

The Courier

January 25, 2017 Volume 17 Number 20

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Chicken industry is a Delmarva mainstay

Delmarva's chicken industry was a force for stability in 2016, keeping its bird capacity level and even slightly reducing the number of chicken houses in operation, while maintaining the total chicken produced and supporting the region's crop family farms with nearly \$1 billion spent on feed ingredients.



Statistics on the chicken economy compiled by Delmarva Poultry Industry, Inc. (DPI), the nonprofit trade association, should put to rest worries about the

industry 'overbuilding' new chicken houses. The data, supplied by the five poultry companies that operate on Maryland's Eastern Shore, on the Eastern Shore of Virginia and in Delaware, show total chicken house capacity declined 0.5 percent in 2016, from 123 million birds to 122.5 million. The number of chicken houses in operation also fell, from 4,840 at the beginning of 2016 to 4,700 houses in use at the end of the year. The reason is simple: many chicken growers are building modern, efficient chicken houses, replacing more numerous and smaller structures as they do so. The overall effect, though, is in no way a runaway pace of growth in chicken house capacity, as some chicken critics agitating for a moratorium on new chicken house construction assert. In fact, the opposite is true, with a net reduction in 140 chicken houses seen last year.

Family farms and chicken companies use a wide variety of production methods to provide consumers with choices in the type of chicken they buy for their households. Regular and comprehensive animal care training for farmers and their employees and ongoing monitoring of bird health and welfare are part of the high standards for Delmarva chicken farmers and companies. That commitment to rais-



Happy Birthday - At the Ocean Pines Pinochle Club luncheon at Ruth's Chris Restaurant **Carol Hewitt** (left) celebrated **Marie Lunczynski's** (right) birthday. Photo by Anna Foulz.

please see **chicken** on page 4



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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			

AUCE breakfast scheduled

The Grace Parker All You Can Eat Breakfast will be held on Wednesday, February 1 from 7 a.m. to noon at First Presbyterian Church of Ocean City located at 13th St. and Philadelphia Ave. The menu includes eggs any style, pancakes, buckwheat pancakes, sausage, ham, biscuits, hash brown potatoes, grits, coffee and tea. The cost is \$8 and carry out is \$6. Milk, soda, orange juice will also be available. For more information call 410-289-9340.

Bird ID program to take place

Did you know that the Eastern Shore is home to an abundant variety of bird species during the winter months? Would you like to learn more about these winter visitors, including how to identify and attract them, as well as steps you can take protect their vital habitat? Plan to join the Lower Shore Land Trust on Saturday, February 4 at 10 a.m. for the Winter Bird Identification and Backyard Birding Program. Barbara Dolan, an experienced birder and member of the Tri-County Bird Club, will be on hand to discuss bird identification techniques, the ecological significance of our feathered friends, and the importance of habitat preservation. This family friendly event will include a "make and take" bird feeder activity so participants can observe birds in their very own backyard. Registration required. Please call 443-234-5587 or email keverson@lowershorelandtrust.org to reserve a spot. There is a \$5 recommended donation to support the Lower Shore Land Trust's land conservation programs. This program is suitable for ages five to 105.

The Lower Shore Land Trust's Winter Birding Program takes place in advance of The Great Backyard Bird Count (GBBC), a program developed by the Cornell Lab of Ornithology and the National Audubon Society to engage "citizen scientists" in bird counting to collect data on bird populations and migratory patterns. Information submitted by people helps scientists and policy makers determine where to concentrate conservation efforts. Be a part of this important movement to help preserve the biological diversity of bird species. GBBC takes place February 17-20. For more information, visit their website atcountbirds.org.

Fire company to host taco night

The Bishopville Volunteer Fire Department Auxiliary will hold an all you can eat Taco night, Friday, January 27 between 6 p.m. and 8 p.m. The cost is \$10 for all you can eat. Beef and chicken tacos, beans and rice, Guacamole and chips will be offered. Call 443-235-2926 for more information.

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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Juniors sought for Youth Tour

Choptank Electric Cooperative is now accepting applications for the National Rural Electric Cooperative Association's (NRECA) 2017 Youth Tour program which will take place June 11-15, in Washington, D.C. They are looking for five current high school juniors who are interested in continuing their education through higher education like college or through a trade school.

Youth Tour representatives are selected by Choptank Electric based on an application, 90 second first-round self-produced video, short essay, and, if applicable, a second-round interview. To qualify for this opportunity, students must be juniors whose parents or guardians are Choptank Electric members. Applications are due Friday, February 17 by end of business at 4:30 p.m.

This experience includes the opportunity to meet congressman and senators, visit the U.S. Capitol Visitor's Center, tour the Capitol building, the Newseum (D.C.'s most interactive museum), local memorials and museums, and other historic sites. In previous Youth Tour trips, students have

attended Nationals games, the Kennedy Center, and Mount Vernon. Along with the sites, candidates will meet over 1,500 other co-op member students from across the country. All expenses and transportation are paid for by Choptank Electric.

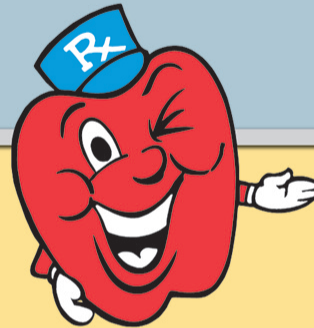
The applications are now available online at Choptank Electric's website at www.choptankelectric.coop under Community tab, Youth Tour. Members can also check with the school guidance office or call Choptank Electric Cooperative, 1-877-892-0001, extension 8640.

Dems meet Thursday

The Democratic Club of Worcester County will meet on Thursday, January 26 at the Ocean Pines Community Center at 6:30 p.m. At 7 p.m. Kimberly Richardson, a home care consultant for "Home Instead For Care" a non-medical care company located in Berlin will speak about the important issues of patient and doctor communication and preventing hospitalizations. Democrats and Independents are urged to attend.

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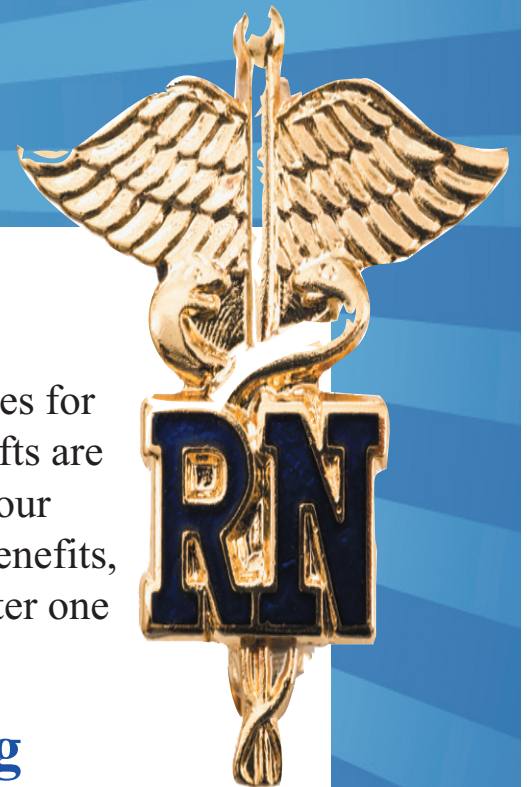
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2012 Business of the Year

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Longevity in marriage is something to be celebrated. Couples who reach fiftieth and sixtieth wedding anniversaries often commemorate those anniversaries with big parties. But there are some around the world who would consider golden anniversary celebrants to still be newlyweds. In December 2015, Karam Chand, 110, and his wife, Kartari Chand, 103, from Bradford, West Yorkshire (originally from India), celebrated their 90th wedding anniversary, becoming the world's longest-betrothed couple. In America, John and Ann Betar, ages 104 and 100, respectively, have been married 83 years as of 2016. The couple eloped in 1932. They have been named one of America's longest-married couples by the Worldwide Marriage Encounter.



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Hospice at the Ocean moving forward

Coastal Hospice & Palliative Care is nearing the finish line in creating Coastal Hospice at the Ocean, a new hospice residence and outreach center.

On November 11, Macky and Pam Stansell donated \$250,000 towards the Coastal Hospice at the Ocean capital campaign. Their donation brought the total raised to \$4.68 million with a goal of \$5 million.

On December 30, the nonprofit Coastal Hospice purchased The Point Clubhouse in Ocean Pines, the building that will become Coastal Hospice at the Ocean, from the Farmers Bank of Willards.

The new residence will be a safe place to live for hospice patients who cannot manage alone and lack an able caregiver at home. The facility will also



be a base for the home hospice team that serves the area and for outreach programs currently provided by Coastal Hospice, such as grief support and palliative care.

The Stansells, who have been generous supporters of the project since its conception, said they made their contribution with the hope that others in the community will follow suit.

"I challenge my peers to step forward and help us make this vital project a reality," Macky Stansell, a member of the project's capital campaign committee, said. "Coastal Hospice at the Ocean will benefit everyone in the Lower Shore community, especially those at the most vulnerable time of life."

Farmers Bank of Willards President Chris Davis said his board is delighted to see the building put to a use that will benefit the community.

"We all are hospice supporters," Davis said. "We couldn't be happier to see this property become the home of Coastal Hospice at the Ocean."

"The outpouring of generosity from our entire community has been wonderful," Coastal Hospice President Alane Capen said. "This could not have happened without the support of people like the Stansells and the Farmers Bank. And I can't imagine a more beautiful setting for our hospice residence."

The waterfront Point Clubhouse, abandoned by the original developer who left a completed shell and a raw interior, has been the property of the Farmers Bank for five years. Coastal Hospice will be upgrading both the exterior and interior of the building to comply with state-of-the-art hospice standards.

Patient rooms will be designed to have the comfort and feel of home, and most will have a waterfront view of the Isle of Wight Bay and the Ocean City skyline. When completed, the building will also include a meditation garden, family gathering rooms, water view decks and community areas.

please see **hospice** on page 6

chicken from page 1

ing chickens efficiently and responsibly led to a 4 percent increase in the total pounds of chicken produced on Delmarva in 2016, with a total of 4.1 billion pounds of "Delmarvalous" chicken delivered to market.

To produce those chickens, Delmarva's poultry industry used 85.4 million bushels of corn, 35.5 million bushels of soybeans and 1.7 million bushels of wheat. The industry's total feed bill topped \$997 million in 2016, down 1.8 percent from the year before. Most locally grown corn and soybeans are used to feed Delmarva's chickens. That means chicken industry dollars support Delaware, Maryland and Virginia family farms and the local economy many times over. A strong chicken industry that keeps cropland in production also provides an ecological benefit, since farmland produces less pollution per acre than developed land does.

Payments by chicken companies to contract growers on family farms rose 6 percent in 2016, from \$229 million to \$243 million. Wages earned by the 14,500 people directly employed by the region's five chicken companies also rose, by 7.7 percent, to \$663 million.

"Nearly every business on Delmarva, including small businesses, is positively affected by the chicken industry," said Bill Satterfield, DPI's executive director. "These numbers reinforce just how important the chicken industry is to the region, and they show the industry growing at a calm, sustainable pace. An unwarranted clampdown on Delmarva's chicken industry would result in widespread economic harm; it would endanger the livelihoods of farmers, chicken company employees and countless others; and it would represent a step back in terms of conservation, by exposing more farmland to development pressure."

2016 Facts about Delmarva's Meat Chicken Industry

- Annual broiler/roaster/Cornish production: 594.9 million
- Total pounds produced: 4.12 billion
- Number of broiler/roaster/Cornish houses: 4,700
- Broiler/roaster/Cornish house capacity: 122.4 million
- Broiler/roaster/Cornish and breeder growers: 1,736
- Poultry company employees: 14,500
- Value of chicks started: \$189.7 million
- Annual feed bill: \$997.1 million
- Bushels of corn used for feed: 85.4 million
- Bushels of soybeans used for feed: 35.5 million
- Bushels of wheat used for feed: 1.8 million
- Packaging and other processing supplies: \$220.7 million
- Poultry company capital improvements: \$94 million
- Grower contract payments: \$243 million
- Wholesale value of broilers/roasters/Cornish: \$3.21 billion

Cycles, temperatures and loads

There was a time when the extent of knowledge I had about laundering clothes included putting them in the hamper and within a few days finding them clean, folded and put away

she has multiple laundry baskets into which she throws similar clothes. She may have five or six baskets. I would say she is a sorting expert. When I first started separating clothes, I didn't use sorting baskets. I upended the hamper directly into the washer, poured in some soap and bleach, closed the lid and that was it. As you might expect, the results were disappointing but nonetheless colorful, a sort of



It's All About. . .
By **Chip Bertino**

chipbertino@delmarvacourier.com

neatly in the appropriate drawer. It was that simple. Oh, the good old days!

Since those years of ignorant bliss I have come to more fully appreciate and understand the laundering process. This turnaround of events had nothing to do with my burning quest for knowledge or an unquenchable passion for conquering the unknown. No. It was all about helping out around the house. Read into that explanation anything you want. You could think that I was interested in bolstering my standing as the greatest husband ever. Or if such soaring ambition seems contrived, you may read into it that my wife made me learn. I'll let you decide.

For anyone who has done laundry on a regular basis, understanding the complexities of colors versus whites, delicates versus regular cycles and dry clean only comes as second nature I am sure. You probably don't think twice, you just do it. I've not yet achieved that level. I'm just a step or two past distinguishing the washer from the dryer.

Sorting the laundry is an important first step in the laundering process. Mistakes at this stage can have devastating effects down the road. Ask me how I know. Go on ask. Colors with colors. Jeans with jeans, whites with whites, etc. It's pretty straight forward. I'm fairly competent at this. It's similar to learning the C Major scale on the piano. It's nothing fancy. I start to get in trouble when clothes don't fall neatly into the above mentioned categories. Like for instance, where do khaki slacks go? They are not really a color and they're not really white. Their own category perhaps? And what about knitted sweaters? Do I throw them in with the jeans?

When my wife sorts the laundry

she has multiple laundry baskets into which she throws similar clothes. She may have five or six baskets. I would say she is a sorting expert. When I first started separating clothes, I didn't use sorting baskets. I upended the hamper directly into the washer, poured in some soap and bleach, closed the lid and that was it. As you might expect, the results were disappointing but nonetheless colorful, a sort of

bluish-pink hue to be exact. It took me a few tries to correct this faux pas. Over the years my skills have improved. I'm better at sorting. Also, I've learned that regular bleach is not to be used with all clothes. I've also learned there is only so much that can be loaded into a washer. There is a capacity limit. A washer machine, at least ours, will not accommodate 25 pairs of jeans. When you have to sit on the lid to close it, you know you've overloaded.

I haven't yet mastered the control settings. Our machine has five different settings for the water temperature and six settings for load size and type. That's way too confusing. The permutations are far greater than my comfort level can handle. I just wash everything in cold water, large load.

Using the dryer presents its own set of challenges with different settings for time, load capacity and heat level. Again, I find a simple approach the best way to achieve results. Whatever was the last setting from when my wife used it is what I use. I shove the clothes in, clean the lint trap, close the door and push the start button.

Once the clothes have been washed and dried it's time for the next process: folding. Clothes folding requires a skill set that eludes me. When I fold slacks the crease is always wrong. When I fold shirts they look like a discarded paper hat. And when it comes to folding sheets, especially fitted sheets, forget it. I just wad them up into a ball and hope my wife won't notice.

As difficult as I find laundering clothes, I am grateful the endeavor does not require a river and a large stone. There would be a plus side: at least I'd be able to do some fishing.

Chase your Winter Blues away with some green Slot Dollars

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

Every 15 minutes, carded players will be randomly selected to choose their "green" and win \$50 - \$150 Slot Dollars.

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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 homemade 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 delivered 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.

Gardeners sought

Now is the time to reserve space to grow your own vegetables, fruits and flowers. The Ocean Pines Community Gardens located on Manklin Creek Road has space available for interested gardeners. Garden plots consist of three four foot by eight foot raised beds and are available annually at three beds for \$27.50 or six for \$55. The gardens receive plenty of sunshine throughout the year. Additional top soil and mulch and water are provided. Interested Ocean Pines residents may call Sam Schwartz 410-641-7978 for more information and to reserve plots.



Students host bread sale

On January 19, Worcester Prep Grade 2 students hosted the annual Bread Sale as part of a hands-on learning lesson combining English, science, social studies, mathematics and philanthropy. The month-long project is modeled like a small business, with the students making the bread and then selling it in their classroom cafe to other students and faculty. The project involves researching ingredients, creating posters, oral reports, and rotating jobs, from busboy to cashier, to learn all the facets of running a business. Proceeds from the Bread Sale were donated to Atlantic General Hospital.

Above **Gavin Mann** and **Alyson Ray** are prepared to add tasty toppings to all the slices of bread.

hospice
from page 4

The Becker Morgan Group and Hospice Design Resources are the architects for the project, and Whiting Turner is the construction manager.

Construction to make the abandoned clubhouse into a safe hospice

home is expected to begin in spring 2017 with occupancy within a year.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as possible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake, and serves Somerset, Dorchester, Wicomico and Worcester counties.



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
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'I do,' take two: guide to a second marriage

Couples are returning to the altar in increasing numbers, as second and third weddings are becoming



when it comes to where to buy their wedding wardrobes.

Grooms may opt for something more casual than a tuxedo or coordinate with their brides-to-be so they are on the same creative page. Colored tuxedos and vintage suits are acceptable, even though such attire might have raised a few eyebrows the first time around.

Guest list. The guest list does not have to be a source of anxiety. Others will understand that there may be many people at a second wedding. Children from previous marriages as well as divorced spouses or former parents-in-law are not out of the question. Even if exes will not be included, make sure they know about the nuptials in advance of others. It is common cour-

tesy, and it can help head off feelings of ill-will.

ing ever more popular. Pew Research Center indicates that, as of 2014, 64 percent of divorced or widowed men have remarried, compared with 52 percent of previously married women.

Lavish second weddings were once uncommon, but that trend is also shifting. Couples who are taking another crack at marriage are tying the knot with renewed vigor and with weddings that may rival some first-timers'.

Men and women who are remarrying after divorce or being widowed may not know how to approach planning their upcoming nuptials. The following are some guidelines to making the wedding sequel a success.

Wardrobe. Couples who have been married before often find that they have more leeway regarding their wedding wardrobes than they did when tying the knot for the first time. Brides may choose something less traditional than a long, white dress. In fact, this can be a time to let loose and select something that is festive or even funky. This also may provide a great opportunity to choose clothing styles from different cultures or ties into one's heritage. This freedom also allows brides to broaden their horizons

Some couples choosing to tie the knot again scale back the size of the wedding this time around, feeling something smaller and more intimate "with only the closest of friends and family" is more suitable.

Registries and wedding gifts. Considering couples who have been married previously likely have many of the housewares and items for daily living that first-timers may not, registering for these gifts is not necessary. What is more, some of the same guests may have been present at first marriages and gifted then. In lieu of gifts, couples may ask guests to donate to a specific charity or forgo gifts altogether.

Vows. Couples can use experience to draft vows that have personal meaning to their unique situations and make the wedding ceremony even more special.

People getting married again can impart their own personalities into the ceremony and party to follow. There are no hard rules governing second weddings, so couples can plan their weddings with good times in mind.

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Pines police upgrade fingerprinting system

The Ocean Pines Police Department is set to receive a \$30,030 grant from the state of Maryland for a technology upgrade that allows officers to quickly identify suspects involved in criminal actions. Officers will gain a valuable resource with the assistance of a new finger and palm printing machine.

According to the Ocean Pines Police Department, law enforcement agencies indicate that at least 30 percent of the prints lifted from crime scenes, from knife hilts, gun grips, steering wheels and window panes, are of palms, not fingers. For this reason, capturing and scanning latent palm prints is becoming an area of increasing interest among the law enforcement community, including the Ocean Pines Police Department.

An upgraded fingerprinting system, which has been recently installed, now helps to increase officer effectiveness.

"In addition to identifying the individual, it also quickly searches state and federal criminal history databases for warrants that may still be in effect," said Ocean Pines Police Chief David Massey. "Automation eliminates the old messy ink procedures, and accurately tells an officer that the print is acceptable, or whether a new re-print is necessary."

On April 6, 2016, an audit of the former fingerprint machine was conducted by the External Audit Unit of the Criminal Justice Information System Central Repository. The audit revealed Ocean Pines Police Department was not in compliance with submitting palm prints. The department had purchased the Livescan system in 2010, when Livescan did not include a palm reader because palm readers were not mandated at that time. The mandate to capture palm prints in Maryland was enacted in May 2013 by the FBI.

"This machine will also enable members from our Sheriff's Office, who may make an arrest nearby Ocean Pines, to utilize our machine to enter suspect information, thereby freeing them from a lengthy journey back to Snow Hill," said Chief Massey. "The cooperation of our Sheriff is supporting our grant was a factor in the approval process."



Ocean Pines is the largest year-round community in Worcester County. The Ocean Pines Police Department is the primary law enforcement agency for the Ocean Pines community, having mutual aid agreements with the Worcester County Sheriff's Office and the Maryland

State Police. The police department consists of 15 sworn officers, one part-time sworn officer, four full-time civilians and three part-time civilian support staff. The Ocean Pines Police Department responded to 10,588 calls for service in 2015.

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.



Donation - The Atlantic General Hospital Foundation was recently the recipient of a \$14,000 gift from the Hal Glick Distinguished Service Award Gala for its commitment to serving the community and its visitors.

The Glick Award started in 2010 with the recognition of Hal Glick, the pioneering Ocean City Realtor. The next year, the award, now bearing Glick's name, was given to Seacrets owner Leighton Moore. Over the last five years, philanthropists including Jack Burbage of Bluewater Development, Billy and Madelyn Carder of BJ's, and Dr. Lenny Berger of the Clarion Resort have been recognized in Hal Glick's name for their support of local community non-profits, including Atlantic General Hospital.

Since its inception, this event has raised close to \$500,000, which has been distributed to area organizations including Atlantic General Hospital, Peninsula Regional Medical Center, the Worcester County Humane Society, Diakonia, the Art League of Ocean City, the American Cancer Society and Temple Bat Yam.

Pictured from L to R: **Warren Rosenfeld**, co-chairman of Hal Glick / Temple Bat Yam Committee; **Buddy Trala**, this year's Hal Glick Distinguished Service Award Honoree; **Michael Franklin**, AGH president and CEO; **Jeff Thaler**, co-chairman of Hal Glick / Temple Bat Yam Committee and **Todd Ferrante**, chair of the Atlantic General Hospital Foundation Board.



Girl Scout cookies - At a dinner in the Atlantic Hotel in Berlin, MD. Chair (L-R) Guest Speaker Congressman **Andy Harris** was presented with cookies by Public Relations and Publicity Chair **Anna Foults** and Campaign Chair **Arleen Jamison**.

How seniors can simplify everyday tasks

The ability to perform everyday tasks is something many people take for granted. But as men and women approach or exceed retirement age, many may start to struggle with chores and tasks they have performed for decades.

Physical limitations are a common side effect of aging. But such limitations do not have to prove too big a hurdle for seniors to clear. In fact, there are many ways for seniors to simplify everyday tasks while maintaining their independence.

Embrace technology. Even the proudest Luddites cannot deny technology's potential to make seniors' lives easier. Seemingly simple tasks like shopping for groceries and vacuuming a home can be difficult for seniors with dwindling or limited mobility. But seniors with Internet access in their homes can order their groceries online and then pick them up in-store or have them delivered, saving them the trou-

ble of walking around the store. With regard to vacuuming, autonomous vacuum cleaners have removed the need to use traditional vacuum cleaners. Certain autonomous vacuums employ sensors to detect dirty spots on



the floor, and these vacuums can even be programmed to clean the home while residents are out of the house.

Upgrade bathrooms. Tasks associated with personal hygiene also tend to be taken for granted until they become difficult. But a few simple bathroom

please see tasks on page 11



Father daughter time - Ocean Pines Police Chief **David Massey** treated his pretty daughter **Erin Swanson** to lunch at DeNovo's Trattoria in Ocean Pines. Photo by Anna Foultz.

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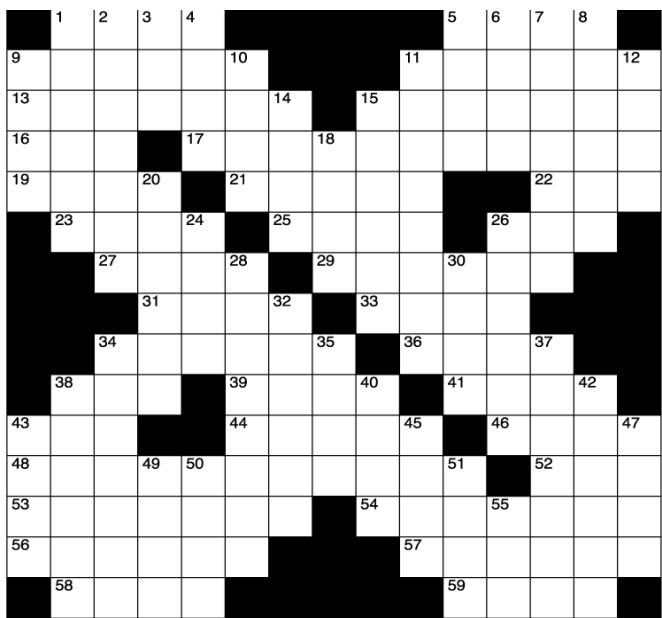
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- 1. Newts
- 5. Taxis
- 9. Ski down these
- 11. Solace
- 13. Thieves of the sea
- 15. Diacritical mark
- 16. Frost
- 17. Enmities
- 19. Furnace for baking
- 21. Founder of female institute
- 22. Eight
- 23. Earl Grey and chamomile are two
- 25. Messenger ribonucleic acid
- 26. Dull, unproductive pattern of behavior
- 27. A large and hurried swallow
- 29. Large nests
- 31. A way to choose
- 33. Grocery store
- 34. Drains
- 36. Hawaiian wreath
- 38. Where fish live
- 39. Get rid of
- 41. Beyond, transcending
- 43. Uncastrated male sheep
- 44. Asserts
- 46. Snoopy and Rin Tin Tin are two
- 48. Windy City footballer
- 52. Green veggie
- 53. Director
- 54. Conditioning
- 56. Spoke foolishly
- 57. Legislative body
- 58. Square measures
- 59. Cheek

CLUES DOWN

- 1. Call forth
- 2. Front legs
- 3. Third-party access
- 4. Hairlike structure
- 5. Ghanaian money
- 6. Settled down
- 7. Ill-natured
- 8. Choose
- 9. Mountain in the Slovenian Alps
- 10. Samsung laptops
- 11. Inquire into
- 12. Not slow
- 14. Thailand
- 15. Front of the eye
- 18. Kentucky town 41549
- 20. Extreme disgust
- 24. Not fast
- 26. Smelled bad
- 28. Portended
- 30. Leader
- 32. Comedian Noah
- 34. Course
- 35. Sloven
- 37. Perfect places
- 38. A vast desert in N. Africa
- 40. Monetary unit of Angola
- 42. Clerks
- 43. Canadian law enforcers
- 45. Without (French)
- 47. Having wisdom that comes with age
- 49. Delicacy (archaic)
- 50. Grows older
- 51. Bitterly regrets
- 55. It's present in all living cells (abbr.)



Answers for January 18

For the Love of Travel

Bitten by the Travel Bug

Publisher's Note

The Courier is pleased to welcome Kelly Marx and introduce "For the Love of Travel," a new monthly feature she will contribute.

We hope you enjoy it.

-Chip Bertino

By Kelly Marx

My name is Kelly Marx. I am 22 years old. I have traveled to 23 countries and more than half the United States. The travel bug first bit me when I went to Costa Rica by myself for four weeks during the summer after my sophomore year of college. I was bitten hard and couldn't wait for my next chance to experience another culture.

During my junior year, I traveled to Sweden to spend a semester studying abroad at Linköping University. While in Sweden, the proximity of European countries beckoned and I traveled to 14 countries within five months.

Following graduation, with our backpacks filled, my best friend Lucy, whom I met while in Sweden, and I set off for three months in South America. Lucy is a Scotland native. By the end of our adventure, we had spent four weeks in Peru, three weeks in Bolivia and six weeks in Brazil.

In April I'll begin a new adventure in Asia as an English teacher.

It is my goal with this column to provide readers with varied travel topics such as general tips as well as perspectives on individual countries to which I've traveled.

The comment I hear most often when I return home is, "I would love to travel someday." Although not everyone is in a position to pack up and leave when the mood strikes, trav-

eling can be a closer reality that many believe. A misconception of traveling that deters many people is that it is expensive. This can certainly be the case if you travel to a country halfway around the world and stay at an all-inclusive, five-star resort. But that's not necessary.

Just as you bargain shop for groceries and everyday items, it is wise to employ the same skill when purchasing plane tickets. Try to avoid leaving on a weekend or during high travel periods, such as holidays. While there is an appeal to an all-inclusive resort, try to avoid these vacation options if you are on a budget. Instead, travel to an inexpensive country and stay in hostels and budget hotels. Planning independently may take more time, but you will save money and have a more authentic experience. Make sure to book accommodations that include access to kitchen facilities so that you can cook some meals yourself and do not always have to eat out.

Do your research. If an area is known for a specific activity, look into different tour operators and average costs so that you don't end up overpaying. In most cases, booking early will not save you money. Often, you will be able to negotiate a tour price when you get there. However, if a certain activity is extremely important to you, it may be better to book ahead and pay the extra money for the guarantee that you will have a spot.

During the coming months I look forward to sharing my travel experience so that you'll be encouraged to consider leaving behind your everyday world.

Until next time.

Golf club debuts new cart fleet

New golf carts are now in use at Ocean Pines Golf Club. A fleet of 76 Yamaha QuieTech carts was delivered the week of January 9.

The new fuel-efficient, gas-powered carts feature USB charging ports and sound almost as quiet as electric, according to Yamaha.

"The feedback we've gotten from golfers – both Ocean Pines residents and nonresidents – has been entirely positive. The carts are quiet, smooth and so much better than the old ones," said Ocean Pines PGA Director of Golf John Malinowski.

The old cart fleet, which was purchased by Ocean Pines in July 2008, was returned to Yamaha as part of a trade-in agreement.



Factors to consider when choosing carpeting

When the time comes to choose flooring for their homes, homeowners may be overwhelmed by the vast array of options at their disposal. The choice between carpet and hardwood flooring, laminate or tile is a matter of personal preference. People have long extolled the virtues of hardwood flooring, but carpeting can be just as stylish and provides a host of other benefits as well.

Carpeting insulates rooms in the summer and winter, adding that extra level of protection against the elements. Carpeting also absorbs sound in a home. Many appreciate the warmth and cozy feeling of carpet, especially when stepping out of bed. Carpeting also can increase the level of safety at home.

According to the Carpet and Rug Institute, carpeting makes areas of play safer and may also reduce the severity of an injury in the event of a fall.

Today, there are many different types of carpeting available. Selecting the right carpeting for a room comes down to identifying the level of traffic in a particular room, the attributes homeowners would like the carpet to have and any other needs that fit with their lifestyles. The following guidelines can make carpet shopping a bit easier.

Type of carpeting. There are many different types of carpeting, some of which are best suited to certain situations. For example, plush and saxony carpets are better in low-traffic areas. These carpets may show footprints and vacuum tracks and dirt, but they are higher on the comfort spectrum than

other types of carpet. Berber, which is more flat and dense, helps mask stains and tracks. It is durable in high-traffic areas. Textured carpets like frieze are cut from fibers of different heights, so they mask stains and are also softer on the feet than berber.

Padding. Padding can impact the way carpeting feels and how long it lasts. It is not always necessary to purchase the most expensive or thickest padding. However, it is wise to pick a pad that matches the type of carpeting you are

selecting and one that aligns with how you plan to use the room. You may be able to go with a thinner pad in low-traffic rooms and beneath dense carpeting like berber. In high-traffic rooms, choose a thicker, more durable padding. Padding prevents carpet backing and fibers from coming apart over time. It pays to invest in a padding that will last as well.

Installation. Select a reliable carpet retailer and installer for your business. Competent installers will lay the carpeting in the correct manner so that it will look beautiful and maintain its durability for the life of the product. Shop around to find the right installer or even do the work yourself if you feel capable.

Take time when shopping for carpeting, which is a substantial investment that can last for many years if the right material is chosen and installed correctly.



Winners

Third grade future scientists, **Ethan Meyer, Sam Krasner, Brody Kendall and Jack Brady**, from Ocean City Elementary School are honored by Worcester County Superintendent, **Lou Taylor** for their award-winning Science Fair Projects on January 18 at Worcester Technical High School.

tasks
from page 9

alterations can help seniors safely navigate the bathrooms in their homes so they can maintain their personal hygiene without fear of injury. Grab bars can be installed on shower walls so seniors can safely get in and out of their showers and bathtubs. Such bars are both effective and inexpensive, and some do not even require any drilling to install. Specialty grab bars, tub grips and tub transfer benches are just a few additional products that can make bathing easier for seniors who have lost or are starting to lose some of their physical strength.

Get “smart” on the road. Seniors who are experiencing mild difficulty driving can make getting about town that much easier by plugging their smartphones into their vehicles or making use of the various apps that have become standard in modern vehicles. For example, the maps app on a smartphone can be connected to a car and direct seniors to their destinations, saving them the trouble of remembering all the ins and outs of how

to get to a destination. Seniors also can employ apps to help them find their vehicles should they forget exactly where they parked in crowded parking lots. Such apps can increase seniors’ comfort levels on the road while helping them maintain their independence.

Downsize. Whether downsizing to a smaller home or simply downsizing a lifestyle, seniors may find that living smaller is akin to living simpler. Empty nesters may find they no longer need several bedrooms in their homes, and moving into smaller homes can reduce their daily workloads while also clearing out clutter that can make performing everyday chores more difficult. Men and women accustomed to hustle and bustle may also find that cutting back on professional and/or personal commitments gives them more energy for everyday activities while enriching the commitments they continue to maintain.

Aging men and women can employ various strategies to simplify their lives and maintain their independence well into their golden years.

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Thur., January 26	6:14 a.m. 6:26 p.m.	12:37 p.m.	7:10 a.m.	5:16 p.m.
Fri., January 27	6:56 a.m. 7:10 p.m.	12:32 a.m. 1:17 p.m.	7:09 a.m.	5:17 p.m.
Sat., January 28	7:38 a.m. 7:53 p.m.	1:14 a.m. 1:57 p.m.	7:08 a.m.	5:19 p.m.
Sun., January 29	8:20 a.m. 8:36 p.m.	1:57 a.m. 2:38 p.m.	7:08 a.m.	5:20 p.m.
Mon., January 30	9:02 a.m. 9:20 p.m.	2:41 a.m. 3:20 p.m.	7:08 a.m.	5:21 p.m.
Tues., January 31	9:44 a.m. 10:06 p.m.	3:28 a.m. 4:04 p.m.	7:06 a.m.	5:22 p.m.
Wed., February 1	10:29 a.m. 10:55 p.m.	4:18 a.m. 4:51 p.m.	7:05 a.m.	5:23 p.m.



Jump - Each year during the months of December and January, Ocean City Elementary School holds a Jump Rope Club for its third and fourth grade students. Students in Jump Club meet after school each Wednesday to fine-tune their rope jumping skills. Jump Club is a part of the school's Health and Wellness Plan and also a way to help students maintain their 60 minutes of daily exercise and physical activity as specified by the President's Council on Fitness, Sports and Nutrition. Pictured, are P.E. teachers, **Tracey Drocella** and **Mark Engle** and members of this year's OCES Jump Club.

Beef and Beer scheduled

On Friday, January 27 from 5 p.m. to 9 p.m. Star Charities will hold its Annual Beef & Beer at the Ocean Pines Community Center. Tickets are \$25 per person. This event supports wounded veterans in Maryland. There will be many items for auction as well as music for your listening and dancing pleasure. For tickets and information please contact Anna Foulz at 410-641-7667 or Larry Walton at 443-831-1791.

Bertino to hold Town Meeting

Worcester County Commissioner Chip Bertino will host his first Town Meeting of 2017 on Saturday, February 25 at 10 a.m. at the Ocean Pines library. Commissioner Bertino will provide information on issues and developments occurring within the district and the county. He will also give an overview of the matters dealt with by the county since he took office in December 2014.

Health Officer Debbie Goeller and Diana Purnell, vice president of the Worcester County Commissioners, will be his guest speakers. Commissioner President Jim Bunting will join Commissioner Bertino during the question and answer portion of the meeting.

Commissioner Bertino hosts town meetings throughout the year. They are an opportunity for residents to learn more of what is happening within Worcester County and to ask questions on issues of interest.

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Is it time to update your home's electrical system?

The invisible systems in a home often are taken for granted. When such systems are working as expected, daily life moves along smoothly. However, when a system goes awry, it can negatively impact routines and may create a dangerous home environment. This is especially true when something goes wrong with a home's electrical system.

Faulty wiring is a leading cause of residential fires. Many homeowners, particularly those who live in older homes, might be living in properties that have outdated electrical systems. The experts at Lowes ProServices state that having old wiring and/or insufficient amperage in a house can endanger residents. It also may damage appliances and make it difficult to sell a property in the future.

It can be difficult to gauge exactly when to overhaul an electrical system. Unless circuits routinely trip or lights often dim, homeowners may put off the work. But degrading wires or overextended circuitry can pose a fire risk, so it is best to address electrical systems promptly.

Home inspections may uncover electrical problems. Some homeowners may discover potential

please see system on page 13

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Swearing in - New members of the Worcester County Board of Education were sworn into office last Tuesday morning. Above are Commissioner **Merrill Lockfaw**, Board member **Barry Brittingham** (District 2), Commissioner **Ted Elder**, Board Member **Elena McComas** (District 5), Commissioner President **Jim Bunting**, Board Member **Sara Thompson** (District 3), Commissioners **Chip Bertino**, **Diana Purnell** and **Bud Church**.

system

from page 12

trouble while making renovations that require opening up walls or tearing them down, exposing the wires. Still other homeowners learn about electrical systems when they are adding new, large appliances or other gadgets that consume more power than existing items. These devices may continually cause power outages in the house, such as tripping the circuit breaker or popping a fuse.

When it comes time to update the electrical system, it is always best to work with licensed and bonded electricians who have the expertise to work with electrical wiring without getting injured. This is not a do-it-yourself type of job since it requires specialized training.

Electricians likely will recommend upgrading the electrical panel to bring more power from the utility poles into the home. This can include replacing the existing meter and circuit breaker box to allow it to handle more power or replacing items that are obsolete or dangerous.

Many older homes are only capable of handling a minimum number of amps, utilizing just a few circuits. But nowadays, when homeowners have far more electronics in their homes than they once did, increased demand on electricity can overload a circuit (all of the outlets linked on one wire). Tripping a circuit breaker is a safety measure to prevent the wire from becoming overheated and causing a fire. However, in some old systems, the circuit breaker will not trip, and this can be problematic.

Rewiring a home is another step. Wire insulation can deteriorate over time, and new wires may be needed. This can be messy and time-consuming, but it is a small price to pay for safety. When rewiring an electrician also may suggest new outlets. Many home building codes now require outlets with ground fault interruptors, or GFIs, in kitchens, bathrooms and other rooms exposed to moisture. Some older homes may not even have three-pronged outlets, so this will necessitate an update as well.

Electrical systems are the heart of a home, delivering power where it is needed. It is essential to keep such systems up-to-date so they can handle the power demands of everyday life.



Learn how to prevent DIY injuries

Thousands of people try their hands at do-it-yourself home improvement projects every year. Whether working indoors or outdoors, wearing safety gear and exercising caution is a necessity when undertaking any home remodeling project.

According to the Home Safety Council, one in five consumers will need medical attention this year as a result of home improvement projects. A 2013 survey by 3M TEKK Protection and the National Safety Council found that more than one-quarter of DIY home improvement projects ended with injuries to homeowners or someone else in the household. Falls from ladders, cuts from power tools and injuries from thrown debris account for many emergency room visits. Accidents involving chemicals and cleaning agents also can occur. Safety should be the utmost priority when renovating, and that means utilizing appropriate safety equipment.

Footwear. Wear solid shoes that provide considerable traction during home improvements. A firm, reinforced toe is helpful as well. Should any items fall, they will be less likely to cause injury if your foot is encased in a protective boot or sturdy shoe. Soles that grip surfaces will help safeguard against slips and falls.

Eye protection. Safety goggles and glasses are a must-have for any do-it-yourselfer. They will provide a barrier between the eye and flying debris. According to VisionWeb, an eye education resource, most of the 110,000 eye injuries that occur each year in homes within the United States result from splashes with household cleaners, flying debris such as wood chips, or getting hit by branches. Many of these injuries can be prevented by wearing eye protection.

Ear protection. Power tools can be quite loud. When operating loud, pow-

ered machinery, use earplugs or safety earmuffs to reduce the risk of damage to hearing and potential hearing loss.

Ventilation and respiratory protection. When working with chemicals and other products that have strong odors and/or emit particulates into the air, make sure you do so in well-ventilated areas. This will help dissipate the smell and prevent inhalation of concentrated chemical substances. Masks guard against dust, pollen and some other microscopic particles and may not provide enough protection, depending on the job. The Home Depot suggests using particulate or filtration respirators when performing tasks,



such as sanding, where you might be exposed to particles. Gas and vapor respirators offer protection against additional substances.

Create a safe environment. When working at home, make sure to use tools in the manner in which they were designed. Keep power cords tidy so they do not pose a tripping hazard. Falls from ladders often occur when climbing above the recommended rung or engaging in risky behavior while on the ladder, such as reaching or hanging over too far. When outdoors, exercise caution in inclement weather, which can make it harder to work safely. Be sure there are no bystanders too close when using power tools or tools that can kick up debris.

The right safety gear and some smart do-it-yourself techniques can help DIYers avoid injury.

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