

The Courier

January 11, 2017 Volume 17 Number 18

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Anglers to meet

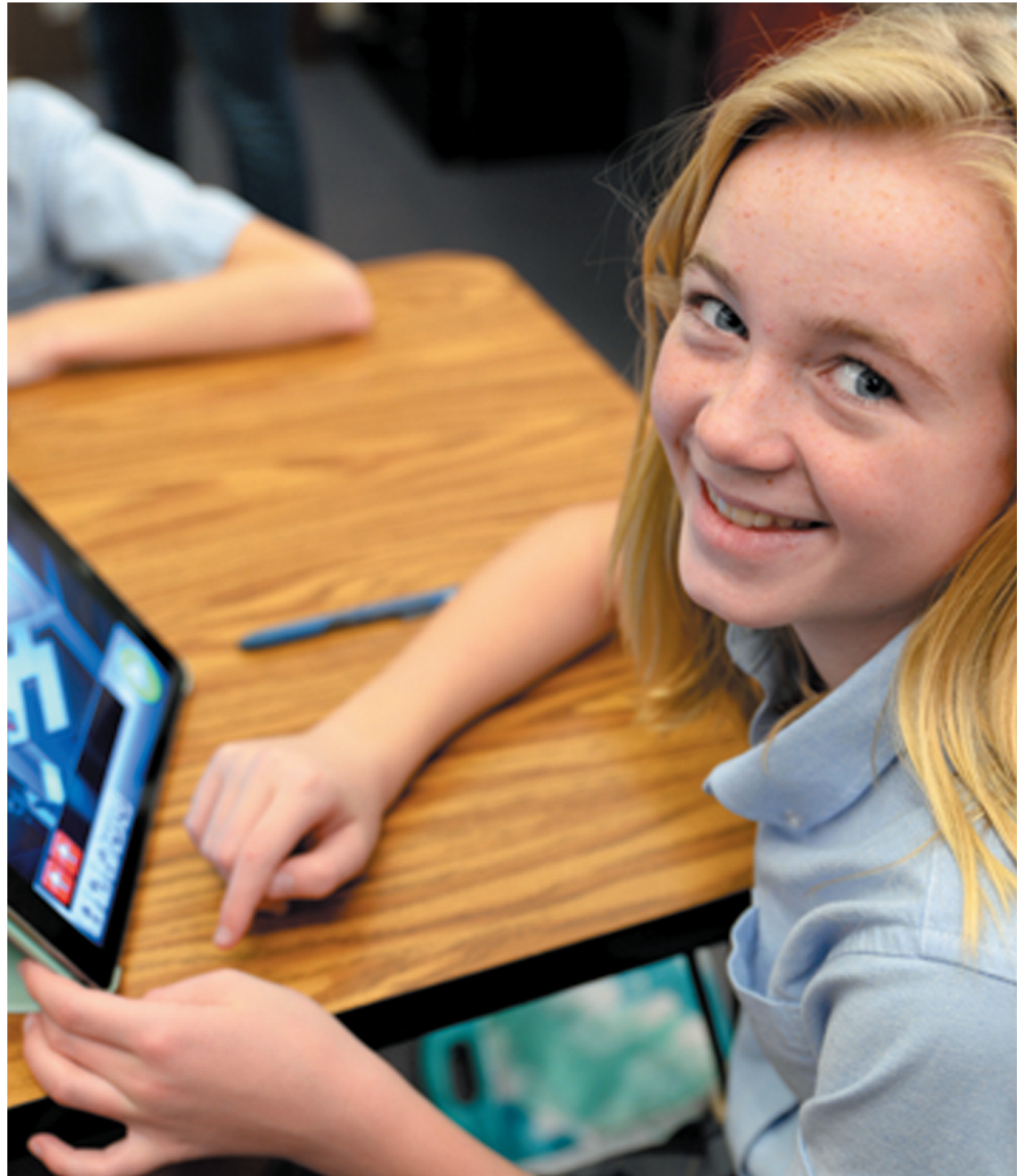
The Ocean Pines Anglers Club will meet on Saturday, January 14 at 9:30 a.m. in the Ocean Pines library. The speaker will be Dennis McDermott, the "Reel Doctor" at Atlantic Tackle. Dennis has repaired reels professionally for 13 years and is an avid fisherman who knows well the importance of keeping reels in top performance condition. Dennis will provide insights on how fisherman should regularly care for their reels and technical advice for what has become an ever increasingly expensive piece of fishing equipment. All are welcome.

MBS to host open house

Most Blessed Sacrament Catholic School will host an open house on Sunday, January 29 between 1 p.m. and 3 p.m. In celebration of Catholic Schools Week, prospective families and members of the community will have an opportunity to tour the facilities and speak to faculty and staff on hand regarding enrollment possibilities for the 2017-2018 academic year. Applications for the 2017-2018 academic year will be accepted starting March 1. For more information contact Lisa Edmunds, director of Admissions at 410-208-1600.

Boat club to host mini golf tourney

The Ocean Pines Boat Club will hold its mini golf tournament on Thursday, February 16. The event is open to the public and will take place at the Old Pro Indoor Golf Course located at 68th Street in Ocean City. Happy hour will start at 4:30 pm. BYOB and bring a small snack to share. After the tournament, everyone is invited to travel to Taylor's Restaurant in Ocean Pines and have dinner together. The cost is \$10 per person (golf only), \$20 per person (golf and dinner) or \$15 per person (dinner only). For more information, contact Walt or Barb at 410-600-0021 or wblischak@yahoo.com



Fun in education - In honor of Computer Science Education Week in December, Worcester Prep Students in grades Pre-Kindergarten through grade 12 participated in an Hour of Code, a global grassroots campaign that helps children understand the importance of coding and programming.

Above: WPS seventh grader **Natalie Brushmiller** works to solve a coding puzzle.



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Community Calendar January

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

Bingo scheduled

Bingo will be hosted by the Knights of Columbus on January 13, 20 and 27 at Columbus Hall located at 9901 Coastal Highway in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments will be sold. For more information call 410-524-7994.

Annual blood drive scheduled

It is time to grab your shades and get a head start on your 2017 summer wardrobe as Blood Bank of Delmarva returns to the Ocean City Convention Center (4001 Coastal Highway) for the 19th Annual Ocean City Beach Blanket Blood Drive. The drive takes place on Wednesday, January 18 from 8 a.m. to 6 p.m. Close to 450 donors are expected to register to donate blood during this one day event. The drive will be held in the Convention Center's Dockside Room featuring a great view of the bay.

"It's no surprise that our annual Beach Blanket Blood Drive is scheduled during National Blood Donor Month," Michael Waite, Blood Bank of Delmarva's Director of Marketing and Community Relations, said. "This event is very important in helping us maintain our blood supply which serves the 18 hospitals and 20,000 patients a year, across the Delmarva region. It's also an opportunity for us to acknowledge those donors on the Eastern Shore who support us every year for this important event." All donors will be treated to local goodies from Dough Roller, Wockenfuss, Candy Kitchen,

Center Plate Catering and others, plus receive a free t-shirt with the "Beach Blanket Blood Drive" logo to add to their upcoming summer wardrobe.

Each unit of donated blood has the potential, when split into individual components, to save up to three lives.

This event is open to the public and appointments may be scheduled online at www.DelmarvaBlood.org as well as by phone at 888 8-BLOOD-8. Donors can also schedule by downloading the free Blood Bank of Delmarva app to their iPhone or Android and scheduling from the app.

Simple Supper offered

The Knights of Columbus will host a simple supper on January 25, February 22 and March 29. The cost is \$5 in January; \$7 in February and March. The meal includes soup, sandwiches, salad and dessert. Dinner will be served between 5 p.m. and 6:30 p.m. at Columbus Hall located at 9901 Coastal Highway in Ocean City. There will be a cash bar. For more information call 410-524-7994.

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 Gentlemen'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@delmarvahand-dancing.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.



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Dryzga honored

Pictured receiving the December 2016 Kiwanian of the Month Award is (L) **Carolyn Dryzga** from Kiwanis Club President **Barb Peletier** at the January 4 meeting of the Kiwanis Club of Greater Ocean Pines - Ocean City in the Ocean Pines Community Center. Carolyn is a past president of the organization.

Go Red event scheduled

The Tri-County region will “Go Red” for women’s heart health with a free kick-off event 5 p.m. to 8 p.m. on Thursday, February 9 at the Worcester Technical High School, 6290 Worcester Hwy in Newark. Doors open at 4:30 p.m.

While this is a free event, space is limited and pre-registration is required at www.peninsula.org/GoRed or by calling 410-543-7028.

The evening will feature two local keynote speakers who will talk about women’s heart health issues: Karan Baella, Atlantic General Hospital staff pharmacist and Dr. Brandi Musselman, Atlantic General Hospital OBGYN.

Participants will enjoy visiting vendor tables, health screenings, a gourmet dinner and several other fun activities throughout the evening to promote women’s heart health.

Go Red for Women is a passionate, emotional, social initiative designed to empower women to take charge of their heart health. Heart disease is the leading cause of death in women in the United States, according to the Centers for Disease Control and Prevention.

Approximately two-thirds of women who die suddenly from coronary heart disease have no previous symptoms, making regular screen-

ing and heart-healthy decisions critical. Go Red’s mission is to “build healthier lives, free of cardiovascular diseases and stroke,” by promoting healthy habits, awareness of risk factors, knowledge about heart disease, and by encouraging women to be proactive about their heart health.

The annual event is a collaborative initiative sponsored by the health departments of Somerset, Wicomico and Worcester counties, Atlantic General Hospital and Peninsula Regional Medical Center.

Boat club to host mini golf tourney

The Ocean Pines Boat Club will hold its mini golf tournament on Thursday, February 16. The event is open to the public and will take place at the Old Pro Indoor Golf Course located at 68th Street in Ocean City. Happy hour will start at 4:30 pm. BYOB and bring a small snack to share. After the tournament, everyone is invited to travel to Taylor’s Restaurant in Ocean Pines and have dinner together. The cost is \$10 per person (golf only), \$20 per person (golf and dinner) or \$15 per person (dinner only). For more information, contact Walt or Barb at 410-600-0021 or wblischak@yahoo.com.

Registration open for Winter birding weekend

Registration for the Winter Delmarva Birding Weekend is now open at www.DelmarvaBirding.com for the celebrated birding extravaganza on January 27-29.

Most East Coast wildlife watchers are aware of the Spring Delmarva Birding Weekend held in April, but due to the popularity of last year’s event, organizers have planned another exciting schedule of field trips in late January to showcase Delmarva’s incredible diversity of winter wildlife.

“We enjoy such a big difference in bird species in winter and spring that it just makes sense to host two weekends,” said Worcester County Tourism Director Lisa Challenger. Now waterfowl, raptor, and songbird lovers can enjoy an arctic experience on the Peninsula.

Travelling thousands of miles, the Harlequin Ducks, Razorbills, Purple Sandpipers, falcons and more than 25 species of duck, goose and swan are on full display in the mid-Atlantic for about four months a year. More than 110 species were tallied in 2016. There are also opportunities to see unusual winter rarities, such as a Snowy Owl or Crested Caracara. Both species have been seen recently along the Delmarva coast in 2017.

The only way to see these birds is to shed those winter blues, dust off the binoculars, and get outside. Seals are a huge draw too with close-up looks at Harbor and Gray Seals on the breakwaters in Delaware Bay during the Lewes Boat Trip that departs from Fisherman’s Wharf.

Guided by local birders with decades-long experience on the shore, the walking tours and boat trips accommodate visitors from the curious nature lover to fowl fanatics. Last year, birdwatchers from surrounding states flocked to the winter event.

“Most folks have no idea how spectacular the winter birding is down here,” said guide and event co-organizer Jim Rapp. “The sheer number of Bald Eagles and ducks is mind boggling. We’re hosting the event on the weekend between the NFL playoffs and the Super Bowl, so we hope you’ll get off the couch, bundle up, and go

birding with us!”

Boasting patient and fun-loving guides, the winter trips feature a near-shore maritime boat cruise to enjoy pelagic and arctic migrants, waterfowl and eagle-watching trips, and jaunts in Delaware and Maryland through some of the most pristine habitats on the East Coast.



Indeed participants recount the event in terms of experiences rather than simply observing birds, thousands of Snow Geese lifting off a farm field, a majestic Bald Eagle soaring over the marsh, Long-tailed Ducks bobbing on the waves at the inlets, or the eerie hoot and shadow of a Great Horned Owl at dusk. An outdoor experience is the true draw.

The Delmarva Peninsula is one of the country’s premier birding areas, thanks to an extensive variety of habitat protected by coastal parks, refuges, and wildlife management areas. More than 400 bird species have been recorded in the region and previous Weekend tallies have topped 200 species.

“Delaware is teeming with bird species in winter,” said Southern Delaware Tourism Director Scott Thomas. “And this is a great place to experience them.”

If counting that many species is not enough, participants should feel even better knowing that they have helped Delmarva’s birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops. Participants are encouraged to remind local businesses that they are

*please see **birding** on page 4*

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 delmarvacourier.com

Dented cans have long been a source of confusion and concern for shoppers. They may be discounted and seem like a good deal, but some of those dented cans may not be safe to eat. Damaged cans may be harboring food



that contains botulism and other toxins. According to the United States Department of Agriculture

Food Safety and Inspection Services, if a can of food has a small dent but is otherwise in good shape, the food should be safe to eat. However, deeply dented cans should be discarded. Dented cans of food that are safe will have smooth dents or dents that are not on the seams of the can. A person should avoid sharp dents, dents in the seam and dents where the seam and the can meet. In addition, if the can is bulging or swollen, it should be avoided. Dents in a seam can let in air and bacteria. Deep dents may have left pinholes, again where bacteria can enter. When in doubt, avoid dented cans.

SDHS to host annual Taco Night

It has been eight years since Stephen Decatur High School (SDHS) began hosting \$1 Taco Night and the event has become a tradition.

“While Taco Night is one of our biggest school fundraisers, it has also grown into a community night for many of our parents, business partners, and alumni,” said Tom Zimmer, principal of Stephen Decatur High School.



The event typically attracts more than a thousand diners.

Members of Sunrise Church have organized and volunteered for the event since its inception.

The eighth annual event will be held at Stephen Decatur High School on Tuesday, February 7 between 2:30 p.m. to 7 p.m. in the cafeteria.

In addition to chicken and beef tacos, there will be sides, drinks and desserts available. Reservations are not necessary. Patrons can dine in or carry out. All proceeds benefit SDHS.

County offers Christmas tree recycling

The Solid Waste Division of Worcester County will host its annual collection of Christmas trees through January 31. Area residents can drop off Christmas trees at the Central Landfill in Newark and the Berlin, Pocomoke and Snow Hill Homeowners Convenience Centers at no cost.

Businesses and organizations that sold trees will not be permitted to drop off trees at the convenience centers, but may take them to the Central Landfill where applicable tipping fees will be assessed.

The trees will be ground into mulch for use at the Central Landfill. Remember, you can make a difference by recycling. For more info, contact Recycling Coordinator Mike McClung at 410-632-3177.



Celebrating - At the Kiwanis Club's Christmas Party Luncheon at Dunes Manor in Ocean City members enjoyed a the meal and festivities. (L-R seated) **Roy and Candy Foreman**, Wilma Chinn. (Standing L-R) **Ralph Chinn**, President **Barbara Peletier** and husband **Dan**. Photo by Anna Foulz.

Yacht Club closed for upgrades

Ocean Pines Association (OPA) staff members are gearing up for upgrades to “Mumford’s Landing in Ocean Pines,” the new name for the Yacht Club facility, as association rolls out a re-branding campaign.

The amenity closed January 4, and will remain so until mid-January for upgrades. While the space will remain the same structurally, more features at the recently-constructed 20-foot-long bar, “Tuffy’s Tavern,” will be installed. Crews will work to paint a good portion of the facility and complete a thorough clean of the entire building. IT Di-

rector Paul Fazzalano is spearheading the installation of new information technology at Mumford’s Landing in Ocean Pines. Signage will be replaced around the facility and community to reflect the recent changes. The upgrades will better serve Ocean Pines residents and guests.

The Cove at Mumford’s will also see some menu changes that will include new regular menu items, many of which were once weekend specials. A carry-out menu will also be added.

birding

from page 3

here to enjoy Delmarva’s natural areas and the birds that inhabit them.

“It’s our vast shallow bays and large tracts of protected marshes and Bald Cypress forests that make the Delmarva Peninsula one of the finest birding regions in the nation,” said guide and event co-organizer Dave Wilson. “During the Weekends, our guests will hike on private farmland and woodland that are normally off-limits to birders, and our waterborne trips go where the birds are. It’s amazing to tally 100 species in a single day on light hikes and boat trips in our own backyard.”

The Spring Delmarva Birding Weekend, held April 27-30, celebrates the migration of the spring suite of warblers, shorebirds, waterfowl and raptors. Registration will open later this month. In addition, 2017 kicks off a new Beans, Birds, and Beers day-trip series, starting February 25 in Berlin and continuing March 25 in Lewes and Rehoboth Beach. Participants can enjoy local coffee, birds, and craft brews on half- or full-day excursions.

Christmas unexpected

Christmas was expected to a quiet one for my wife and me. With two of our three children and our grandchildren away, we had no expectations that we would be doing much of anything.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Yes, we wrapped presents, trimmed the tree and we decorated the house, admittedly a little less than in years past. We planned on spending Christmas day curled up on the sofa under a big blanket watching some of our favorite movies. But things didn't quite happen the way we expected.

It all started several days before Christmas when our dear friend, who happens to our daughter's father-in-law, called to ask if my wife and I were interested in joining him and his wife for "cocktails" at their home the following evening. We accepted immediately. Until their youngest son and his girlfriend joined us, it was just the four of us in their living room talking and laughing. A splendidly illuminated, well decorated white tree in the corner was at times the focus of our conversation and guffaws. You had to be there. The four of us share quite a bit of history and many adventures so there was a lot of material with which to work. And make the evening enjoyable. We talked about our grandchildren and their parents, our children. They are the only two people who can understand how much we miss our grandchildren, Giana and Ben.

The evening went on for several hours but it seemed like moments as it so often does when we're together. Before leaving, we invited them to join us for Christmas dinner. They accepted immediately. On the ride home, my wife and I agreed that our visit was exactly what we needed to jumpstart our holiday spirit which had been stuck in park.

The following days were spent purchasing last minute gifts and fretting over whether presents ordered on-line would arrive in time. One special gift I received that the giver didn't even know he had given was from my son-in-law who called me a couple days before Christmas to "just catch up." His job keeps him very busy and we hardly have

a chance to talk. It's my daughter who keeps us up-to-date on what he's up to. So, on one of the few times he had off, he called and we chatted about all sorts of things for more than an hour. It was wonderful and I'm sure he doesn't realize what it meant to me. Of course, if he reads this he'll know.

Christmas morning arrived quietly at our home. It was just the two of us. I went to the kitchen to start my wife's coffee and make my tea. I lit the Christmas tree and the ceramic decorations that were made so long ago by my grandmother. I also flicked on Pandora for some Christmas background music; you know, to set the mood. Eventually my wife joined me and we sat on the floor under the tree to exchange gifts in a scene reminiscent of our first Christmas together. It was a very nice exchange.

Later in the morning we did get to watch one movie, "A Christmas Carol" with Alistar Sim. We were interrupted a couple times when our grandchildren Facetimed us and our kids called. Throughout the morning, our daughter sent us videos of our grandchildren opening their various gifts. The big gifts were a new two-wheel bike for our granddaughter and a "motorcycle" for our grandson.

Our son who now lives in Florida called. He sounded wonderful and for reasons held dear by his parents, it was the best Christmas present he could have given his mother and me.

Later in the day our oldest son and his girlfriend arrived which is always a treat. And let me write, his girlfriend, who is just a marvelous young lady, gave me the most thoughtful of gifts. As I told her after my surprise subsided, she's golden with me for many years to come.

Dinner came and all our guests were around the table. As she always does, my wife prepared a wonderful meal which was accentuated by laughter and funny stories.

A couple days later my mother arrived for a very nice two-day visit that included an enjoyable dinner with my son and his significant other and a fun breakfast with the family of our daughter's in-laws.

Our Christmas wasn't what we planned or expected. And because of that I think, it will be one of our most memorable.

Worcester Preparatory School

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OPEN HOUSE

Wednesday, February 8, 2017 • 9:00 a.m.

Admissions Testing 2017-2018 School Year

Pre-Kindergarten to Grade 11 - Saturday, February 11, 2017

Contact Tara Becker at 410-641-3575 or tbecker@worcesterprep.org

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Girl Scouts begin door-to-door cookie campaign

Girl Scouts of the Chesapeake Bay started their door-to-door campaign on January 7 to take orders for Girl Scout Cookies. The 2017 cookie season marks the 100th year of the first known sale of cookies by Girl Scouts. This year, local Girl Scouts will offer eight cookie varieties including Thin Mints, Samoas, Tagalongs, Trefoils, Do-si-dos, and Savannah Smiles, gluten-free Toffee-tastic, and the new S'mores. Girl Scout Cookies are \$4 per box with the exception of Toffee-tastics and S'mores at \$5 per box.

Cookie booth sales begin on Friday, February 17, at local businesses throughout the Delmarva Peninsula. Girls also take donations of Girl Scout cookies for Operation Taste of Home and local community groups. Operation Taste of Home cookies are do-

nated to our Armed Forces and local agencies, such as food banks and pantries, blood banks, cancer centers and youth programs.

Individuals interested in purchasing cookies or donating to Operation Taste of Home can call the Cookie Hotline at 1-800-YUM-YUM2. To locate a cookie booth sale in your area go to www.GSCB.org.

The Girl Scouts Cookie Program is about more than just great tasting cookies. By participating in the Girl Scout Cookie Program girls learn five skills that last into adulthood such as goal setting, decision-making, money management, people skills and business ethics. Every girl is encouraged to set and work toward achieving both a team and personal goal. It also raises funds to support troop and council activities. The benefits of the cookie program have been hailed by many of

today's businesswomen, who cite selling Girl Scout Cookies was their first step toward successful careers.

All of the proceeds from a local council's cookie activities remain in the area where the cookies are sold. This revenue is used to benefit girls, some of it directly by remaining in the Girl Scout troop treasuries, and some of it indirectly by funding council-led programs for Girl Scouts. Each year, more than 9,000 Girl Scouts from the Delmarva Peninsula

participate in the cookie program, selling over one million boxes of cookies to the community.

One hundred years ago, the first Girl Scout troop was founded on the Delmarva Peninsula. With nearly 10,000 girls supported by 3,600 adult volunteers, Girl Scouts of the Chesapeake

Bay helps girls discover their strengths, passions, and talents. To volunteer, reconnect, donate, or join, visit www.GSCB.org or call 1-800-341-4007 or 1-800-374-9811.



After-Prom event will open for students

Stephen Decatur High School's (SDHS) After-Prom event will be held May 13 from 10 p.m. to 3 a.m. This free event for juniors and seniors of SDHS

After-Prom keeps teens safe on prom night, a night that used to mean drinking, partying, accidents, DWI's and other destructive decisions. After-Prom is a safe, fun and memorable alternative. Junior and senior students do not have to attend prom to come to the After-Prom.

The event features huge inflatables, games, a simulated casino, fake-tattoo artist, money grab machine, music, trivia and more.

An all-night buffet will be available to feed the more than 500 teenagers during the five-hour event. The buffet donated by multiple restaurants will include an array of food including pizza, sandwiches, chips, veggies and dip, along with an ice cream sundae bar, donuts and coffee bar. Students Against De-

structive Decisions (SADD) will provide frozen "mocktails."

With almost 150 volunteers, concerned parents and the donations from parents and community businesses, this event has been offered every year since 1995.

After-Prom costs between \$15,000 and \$20,000 to implement each year. It is not funded by the Board of Education or the school. Any monetary donations from parents, businesses and community groups would be greatly appreciated and can be mailed to Stephen Decatur High School, 9913 Seahawk Rd., Berlin, MD 21811 to the attention of After-Prom with After-Prom in the memo.

Donations of prizes or food from businesses are welcome. Please email sdhsap@gmail.com. Contributors will be recognized in local newspaper ads.

Volunteers are still needed. For more information, find "Stephen Decatur High After Prom" on Facebook or email sdhsap@gmail.com.



and their dates will be held at the high school and take place in the cafeteria, gyms and numerous hallways. This year's theme is "Under The Big Top."



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**

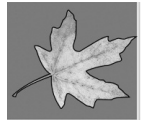
Saturday

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

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

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So we will play my songs on
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Come join us this
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Kids, teens diabetes support group to meet

Peninsula Regional Medical Center's Kids and Teens Diabetes Support Group will meet Tuesday, January 17 from 6:30 p.m. to 7:30 p.m. at the Avery W. Hall Educational Center Auditorium on the PRMC campus.

The topic this month is "Summer Camps for Kids and Teens with Diabetes: Camp Possibilities and Brainy Camps." Learn about the experience from the campers, counselors and leaders.

All children must be accompanied by an adult. Please call the Peninsula Re-

gional Diabetes Education Program at 410-543-7061 to register. The Kids and Teens Diabetes Support Group meets every other month from September to May and is sponsored by the Peninsula Regional Diabetes Education Program. The group provides an opportunity for kids and teens with diabetes, as well as family members and friends, to interact and talk about diabetes plus gain new information through special speakers and educational topics.



New Year gathering

Members of the Ocean Pines Community Church on Sunday January 1 gathered after church to enjoy a great breakfast at DeNovo's Trattoria in Manklin Station in Ocean Pines. **Larry Walton** (standing) organized the weekly event for his fellow members.



Ring in the new year - A successful New Year Party was held at the American Legion Post #166 in Ocean City. (L-R) Commander **Sarge Garlitz** and wife **Rosie** with **Teddy Rozzano**. Photo by Anna Fultz.

Wor-Wic registration still open

The student services office at Wor-Wic Community College is still accepting students for credit classes being offered this spring.

In addition to the regular 14-week spring term that begins January 13, Wor-Wic offers one seven-week session and a 10-week session that also begin January 13, as well as a three-week session that begins January 17 and a second seven-week session beginning March 3.

Students interested in taking classes offered during the first seven-week session, as well as the 10-week and 14-week sessions can register through January 12. Registration for the three-week session ends January 16, while registration for the second seven-week session continues through March 2.

Admission, registration and financial aid services are available Monday through Thursday from 8 a.m. to 6 p.m. and Friday from 8 a.m. to 4:30 p.m.

For more information or a credit class schedule, visit the college website at www.worwic.edu or call the college at 410-334-2895.

**Saturdays in January
11am to 10pm**

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

Sole proprietor, corporation, or limited liability company?

By **Steven W. Rakow**, Esquire

In Worcester County, where I live, there are hundreds of small businesses. I'm often asked by those just starting a business what they should do about forming some type of corporate entity. The answer is not as easy as it would first appear. Answering the new entrepreneur properly always involves a deeper look at the personal situation of the individual owner or owners.



Steve Rakow

For many, operating a business as a sole proprietor is the way to go. The record keeping is simple and there's no requirement to register the name of the business with the state department of assessments unless one uses a fictitious, or trade, name. The sole proprietor may also have to register with the county or municipality in which they intend to operate. If the sole proprietor will have any employees, obtaining an EIN from the IRS is a must.

It's important to note that operating a business as a sole proprietor does not afford one the protections from personal liability that corporate entities provide. Sole proprietors would be personally liable for all business debts and also judgments in the event he or she were sued. Corporate entities shield their stockholders (called shareholders in most other states) or LLC members from personal liability.

Additionally, all income derived in a sole proprietorship flows through to the personal tax liability of the owner. Business income is also subject to self-employment tax, which can add up quickly as 92.35% of one's net income is subject to self-employment tax.

Juxtaposed with the sole proprietor is the corporation. A corporation is a legal entity that can sue, be sued, enter into contracts, and perform other lawful activities as if it were an individual. The entity exists separately from the officers, directors, and stockholders, which provides those persons with liability protection so long as those running the corporation follow the statutory requirements for formation and operation of the corporation. The articles of incorporation must be filed

with the state and the corporation operates pursuant to by laws and must maintain other record-keeping requirements. A corporation in Maryland will also be run by a board of directors unless the corporation declares itself, through unanimous vote of the stockholders, to be a close corporation. Close corporations are usually smaller corporations and operate on a more streamlined basis.

Corporations are also taxed twice – at the corporate level and then again at the stockholder level. If corporations elect subchapter S ("S" Corp) treatment, which has specific requirements set forth by the IRS, then all taxes to flow through to the stockholders rather than incurring double taxation. Also, those managing the S Corp must take a reasonable salary.

The happy medium between sole proprietor and corporation is the limited liability company, or LLC. The LLC provides entity protection for the members just like a corporation. Formation of the LLC begins with the filing of articles of organization with the state. LLCs have members instead of stockholders. If there is more than one member of the LLC, an operating agreement, similar to by laws of a corporation, should be drafted to govern the LLC. Taxes also pass through to the members unless the members choose to be treated as a corporation for tax purposes. In other words, one can use the LLC benefits of reduced record keeping, but still elect to be treated as an S Corp for tax purposes.

While limiting personal liability should be one of the main factors in determining whether to operate a business as a sole proprietorship, corporation, or LLC, there are many other issues to consider. Record keeping, taxes, and the purpose of the business need to be considered as well. Each business is as unique as its owners and requires detailed planning. If you're considering starting a new business in 2017, talk to an attorney and a CPA to make sure you get off to a good start.

Steven W. Rakow, Esquire, a former assistant state's attorney and retired Marine officer, practices civil litigation, construction law, criminal law, and general practice matters. He can be reached at 410-600-3075, by email at steve@steverakowlaw.com, or through his website www.steverakowlaw.com.



SDHS donates to troops

American Legion Post #166 Commander **Sarge Garlitz**, back row third from left, and other American Legion members joined Stephen Decatur High School (SDHS) Connections and Leo Club representatives during the fourth annual presentation of Packages for our Troops. SDHS students and faculty members collected various toiletries and other amenities for the military and presented them in December.

Art League seeks instructors

The Art League of Ocean City invites anyone who has a creative talent to share their skill by teaching a class at the Ocean City Center for the Arts. Instructors are compensated for their time and supplies.

Part of the mission of the Art League is to provide community education for adults and children, artists and non-artists. Currently, the Arts Center offers more than 50 art classes for all skill levels and interests. In 2016, more than 2,000 people attended classes at the Arts Center.

The Art League is seeking instructors for such diverse classes as origami, metal work, calligraphy, silk screen printing, stained glass, glass painting, wood whittling, crocheting and using technology for art. Other creative ideas are also encouraged.

"We are inviting local creative people to share their gifts," said Rina Thaler, executive director of the Ocean City Center for the Arts. "Our current class offerings are extremely strong in painting and drawing, but we would like to expand the variety of classes we offer. We are always seeking new ideas and new instructors to share their skills."

All classes are held at the Ocean City Center for the Arts, 94th St. bay-side, a contemporary facility featuring spacious, well-equipped classrooms with waterfront views and ample exhibition space. The Art League promotes their classes through an active social media campaign, press releases and

their quarterly "Art Matters" publication that is mailed to members and distributed locally.

Anyone interested may contact Katrin Huber, the Art League's education director at 410-524-9433 or katrin@artleagueofoceancity.org.

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 about the Art League and the Arts Center is available at 410-524-9433 or www.artleagueofoceancity.org.

RWWC to meet

The Republican Women of Worcester County will their January luncheon meeting on Thursday, January 26 at the Clarion Hotel in Ocean City. The speaker will be Heidi Mc-Neeley of Worcester County Warriors against Opiate Addiction. Cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation or for more information, please contact Pat Addy at 410-208-0171 or gorpataddy@aol.com.



Spirit Day - Buckingham Elementary School (BES) held its first Heavenly Hats Spirit Day on December 16. For just a \$1 donation, students had the privilege of wearing their favorite hats to school to positively impact the lives of those facing the biggest challenge of their lives, cancer. Buckingham's Heavenly Hats Day, organized as a community service project by Stephen Decatur High School senior Lexie Van Kirk, raised \$175 for the cause. Since 2001, the Heavenly Hats Foundation has donated more than 3.2 million new hats to hundreds of hospitals and clinics around the United States to help patients in need of headwear for warmth, comfort, courage and strength

Above: **Lexie Van Kirk** with BES fourth grader **Mason Glover** and first grader **Cooper Glover** on Heavenly Hats Spirit Day.

Valentines for Veterans underway

Start the year off by thanking a veteran with a Valentine card that says thank you for your service. For the 17th year, cards will be sent to four veteran rehabilitation medical centers to thank them for their sacrifices and to let them know they are loved, appreciated and not forgotten. All area schools, clubs, businesses, organizations and individuals are invited to participate with purchased cards (no youth cards, please), but home-made cards are particularly appreciated. No postage is necessary and the card is to be addressed to "A Veteran." Through the generosity of Linda Dearing and the Copy Central staff, the cards, plus some candy, will be deliv-

ered to Charlotte Hall Veterans Hospital, Baltimore Rehab Center, Baltimore VA Medical Center, and Perry Point Hospital. Drop off locations are: Shamrock Realty Group, 11049 Racetrack Rd, Ocean Pines; Copy Central, Cathell Rd., Ocean Pines; the Worcester County Library at Ocean Pines, the Ocean Pines Community Center and Recreation and Parks Building, and other locations as they become available. The deadline is Thursday, January 26. For more information call 410-208-9390 or email at ultimateenergy@verizon.net. This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.

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sessions can register through January 12. Registration for the three-week session ends January 16, while registration for the second seven-week session continues through March 2.

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Winter To-Do List

1. Remember to get flu shot at Apple
2. Check with Apple pharmacist for other vaccinations that are not up-to-date
3. Sign up for Apple MedSync & make refills of routine RX's more convenient by having one refill appointment day each month.
4. Stop worrying about loved ones' adherence to medication schedules. Sign them up for Apple PAX, prescription packaging service.
5. Download the FREE Apple app for your smart phone. Search "Apple Discount" on the Apple or Google Play store.
6. Find all of the healthcare services I need under one roof at Apple Discount Drugs!

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Nicki Akstinas
CRNP - Family planning, cervical colposcopy

Lisa Bayles
DNP, CRNP, RN, MSN - Gynecology, colposcopy

Kevin J. Lee
MD, MSPH - Minimally invasive gynecological surgery

Christine Neto
MD, FACOG - Menopausal medicine, infertility, breast disease, incontinence

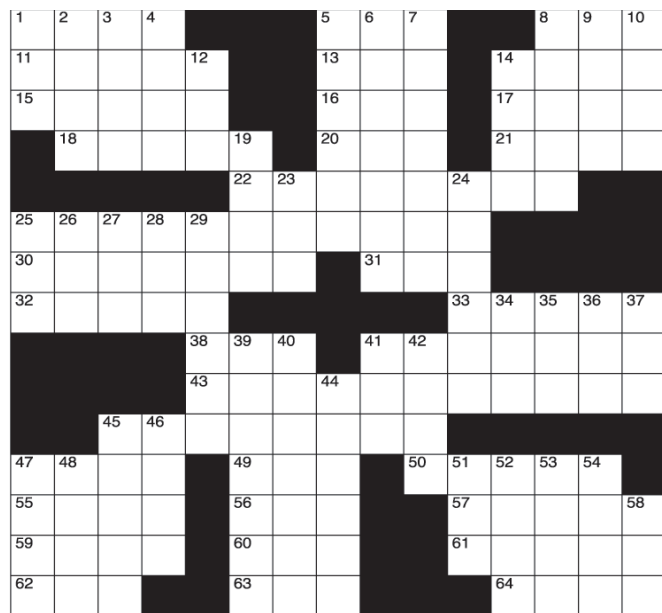
Map locations: Ocean View, Bethany Beach, Fenwick Island, Bayville, Ocean Pines, Ocean City, Berlin.

Atlantic General Women's Health Center

12308 Ocean Gateway, West Ocean City

Hours of Operation:

8:00 am - 4:30 pm, Monday - Friday



CLUES ACROSS

- 1. Pain
- 5. Near the stern of a ship
- 8. Certified public accountant
- 11. External appearance
- 13. Neither
- 14. He played with Peter & Mary
- 15. Maximum
- 16. Irish republican organization
- 17. Swedish rock group
- 18. Source of chocolate
- 20. Counterparts to women
- 21. Type of levy
- 22. More tasteless
- 25. "Use Somebody" rockers
- 30. Burst
- 31. Flightless, fast bird
- 32. Type of salami
- 33. Charges to live somewhere
- 38. Ji dynasty's ancestral home
- 41. They play music
- 43. One who cancels
- 45. Resin from an African tree
- 47. Shellfish
- 49. Notre Dame coach Parseghian
- 50. Thoroughbred horse race: ___ Stake
- 55. Empire in pre-colonial C. Africa
- 56. Small piece of caramel
- 57. Hillsides
- 59. Does great
- 60. Israeli city ___ Aviv
- 61. Brief appearance
- 62. Danish krone (abbr.)
- 63. Midway between east and southeast
- 64. Database mgmt. system

CLUES DOWN

- 1. Sign language
- 2. In style
- 3. Syrian city
- 4. A long narrative poem
- 5. Living thing
- 6. Envision
- 7. Flat surface on a vessel's stern
- 8. Scottish sport
- 9. They serve beer
- 10. Expression of sorrow or pity
- 12. When you expect to get there
- 14. Bullfighting maneuver
- 19. Double-reed instrument
- 23. Rural Free Delivery (abbr.)
- 24. Hardened
- 25. Small cask or barrel
- 26. Anger
- 27. Female religious figure
- 28. Central mail bureau
- 29. Ruled Russia
- 34. Geological time
- 35. Catches fish
- 36. As well
- 37. Soviet Socialist Republic
- 39. A moderately slow tempo
- 40. Female reproductive organs
- 41. Patti Hearst's captors
- 42. Twitchings
- 44. Suitable for crops
- 45. Cavalry-sword
- 46. Greek sophist
- 47. Dressed
- 48. Tight crowd of people
- 51. Basics
- 52. "Raymond" actor Garrett
- 53. Unstressed-stressed
- 54. Old World tree
- 58. Distress signal



Answers for Jan. 4

Courier Bookshelf

by Dolores E. Pike



The Last Days of Night
by Graham Moore

"Nothing you've read here should be understood as verifiable fact." And only with that salient statement, a direct quote from the book herein reviewed, should you pick up the historical fiction of Graham Moore entitled "The Last Days of Night." You're on your own to separate fact from fiction displayed in this book though Mr. Moore does present you several points of guidance in an epilog.

Barely out of Columbia Law School, Paul Cravath is tapped by George Westinghouse to represent his defense in a billion-dollar lawsuit brought by Thomas Edison. The legal complaint is simple: Plaintiff Edison claims he alone invented the light bulb and that defendant Westinghouse infringed on the patent. Edison brags of his deep pockets via shareholder J. P. Morgan who owns 60% of Edison General Electric (EGE) and, in fact, Edison summons Cravath to meet with him, encouraging him to throw in the towel based on this boast. ("The worst negotiator in the world is a man who believes he's clever," said well-known writer Ken Follett once and the quote seemed appropriate here.) Instead of capitulating, Cravath locates Nicola Tesla, bringing him on board and into Westinghouse's lab to help make the case in his client's favor. A Croatian immigrant who has left Edison's employ over salary and technical differences Tesla is a brilliant inventor but unfortunately all tied up in a tight knot of neurosis and oddities. I am sure readers are quite familiar with the major historical names tossed about here.

Enter into this picture (and in need of a lawyer) is Agnes Huntington, an opera singer of note performing with the Metropolitan Opera. Cravath not only fills that lawyerly role but also

that of escort in and about the New York City of the 1890s. Mr. Moore fascinated me with all the background information he pulled out of a hat full of old New York names – to wit, the Metropolitan Opera, the Players Club, Delmonico's etc.

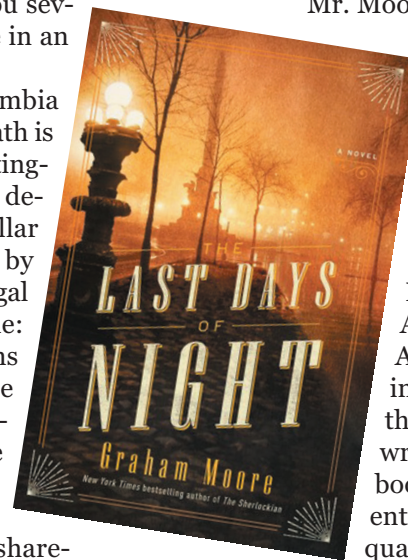
Huntington eventually meets Tesla. Taking an instant liking to the man as well as concern and pity, she is a major help to Cravath in working with the unstable genius.

Mr. Moore's writing aces one

test of his skills as shown by his script of the movie "The Imitation Game," (2014) the true-life story of British cryptographer Alan Turing. He won an Academy Award for his writing. And maybe his writing style rings truer on the big screen than the written page. In this book, Mr. Moore presents himself as an adequate writer but certainly not stellar. If

you made it past junior high the book's a snap to read. And if you like your history in easy gulps – this is it. But it does tend to make facts a bit squishy. Though I must say that readers may very well be convinced to modify opinions of Edison upon finishing the book. As presented here, the "Genius of Menlo Park" is depicted quite differently from what might have been documented in junior high school history textbooks.

Any writer from an established publishing house should be able to craft his own fiction, and hold his readers. Non-fiction is another game altogether. Writers who opt to take on well-known historical figures and then weave round-about to refashion those lives or emotions, a/k/a as the truth, more readable, astonishing or just plain interesting are compromising their readers. In my opinion, a writer



A look at the life and influence of Dr. King

Martin Luther King, Jr. played a pivotal role in race relations in the United States for nearly a decade. He helped secure the end of legal segregation of African-American citizens, created the Civil Rights Act of 1964 and served as a source of inspiration for black individuals across the globe.

Dr. King did not begin his life as a crusader or public figure. He had



much more modest beginnings in rural Atlanta. Born Michael King, Jr., he was the middle child of Michael King, Sr. and Alberta Williams King. Michael King, Sr. served as pastor of Ebenezer Baptist Church upon the death of his father-in-law, who was the church's prior pastor. At this point, the elder king decided to change his name to Martin Luther to honor the famed Protestant religious leader. His son soon decided to adopt the name as well.

A religious family, the Kings tried to shield their children from the realities of racism that were alive and well in the country. They believed racism and segregation to be an affront to God's will, and Martin, Sr. discouraged separation of class and taught these lessons to his children. Those lessons resonated with Martin, Jr.

bookshelf
from page 10

working in non-fiction should be able to either (a) present his research in a fact-based history or (b) deliver his facts ("Just the facts, mam") in a "novel-like" manner. In this latter category we have Eric Larson with his brilliant non-fiction of 1930s Nazi Germany entitled "In the Garden of the Beasts." In the former and much more of a straight historical vein would be writing giants like Ron Cher-

Dr. King attended Booker T. Washington High School and was so advanced he was able to skip both the 9th and 11th grades. He went on to college at the age of 15, graduating from Morehouse College in 1948 with a degree in sociology. In his junior year of college, King enrolled in a Bible class that sparked a renewed enthusiasm for the ministry. He later enrolled in the liberal Crozer Theological Seminary in Chester, Pennsylvania, where he received a Bachelor's of Divinity. Later he attended Boston University and earned a Ph.D. at the age of 25. It was during his time in Boston that he met his future wife, Coretta Scott. While he was completing his dissertation work, Dr. King became the pastor for the Dexter Avenue Baptist Church of Montgomery, Alabama.

Martin Luther King, Jr. became directly involved in the civil rights movement after the head of the local NAACP chapter in Montgomery met with him on the night that Rosa Parks was arrested for failure to give up her bus seat to a white passenger. Dr. King helped institute the Montgomery Bus Boycott. During this time, African-Americans refused to ride the public bus system in Montgomery. The boycott lasted 382 days. During that time, Dr. King's home was bombed due to his involvement in the boycott, and he was arrested for conspiracy. His work paid off on December 21, 1956, when the Supreme Court ruled that racial segregation on public transportation was illegal.

Dr. King promoted nonviolent now with "Hamilton" and David McCullough with "1776."

There's an unwritten rule in storytelling – never tell people something they already know. So, authors of historical fiction always run the race with their readers to see who knows the most about the subject at hand. In this case of historical fiction maybe Mr. Moore does still have one or two hidden facts up his sleeve to spring on readers at the last moment. One can only hope.

protests against unfairness to the African-American community, urging civil disobedience and peaceful protests, tenets that formed the basis for the Southern Christian Leadership Conference, or SCLC, which he led. He participated in numerous nonviolent protests and was arrested several times. During one stint in jail, he penned his famous, "Letter from a Birmingham Jail."

Dr. King established a relationship with fellow African-American civil rights activist Bayard Rustin, who shared similar interests, including the teachings of Gandhi. Rustin would serve as King's mentor and was the main organizer of the March on Washington that took place on August 28, 1963. Approximately 250,000 demonstrators were involved in the march, and it was the largest demonstration in the nation's capital up to that time. In front of the Lincoln Memorial, Dr. King issued his famed "I Have a Dream" speech. He later met with President John F. Kennedy to appeal for greater rights for African-Americans and called for an end of segregation.

As a result of his civil rights efforts, Dr. King was awarded the Nobel Peace Prize on December 10, 1964, at the age of 35. He was the youngest person ever to receive the honor. He

donated all the prize money to his racial equality effort.

Through the late 1960s, Dr. King expanded his Civil Rights Movement to other cities. But he was often met with criticism, especially when he appealed to white middle-class citizens. Many militant black organizations considered King's methods too weak and ineffective. His support was faltering and Dr. King grew weary of marches, jail and protests. However, in April of 1968, a labor strike in Memphis drew King's attention, and he gave a speech about the sanitation labor dispute, which would prove to be prophetic. The next day, on April 4, Dr. King was hit by a sniper's bullet while standing on an outside terrace of his motel room at the Lorraine Motel. King's words from the previous day, including, "I've seen the promised land. I may not get there with

you. But I want you to know tonight that we, as a people, will get to the promised land," were haunting. James Earl Ray was charged with the assassination.

In his honor, Americans have celebrated Martin Luther King, Jr. Day as a federal holiday since 1986. King was posthumously awarded the Presidential Medal of Freedom in 1977. Many streets have been renamed in his honor, and Dr. King remains a source of inspiration decades after his death.

I Have a Dream ...

Martin Luther King, Jr.'s "I Have a Dream" speech, which was delivered to a crowd of 250,000 in Washington, D.C., on August 28, 1963, is one of the most memorable moments of Dr. King's life. In the 17-minute monologue, Dr. King called for an end to racism. Interestingly, the "dream" component of the speech was not in the original draft. Gospel singer Mahalia Jackson reportedly coached Dr. King to tell the listeners "about the dream."

Tide and Sun Chart

* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide

DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., January 12	7:02 a.m. 7:20 p.m.	12:37 a.m. 1:31 p.m.	7:17 a.m.	5:01 p.m.
Fri., January 13	7:53 a.m. 8:11 p.m.	1:28 a.m. 2:19 p.m.	7:16 a.m.	5:02 p.m.
Sat., January 14	8:41 a.m. 9:00 p.m.	2:18 a.m. 3:06 p.m.	7:16 a.m.	5:03 p.m.
Sun., January 15	9:28 a.m. 9:49 p.m.	3:08 a.m. 3:53 p.m.	7:16 a.m.	5:04 p.m.
Mon., January 16	10:14 a.m. 10:37 p.m.	3:58 a.m. 4:40 p.m.	7:15 a.m.	5:05 p.m.
Tues., January 17	10:59 a.m. 11:26 p.m.	4:49 a.m. 5:27 p.m.	7:15 a.m.	5:06 p.m.
Wed., January 18	11:45 a.m.	5:42 a.m. 6:13 p.m.	7:15 a.m.	5:07 p.m.

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WINE about it

by Jean Marx

Happy Beaujolais Nouveau!

In ringing in 2017, it is time for new beginnings and resolutions. Beaujolais Nouveau wines refer to the first Beaujolais wines of the season that are typically sold within two months after the grapes are harvested. In the Beaujolais region of France, there is an actual Beaujolais Nouveau Day held on the third Thursday in November which calls for the wines to be released at 12:01 a.m. to signal that the grapes were harvested just a few short weeks ago. The Beaujolais Nouveau wines are meant to be consumed while they are still young, usually by no later than the following May. As a result, we are right within this time frame to enjoy this custom.

The Beaujolais region is nestled within the larger Burgundy region of eastern central France, between the cities of Lyon and Rhône. The region encompasses over 44,000 acres covering a length of 34 miles, width of about 8 miles, and nearly 4,000 vineyards. The Beaujolais Nouveau wines produced are usually a purple-pink shade made from the purple Gamay grapes, with their lighter coloring due to their

youth. The Gamay grape was born in Burgundy as was its more well-known counterpart, the Pinot Noir grape.

To introduce a little science behind the Beaujolais Nouveau “magic,” the wines receiving this distinction are required to be harvested by hand. The wine is made using a process called carbonic maceration, also known as whole-berry fermentation. The website www.wineorak.com defines the process occurring “when intact bunches of red grapes are fermented in a sealed vessel that has first been filled with carbon dioxide.” The berries begin to ferment, and once the alcohol level reaches 2%, the grapes either release their juice or are pressed to extract it. The more traditional yeast fermentation process is then applied. The resulting wine has low tannins and enhanced fruity flavors such as cherries, raspberries, cranberry, and even banana. For those of you preferring white wines, you will be happy to know that there are also some white Beaujolais wines produced; they come from the Chardonnay grape.

The wine’s heyday occurred in the

1980s when close to 38 million bottles were sold. During this time, there was an annual race held to get the bottles from Beaujolais to Paris and then exported to other countries from there. The established release date of the third Thursday in November was set in 1985. Today, sales are still quite strong, reaching close to 28 million bottles last year. Two of the major export countries are the U.S. and Japan. This past November, the town of Hakone, Japan which is located southwest of Tokyo, held their 11th “Beaujolais Nouveau Day,” where people actually immerse themselves in a hot spring that is mixed with the year’s vintage. A sommelier pours the wine for the participants as they enjoy the taste and the relaxing atmosphere. How’s that for a New Year’s resolution to participate in this tradition?

According to www.winespectator.com, there are several 2016 Beaujolais Nouveau wines they

recommend. For a creamy taste combination of cherry, pureed strawberry, licorice, and cocoa powder, you can try the wine by *Jean Bererd & Fils* for \$13. Another similar combination can be found in the *Joseph Drouhin* vintage for \$12. A more savory vintage with grilled herbs, boysenberry, and cherries can be found in *Domaine Rochette’s* vintage for \$10. You can find flavors of crushed raspberries and cherries along with light herbs and pink peppercorn in the *Mommessin* for \$13. And finally, a creamy light-bodied vintage of cherry, pureed raspberry, and marjoram can be found in the *Georges Duboeuf* for \$12.

As we delve into a new year along our continuing wine journey together, I love that the world of wine always presents something new and exciting. Let the adventure begin, and I hope a few of my articles this year inspire you as well. Cheers to your health and happiness!

Communion ceremonies vary among denominations

The celebration of Holy Communion is a thread that links all Christians. While the components of receiving the Eucharist are similar, each church and denomination has its own variations on the sacrament.

The depiction of Holy Communion on television and in movies routinely shows the Catholic celebration, so many are familiar with how Catholics receive the Eucharist. But members of other Christian churches celebrate the sacrament differently.

Lutheran

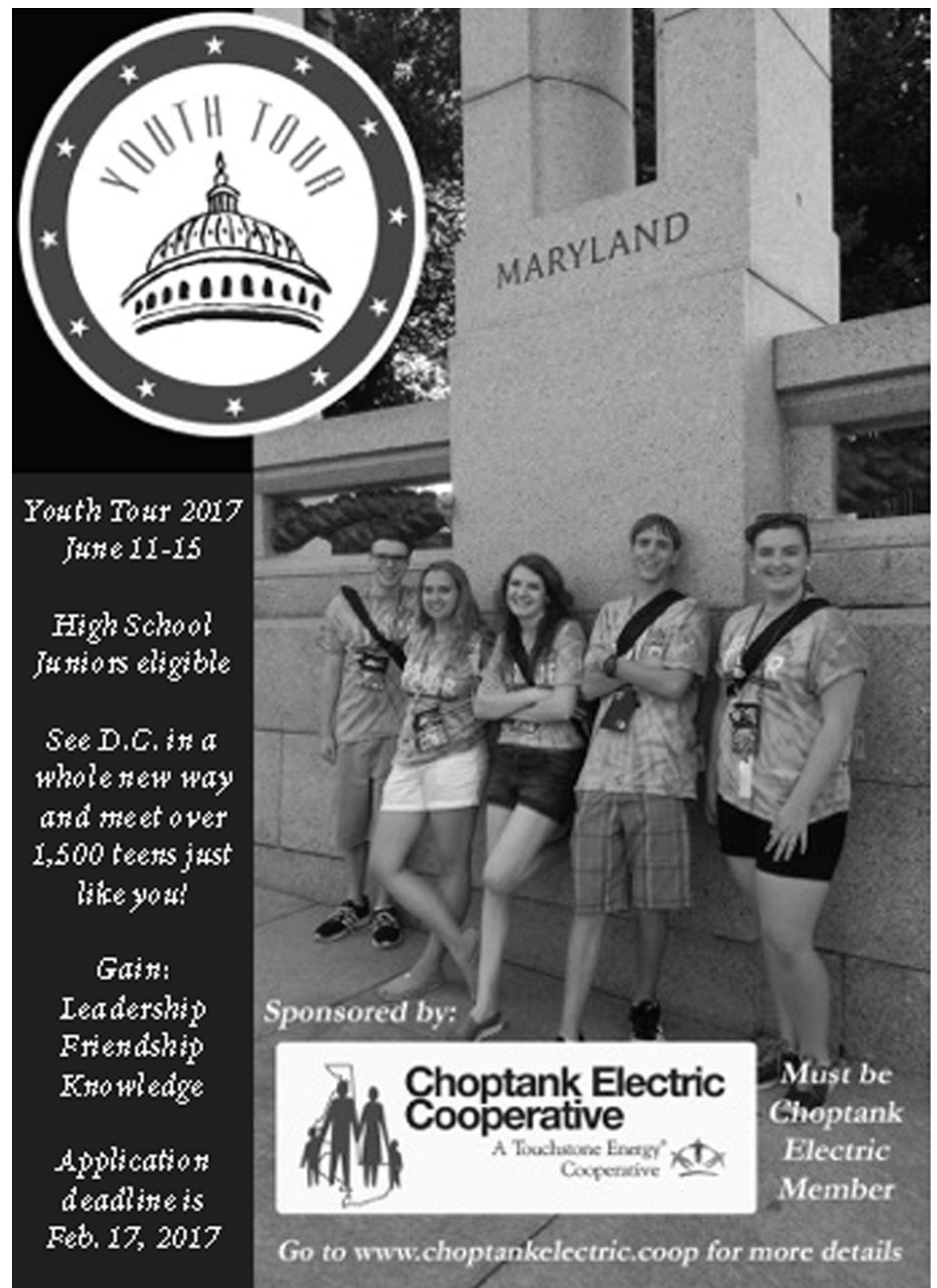
Lutheran beliefs are similar to those of Catholics, but there are some differences in the vocabulary used to describe the Eucharist. The term “transubstantiation” is not used in the Lutheran Church to describe the change of the bread and wine into Christ. Furthermore, Catholics maintain the practice of reserving com-

munion wafers in the tabernacle, believing that Christ is still present. According to *Busted Halo*, an online magazine for spiritual seekers, Lutherans do not believe that the presence of Christ continues in the bread and wine after the time of the Eucharistic celebration.

Orthodox Christians believe that the Eucharist is a sacrament, but they refer to it as a mystery rather than a sacrament. Followers accept the Real Presence of the Eucharist but do not attempt to explain how this change occurs. The service is commonly known as the Divine Liturgy in many Orthodox churches.

Presbyterian and Reformed denominations have a different view of the Eucharist. Derived from the teachings of John Calvin, Reformed and Presbyterian churches teach that

please see **communion** on page 16



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Giving - National Honor Society officers **Bethany Williams, Noah Shockley, Becca Cooper, and Rodney Murray** pose with some of the gifts the group gave to three Worcester G.O.L.D. families during the Christmas season.

WCHS invites community to join and make a difference

The Worcester County Humane Society is seeking animal lovers to join them in making a difference in the community. During the start of every year, the shelter launches its membership drive and the funds raised enable the shelter to continue serving animals in the community. Membership donations directly benefit all the animals that come into the no-kill shelter.

A basic membership (bronze level) for individuals is only \$35 for January 1, to December 31. There is also a silver level membership which is \$100 and a gold level membership for \$250. As a member you will get updates about the shelter and upcoming events through the quarterly newsletter. Members also vote for board members. A Worcester County Humane Society membership would also make a great gift for those animal lovers on your gift list. Membership forms with examples of what each membership level and donation covers are available at www.worcestercountyhumanesociety.org or visit the shelter at 12330 Eagles Nest

Road in Berlin.

Caring for ever increasing numbers of animals puts a tremendous stress on the staff, facility and limited resources. Every donation is critical to carry out the shelter's mission to advocate for animal welfare and to provide compassionate care and protection for all cats and dogs that find their way to the shelter. Support is needed from everyone in the community who are concerned about the well-being of animals.

For businesses interested in becoming a corporate sponsor, the shelter has six different levels of sponsorship ranging from \$250 to \$10,000. For more information on becoming a corporate sponsor and the benefits for each level of sponsorship send an email to savinganimals@worcestercountyhumanesociety.org. Sponsorship forms are available at the shelter and on the website.

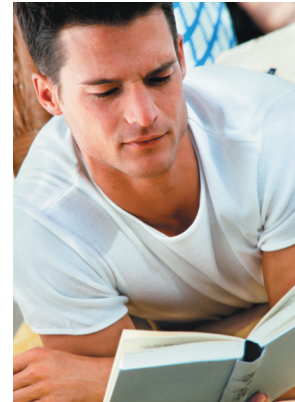
The Worcester County Humane Society is private, nonprofit, no-kill animal shelter that currently houses approximately 150 cats and 25 dogs.

The benefits of reading

Many people are avid readers, feeling that a good book remains the most entertaining form of escapism. But reading provides more than just an opportunity to leave the daily grind behind.

While many people may read to immerse themselves in something other than a movie or a television show, they may not know about all the additional benefits they are enjoying when cuddling up with a good book.

Reading can improve brain function. A recent study from researchers at Emory University discovered that read-



ing a novel can improve brain function in various ways. During the study, researchers found that reading fiction improves connectivity in the brain. In addition, reading fiction improved readers' ability to put themselves in other peoples' shoes, which might help them relate better to people in both the present and future.

Reading can benefit long-term brain health. While readers engrossed in a great book might only be worried about what is coming on the next page, the benefits to reading are much more long-term than the next chapter. Researchers at the Rush University Medical Center in Chicago found that reading is one of a handful of mentally stimulating activities that can benefit brain health in old age. In their Rush Memory and Aging Project, re-

searchers examined nearly 300 elderly men and women, giving them tests of memory and thinking throughout the final years of their lives. When participants, who were surveyed as to how often they engaged in mentally stimulating activities such as reading, passed away, their brains were examined for signs of Alzheimer's disease and dementia. Researchers discovered that the participants who engaged in mentally challenging activities most often had slower rates of memory decline. In addition, even those who had symptoms of brain damage that are commonly associated with Alzheimer's and dementia seemed to benefit from the stimulation that mentally challenging activities produced.

Reading can help reduce stress. Another big benefit of reading is its relationship to stress. According to a 2009 study from researchers at the University of Sussex in England, reading can reduce stress by up to 68 percent. In addition, reading might help relieve that stress even faster than other forms of stress relief because it allows for a more immediate escape from the stress of daily life.

Reading can help you get a more restful night's sleep. According to the National Sleep Foundation, engaging in a calming activity for an hour before going to bed can help your body wind down and ready itself for sleep. Some people may struggle to fall asleep after reading on an electronic device, such as a tablet or e-reader, as the light that emanates from such devices may be activating the brain. If need be, stick to reading traditional print books and magazines before going to bed. Reading is not only a favorite activity for many people, but it is also something that can benefit the body in myriad ways.

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
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communion
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Christ is not literally present in the bread and wine. Instead, Presbyterians believe that Christ is spiritually present and is received with the power of the Holy Spirit for the faithful.

Baptists and similar denominations largely view The Lord's Supper as a remembrance of Christ's suffering. According to the spiritual resource Christianity in View, many deny any form of physical or spiritual presence of Christ in the bread and wine.

In addition to the practices reserved for each denomination, there may be other rules regarding the celebration of Mass and the Eucharist. For example, the Vatican mandates that only Roman Catholics who are in good



standing with the Church and are free from mortal sin are allowed to participate in the Eucharist. In addition, Catholics must fast for an hour before receiving Communion, while some churches make Communion open to any Christian.

Some churches offer Communion every day or once per week. Others do it less often. Celebrants may walk up to the altar to receive from a common cup and bowl, while others pass around the Eucharist among parishioners. What is distributed also may be different. Fruit juice may be substituted for wine.

No matter how the Eucharist is shared and celebrated, it remains a sacred component of church ceremonies.

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