of Berlin, Maryland to raise his family and run his company Stickman Productions.

# 'Lion King' coming to Convention Center

The Ocean Pines Children's Theater is pleased to announce its upcoming production of Disney's Broadway blockbuster, "The Lion King" Jr. With music and lyrics by Elton John and Tim Rice, this enchanting show was introduced to the Broadway stage in 1997, and was the recipient of 70 awards, including the 1998 Tony for best musical. The critically acclaimed OP Children's Theater promises to delight audiences at the Ocean City Convention Center, Theater for the Performing Arts, on Friday, January 13 at 7 p.m., and on January 14 at 2 p.m. and 7 p.m. Tickets are \$15. and can be purchased online through Ticketmaster, or at the Convention Center Box Office. For additional information contact Paulette at 410-251-1402.

# cook

from page 9

on each side or until golden. Repeat procedure with dough balls. Remove with a slotted spoon and drain on paper towels. Combine sugar and cinnamon. Roll donuts and holes evenly in sugar mixture or dip into chocolate mixture. Yields 10 donuts and 10 donut holes.

For glazed donuts -microwave 1/4 cup half and half, on high 1 minute until hot. Add 1 cup semisweet chocolate morsels, stirring until smooth. Stir in 1/2 cup powdered sugar.

bevwisch@aol.com

# Get a head-start on tax season

The dawn of a new calendar year often marks the end of the sometimes hectic holiday season. This time of year marks a return to normalcy for many families, as the kids go back to school and parents return to work.

The beginning of January also

serves as a great time to start preparing for tax season. While the deadline to file returns may several be months away, getting a headstart allows men and women the chance to organize their tax documents so they are not racing against a deadline come April. The following are a handful of ways to start preparing for your returns now.

Find last year's return. You will need information from

last year's return in order to file this year, so find last year's return and print it out if you plan to hire a professional to work on your return.

Gather dependents' information. While you might know your own Social Security number by heart, if you have dependents, you are going to need their information as well. New parents or adults who started serving as their elderly parents' primary caretakers over the last year will need their kids' and their folks' social security numbers. If you do not have these numbers upon filing, your return will likely be delayed and you might even be denied potentially substantial tax credits.

Gather your year-end financial statements. If you spent the last year investing, then you will have to pay taxes on any interest earned. Interest earned on the majority of savings accounts is also taxable, so gather all of your year-end financial statements from your assorted accounts in one place. Doing so will make filing your return, whether you do it yourself or work with a professional, go more quickly.

Speak with your mortgage lender. Homeowners should receive forms documenting their mortgage interest payments for the last year, as the money paid in interest on your home or homes is tax deductible. If these forms are not received in a timely



manner, speak with your lender. You might even be able to download them from your lender's secure website.

Make a list of your charitable contributions. Charitable contributions, no matter how small, are tax deductible. While it is easiest to maintain a list of all charitable donations you make as the year goes on, if you have not done that, then you can make one now. Look for receipts of all contributions, contacting any charities you donated to if you misplaced any receipts.

Book an appointment with your tax preparation specialist now. As April 15 draws closer, tax preparers' schedules get busier and busier. The earlier you book your appointment, the more likely you are to get a favorable time for that meeting. In addition, if you have gathered all of the information you need by early February, then booking your appointment early means you can file earlier and receive any return you might be eligible for that much quicker.

Tax season might not be right around the corner, but it is never too early to start preparing your return.

To place your business card call 410-641-6695





## ATTORNEYS



lawyer



Michael B. Mathers, P.A. Estates, Trusts & Elder Law

410-208-3331

mike@mbmatherslaw.com www.mbmatherslaw.com

# STEVEN W. RAKOW Attorney at Law

410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

# DENTISTRY



Gerard Ott, D.M.D., PA

1 Pitts Street Berlin, Maryland 21811

(410) 641-3490

# DePalma Dental, LCC



Michael DePalma, D.D.S. Errin DePalma, D.D.S.

500 Franklin Avenue, Unit 3 Berlin, Maryland 21811

Phone: 410-641-3222

#### ELECTRICIAN

Waterfront Electrical Service • Hot Tubs & Spas Residential • Commercial • Interior & Exterior Lighting Service Upgrades ● Phone/Data/TV Lines ● Ceiling Fans

# J.T. Novak, LLC

**Electrical Contracting** Prompt Service at Reasonable Rates

P.O. Box 1464 Berlin, MD 21811

Phone: 410-208-3052 Mobile: 443-235-5544

Master Electrician MD • VA • DE • PA

#### **FLOORING**



The Flooring Store for Locals

Ocean Pines

11312 Manklin Creek Road 410-208-3879

## HOME IMPROVEMENT

# PAUL'S HOME IMPROVEMENTS

All phases of home improvements

No job too small - No job too large Handyman Home Services Over 40 years experience

410-641-7548

Free Estimates MHIC #83501



# **PHARMACY**

**Free Local Prescription Delivery** 

314 Franklin Ave. Berlin

410-641-3130

# Power Washing

# Royal Power

Washing

Decks Siding Walkways Boats Roofs

Decks stained & sealed FREE ESTIMATES

Clifford Rosen/Owner

"We Can Powerwash Anything. Commercial Residential Licensed Insured www.royalpowerwash.com

410-641-5756

Place your business card 410-641-6695

# RENTALS

Do you need to rent a ...?



The Adkins Company 11048 Cathell Rd. Ocean Pines, MD 21811 410-641-5420



Contractor DIY Landscaping Party/Event Moving/Shipping

## TITLE SERVICES

# SÉRVICES

**Gwen Cordner** 

9748 Stephen Decatur Highway, Unit 113 Ocean City, Maryland 21842 410-213-7741 / 410-213-7742 fax email AcquestTitle@comcast.net / Acquest-Title.com

## WRITING SERVICES

# Publishing, Memoirs & More!



Jean Marx 443-880-0045 jmarx. timeflys@gmail. com www. timeflysbooks. com



# The Courier



Your business card ad could be **HERE** for as little as

\$13 a week!

410-641-6695



# SDHS students earn financial literacy certificates

Nearly 40 Stephen Decatur High School students ranging from freshmen to seniors received Financial Literacy certificates after participating in the Bank of Ocean City EverFi Financial Literacy Program, which requires students to master topics in savings, banking, financing, credit cards, credit scores, interest rates, taxes, insurance, consumer protection, and investing. Students participated in the program through Kurt Marx's Consumer and Personal Finance, Entrepreneurship and Business, and Foundations of Business and Finance classes.



Giving spirit - In the spirit of the holiday giving season, the first grade students at Ocean City Elementary School collected 123 brand new hats, scarves and pairs of mittens and gloves to be donated to the Ocean City Cold Weather Shelter. Pictured are some first graders from OCES, Gabriel Marin, Riley Sudol, Parker Kraeuter, Katherine Conway, Cecelia Diehlmann and John Crossett.

# Tea traditions around the world

to mankind, tea in its various forms is enjoyed across the globe. Believed to have originated in China, tea has been

consumed for millennia. Some attribute its discovand ery invention to Chinese emperor and herbalist Shennong in BCE. 2732 Legend says that the emperor liked his drinking water boiled



so it would be free of pathogens. One day, on a trip to a distant region, a leaf from a wild tea bush fell unnoticed into the boiled water presented to the emperor. The emperor found the flavor refreshing, and tea was born.

Today, tea is consumed for pleasure and to ease sore throats and other ailments and has even been used as a medicine. It also has been ingrained in traditions and customs from around the world, with the beverage varying in significance from country to country.

The Chinese emphasize the flavor and preparation of tea. The Chinese Tea Ceremony brings about peace, tranquility, enjoyment, and truth. The art of making tea is called "Cha do," and the Chinese take tea seriously. The Emily Post Institute says tea is heavily incorporated into all aspects of Chinese life. Tea is served with the same care for service that is applied when serving wine in other countries.

Britain

Tea is often associated with England, and the British fervor for tea helped spread it to the New World. While tea only arrived in England in the 1600s, the country embraced it, making "afternoon tea" a popular tradition. The traditional tea hour was between 4 and 5 p.m., when tea was served as a light refreshment between lunch and dinner. There also are specific ways to prepare and serve English tea, such as pre-warming the teapot and preferential use of loose tea or larger tea bags in a teapot instead of single-use teabags in a cup.

Many Russians also love tea. Tea

One of the oldest beverages known was once considered an upper-class product, but it is now enjoyed by Russians of various means. Zavarka, a very strong tea that can be enjoyed for sev-

eral rounds, is very popular in Russia.

India

The Emily Post Institute offers that India is one of the world's largest tea suppliers, and the population consumes more tea than any other country in the world. Chai is the national drink, and hosts often serve a spicy milktea to guests.

Japan

The Japanese have

their own tea ceremonies, also called "The Way of the Tea." A ceremonial preparation of "matcha," which is a powdered green tea, is as much about performance art as it is about the tea itself.

The tea is served to a small group of people in popular teahouses.

Tea has won the world over with its appeal and versatility, earning its reputation as one of the world's most popular social beverages.

January was not always the first month of the year. Earlier calendars, such as the Julian calendar used by the Romans, considered March the first month of the year. These calendars were based largely around weather and harvest schedules, and winter was considered to be a time without definitive months. Eventually, the calendar was expanded at around 713 BCE to include two additional months so it would equal a standard lunar year. Romans also were integral in giving the months their names, and some months got their names from Roman mythology and the gods of that time, while others were named after prominent Roman emperors. January got its name from a Roman god named Janus, who was considered a god of transitions and beginnings. Janus was depicted as a two-faced god, which is appropriate in the present-day since January represents a time of saying goodbye to the old year and looking ahead to the new year.

# Bowl makers and sponsors needed for Empty Bowl Project

Anyone interested in fighting hunger locally is invited to participate in the 4th Annual Empty Bowl Project, a benefit for the Diakonia food pantry and the programs of the Art League of Ocean City.

The Empty Bowl Project is an international grassroots effort to fight hunger and a unique opportunity to use art in a way that helps the community. The project, which begins with bowl-making sessions and culminates in a community soup dinner, is a collaborative effort of the Art League of Ocean City and Diakonia to raise awareness and funds for hunger through creative engagement.

During the past three years, the event has raised more than \$30,000 to benefit the two non-profits. More than 400 people attended the Empty Bowl Soup Dinner in 2016.

The Art League and Diakonia are seeking sponsors for the project, including the bowl-making sessions and the Empty Bowl Soup Dinner on March 31. All activities take place at the Ocean City Center for the Arts, 94<sup>th</sup> St. bay-side

"First Shore Federal Bank is the title sponsor for the Empty Bowl Project," said Rina Thaler, executive director of the Ocean City Center for the Arts, "but we are seeking additional monetary donations, event sponsors, and donations of soups and breads. Anyone who can help should call the Arts Center at 410-524-9433 or contact us atwww.artleagueofoceancity.org."

The public can also get involved by hand-making ceramic soup bowls in January and February at the Arts Center. No experience is necessary, and all materials, including instruction, are included. Only 300 bowl-making slots are open to the public for a cost of \$20 per slot, which includes the bowl and admission to the soup dinner.

The one-hour bowl-making sessions begin on January 8 and continues through February 21. Sessions are offered twice a day, and many include both daytime and evening sessions. A complete schedule is available on-line atwww.artleagueofoceancity.org. Registration is required by calling the Arts Center at 410-524-9433 or by registering on-line.

Local students from Berlin Intermediate School, Buckingham Elementary School and home schools are already involved with the project, making bowls to be used at the soup dinner.

The Stephen Decatur Middle School
Builders Club is raising money for the
project with a candy drive. And professional potters are also making bowls for
the event.

room has been added. For a \$25 donation at the door, those who attend will receive a

"The Empty Bowl Project has become more then just a one-night event," Thaler said. "This year we are ramping up the production of bowls to meet the demand we have had and also extending the hours and increasing the capacity of the soup dinner itself to better serve everyone who wants to attend."

The Soup Dinner will be held at the Arts Center on Friday, March 31, and is open to the public.

Continuous seating hours have been extended for 2017 from 4:30 p.m. to 8:30 p.m. and an additional dining

added. For a \$25 donation at the door, those who attend will receive a handmade bowl filled with a choice of soup donated by local restaurants. There will also be breads, desserts, a cash bar, a soup-togo station, a silent auction and live music. Guests are asked to keep the bowl as a reminder of all of the empty bowls in the world.

The Empty Bowl Project Committee is coordinating the bowl-making sessions and soup dinner, an annual event at the Ocean City Center for the Arts on 94th St. Left to right: Nancy Fortney, Sandy Glassman, Velda Henry, Carol Rose, Debbi Dean-Colley and

More information is available

Becky Simonds.

at 410-524-9433 or www.artleagueofoceancity.org.

# D.A. Kozma Jewelers

Trusted for over 35 years

# We Buy Gold and Coins







# In-house jewelry service include:

Watch Battery Replacement
Watch Band Link
Adjustments
Jewelry Reconditioning

& Cleaning

Jewelry Repair
Ring Sizing
Stone Setting
Custom Jewelry Design
Bridal Consultation

# Prompt, friendly & Affordable Service

**410-213-7505 410-524-GOLD** www.dakozmajewelers.com

at our new address on Route 611 at Route 50 in the Food Lion Shopping Center