

The Courier

February 22, 2017 Volume 17 Number 24

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Annual Chamber Expo to be held

The Ocean Pines Chamber of Commerce will hold the 7th Annual Chamber Business Expo on Thursday, March 16, 2017 from 4 p.m. to 7 p.m. at the Ocean Pines Yacht Club.

All Worcester County business people (employers and employees) are invited to attend and display their services or goods. Last year more than 35 exhibitors displayed their services and products with creative and interactive exhibits in a wide range of interest such as business products, home improvements, social media, healthcare, education, financial, insurance, travel, beauty, massage and promotional products. There will be continual door prizes donated from local businesses and a 50/50 raffle.

This is a networking opportunity for members of all area chambers and for businessmen and women to mingle with fellow business owners, learn about new businesses in town and talk to hundreds of potential customers. This event is open to the public. All area business people, local chamber members and professionals are encouraged to attend.

Refreshments and light fare sponsored by the Ocean Pines Association and complimentary beer, wine and soda sponsored by Farmers Bank of Willards.

For more information and to register, contact the Ocean Pines Chamber of Commerce at 410-641-5306 or visit: www.OceanPinesChamber.org.

MSSA to meet

The Maryland Saltwater Sportfishing Association, Atlantic Coast Chapter will hold its next meeting on February 28. The meeting will be at the Lion's Club on Airport Rd. in West Ocean City. The meeting starts at 7:30 p.m.; doors open at 7 p.m. Guest are welcome to attend. This month's guest speaker will be the manager of All-tackle who will speak on the new tackle and fishing equipment sold in the store. Tips on how best to use some of the tackle and equipment will be offered. A representative from US Tow will also stop by to speak about their services and discounted rates available to members.



A stitch in time - Quilters by the Sea members Mary Ellen Jefferson, Kaye Hearn, Fran Karns, and Lea Ekman, are using their Singer Featherweights during a recent workshop.



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Community Calendar

February

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RWWC luncheon set

The Republican Women of Worcester County will hold its February luncheon meeting on Thursday, February 23 at the Dunes Manor Hotel located at 2800 Baltimore Ave. in Ocean City. The speaker will be Patty Jackson, director of the Worcester County Board of Elections. 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 please contact Pat Addy at 410-208-0171 or gorpataddy@aol.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Grounding Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

AGH to offer diabetes classes

The Diabetes Outpatient Education Program at Atlantic General Hospital will be offering diabetes self-management education classes in March.

The series of four, two hour sessions will address blood glucose monitoring, foot care, nutrition, exercise, and other self-management skills to help individuals better manage their diabetes. A family member is invited to attend. The program is recognized by the American Diabetes Association (ADA) for quality education, and program staff includes a Registered Nurse (who has diabetes) and a Registered Dietitian, both of whom are Certified Diabetes Educators.

Advance registration and a referral from your primary care provider (which the program can obtain) are required.

Diabetes Self-Management is a Medicare benefit and the cost of the classes is covered by most insurances.

Classes will be held on the following Thursdays from 9:30 a.m. to 11:30 a.m.: March 2, 9, 16 and 23

The classes will take place at Atlantic Health Center located at 9714 Healthway Drive in Berlin.

Please call 410-641-9703 for more information and to register.

AYCE breakfast offered

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

Dems to meet

The Democratic Club of Worcester County will meet Thursday, February 23 at 6:30 p.m. at the Ocean Pines Community Center. Salisbury University professor Dr. Timothy Dunn will talk on the issue of immigration. The meeting is open to Democrats and Independents.

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.

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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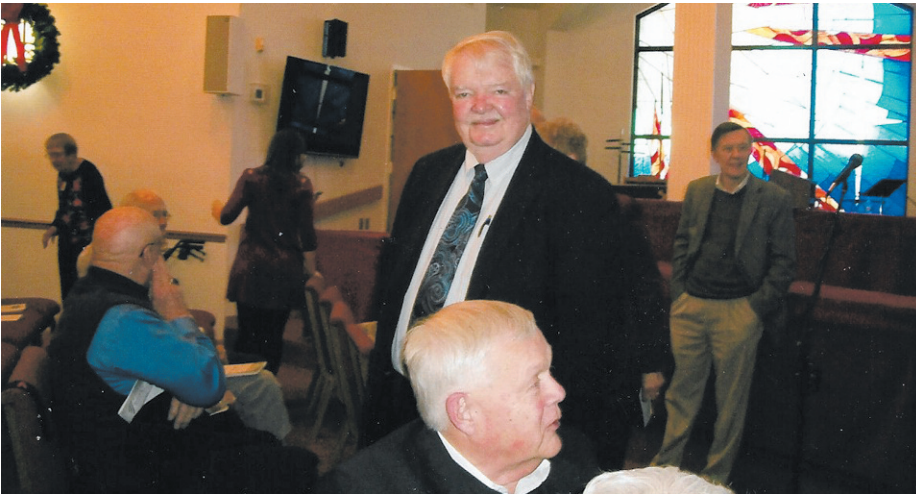
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Music man - **David Stevens**, president of Mid-Atlantic Symphony Orchestra and past President of Ocean Pines Association and current member of the board of directors, is shown at the recent symphony concert at Community Church at Ocean Pines. The next Symphony concert in Ocean Pines will be "Schubert in Spring", Sunday, March 12, 3 p.m. at Community Church. Photo by Anna Foulz.

STEM application process underway

Worcester County Economic Development (WCED) is now accepting applications for the 2017 STEM (Science, Technology, Engineering and Mathematics) summer enrichment programs. These programs provide exceptional opportunities for Worcester County students ages 12-24 to explore local career paths. Applications are available online at www.chooseworcester.org/STEM and are due no later than March 31.

"Our unique program continues to gain recognition for the career pathway linkages it provides for students in Worcester County," WCED Director Merry Mears said.

"Our STEM camp and internship program are recognized by businesses and entrepreneurs in our community, as a workforce development pipeline that offers them the opportunity to home-grow their future workforce," STEM summer programs coordinator Fawn Mete said.

The Reach for the Stars STEM Camp is an eight-day computer science and engineering summer camp offering instruction by engineers from NASA and the private sector, in conjunction with a team of qualified educators. Offered at The Red Doors Community Center on 3rd Street in Ocean City, it is open to students enrolled in grades 6-8 in the 2016/2017 school year. There is no cost to participate in the camp, and transportation from centralized points in the county is provided. Space is limited to 20 students. Camp runs July 17-20 and July 24-27.

The Worcester STEM Leadership Cohort is designed for students enrolled in grades 9-11 in the 2016/2017 school year.

Participants meet on Thursdays in July for professional development sessions on a variety of career readiness topics, including resume writing, interview skills, workplace communication, conflict resolution, leadership, and entrepreneurship. Students will receive mentorship from several STEM workforce partners.

The STEP UP Internship Program provides high school seniors, college students, and graduate students with opportunities to gain hands-on work experience in STEM related career fields. The 2017 interns will be given opportunities to work in healthcare settings, tech companies, engineering firms, environmental science agencies and digital media production companies. Students' skills and interests will be matched with the needs of the employers, so they are able to apply their classroom studies to real life tasks. Interns in the previous years of the program exercised their new skills at Hardwire LLC, NASA Wallops Flight Facility, Martin Physical Therapy, Atlantic General Hospital, Peninsula Cardiology, West Ocean City Injury and Illness Center, Bel-Art, TR Group, Studio Codeworks, D3Corp, Full City Media, Sprout Creatives, Maryland Coastal Bays Program, State Ventures, LLC, OceanCity.com, Habitat for Humanity, EA Science Technology and Engineering, Eastern Shore Physical Therapy, and more. Interns work 100 hours total from June 1 to July 27 and earn \$11/hour.

The application process for each program is competitive. Applications can be submitted online through March 31. For more information, call Mete at 410-289-5576 or visit www.chooseworcester.org/STEM.

Eastern Shore households struggle to afford basics

The ALICE report, released by United Ways in Maryland, reveals that nearly 750,000, 35% of households, in Maryland cannot afford the cost of living and don't earn enough to afford basic necessities. Some of the Maryland counties with the highest number of struggling families are located on the Lower Eastern Shore.

ALICE is an acronym for Asset Limited, Income Constrained, Employed. The report explains what it costs for those struggling to meet the most basic level in the local economy, and was commissioned to provide a framework, language and tools for policymakers and stakeholders to understand and address the economic challenges of Maryland's growing ALICE population.

The budget just needed to "survive" is more than twice the Federal Poverty Level (FPL) and the earnings of Maryland ALICE families and individuals don't meet the "survival budget."

Who is ALICE?

ALICE holds positions such as cashiers, administrative and nursing assistants, wait staff, laborers and security guards, and jobs in the retail and food industries. Vital to our state's future economic well-being, they face barriers beyond their control that limit their ability to become financially stable and self-sufficient.

ALICE earns above the FPL, but struggles to afford the basic necessities. A four-person ALICE family in Maryland requires a Household Survival Budget of \$61,224, far above the FPL of \$23,850 (2014). Developed in 1965, the FPL does not accurately reflect current, local costs for housing, food or child care, while ALICE's Household Survival Budget in Maryland accounts for the actual costs of basic necessities in Maryland. For a single adult, the FPL is \$11,670; for a single ALICE adult, an annual budget of \$23,568 is required to meet basic needs.

For ALICE, a major car repair, medical emergency, or unexpected financial hardship often means they are forced to make difficult choices such as forgoing health care, healthy food or car insurance. These choices are costly not only to personal health and safety, but to the wider community in areas including increased taxes and insurance premiums and reduced produc-

tivity.

The in-depth report on the state of our struggling neighbors indicates that 25 percent, 534,801 households, in

According to the report, households who either live in poverty or qualify as ALICE are in every county in on the Eastern Shore of Maryland. In Wicomico County alone, 35 percent of households qualify as ALICE with Worcester County at 31%, Dorchester County at 43%, and Somerset County with the state's highest percentage of ALICE households at 53%.

Maryland qualify as ALICE, up significantly from 18 percent in 2007, the start of the Great Recession. Adding ALICE households to those living below the poverty level (10 percent) more than triples the state's vulnerable population to 35 percent.

The report also reveals that low wage jobs dominate the state economy, with most jobs paying between \$10 and \$15 per hour, or \$30,000 per year at \$15 per hour. The basic cost of living in Maryland is more than most of the state's jobs can support.

"On the Lower Eastern Shore, 40 percent of households are at or below the ALICE Threshold," said Pam Gregory, Community Impact Director of United Way of the Lower Eastern Shore. "This report brings to light the many challenges ALICE faces, gives a face to our neighbors in need, and underscores the need for the development and expansion of health and human services and the policies that support them."

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Funding for Maryland's ALICE report was made possible by OneMain Financial.

For more information about United Way of the Lower Eastern Shore and the ALICE report, visit www.unitedway4us.org/ALICE.

The Courier

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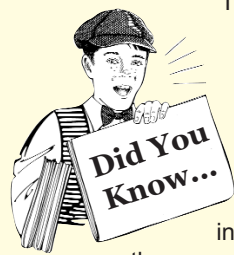
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2012 Business of the Year

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According to the U.S. Centers for Disease Control and Prevention, if everyone aged 50 years and older had regular colorectal cancer screenings, at least 60 percent of the deaths from the disease could be avoided.



That is a significant assertion, as colorectal cancer is the second leading cancer killer in the United States, while in Canada it is

the second leading cancer killer among men and the third leading cancer killer among women. The CDC notes that the frequency of screening depends on the type of screening a person gets. Men and women should discuss the various screening options with their physicians. Colorectal cancer can begin with the formation of polyps on the colon or rectum. These polyps may eventually turn into cancer, but screening can detect the formation of polyps and doctors can then remove them before they become cancer. Some people who develop colorectal polyps may experience symptoms such as blood in or on their stool; persistent stomach pains, aches or cramps; or unexplained weight loss.

Health challenge offered

This spring, the Worcester County Health Department is inviting all residents to take part in the American Public Health Association's (APHA) One Billion Steps Challenge. The goal of the challenge is to get people outside and walking, with teams working together across the country collectively to log a billion steps by the end of Public Health Week (April 3-9). Worcester Health is sponsoring its own team of walkers and anyone can join, no matter your fitness level.

According to APHA, "walking is one of the easiest things you can do to improve your health." Walking is fun, free, and the perfect activity for any weather. You can walk inside when it's cold and rainy, or head outside to the trails and parks on sunny days. Enjoy the solitude of a solo walk or get a group together for a social stroll.

Benefits of walking include: weight loss and weight control; improved mood and lower risk of depression; and, Lower risk of several diseases such as heart disease, stroke, Type 2 diabetes and some cancers

The One Billion Steps Challenge is already underway and you can join Worcester Health's Team today. Call 410-632-0056 for more information or email worcester.prevention@maryland.gov.

Women's history month presentation scheduled

In celebration of women's history month, Dr. Sam Scott, lead organizer of the One Year to Empowerment group aimed at boosting the self-esteem of local teenage girls, will give a presentation on Tuesday, March 14, at 5 p.m., in Room 103 of Fulton-Owen Hall at Wor-Wic Community College on the corner of Route 50 and Walston Switch Road in Salisbury.

The One Year to Empowerment Program is a year-long program designed to enable teenage girls on the Eastern Shore to make healthy choices, trusting friendships and attainable goals.

This event is sponsored by Wor-Wic's cultural diversity committee. For more information, call 410-572-8711.



Soccer teams win academic awards

Excelling on and off the field, the Worcester Prep Boys' and Girls' Soccer Teams both received the NSCAA (National Soccer Coaches Association of America) Team Academic Award for exemplary performance in the classroom during the academic year. The boys' team was one of only 138 boys' teams selected and the girls' team was one of only 251 teams selected throughout the United States to receive the award. To qualify, the team must have a minimum GPA of 3.25 for the entire academic year. The team GPA is determined by adding every player's GPA, then dividing by the number of players. This marks the fifth consecutive year for the WPS boys' team and fourth consecutive year for the girls' team to win the award. This accolade caps off a winning season where both teams captured their ESIAC conference and championship titles.

WPS V. Boys' Soccer Team 2016 (1st Row L-R): **Henry Taboh, Cooper Richins, Ryan Cronin**, (2nd Row L-R): **Seth Lewis, Luke Buas, Aiden Mullins, Michael Curtis, Flynn Mullins, Cole Berry** (3rd Row L-R): **Owen Tunis, Will Todd, Owen Nally, Porter Bunting**, (4th Row L-R): Head Coach **Terry Underkoffler, Patrick Petrera, Tate Shockley, Brenner Maull, Tucker Brown, Colin Miller, Coach Steve Ball** (Back Row L-R): **Aria ZiaShakeri, Ross Deckmann, Brendan Miller, Adam Pizza, Max Bisaha, Sam Cantello**.

WPS V. Girls' Soccer Team 2016 (1st Row L-R): **Emily Copeland**, (2nd Row L-R): **Madison Bescak, Maggie Coutu, Stormy McGuinness, Karlie Southcomb, Olivia Bescak, Julie Talbert**, (3rd Row L-R): **Coach Tony D'Antonio, Madison VanOrden, Alannah Curtis, Saylar McGuinness, Cameron Langelier, Anchita Batra**, Head Coach **Carol Hartnett**, (4th Row): **Audrey Sterns, Kaylee Dickson, Quinn McColgan, Mesa Cammack, Kendall Holmes, Sammy Wolpin**.

The woes of upkeep

"Wishing doesn't make it so." Easy to utter; difficult to learn.

As any homeowner knows owning a house is more than paying a mortgage and the utility bills. It's about up-

through the back door the thought passed. That is until the next time I used the steps and nearly tripped.

Finally I gave in and decided to fix the step. What I thought would take just a half hour at most wound up taking several hours as I had to replace a riser, remove several patio blocks to get to the base of the steps and had to spend 45 minutes looking for the bits to my electric screwdriver. That's the problem

with upkeep. It's never as easy as you think it will or should be.

By the time I was done I was perspiring as if I had run a marathon. This proves that household upkeep is too demanding.

Over the years we have allowed stuff (more accurately junk) to collect behind our garage. We practice "out of sight, out of mind." It really was a mess so I finally ventured back there one Saturday morning and began cleaning it up. Before I could actually get to the junk that I intended to throw out I spent two hours re-

moving leaves that had collected over time.

Recently I had to replace the toilet handle in the hallway bathroom. It had actually broken four weeks before that so in order to complete the transaction, the porcelain top had to be removed and you had to pull the chain that was resting at the bottom of the water-filled tank in order to flush. But because it wasn't the bathroom I used I felt no rush to fix it. But when I finally did attempt to fix it I had to make two different trips to the hardware store to get the right parts. What should have taken 15 minutes took two hours and a break at McDonald's.

I love my home and I know that maintenance and upkeep are important. But I'd gladly pay a few dollars more a month to my mortgage company if they would send someone out to handle such things as painting the trim around the garage door or pulling the weeds that grow between the bricks in the front walkway.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

keep. Or at least it should be about upkeep. I think about upkeep many times as I lazily flop on the sofa to watch television or read a book.

I know that upkeep is out there and it's important but I often find ways to put it off to another time. So successful have I become at this that at times I've convinced myself that wishing actually does make it so. That by believing the gutters are clean, they actually are and I don't have to climb the ladder, get on the roof and keep from falling while removing the leaves and pine needles that collect. Despite evidence to the contrary and my wife's subtle comments that we have trees sprouting in the gutters, I happily continue on my merry way with nary a care in the world.

Usually it takes a rainstorm to jolt me from denial. As I sit in the sunroom and watch the rain water cascade off the roof like a waterfall it is then that I know I have to clean the gutters.

There are a number of other projects around my house that I know I need to undertake. Some are easier than others yet I find, just like with the gutters, that when I have spare time, I'd rather do something else like go out on my boat.

You would think that after all these years I'd learn that this frame of mind accomplishes nothing. You would think that but you would be wrong. For instance for more than a year I knew I had to repair a step on the back deck. Each time I used the steps I would say to myself, "I really need to fix this." Then as soon as I went





**Fridays
in February
11am-10pm**

Every 30 minutes carded players will be randomly selected to play Plink-O to win \$25-\$200 Slot Dollars.



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in February
1pm to 10pm**

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A humanitarian with a message of hope

By **Gloria Dietz**

Have you ever wondered what it would be like if you lost your ability to walk, sleep without the aid of a ventilator, or lose the ability to eat and drink by mouth? There are many people in this world that either embrace their disability or not come to terms with a life changing situation.

Meet Stan Gibson, a 61-year-old musician, born with a congenital birth defect that took all of those abilities away. Originally from Baltimore, he has lived in Ocean Pines since 1984 and chose to embrace his situation instead of sitting idle to watch his decline.

The hardest thing for Stan was being robbed of the ability to play music, which was his passion. Being

a professional musician for many years in Baltimore and the surrounding areas, he played the saxophone in local top 40 bands in the 1970s, as well as big band style of music.

For the longest time he could no longer see live band performances. Then along came Facebook where he decided to create a membership in 2012 to try to find some musicians he had lost touch with through the years. The first night generated 168 members and by 2013 there were more than 3,000 members and fans. With those types of numbers Stan, the benevolent leader, thought about hosting a charity event and that is how Stanstock Musical Festival was born. All net proceeds from these events go to two charities affiliated with Johns Hopkins Centers for Cancer Research and Treatment and to the Catch A Lift veterans project.

A recent experience Stan encountered at one of his events was at a hotel room with a woman from housekeeping. She knocked on the door to clean his room but he asked if it was okay if he stayed while she proceeded with her routine tasks. She (Khandi) agreed and as she was moving about the room he noticed her checking out his medical equipment and ventilator and was able to muster up the courage to ask him

why he was in a wheelchair. After explaining his condition in detail as well as his long-term prognosis not being good, she began to cry; very hard in fact. That day was her first day on the job and she was homeless just a week earlier. Having that job allowed her to have a room and go

back to night school. Her tears were from feeling selfish in thinking that her life was so bad when in fact it paled in comparison to Stan's. She left him with these words of wisdom... 'I may be sitting still, but I'm still moving; people are able to move but sitting still.'

"Even though every day is a struggle for me and my prognosis is not good, we all can do something charitable for others. It doesn't have to be on the scale of what I'm doing; it doesn't even have to cost a thing. Give someone your time, or do an errand for the elderly," is the message that Stan shared. He also emulates a quote from Mother Teresa, "Never worry about numbers. Help one person at a time and always start with the person nearest you."

Stan said, "You know, everyone is always telling me how I inspire them and I consider it a win/win situation because hearing

and seeing that just fuels me to keep going."

This year will be the 5th year of Stanstock, which now has close to 8,000 members and growing. He is hoping to have an event in Ocean Pines in the near future, as well as in Baltimore. If you would like to volunteer, donate or attend this event, please visit www.stanstock.org.



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trattoria

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

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County names new deputy director

The Worcester County Commissioners recently announced the promotion of Kathryn Gordon to the position of Worcester County Economic Development (WCED) deputy director. She will step into her new role with WCED on February 27, 2017.

"Kathryn's unique combination of business ownership experience and human resources education will serve WCED, as we prioritize the expansion of workforce development resources in our County," WCED Director Merry Mears said.

Gordon, who along with her husband, Matt, owned and operated the family-owned Gordon Family Golf Center and Albatross Golf Management Company, joined Worcester County government in 2013, where she worked in county administration while completing her education. She earned a Bachelor of Science Degree in Business from Phoenix University and

a Master of Science Degree in Human Resources Management from University of Maryland University College.

"Through owning and running businesses with my husband, Matt, over the years, I understand the hard work and planning that goes into getting the doors open on a new business and the excitement that a new entrepreneur feels when flicking on the

switch that lights up the 'OPEN' sign," Gordon said. "I'm thrilled for this opportunity to work with Director Mears and the business community."

Gordon brings nearly a decade of business management and ownership experience to her new position. In addition to her professional accomplishments, she is active in school and community fundraising events.

African-American nursing presentation offered

In celebration of African-American history month, Dr. William T. Campbell, associate professor of nursing at Salisbury University (SU), will give a presentation called "History and Heritage: African-American Nursing and Medicine in the Civil War Era" on Thursday, February 23, at 6 p.m., in Guerrieri Hall at Wor-Wic Community College in Salisbury.

Dr. Campbell holds undergraduate degrees in nursing, psychology and biology from the University of Delaware, a master's degree in family nursing from SU and a doctorate of education from the University of Delaware. He currently teaches pediatrics and pharmacology courses, as well as an honors nursing history course at SU.

Campbell has been a docent at the Pry House Field Hospital Museum on the grounds of the Antietam National Battlefield in Keedysville, Md, and a speaker at the National Museum of Civil War Medicine in Frederick, Md. He is also a member of the American Association for the History of Nursing.

For more information, call 410-334-6774.

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Wildlife photographer to appear in Snow Hill

The Lower Shore Land Trust announced that Jay Fleming, celebrated Annapolis-based photographer and author, will be on hand at the Lower Shore Land Trust office during Snow Hill's March First Friday, March 4 from 5 p.m. to 8 p.m. Jay will showcase a sampling of his Chesapeake Bay and Eastern Shore photographs, and will have signed copies of his new book, "Working The Water" available for purchase. He will also have prints and associated stories available from his recent trip to Cuba.

Jay's flagship book, "Working the Water" has received favorable

reviews, with the first printing selling out in less than two months. His book is summarized as being, "a visual narrative of the lives of those individuals whose livelihood is directly dependent upon the Chesapeake Bay, America's largest estuary. The book comprises photographs of seasoned watermen, scenic seascapes, weathered workboats and bay bounty, a true and complete depiction of Chesapeake Bay life. Equal parts informative and aesthetically pleasing, Jay's flagship book, "Working the Water," is relevant to the seafood enthusiast, the history buff, the biologist, photography fan, and Chesapeake Bay lover alike," according to "workingthewater.com."

The Lower Shore Land Trust is located at 100 River Street, Snow Hill MD 21863.

Wor-Wic training scholarships offered

As part of an Employment Advancement Right Now (EARN) grant from the Maryland Department of Labor, Licensing and Regulation, the continuing education division at Wor-Wic Community College is offering scholarships covering tuition, fees and textbooks for qualified students interested in a career as a certified nursing assistant (CNA).

Interested parties must attend a free orientation session and then attend a free EARN information and application session. The orientation session will be held Wednesday, March 22, from 6 p.m. to 8 p.m. in Room 105 of Henson Hall on the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

The EARN information and application session will be held on Friday, March 24, from 9 a.m. to 10 a.m., in Room 103 of Fulton-Owen Hall. Details on availability, eligibility, application and approval of the scholarship will be provided.

CNA training at Wor-Wic is an extensive state-approved series of courses that include classroom and laboratory instruction, as well as a supervised clinical experience in an area nursing home. Upon successful completion, students are eligible to register with the Maryland Board of Nursing for certification.

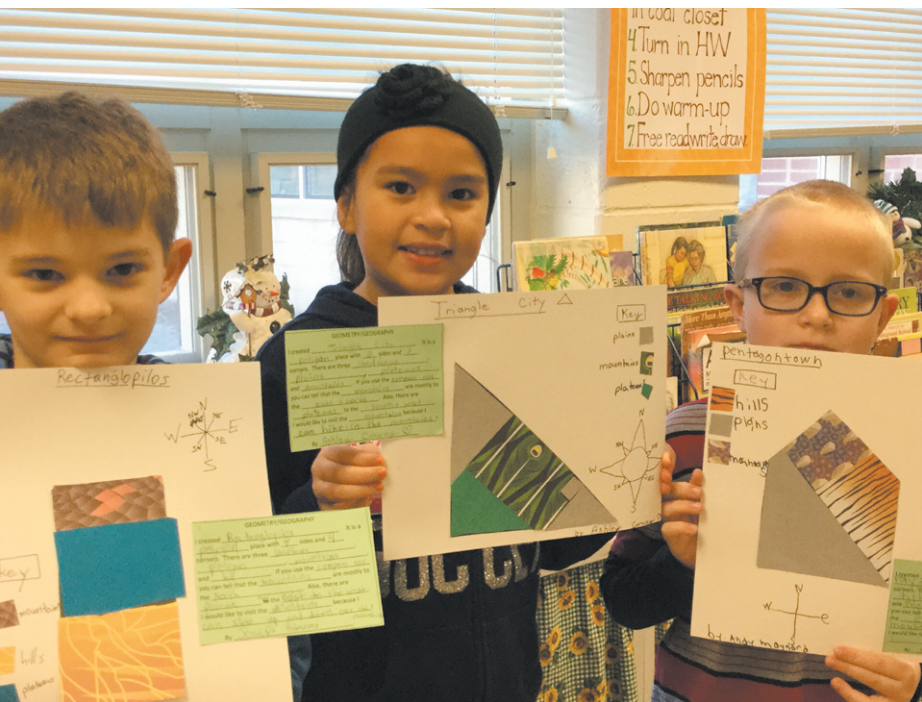
For more information, call 410-334-6780.

Show tickets on sale

Tickets are on sale now for the Worcester Prep (WPS) musical, "The Addams Family," to be held on Friday, February 24, and Saturday, February 25. The show will feature a cast of students from the Upper School. Showtime for both nights is 7 p.m., with doors opening at 6:30 p.m. in the WPS Athletics and Performing Arts Center. Tickets are \$12 in advance or \$15 at the door. To purchase tickets in advance, please call WPS (410) 641-3575. The show is open to the public.

School to host Casino Night

Most Blessed Sacrament Catholic School will host a Casino Night on Saturday, February 25 between 6 p.m. and midnight. There will be blackjack, poker, 50/50 and live and silent auctions. Catering will be by Touch of Italy. There will be a cash bar and dancing. Reservations are available at www.mostblessedsacramentcatholicschool.com by calling 410.208.1600 or at the door. \$50 per person. The school is located at 11242 Racetrack Road in Berlin.



Geometry and geography - Students in Linda Brown's second grade class at Ocean City Elementary School created polygon places, named them, and used printed design paper to add landforms to the topography. Then they described the lay-of-the-land using geographical terms. **Joseph Palmisano, Ashley Conway, and Andy Maynard** display their polygon places complete with map key and compass rose.

Appointment companions are a smart move

Visits to a physician are just one step people make in an effort to improve their well-being. While it is important that everyone visit their physicians at least once a year for a checkup, seniors may need to see their physicians more frequently than other age groups.

When visiting the doctor, it is easy for anyone to miss important components of what the doctor is saying, and it is just as easy to misunderstand certain instructions or medication information. Seniors who bring companions along to appointments with their physicians can reduce the risk of misunderstanding advice or diagnoses given by their doctors.

Data from U.S. News and World Report states that about one-third of seniors still living on their own take a companion with them to their routine doctor's office visits. Companions are

typically spouses, but they can include children or other family members as well.

Patients may find there are many advantages to bringing someone along to an appointment. And companions may want to learn more about patients' goals at each appointment prior to going along so they can prepare and know how to help during the appointment.

Listen. People tend to forget at least half of what they hear in the doctor's office, says the Archives of Internal Medicine. This tendency may be increased when patients are nervous about the potential outcome of their visits. Bringing a companion along means that both

people are actively listening. Together, the information they have heard can combine to provide a full account of the visit.

Taking notes. Companions can jot down important notes about the appointment, such as dates and times for follow-up visits, medication advice



In the Rear View Mirror

Mercury's Forgotten Ride

By **Bruce Palmer**

A dozen years ago, the fast-fading Mercury division of Ford Motor Company introduced a model called "Montego." The name was new to folks under, say, 40 but it actually had deep roots within the company.

During the muscle car era of the



1973 Montego

'60s, Mercury offered cars that were more-refined, and offered better road manners than their Ford counterparts. Ford had its full-size Galaxie 500XL and Mercury countered with the Marauder for just a couple hundred dollars' difference. Ford introduced the Mustang in '65 and two years later, Mercury debuted the longer, sleeker Cougar. For 1967, Mustangs started at \$2,461...Cougars at \$2,851.

When Ford first brought out their compact "Falcon," Mercury's alternative was the "Comet." Several years later, when the Ford Fairlane joined the family as a midsize, the Comet was redesigned and became a midsize to follow Fairlane's lead. Ford shuffled their line-up again for 1968 and Mercury was up to the challenge once more.

That year Ford redesigned the Fairlane and renamed the top of the line Torino. It was a sharp car, fairly priced with plenty of available options and ample amounts of power. Accordingly, Mercury up-scaled their newly-bodied top Comet to be Montego. Unlike the Ford, Montego shared much of its design with the full-size Mercury. It was as if someone had run the big Mercury Monterey through a washing machine and it shrank.

Montego for its debut year came as a coupe or convertible, 4-door sedan or station wagon with each model about \$200 less than its Ford Torino counterpart. Performance-wise, Mercury topped the Montego line with "Cyclone," a name held-over from Comet years. Cyclone's top engine choices of a 335-horsepower 428 or

even meaner 390-horse 427 allowed it to launch from a standing start to 60mph in just over six seconds. Few factory stock cars in '68 could accomplish that.

As for options, there were dozens, ranging from the \$7.44 heavy-duty battery to the \$421 "Whisperaire" Air conditioning. Heading into 1969, much stayed the same for Montego. After selling about 120,000 in that first year, nobody wanted to mess with a good thing and while sales would dip a bit for '69, they remained respectable. All Montego MX wagons came with wood-side

panels, "Brougham" versions increased in popularity and in Montego's Cyclone line, Mercury introduced a couple of special models to honor NASCAR drivers who were wiping out the competition with their souped-up Cyclones.

*please see **montego** page 11*

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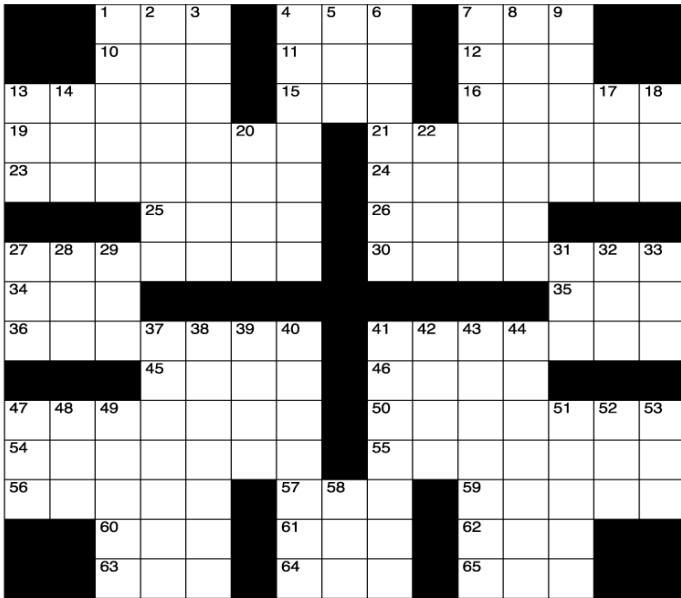
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CLUES ACROSS

1. __ fi (slang)

4. Carolina Panthers’ Newton

7. Documented organizational practice

10. A way to change color

11. Boxing legend

12. Football coach Parseghian

13. Rewards (archaic)

15. Colbert’s network

16. Palm trees

19. Capital of N. Carolina

21. LA ballplayers

23. Does not sit

24. A way to intensify

25. Penny

26. Elements’ basic unit

27. Muscular weakness (pl.)

30. Makes sense

34. Helps little firms
35. Go quickly

36. Found at the end of books

41. A way of carving

45. The back of one’s neck

46. Israeli dance

47. They help golfers

50. Western landmass

54. Evokes

55. A Big Easy hoopster

56. Small valleys

57. Water in the solid state

59. Acquired brain injury behavior science (abbr.)

60. Don’t let this get too big

61. Motor is one type

62. Negative

63. A hiding place

64. Negative

65. Excavated

CLUES DOWN

1. Upright stone

2. Beat

3. Intestines (informal)

4. Distinguishing marks

5. Clergical vestment

6. Give cards incorrectly

7. Underground construction worker

8. Japanese art form

9. Franz van __, German diplomat

13. Wife

14. Consume

17. Curve

18. Midway between south and southeast

20. Unit of heredity

22. Upon

27. Pressure unit

28. Australian TV station
29. Cool!

31. A person’s guardian spirit

32. French river

33. Body part

37. Gratify

38. Watertight chamber

39. Dueling sword

40. Term

41. Having an attractive shape

42. Togo capital

43. Island nation

44. Arctic deer with large antlers

47. Dishonorable man

48. Equal to 100 sq. meters

49. Administered

51. Cake topping

52. Car for hire

53. Autonomic nervous system

58. Intelligence organization



Answers for February 15

For the Love of Travel
Costa Rica - Pura Vida

By **Kelly Marx**

Anyone who has ever been to Costa Rica has come back relaxed, rejuvenated, and saying, “¡Pura Vida!” Even those like myself with rudimentary Spanish skills can roughly translate that to, “Pure Life!” However, this word-to-word translation would not be correct in the eyes of the Ticos (native Costa Ricans) who embrace the phrase as their way of life. “Pura Vida” is the representation of eternal optimism and perfectly sums up Ticos’ outlook. When I arrived in Costa Rica as part of my first solo journey when I was 19 years old, I was terrified. However, within minutes of speaking with the first Tico I met, I already felt more at ease. Their infectious friendliness and positivity radiated and I couldn’t help but relax

and take in my surroundings. I stayed in Jaco at a place called School of the World for four weeks and it was truly transformational. While I was there, I took yoga and Spanish classes, as well as a few surf lessons. School of the World embraces the concept of a learning vacation in which you learn while being in a new environment.

Jaco is a charming beach town on the Pacific side of the country. It thrives on a surfing culture and has a large ex-pat presence which can make it feel less than authentic. Two hours

away by car, longer if by bus, is the capital city of San Jose. Bustling with street-sellers and professionals trying to maneuver among throngs of people to get to work, San Jose is a city worth exploring. I enjoyed visiting the National Theatre of Costa Rica and the National Museum of Costa Rica. The museum includes both science and cultural exhibits. For lunch, make sure to try street food for a budget meal that will be more than satisfying. I also visited the Arenal Volcano. A group of friends and I braved the hike and opted for a self-guided tour. This was definitely a memorable experience, but parts of the trail simply don’t exist and you must rely on your own strength to pull yourself up by grabbing the nearest foliage. Reaching the top and swimming in the volcanic crater was more than worth it, but the hike down with shaky knees wasn’t exactly pleasant.

One of the top reasons people go to Costa Rica is to see the beloved sloth in the wild. I experienced this at Manuel Antonio National Park. I highly recommend getting a tour guide once you get there. Without them, we wouldn’t have seen half of the examples of biodiversity that we did. The guide carries a telescope so you are able to get a good view of the sloths



please see **travel** on page 12

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.,February 23	4:59 a.m. 5:12 p.m.	11:20 a.m. 11:20 a.m.	6:40 a.m.	5:47 p.m.
Fri., February 24	5:44 a.m. 5:58 p.m.	12:05 p.m.	6:39 a.m.	5:48 p.m.
Sat., February 25	6:28 a.m. 6:43 p.m.	12:07 a.m. 12:47 p.m.	6:37 a.m.	5:50 p.m.
Sun.,February 26	7:12 a.m. 7:27 p.m.	12:52 a.m. 1:28 p.m.	6:36 a.m.	5:51 p.m.
Mon.,February 27	7:55 a.m. 8:12 p.m.	1:38 a.m. 2:09 p.m.	6:35 a.m.	5:52 p.m.
Tues.,February 28	8:39 a.m. 8:58 p.m.	2:24 a.m. 2:52 p.m.	6:33 a.m.	5:53 p.m.
Wed.,March 1	9:23 a.m. 9:46 p.m.	3:12 a.m. 3:37 p.m.	6:32 a.m.	5:54 p.m.

montego
from page 9

It was mid-model year; January of '69 as the Cale Yarborough and Dan Gurney editions debuted among the Mercury Montego Cyclone offerings. Easy to identify, both were white but with candy apple red stripes for Yarborough and deep blue for Gurney. These were rare, with just over 500 built combined. With less than 130 still known to exist, a prime example demands large money today.

1970 was a year for change; with a longer, lower and wider Montego body giving an arguably more sinister look. From coupe to wagon, the hood seemed a mile long. Those ordering a Brougham or Cyclone were treated to the popular new hideaway headlights, and in the center of the Cyclone GT grille the designers placed a gun-sight design. The similar (though shorter-nosed) Torino won "Car of the Year" from "Motor Trend Magazine" and Mercury enjoyed some of the sales boost. Montego was now rolling out of the factory at 120,000/year again as the model's base name. Comet was gone for good.

Mercury's two-year cycle continued, meaning the '71 Montegos were identical to 1970. Over time, the mid-size Mercury had been gaining weight, calling for more power. The base 6-cylinder 200 cubic inch engine had grown to 250 but fewer and fewer people were ordering Montegos with anything less than a V8. Sales took a tumble, dropping nearly 50%: likely due to the ever-exploding number of mid-sized choices in the marketplace.

More changes were on the way and they came with one of the single biggest model overhauls in automotive history. For 1972, all Ford corporate midsize models went from tight, unibody, performance-minded cars that handled well to a bulky, body-on-frame layout focused on comfort. The '70s were becoming a decade of the personal luxury car. Montego picked-up hundreds of pounds in the transition to become the land yacht it would remain till its end. Six-cylinder engines struggled to keep up and would be replaced with all V8s by '74. Sales that briefly rebounded quickly faded year-by-year until Montego bowed out in '76 struggling to reach 50,000.

While the Mercury division has been gone a half-dozen years, you may still see a few examples of that 2005-07 generation Montego on the road today. But those originals from the 60s and 70s? Well, they're really just a memory now. A memory of one of Mercury's greatest performance cars ever. Montego.



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. He will discuss issues and developments impacting the Ocean Pines district and the county. Commissioner Bertino's guests include Health Officer Debbie Goeller, Commissioner President Jim Bunting and Commissioner Vice President Diana Purnell.

Commissioner Bertino will present a mid-term review of county government since taking office in December 2014 including the budget and relations with other departments and agencies within the county and the state.

Commissioner Bertino is pleased that Ms. Goeller will be a guest speaker at the meeting. She has been the Health Officer for Worcester County for more than 20 years and will discuss the responsibilities of her office that ensure the health needs of county residents are met and that state and county health laws are enforced. "Debbie is an asset to our county. She and her staff do much that goes unno-

ticed. Attendees to this meeting will find her presentation interesting and informative," Bertino said.

"Diana is a talented individual who brings much to the commissioners' dais," Bertino said. "I think Ocean Pines residents will be interested in hearing Diana talk about her community and her perspective of county government." Commissioner Purnell was elected in 2014 and represents District 2.

Commissioner Bunting represents District 6 which includes portions of Ocean Pines. "I appreciate that Jim attends and participates in the town meetings. I think it's good for residents to know that he and I have a very good working relationship that benefits the communities we serve," said Bertino.

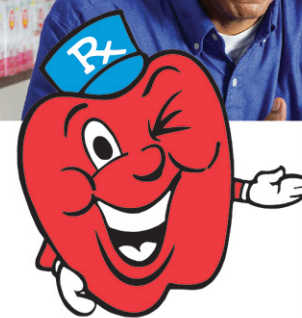
This town meeting will be the ninth Commissioner Bertino has hosted since being sworn in. "These meetings are an opportunity for residents to learn and understand what is going on within our county and it gives them the chance to ask questions and comment on topics of interest," said Bertino.

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appointment
from page 8

and any other instructions that may be forgotten once the patient leaves the office. Companions can later translate the jargon-heavy language of a physician into an understandable language the patient can fully understand.

Medical history. Sometimes a companion can be a useful resource, calling a doctor's attention to a patient's prior hospitalizations and illnesses. Companions can even call attention to any medications the patient is currently taking.

Serving as an advocate. Very often a companion can operate as a patient advocate, clarifying questions or getting further information out of a doctor if the patient is hesitant to ask. If the information is not clear, the companion can raise red flags or ask to have the instructions put in a different light.

Translation. Sometimes patients need companions who speak their native languages when their physicians do not.

People are learning that bringing a family member or friend along to doctors' appointments can be a smart way to make the most of doctor/patient interactions.

What is a silent stroke?

The brain is a complex organ responsible for controlling many different bodily functions. When working at optimal capacity, the brain is a wonder to behold. When illness or trauma affects the brain, various parts of the body may not work as they should.

One of the more devastating things that can affect the brain is stroke. Stroke describes a sudden stoppage of blood from reaching the brain. Harvard Medical School states that if a large number of brain cells are starved of blood supply, they can die. With their demise, a person's memory and ability to speak and move can be compromised.

While many strokes come on suddenly, certain factors may indicate a person is at risk. Such factors may include prior heart attacks, genetics, high blood pressure, smoking, or a prior stroke. However, in a particular type of stroke, a "silent stroke," symptoms are far more subtle and difficult to spot.

Silent cerebral infarction, often referred to as ÖSCIÖ or "silent stroke," is a brain injury likely caused by a blood clot interrupting blood flow to

the brain, offers the American Stroke Association. Silent strokes increase risk for other strokes and can be a sign of progressive brain damage. A silent stroke is typically only noticed as a side component of an MRI of the brain.

Many times patients do not recall having a stroke and never felt any symptoms. Silent strokes should not be mistaken for mini-strokes. Mini-stroke is a brief but discrete and memorable event, with symptoms appearing for a few minutes or a few hours.

According to a study on silent stroke titled "Functional and Cognitive Consequences of Silent Stroke Discovered Using Brain Magnetic Resonance Imaging in an Elderly Population" and published in the Journal of American Geriatrics Society, silent strokes are quite common and can have serious consequences. Researchers have



found that silent stroke is associated with impairments in tests of cognitive function rather than movement-oriented performance tests like rising from a chair. Almost 50 percent of studied silent strokes affected frontal circuit components of the brain, such as the frontal cortex, basal ganglia and thalamus. Lesions in these brain structures compromised executive functions and were related to vascular dementia. Another study showed associations between silent stroke and visual field deficits, weakness in walk-

*please see **stroke** on page 13*

travel
from page 10

high in the trees and the land crabs that scurry across the forest floor.

The Tarcoles River is close to Jaco and there is a bridge that crosses it which has been dubbed "Crocodile Bridge." At any given point, you will see dozens of crocs hanging out in the water or on the shore waiting for one of the tour boats that go by. These boats feed the crocs and give tourists an up-close look at the reptiles. I do not support this kind of tour because of the impact on crocodile behavior, eating patterns, and risk to humans. The ten minutes I spent looking at them from the bridge was enough for me, but there are plenty of tour operators willing to take you if you are interested. Jaco offers a variety of activities including ATV riding, zip-lining and waterfall repelling. Be sure to barter for the best deal. Jaco has a great selection of bars and restaurants giving visitors ample options to visit different eateries. My favorite restau-

rant was Tsunami Sushi (make sure you go on Wednesday or Friday for half-price rolls), but others gems include Graffiti and the Green Room Café. I loved the nightlife and many nights were spent at Orange Pub, Swell Bar and Clarita's, drinking Imperials, Costa Rica's national beer.

If you are in Jaco during rainy season (North American summer), exercise caution when swimming at the beach. The river runs into the ocean at different places and the water can be brown and murky in spots after a storm. This can make it difficult to spot crocodiles which have been known to attack humans, especially surfers. Also, don't forget to bring bug spray! Dengue fever which is transferred to humans through mosquito contact can put quite the damper on an otherwise great vacation. You may also want to stick to bottled water if you want to avoid too many trips to the bathroom. Taking these precautions are small prices to pay for a trip to paradise!

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Buckingham K-Kids Installation

The Kiwanis Club of Greater Ocean Pines- Ocean City sponsors a Kiwanis Leadership Program for students at Buckingham Elementary School. Pictured (L-R) **Debi Wooten**; **Reverend David Herr**; K-Kids President, **Sydnie Harrington**; Vice President **Olivia Brink**; Secretary **Josephine Palmer**; Treasurer **Mason Glover**; Past Kiwanis Club President **Carolyn Dryzga**, **Julie Young**. Also pictured are the members of the Buckingham Kids Club in attendance.

stroke

from page 12

ing on heels, history of memory loss, migraines, and lower scores in cognitive function tests.

The “silent” part of a silent stroke also refers to the areas of the brain that the stroke affects. Experts at Harvard Medical School explain that, during a silent stroke, an interruption in blood flow destroys areas of cells in a part of the brain that is “silent,” meaning that it does not control any vital functions. Researchers say that, over time, the damage from silent strokes can accumulate, leading to more and more problems with memory. Collectively, silent strokes become silent no longer.

There are certain ways to reduce the risk of any type of stroke. These include:

- managing high blood pressure and high cholesterol levels
- quitting smoking
- reducing the risk of diabetes and effectively treat the condition if it is present
- losing weight to prevent obesity
- exercising and avoid a sedentary lifestyle
- taking a low-dose aspirin or a drug that prevents blood clots.

Silent strokes largely go unrecognized but can lead to significant brain injury. Getting the facts can help men and women reduce their risk for silent stroke.

Adopting a dog or cat later in life

Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who cannot wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It is not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are various reasons why older pets or particular animals might be the perfect fit for them.

Adult pets may already be house trained, saving seniors the trouble and effort of training them.

Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also are small and easily



maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They are also easily transported to and from vet appointments.

It is important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.

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