

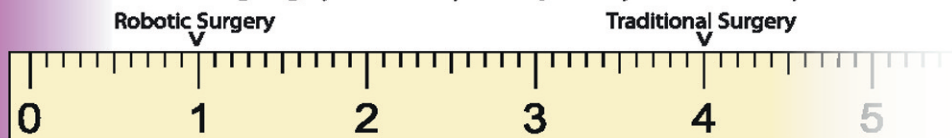
The Courier

December
27
2017
Volume 18 Number 17



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Community Calendar

December

Youth tour applications available

Choptank Electric Cooperative is now accepting applications for the National Rural Electric Cooperative Association’s (NRECA) 2018 Youth Tour program which will take place June 10-14 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 Wednesday, January 31 by end of business at 4:30 p.m.

This amazing experience includes the opportunity to meet congressman and senators, visit the U.S. Capitol Visitor’s Center, tour the Capitol building, visit local memorials and museums, and other historic sites. In previous Youth Tour trips, students have attended Nationals baseball games, the Kennedy Center, and Mount Vernon. Along with the sites, candidates will meet over 1,500 other co-op member students from all 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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	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	29	30
31						

Marathon viewing, a New Year’s tradition

Streaming television service providers and on-demand services offered by cable and satellite companies have opened the door for television fans to engage in marathon viewing sessions of their favorite shows.

Such sessions are now routinely characterized as “binge watching,” in which people spend hours on end watching popular series such as “Game of Thrones,” “The Walking Dead” and “Stranger Things,” often watching multiple episodes in a single session.

The concept of marathon television programming is, perhaps surprisingly, not all that

please see **viewing** on page 15

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.

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 or Kate at 410-524-0649 for more activities. BeachSingles.org.

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.

First Saturday

Creative Writing Forum
Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

The Cove at Mumford’s to ring in new year

The Cove at Mumford’s, the Ocean Pines community’s elegant waterfront dining establishment, will ring in 2018 with a New Year’s Eve party featuring dinner, drinks, dancing and more. Tickets are currently on sale.

The party, which traditionally sells out, will also serve as a kick-off for Ocean Pines’ 50th anniversary, heralding a year of celebratory events.

The party will begin at 7:30 p.m. with bar service and appetizers downstairs. Passed hors d’oeuvres, raw bar, seared pork belly bao and tapas and charcuterie featuring homemade

bread, cheeses, jams and cured meats will be served.

A plated dinner will be served upstairs and will include a festive salad, surf and turf with filet mignon and snow crab-stuffed jumbo shrimp, sides and tiramisu for dessert.

Local favorite Prime Time, a dance party band, will play rock classics and dance music throughout the night.

A champagne toast at midnight will be served before the party wraps up at 1:30 a.m.

Tickets for the event are \$100 per person and include all food, soda, beer, wine and a champagne toast. Tax and gratuity are not included. There will be a cash bar for liquor or

specialty drinks.

For more information or to purchase tickets, call The Cove at Mumford’s at 410-641-7501, email dining@oceanpines.org or visit The Cove at Mumford’s, located at 1 Mumford’s Landing Road, open Fridays 4 p.m.-midnight and Saturdays 11 a.m.-midnight.

For more information about the Ocean Pines community, contact Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 or dsawyer@oceanpines.org.

Star Charities events scheduled

Star Charities will hold its monthly meeting at the Ocean Pines library on Friday, January 5 at 10 a.m. The organization will also host its annual Beef and Beer on Friday, January 12 in the Assateague Room of the Ocean Pines Community Center. The event will take place between 5 p.m. and 9 p.m.; doors open at 4:30 p.m. No tickets will be sold at the door. For information on either the monthly meeting or the dinner, call Anna Foulz at 410-641-7667.



Operation Warm - Members of the Ocean City Career Fire Fighters Association teamed up this season with Ocean City Elementary School (OCES) for their "Operation Warm" Project. This year, Operation Warm coordinated by fire fighter Sean Sullivan, OCES teacher Kristin Van Kirk, and guidance counselor Linda McGean, provided 50 brand new coats to OCES students. Pictured with some of these students are Operation Warm liaison **Sean Sullivan**, IAFF local chapter 4629 Vice President **Ryan Womer** and IAFF President **Ryan Whittington**.

Registration open for birding weekend

Registration for the Winter Delmarva Birding Weekend is now open at www.DelmarvaBirding.com for the celebrated birding extravaganza January 26-28.

Most East Coast nature lovers are aware of the Spring Delmarva Birding Weekend held in April, but organizers have again planned another exciting schedule of field trips in late January to showcase Delmarva's incredible diversity of winter wildlife.

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

Travelling thousands of miles, the Harlequin Ducks, eiders, Purple Sandpipers, falcons and more than 25 species of duck, goose and swan are on full display in the mid-Atlantic for about four months a year. More than 105 species were tallied in 2017. There are also opportunities to see unusual winter rarities, such as a Snowy Owl or Snow Bunting. Both species have been seen recently along the Delmarva coast in 2017.

The only way to see these birds is to shed those winter blues, dust off the

binoculars, and get outside. Seals are a huge draw too with close-up looks at Harbor and Gray Seals on the breakwaters in Delaware Bay during the Lewes Boat Trip that departs from Fisherman's Wharf.

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

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

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

Indeed participants recount the event in terms of experiences rather than simply observing birds – thou-

*please see **birding** on page 15*

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2012 Business of the Year

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Broadening one's horizons through crafting can be a worthwhile pursuit. Crafting can serve as a relaxing pastime and provide an opportunity to learn rewarding skills.



Learning to crochet is one way for men and women to combine creativity and practicality. Crochet

is a form of handwork using yarn and a crochet hook. According to the Crochet Guild of America, there's no way to know just how old the art of crochet is. However, crochet expert Annie Potter has said the modern form of the art originated in the 16th century, primarily in France and England. Others surmise crocheting traces its origins to Arabia before it spread westward through various Mediterranean trade routes.

AGH January education calendar announced

Monday, January 1

AGH Annual Penguin Swim, fundraiser for Atlantic General Foundation. Princess Royale,

91st Street Ocean City. Registration begins at 10:00a.m. and the swim is at 1:00p.m. For more information contact Joy Stokes, 410-641-9671 or visit www.AGHpenguinswim.org.

Tuesday, January 2

AGH Hypertension Clinic 10 a.m. – noon

Rite Aid, Selbyville, DE

Free blood pressure screening and health information. For more information, contact Michelle at 410-641-9268.

AGH Hypertension Clinic 1 p.m. – 3 p.m.

Hockers Super Center, Clarksville, DE

Free blood pressure screening and health information. For more information, contact Michelle at 410-641-9268.

YOGA 5:30 p.m. – 6:45 p.m.

Ja.m.es G. Barrett Medical Office Building, Rotunda, Berlin, Md.

All levels welcome. Contact Lauren Martin, 301-938-1158, seasidelau-
ren@gmail.com. Cost: \$72 for 8 sessions, or \$10 drop-in fee for first time.

Wednesday, January 3

AGH Hypertension Clinic 1 p.m. – 3 p.m.

Rite Aid, Berlin, Md.

Free blood pressure screening and health information. For more information, contact Michelle at 410-641-9268.

AGH Hypertension Clinic 1 p.m. – 3 p.m.

Rite Aid, Ocean Pines, Md.

Free blood pressure screening and health information. For more information, contact Michelle at 410-641-9268.

AGH Diabetes Support Group 7 p.m. – 8 p.m.

Ocean Pines library, Ocean Pines.

Sponsored by Atlantic General Hospital. The support group is open to the public and meets the first Wednesday of every month. Speaker and education related to Diabetes is provided at the meetings. For more information contact the AGH Diabetes Outpatient Education program at 410-208-9761.

Tai Chi 5:30 p.m. to 6:30 p.m.

James G. Barrett Medical Office Building Rotunda, Berlin.

New series beginning for the win-

ter months. It helps improve your energy and wellbeing as we enter into the cold days of winter!

Tai Chi with Qigong principles will be taught in the progressive, meditative exercise practice. All levels welcome. Contact Kim Reid with questions, 410-213-2822. Cost: \$85 for 8 week series or \$15 drop-in fee.

Monday, January 8, 2018

AGH Hypertension Clinic 10 a.m. – noon.

Apple Drug, Berlin, Md.

Free blood pressure screening and health information. Contact Michelle at 410-641-9268.

CPAP Mask Fitting – appointment necessary

Atlantic General Hospital Sleep Disorders Diagnostic Center

Atlantic General Hospital's Sleep Disorders Diagnostic Center hosts a monthly mask fitting clinic for patients who are having trouble adjusting to their CPAP equipment. This is a completely free service, but requires the patient to call ahead to set up an appointment. To make an appointment, contact Robin Rohlfing at 410-641-9726.

T.O.P.S. of Berlin – Group #169 5 p.m. – 6:30 p.m.

Atlantic General Hospital, Conference Room 1

Take Off Pounds Sensibly is a support and educational group promoting weight loss and healthy life-style. They meet weekly. For more information, contact Edna Berkey at 410-251-2083.

Medical Monday – 5:30 p.m. – 6:30 p.m.

Meets at Worcester Youth and Family Ray Room, 124 N. Main Street, Berlin, MD

A free Educational Session that occurs the second Monday of each month offering a different health topic each month. This month the speaker will be Rachel Pomycala, Doctor of Audiology with Chesapeake Hearing Centers. She will be discussing the causes of hearing loss, how hearing affects the brain and memory related symptoms and the technology of hearing loss. Registration is encouraged but not required: www.atlanticgeneral.org/Medical-Monday or call Michelle 410-641-9268.

Tuesday, January 9

YOGA 5:30 p.m. – 6:45 p.m.

James G. Barrett Medical Office Building, Rotunda, Berlin.

All levels welcome. Contact Lauren Martin, 301-938-1158, seasidelau-
ren@gmail.com. Cost: \$72 for 8 sessions, or \$10 drop-in fee for first time.

Parkinson's Support Group 3:15 p.m. – 4:30 p.m.

Gull Creek Senior Living, 1 Meadow Street, Berlin.

For individuals suffering from Parkinson's. Group provides discussions and mutual support, as well as education on exercise, nutrition, coping techniques, medications, and developments in treatment. For more information visit www.delmarvaparkinsonsalliance.org or call Kay Rentschler 410-641-4765.

NAMI Lower Shore Family Support Group 6:30 p.m. – 8 p.m. Atlantic General Hospital, Conference Room 2. This program. offers shared wisdom and problem solving for family members of individuals with mental illness. This support group model is run by trained family members, and has been designed to help families effectively cope with a family member with mental illness. There is no registration or enrollment obligation necessary. The group is free. For more information contact: Carole Spurrier, NAMI Lower Shore Representative, at 410-208-4003 or carolespurrier@msn.com or Gail S. Mansell, AGH Director of Supportive Care Services, at 410-641-9725 or gmanzell@atlanticgeneral.org.

Wednesday, January 10

Tai Chi 5:30 p.m. to 6:30 p.m.

James G. Barrett Medical Office Building Rotunda, Berlin

New series beginning for the winter months. It helps improve your energy and wellbeing as we enter into the cold days of winter!

Tai Chi with Qigong principles will be taught in the progressive, meditative exercise practice. All levels welcome. Contact Kim Reid with questions, 410-213-2822. Cost: \$85 for eight- week series or \$15 drop-in fee.

Thursday, January 11

Celiac Support Group 7 p.m. – 8 p.m.

Atlantic General Hospital, Conference Room 1

Support and information for those affected by celiac disease. This group meets the 2nd Thursday of each month. For more information, contact Betty Bellarin at 410-603-0210

please see **agh** on page 11

I'm all empty, Nino

Publisher's Note: This was first published in August. Many readers said they enjoyed it, so I thought I'd reprint it.

Let's start with the fact that I love my two-year old grandson very much. He is exceptional, funny and bright. He's also very articulate, sometimes too articulate,



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

a characteristic that I'll share with you more in just a little bit.

The most frequent comment I heard while my grandson stayed with us was not, "Nino, I love you," or "May I have something to drink." No, it wasn't anything like that. It was, I kid you not, "Nino, I have to go potty!" Those words were uttered frequently and at times urgently. These words were spoken more often than a rallying cry on game day. Often the need was announced when we were out somewhere or on the road during a cross country car trip to take my grandson and his sister home to their parents.

We traveled nearly 2,400 miles making our way to El Paso, traversing Virginia, Tennessee, Arkansas and Texas. There was usually a rest area about every hundred miles or so along our route. And, I believe we stopped at each one of them so that I could assist my grandson tend to his needs.

Now, I'm about to share with you some of the more comical moments and comments made during our rest stops visits. If you are a parent or grandparent, you shouldn't be offended by what I've written. I'm betting you'll recognize the humor in the innocent comments made by children in situations that as adults, we'd just wish they'd keep their comments to themselves. The utterances are innocent but sometimes inappropriate and often funny, which for an adult makes it difficult not to laugh aloud. You've been warned. Here goes.

In a rest stop along Route 81 in western Virginia, my grandson was sitting on the toilet taking care of business, assuring me that his "bean" was pointing down. There was someone in the next stall. And this is what my grandson says to me in a voice that could have carried the distance of a football field: "He's really loud Nino. Do you hear that?"

"Shh." I said to him holding an index finger to my lips, trying to get him to be as quiet as possible. My grandson looks at me as he continues to do what he was there to do in the first place. There's an eruption in the adjacent stall. My grandson's eyes brighten. A knowing smile comes across his face. I can see his mind working and his mouth formulating words. I know what he's going to say; I'm just a little slow getting my hand over his mouth.

"He farted!" The exclamation is said loud and accentuated with giggles. The words echo beyond the stall for all to hear. I'm mortified. My grandson continues to giggle. And then, from the adjacent stall, there's another eruption, laughter.

Another state, another rest stop. Again, we're in a stall. My grandson is perched where he needs to be and I'm crouched in front of him. Things are going along fine until ... "Something smells bad Nino. What is it?" (echo, echo, echo, echo).

"Uh, it's not bad. Just finish up," I say quietly.

"Don't you smell it, Nino?" (echo, echo, echo).

"Just finish up so we can go."

"Nino, don't you smell the poopie?" (ECHO, ECHO, ECHO).

How do you not laugh at that? I try to laugh quietly which triggers peals of not so quiet laughter from my grandson.

Same state, different rest area. My grandson has finished his business, telling me, "I'm all empty now, Nino." We go to the sink so he can wash his hands. I pick him up so he can reach the soap dispenser and sink. He washes his hands as he makes faces in the mirror. He then notices someone walking out of the bathroom without stopping to wash his hands.

"Nino, that guy forgot to wash his hands," my grandson informs me. The figure heading out the door stops, turns around toward the sinks and proceeds to wash his hands. "Thank you," he says to my grandson who gives me a knowing smile.

Had we not had to stop every hundred miles to use the rest areas, our time driving cross country would have been reduced by a third at least. But, I'm not complaining. Spending time with my grandson, even with his uncensored comments made at inconvenient times, was time well spent.

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WYFCS brightens holidays for local families

Worcester Youth and Family Counseling Services was fortunate to provide holiday gifts to more than 100 children and families in Worcester County before Christmas and Hanukkah celebrations. Through a collaborative effort, the organization worked with Toys for Tots, Bless Our Children, Raven's Roost Ocean City, Worcester Gold, Stevenson United Methodist Church and anonymous family sponsors to ensure children and families in our community have a happy and joyful holiday.

Worcester Youth and Family Counseling Services (WYFCS) would like to thank everyone in-

involved in making the season bright and special for all and offer a special thank you to John Lowery and his holiday helpers for coordinating and packaging the bulk of the toys. This wonderful undertaking would not have been possible without the support of this generous community and the strong partnerships among the various resource agencies and the faith-based community.

For over 40 years, WYFCS has been at the heart of what is happening with families in our community. Our programs strive to maximize the potential of each person within the home and to increase awareness about mental health and social issues within the community. Because of our supporters, we are able to make a difference in the lives of the people we serve.

This year, WYFCS served more than one thousand of our friends and neighbors by: helping struggling families find needed financial support and resources to prevent homelessness; supporting at risk adolescent girls and boys who are experiencing difficulty or conflict in their lives; offering cultural, educational, and wellness experiences to children during out of school time; providing comprehensive counseling and therapy services to those coping with life's stressors; and advocating for neglected and abused children so they may have a brighter future.

For more specific information about Worcester Youth and Family's programs, please call 410-641-4598 or visit the website at www.gowoyo.org.



New officers - The Democratic Club of Worcester held its annual holiday party and swearing-in of new officers December 10 at Lighthouse Sound.

From left: **Jerry White**, Member-at-Large; **Joe Beggs**, president; **Larry Batis**, recording secretary; **Jan Nissen-Hawkins**, treasurer; **Jon Ferdinand**, corresponding secretary; Josh Nordstrom, Democratic Central Committee president administering the oath of office. Photo by Ted Page.

How to succeed with your New Year's resolution

While it is difficult to gauge just how many people make New Year's resolutions each year, various factors suggest millions of people resolve to improve their lives each January. Television segments devoted to healthy resolutions and discounted memberships are just two of many indicators suggesting resolutions are popular and potentially big business.

As popular as making resolutions may be, reports indicate that they are more popular to make than commit to. For example, a 2015 report from "U.S. News & World Report" indicated that 80 percent of resolutions fail. So how can men and women become part of the minority who see their resolutions through to fruition? The following

strategies may help.

Plan on being patient. Men and women who expect immediate results may be in for some disappointment, and that can compromise their future efforts. Recognize that resolutions rarely produce overnight results, and that commitments to losing weight and saving more money take time. If necessary, set small goals that can serve as markers on your way to achieving the larger goal.

Be as specific as possible. In addition to being patient, being specific when deciding on a resolution can increase the likelihood that the successful pursuit of that resolution will have as positive an impact on your life as possible. For example, a nonspecific resolution to lose weight may be successful if you only shed a single pound. But men and women who resolve to lose weight typically want to lose more than one pound. By resolving to lose a predetermined and specific number of pounds, you might be more likely to commit to your goal, and more encouraged the closer you get to achieving that goal.

Do not be shy. Sharing your resolution with others is a great way to generate support for your pursuit. And that support can motivate you if you hit a rough patch and keep you on

please see **resolutions** on page 15



Monday

Chicken Parmesan over Pasta \$9.95
Lg. Cheese Pizza \$8.50 (carry-out only)

Tuesday

Burger and French Fries \$6
Lg. Cheese Pizza \$8.50 (carry-out only)

Wednesday - Pasta Night

Thursday - Steak Night!

Friday- Fried Shrimp with French fries
& cole slaw \$14.75

Saturday - Crabcake Platter with 2
sides and a choice of a soup or salad \$17

Drink Specials

Drinks of the Month \$7.50

The Poinsettia

Cranberry Whiskey Cocktail
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Martini of the Month \$7.50

Apple Pie Martini Rice Pudding Martini

Margarita of the Month \$6.50

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Delmarva Emergency Task Force responses attest to the power of partnerships

At the 2017 Maryland Association of Counties (MACo) Winter Conference recently, Worcester County Emergency Services Director Fred Webster highlighted how the work of the Delmarva Emergency Task Force (DETF) improves response efforts to protect coastal communities during disasters and affirms this year's conference theme, "The Power of Partnership."

The DETF is a partnership that was initiated by Eastern Shore emergency managers 20 years ago. Recognizing how the unique nature of the Delmarva Peninsula could limit access to outside resources during a catastrophic disaster and hamper evacuation efforts, a group of emergency managers began meeting to coordinate emergency response efforts to hurricanes and other weather-related events. DETF members meet quarterly and conduct trainings, and when emergencies arise they coordinate resource needs and keep one another apprised regarding the unfolding of emergency plans prior to, during, and after emergencies.

"Because of the limited number of highways crossing all three Delmarva states, we began coordinating our efforts to improve our ability to evacuate area residents and the hundreds of thousands of tourists who visit our beach communities each year," Webster said.

The DETF exercises are developed by both DETF Design Committee members and outside exercise consultants to test preparedness and improve plans to respond to diverse

MBS to host open house

To Celebrate Catholic Schools Week, there will be an open house at Most Blessed Sacrament Catholic School Sunday on January 28 from noon to 2:30 p.m.

Prospective families and members of the community will have an opportunity to tour the facilities and speak to faculty and staff on hand regarding enrollment possibilities for the 2018-2019 academic year. Applications for the 2018-2019 academic year will be accepted starting March 1. For more information, please contact Lisa Edmunds, Director of Admissions at 410-208-1600.

disasters, including hurricanes and winter storms.

"With Delmarva Power's help, we simulated a loss of power on a main feed line from New Castle to Northampton the day before Thanksgiving," Webster said. "We also simulated an Avian Flu outbreak at a mid-shore poultry farm threatening the entire Delmarva Poultry industry. Multiple DETF partners stepped up to provide help from medical resources to decontamination teams to decontaminate not only farm workers but Delmarva Poultry Industry staff that were on site working to control the simulated outbreak."

Those represented on the DETF include 14 county emergency managers, Delaware, Maryland and Virginia hurricane and all-hazards planners, along with representatives from the state police, American Red Cross, Federal Emergency Management Agency, U.S. Coast Guard, Dover Air Force Base, Civil Air Patrol, Health Departments, and the two National Weather Service offices that serve the Tri-State area.

Private partners, including Delmarva Power, Choptank Electric, Delaware Electric Cooperative, Accomack & Northampton Electric Cooperatives, Verizon, Artesian Water, the Chesapeake Bay Bridge Tunnel Commission, and the University of Delaware, are also represented on the DETF.

Group members have the ability to remain in constant communication during emergencies, even in the event of a massive phone outage, by utilizing the Delaware Emergency Management conference line or a Tri-State 800 MHZ radio system, thanks to a talk group that was established courtesy of Delmarva Power. The system serves as a backup and is tested on the second Friday of every month with a roll call of all participating jurisdictions.

For their collaborative efforts to address emergencies across jurisdictional lines, the DETF has been recognized by Delaware, Maryland, and Virginia governors as well as the National Hurricane Conference.

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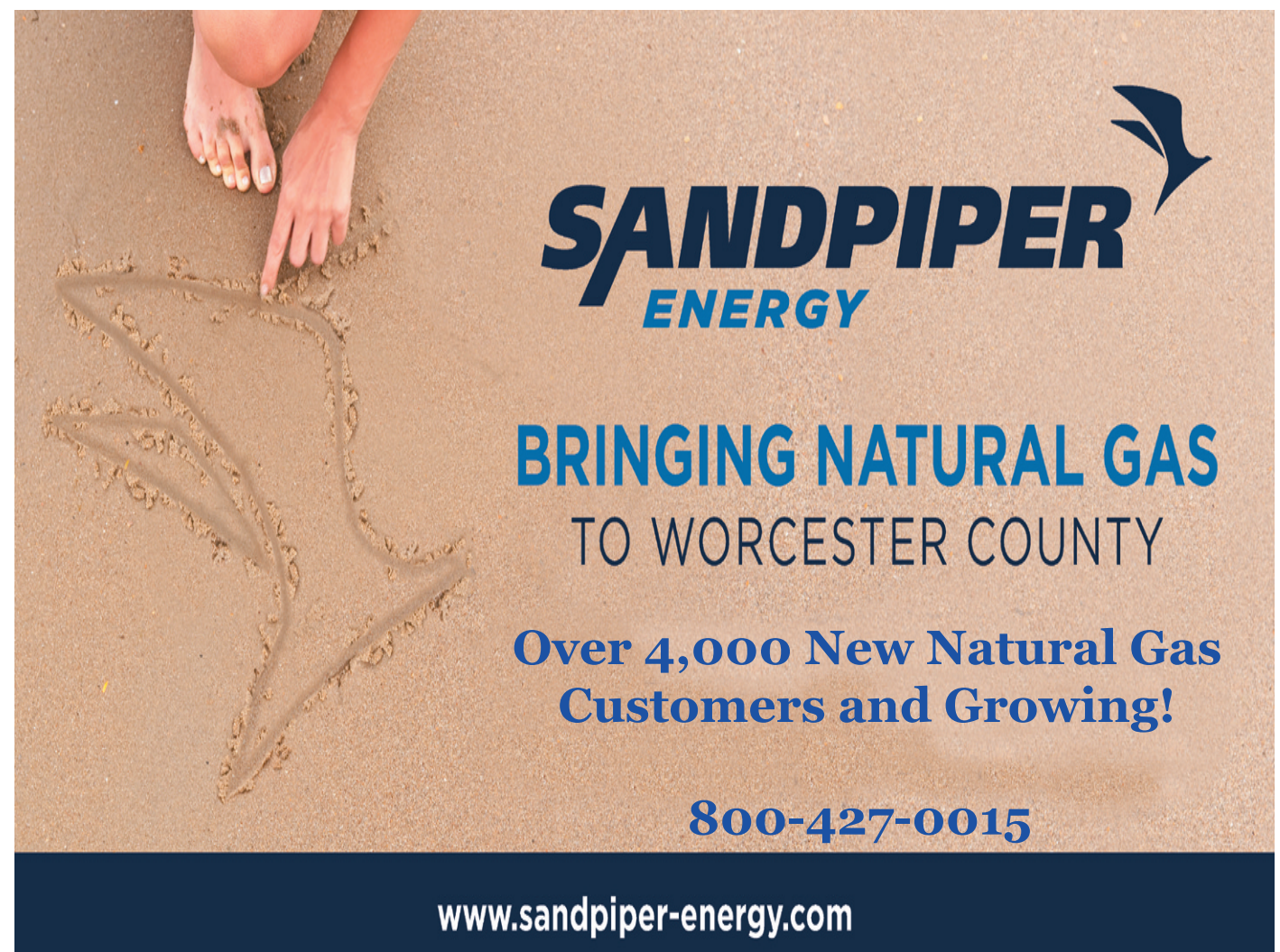
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Registration open for youth indoor soccer, basketball leagues, coaches needed

The winter Youth Indoor Soccer League and Youth Basketball League seasons will begin Saturday, January 6 and all the fun will take place at the Worcester County Recreation Center (WCRC) in Snow Hill. Both leagues are co-ed.

The five Youth Indoor Soccer League divisions are ages 3-4, and grades k-1, 2-3, 4-5, and 6-8. Ages 3-4 and grades k-1 will play on Saturday mornings, grades 6-8 on Monday and some Wednesday evenings, and grades 4-5 on Wednesday or Thursday evenings and grades 2-3 on Thursday evenings. Practice dates, times, and locations are to be determined.

The three Youth Basketball League division are grades k-1, 2-4, and 5-8. Games will be take place Saturday afternoons. Grades k-1 will begin at 1:00 p.m., grades 2-4 at 2:15 p.m., and grades 5-8 at 3:30 p.m.

Volunteer coaches are needed to run successful leagues. Please contact Jacob Stephens for soccer or Myro Small for basketball, prior to January 4, if you are interested in volunteering this winter. An orientation meeting will be held for all interested volunteers.

Emphasis for all youth recreation leagues is placed on skill develop-

ment, participation, sportsmanship, and most of all, kids having fun. Both the soccer and basketball leagues are designed for enjoyments and skill development. Scores and standings are not recorded.

The cost of each program is \$30 per player (\$25 for each additional child) and financial aid is available for those who have demonstrated need. Proof of eligibility is required. The registration deadline in Thursday, January 4. Those registering after this deadline may not have the request met for certain teams or coaches, and there is an additional \$5 fee after the registration deadline. Sign up today for these fulfilled, skill developing recreation programs.

For more information on the Indoor Soccer or to volunteer as a youth coach, contact Jacob Stephens at 410-632-2144 ex. 2506 or jstephens@co.worcester.md.us. For Winter Youth Basketball Leagues or to volunteer as a youth coach, contact Myro Small at 410-632-2144 ex. 2512 or ms-mall@co.worcester.md.us. Visit www.WorcesterRecandParks.org for a complete list of our youth programs or to sign up for email announcements.

Fields joins Coastal Hospice

Jo Ann Fields, MD, has joined Coastal Hospice as a hospice and palliative care physician. She will serve as the physician at Coastal Hospice at the Lake, the hospice's inpatient facility at Deer's Head Hospital in Salisbury, and will also support the home care and palliative care clinical teams in the four Lower Shore counties.

Dr. Fields grew up in Delaware where she practiced primary care medicine for 20 years. Trained at the Medical University of South Carolina in Charleston, SC; Wake Forest University in Winston-Salem, NC; and Lehigh Valley

Health Network in Allentown, Pa., she recently completed a fellowship in Hospice and Palliative Medicine at Lehigh Valley in June 2017.

Dr. Fields joined Coastal Hospice for the opportunity to help people focus on their quality of life and with the difficult conversations about end-of-life care.

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. The organization serves Wicomico, Worcester, Dorchester and Somerset counties.



Visit - Members of the Ocean City/Berlin Leo Club recently visited the Berlin Nursing Home and presented the residents with home-made Christmas ornaments that they made especially for the occasion. The visit always brings joy to the residents and is something that they look forward to every year.

The Ocean City/Berlin Leo club is a youth group based at Stephen Decatur High School and is sponsored by the Ocean City Lions Club. Pictured are left to right: **Kayla Smith**, Treasurer **Logan Townsend**, President **Kennedy Duke**, **Jude Al-Hamad**, **Hannah Johnson**, Secretary **Halle Friedman**, Vice President **Hattie Brous**, **Cashmere Murphy** and School Advisor **Nikki Zervakos**.

Ocean City blood drive has been saving lives for two decades

Blood Bank of Delmarva (BBD) life-saving blood drive partnership with the community of Ocean City is in its 20th year as the largest, annual event for Blood Bank of Delmarva. The blood drive is scheduled for 8 a.m. to 6 p.m. Wednesday, January 17 at the Ocean City Convention Center.

"This is the longest running blood drive event we have," Donor Recruiter Suzanne Murray said. "It works because the whole town comes together to support the blood drive. City and county employees are encouraged to donate and are allowed to donate on work time. The town donates the convention center space to us which makes the blood drive cost effective.

"Blood Bank of Delmarva needs 350 donors per day to meet the needs of area hospitals throughout Delmarva," Murray said. "And Ocean City donors supply enough blood for the entire Delmarva Peninsula the day of their blood drive."

Murray, coordinator of the drive, has a goal to collect 350 whole blood units and 25 double red cell donations in Ocean City.

The Coastal Association of Realtors has been a longstanding supporter of the blood drive and has promoted the drive to its members, she added. CAR has also supplied hundreds of volunteers and blood donors over the last 20 years.

Donations from local businesses help to make the event special. There will be pizza donated by Dough Roller, sweet treats from Candy Kitchen and Wockenfuss, Girl Scout cookies from Worcester County Girl Scouts, and fresh

fruit from Berlin Walmart. All local businesses and organizations deserve a world of thanks for their commitment to this blood drive.

The donors participating in this blood drive will receive a free T-shirt, food and a chance to win a 43-inch smart TV. To book an appointment please call 1-888-8-BLOOD-8 or visit www.delmarvablood.org. Use code OCCC to register. All hospitals benefit from this drive, including Atlantic General Hospital and Peninsula Regional Medical Center locally.

Christmas tree recycling available

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

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

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



Celebrating – More than 60 Ocean Pines platform tennis members and guests came together to celebrate the holidays. Above are event organizers **Dawn Gallick, Larry Bohanan, Tracy Jones and Audrey Wahl.**

What consumers can do after a data breach

As the summer of 2017 drew to a close, news broke of a data breach at the credit monitoring agency Equifax. Reports suggested the breach might have compromised the sensitive personal information of as many as 143 million Americans, or roughly half the adult population of the United States.

In the digital age, consumers are more vulnerable to such breaches than ever before. Data stolen as part of the Equifax breach included names, social security numbers and birthdates, among other personal information. Consumers concerned about data breaches can take certain steps to determine if they have been compromised while also taking measures to safeguard themselves against future breaches.

When breaches happen. News of the Equifax breach understandably inspired panic among consumers, and future data breaches will be no different. Hackers who gain access to consumers' personal information can steal identities, file false tax returns, take out loans in unsuspecting consumers' names, and commit a host of other crimes that can negatively affect consumers' credit ratings and compromise their ability to secure loans in the future. When a breach happens, consumers should do the following.

Contact the agency that was af-

ected. After acknowledging it had been breached, Equifax set up a website (<https://trustedidpremier.com/eligibility/eligibility.html>) where consumers could find out if their information had been compromised by



the breach. When using such websites, consumers should make sure they are using secure connections, as they will be asked to enter personal information.

Examine credit reports. Even if individuals' personal information was not compromised, they can monitor their credit reports for suspicious activity. Many credit card companies now provide monthly credit report updates to cardholders. Individuals should monitor these to see if any new accounts have been opened without their knowledge. If ratings suddenly plummet despite relative inactivity from consumers, they should contact

please see **breach** page 15

Learn to break the procrastination habit

The idiom "Never put off until tomorrow what you can do today" has been credited to many people, including Thomas Jefferson, Mark Twain and Oscar Wilde. Regardless of who first uttered the phrase, it still rings true. Many people are guilty of procrastinating, which can affect their productivity and various other areas of their lives.

Procrastination can sometimes be a good thing, giving a person time to think through decisions more thoroughly instead of acting impulsively. Waiting to do something until a deadline looms also may motivate a person to work harder to complete the task at hand. Yet chronic procrastination can be a problem that affects one's job performance, academic success and general state of mind.

Psychology Today says that procrastinating is often done to temporarily reduce a person's anxiety about a task or alleviate boredom or negative feelings toward the work at hand. Procrastination is more a symptom of emotions rather than a problem of poor time management. Experts in the field of psychology say that even though procrastinating may temporarily relieve anxiety or unpleasant feelings, procrastinating ultimately can increase negative feelings.

Resolving to stop pushing tasks into the future can be a worthwhile goal, but it is difficult.

"To tell a chronic procrastinator

to 'just do it' would be like saying to a clinically depressed person, 'cheer up,'" said Joseph Ferrari, a professor of psychology at DePaul University.

Individuals can instead employ these strategies to get focused.

Set deadlines. Open-ended time frames for getting things done may be a procrastinator's worst enemy. Setting deadlines can provide the inspiration needed to get things done. Set reminders to help stay on task.

Seek cognitive-behavioral therapy. CBT is a common type of talk therapy that is used as a tool in treating various mental health conditions and other situations. CBT helps a person become aware of inaccurate or negative thinking to change a view on challenging situations, says the Mayo Clinic. This way one can respond to them in a more effective way.

Identify feelings. Identifying why a person is procrastinating can help

please see **procrastination** page 15

**The LORD will surely save me
So we will play my songs on
stringed instruments Isaiah 38:20**



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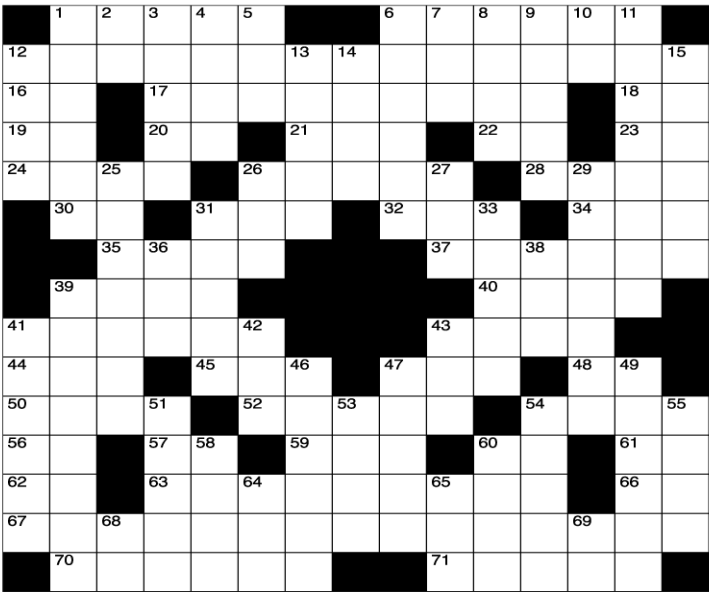
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CLUES ACROSS

- 1. Put within
- 6. Learned person
- 12. Resistance
- 16. Female title
- 17. Logical basis for a belief
- 18. Of I
- 19. Indicates position
- 20. Article
- 21. Insignificant organizational member
- 22. ___ route
- 23. Expression of disapproval
- 24. Microelectromechanical systems
- 26. Ponds
- 28. Satisfy
- 30. Dad
- 31. Spanish soldier “El ___”
- 32. Pouch-like structure
- 34. Obscure unit of measurement
- 35. Okinawa prefecture capital
- 37. Platforms
- 39. Jazz singer Irene
- 40. Benefits
- 41. Hellenistic governors
- 43. Brownish-green fruit
- 44. Needed to see
- 45. Political action committee
- 47. Fast plane
- 48. Bahrain dinar
- 50. Urgent request
- 52. Raccoon genus
- 54. Millisecond
- 56. Atlanta rapper
- 57. Rural delivery
- 59. Intrauterine device
- 60. The Wolverine State
- 61. Free agent
- 62. For instance
- 63. Reduces
- 66. Lincoln’s state
- 67. Quit
- 70. Midsections
- 71. Bullfighting maneuvers

CLUES DOWN

- 1. The arch of the foot
- 2. Canadian peninsula
- 3. Koran chapters
- 4. Abba __, Israeli politician
- 5. Youngster
- 6. Burns
- 7. Comedienne Gasteyer
- 8. Valley
- 9. Belongs to sun god
- 10. Nickel
- 11. Great in salads
- 12. Leader
- 13. Forced through a sieve
- 14. Entryway
- 15. Support pillars
- 25. Aquatic mammal
- 26. ___ Farrow, actress
- 27. Unhappy
- 29. Holds molecules
- 31. Thrifty
- 33. French dynasty
- 36. Scottish port
- 38. Irish militant organization
- 39. Dawn
- 41. Musical group of seven
- 42. Used to fry things
- 43. Carrot’s companion
- 46. Rough stone landmarks
- 47. Fourth son of Jacob and Leah
- 49. Goes against
- 51. Passion
- 53. Hard white animal fat
- 54. Soybean pastes
- 55. Beckon
- 58. Mountain and morning are two
- 60. Self-referential
- 64. Data executive
- 65. Retirement plan
- 68. Star Trek character Laren
- 69. You and I



Answers for Dec. 20

For the Love of Travel

Xiamen, China

By Kelly Marx

Welcome to my last installment on the city of Xiamen, China, where I have been residing since last May. I have recently returned to Xiamen from taking the month of November off. I spent two weeks touring my best friend Lucy around China and Hong Kong, and then I fulfilled a dream of mine to take a 10-day tour through Tibet. Needless to say, I have plenty of material for upcoming articles! This article continues last month’s suggested itinerary in Xi-

amen. Day Three: After breakfast at your hotel, board Bus 47 to the Nanputuo Temple, the biggest in Xiamen. It is free to enter, but donations are accepted and incense is available for purchase. This Buddhist temple is found at the bottom of the Wulaofing Mountain (Mountain of Five Old Men) and faces the South China Sea. It was built during the first century, but it was destroyed during war in the Ming Dynasty and rebuilt in the 1600’s (source: www.travelchinaguide.com). If the humidity isn’t suffocating you (year-round, humidity never falls below 70%), hike to the top of the mountain behind the temple. You will then reach one of the entrances to the Xiamen Botanical Gardens. If you haven’t brought snacks, your only food choices at the top will be black eggs and pork balls (at least I think they’re made of pork...). The entrance fee grants you access to other temples, several gardens, the succulent greenhouse, and thousands of trees. On your way out, hitch a ride on the cable car for aerial views of the city and gardens.

After the botanical garden, you’ll likely be starving (especially if you passed up on the delicacies sold at the top), so head to the university area. My favorite restaurant has been dubbed “Eggy Eggplant” by my co-workers and me due to their signature dish. Have your Chinese translator app ready because no one will speak English. There is also no bathroom. Next, head across the street to Xiamen University, home to 40,000 students, including almost 3,000 international students. The university grounds are beautiful and you could very easily trick yourself into thinking you’re no longer in China. Next, hop into a cab and tell the driver, “Zhongshan Lu.” He or she will drop you off before the road becomes a no-go for cars and becomes a pedestrian

street. Shops, tea cafés, souvenir stores, and food stalls line the busy walkways. Make sure you find the churro stand or your visit will not be complete.

Day Four: Get an early start and head to the International Ferry Terminal to avoid the infamous Chinese tour groups. They have been known to trample anyone in their path and you can easily get lost inside the group huddle. Make sure you bring your passport. As I have seen each time I go to Gulangyu, foreigners are inevitably turned away at the ticket counter for failing to produce their travel document. You need your passport for just about everything in China, so be sure to carry a copy of it with you everywhere. The ferry journey is very short, as Xiamen and Gulangyu are extremely close in distance, and yet, in their architecture, they are worlds apart. After

agh
from page 4

Saturday, January 13

Grief Support Group- Life After Loss 10 a.m. – 11:30 a.m.

Atlantic General Hospital, Conference Room 1

This group is a supportive and safe place to allow people to share their stories confidentially with those who have lost loved ones to addiction or overdose. No reservation is needed and no sign-in will be done at the door. Refreshments will be provided. For more information contact Gmansell@atlanticgeneral.org.

Monday, January 15

T.O.P.S. of Berlin – Group #169 5 p.m. – 6:30 p.m.

Atlantic General Hospital, Conference Room 1

Take Off Pounds Sensibly is a support and educational group promoting weight loss and healthy life-style. They meet weekly. For more information, contact Edna Berkey at 410-251-2083.

Tuesday, January 16

Alzheimer's Support Group 11 a.m. – noon.

Berlin Nursing and Rehabilitation Center, Berlin.

Support group for caregivers of Alzheimer's patients. The group meets the third Tuesday of the month and is open to the community. For more information contact Heather Cormack 410-641-4400 x6123, or Kenneth Lewis 410-208-1701 or 410-430-4818.

YOGA 5:30 p.m. – 6:45 p.m.

James G. Barrett Medical Office Building, Rotunda, Berlin, Md.

All levels welcome. Contact Lauren Martin, 301-938-1158, seasidelaur@gmail.com. Cost: \$72 for 8 sessions, or \$10 drop-in fee for first time.

Healthy Living with Hypertension, 1 p.m. – 3:30 p.m.

Worcester County library, Ocean Pines Branch, 11107 Cathell Rd., Ocean Pines

A free one-time workshop to learn how to better manage your blood pressure/hypertension.

To register contact Jill Kenney, 410-742-0505 ext. 159 or jak@mac-inc.org.

Wednesday, January 17

AGH Hypertension Clinic 1 p.m. – 3 p.m.

Hockers Grocery Store, Bethany Beach, DE

Free blood pressure screening and health information. For more information, contact Michelle at 410-641-9268.

Breast Cancer Support Group 1 p.m. – 2 p.m.

Atlantic Health Center Conference Room, 9714 Healthway Dr.

Women Supporting Women/AGH Support group for women and men who are battling breast cancer (current patients and survivors). Lunch is provided. RSVP to Women Supporting Women office, 410-548-7880.

Tai Chi 5:30 p.m. to 6:30 p.m.

James G. Barrett Medical Office Building Rotunda, Berlin.

New series beginning for the winter months. It helps improve your energy and wellbeing as we enter into the cold days of winter!

Tai Chi with Qigong principles will be taught in the progressive, meditative exercise practice. All levels welcome. Contact Kim Reid with questions, 410-213-2822. Cost: \$85 for 8-week series or \$15 drop-in fee.

Saturday, January 20

Walk with a Doc 9 a.m. – 10 a.m.

Veterans Memorial at Ocean Pines at the South Gate

Educate. Exercise. Empower. Have

fun and learn at this family and pet friendly event. There is a short presentation by a doctor on a current health topic followed by a walk around the pond at your own pace while you visit with others and have conversation with the doc. For more information contact Ashley at agodwin@atlanticgeneral.org or 410-641-9644.

Monday, January 22

T.O.P.S. of Berlin – Group #169 5:00 p.m. - 6:30 p.m.

Atlantic General Hospital, Conference Room 1

Take Off Pounds Sensibly is a support and educational group promoting weight loss and healthy lifestyle. They meet weekly. For more information, contact Edna Berkey at 410-251-2083.

Medical Monday in Delaware 5:30 p.m. – 6:30 p.m.

Aquacare Conference Room – 38069 Town Center Dr., Unit 15, Millville, DE

A free Educational Session that occurs the fourth Monday of each month offering a different health topic each month. This month the speaker will be Amanda Buckley, RD and she will be demonstrating cooking with Low Sodium Soups for the winter months. Reservations are requested but not required, call Michelle 410-641-9268 or visit www.atlanticgeneral.org/MedicalMonday

Tuesday, January 23

YOGA 5:30 p.m. – 6:45 p.m.

James G. Barrett Medical Office Building, Rotunda, Berlin.

All levels welcome. Contact Lauren Martin, 301-938-1158, seasidelaur@gmail.com. Cost: \$72 for 8 sessions, or \$10 drop-in fee for first time.

Living Well with Chronic Disease Workshop, 1 p.m. to 3:30 p.m.

Worcester County Library, Ocean Pines Branch, 11107 Cathell Rd, Ocean Pines

A free 6-week interactive workshop proven to help people manage their chronic conditions and maintain an active lifestyle. To register contact Jill Kenney, 410-742-0505 ext. 159 or jak@macinc.org.

Wednesday, January 24

Bereavement Support Group 7 p.m. – 8 p.m.

Atlantic General Hospital, Conference Room 1

We gather the fourth Wednesday of every month. Pre-registration is not necessary. For further information, please contact Pastoral Care Services at 410-641-9725 or email gmansell@atlanticgeneral.org.

Tai Chi 5:30 p.m. to 6:30 p.m.

James G. Barrett Medical Office Building Rotunda, Berlin, MD

New series beginning for the winter months. It helps improve your energy and wellbeing as we enter into the cold days of winter!

Tai Chi with Qigong principles will be taught in the progressive, meditative exercise practice. All levels welcome. Contact Kim Reid with questions, 410-213-2822. Cost: \$85 for 8-week series or \$15 drop-in fee.

Thursday, January 25

Stroke Support Group 2 p.m. – 3 p.m.

Atlantic General Hospital Conference Room #1 Atlantic General Hospital Stroke Center has established a stroke support group to provide a community based environment for stroke victims/survivors and caregivers on a monthly basis. We will provide physical and emotional support in a social setting for survivors and caregivers to share their personal experiences and challenges. Coping strategies will also be discussed during these interactions. For more information contact Anne Waples, 443-614-5720, or awaples@atlantic-general.org

Monday, January 29

T.O.P.S. of Berlin – Group #169 5 p.m. - 6:30 p.m.

Atlantic General Hospital, Conference Room 1

Take Off Pounds Sensibly is a support and educational group promoting weight loss and healthy lifestyle. They meet weekly. For more information, contact Edna Berkey at 410-251-2083.

Tuesday, January 30

YOGA 5:30 p.m. – 6:45 p.m.

James G. Barrett Medical Office Building, Rotunda, Berlin.

All levels welcome. Contact Lauren Martin, 301-938-1158, seasidelaur@gmail.com. Cost: \$72 for 8 sessions, or \$10 drop-in fee for first time.

Wednesday, January 31

Tai Chi 5:30 p.m. to 6:30 p.m.

James G. Barrett Medical Office Building Rotunda, Berlin.

New series beginning for the winter months. It helps improve your energy and wellbeing as we enter into the cold days of winter!

Tai Chi with Qigong principles will be taught in the progressive, meditative exercise practice. All levels welcome. Contact Kim Reid with questions, 410-213-2822. Cost: \$85 for 8-week series or \$15 drop-in fee.

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., Dec. 28	2:41 a.m. 2:59 p.m.	8:58 a.m. 9:14 p.m.	7:16 a.m.	4:48 p.m.
Fri., Dec. 29	3:39 a.m. 3:56 p.m.	10 a.m. 10:09 p.m.	7:17 a.m.	4:49 p.m.
Sat., Dec. 30	4:34 a.m. 4:52 p.m.	11 a.m. 11:04 p.m.	7:17 a.m.	4:49 p.m.
Sun., Dec. 31	5:29 a.m. 5:47 p.m.	11:58 a.m. 11:58 p.m.	7:17 a.m.	4:50 p.m.
Mon., Jan. 1	6:24 a.m. 6:43 p.m.	12:54 a.m.	7:17 a.m.	4:51 p.m.
Tues., Jan. 2	7:17 a.m. 7:37 p.m.	12:52 a.m. 1:46 p.m.	7:17 a.m.	4:52 p.m.
Wed., Jan. 3	8:11 a.m. 8:31 p.m.	1:44 a.m. 2:38 p.m.	7:18 a.m.	4:52 p.m.

Wor-Wic receives military friendly designation

Wor-Wic Community College was named as a silver-level Military Friendly School in the community college category for 2018 by Victory Media, a veteran-owned company whose mission is to assist military personnel transitioning into civilian life.

The Military Friendly Schools list honors the colleges, universities and trade schools nationwide that are doing the most to embrace America's military service members and veterans as students.

Wor-Wic recognizes and adheres to Veterans Administration (VA) standards and strives to assist veterans as much as possible. Fred Howard, director of veterans services, is available at Wor-Wic to help current and prospective students who are veterans or active military personnel.

"Wor-Wic's veteran, military and eligible dependent student enrollment averages 300 students per year taking both credit and non-credit courses," said Howard. "Veterans, active duty members, National Guard, reservists and eligible family members can use

one of several VA GI Bill educational benefits while attending college. In addition to VA educational benefits, eligible military students can use their active duty and reserve tuition assistance while attending Wor-Wic. Wor-Wic has been selected as a Military Friendly School by Victory Media for seven consecutive years."

A U.S. Navy veteran, Howard serves as the advisor for the veterans and military association at Wor-Wic, a student club that is open to all students who have served any length of time in the U.S. armed forces. The club raises awareness of veteran issues and organizes events pertaining to veterans.

Visit www.militaryfriendly.com or <http://www.militaryfriendly.com> for the complete Military Friendly Schools list.

Veterans or active military personnel interested in enrolling at Wor-Wic can contact Howard at fhoward@wor-wic.edu or 410-334-2882.

AGH recognizes Widgeon for excellence

Atlantic General Hospital awarded the DAISY Award for excellence in nursing to Nettie Widgeon, RN, at a recent presentation.



From L to R: **Kelly Fox**, BSN RN; **Andy West-McCabe**, RN, Director of Practice Transformation and Emergency Department; **Nettie Widgeon**, RN, 1st Quarter Fiscal Year 2018 DAISY recipient; **Tim Whetstine**, new Vice President of Practice Administration; **Mary Mullins**, RN, Clinical Coordinator of Wound Care

Widgeon has worked at AGH for 13 years. She was hired as a CNA on med-surg. Widgeon then became a tech and transferred to the emergency depart-

ment. While working in the ED, she received the scholarship from AGH and completed her bachelor's degree in nursing. Widgeon then went on to become a charge nurse in the emergency department. Four months ago, she took the clinical supervisor position for the health system. Additionally, Widgeon is a SAFE Nurse (Sexual Assault Forensic Examiner) for the AGH.

Of her nomination, Widgeon said, "This was a true highlight of my career. There is no greater job in the world than being a nurse. It is who I am."

One nomination Widgeon received recounted a situation in which a patient was brought to the ER with slurred speech and disorientation. While the patient admitted to having too much to drink, Nettie realized not all his symptoms pointed to

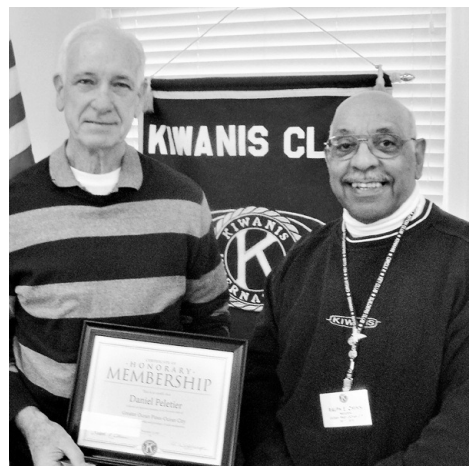
please see **excellence** on page 13



Learning the branches - Students in Andrese Foreman's fourth grade class at Ocean City Elementary have been learning about Maryland's branches of government in Social Studies. Students created brochures to demonstrate their learning. Their project included descriptions of each branch, their main function, and responsibility in the process of a bill becoming a law. Pictured from left to right are **Brooklyn Latorna**, **Madelyn Kinavey**, **Sam Krasner**, and **Lincoln Kifolo**.



Recognized - Berlin Intermediate students Neil and Nick Zlotorzynski received Ripley's Incredible Kids Awards. They were nominated for their kindness towards others and positive choices every day. Pictured from left to right: **Mrs. Merritt**, **Neil**, **Nick**, **Ms. Thompson** and **Ms. Ely**.



Honorary Kiwanian recognized

In order to be recognized as an Honorary Kiwanis member of the Kiwanis Club of Greater Ocean Pines-Ocean City, the recipient has to be very involved with club activities for a significant period of time. The local club has three existing Honorary Kiwanians, Wilma Chinn, Bob Beck and Anna Foulz. Dan Peletier was the fourth to be recognized during the club's December 13 meeting.

Pictured are (L-R) **Dan Peletier** with his Honorary Award presented by President **Ralph Chinn**.



Swearing in - The Democratic Women's Club of Worcester County held its annual holiday party and swearing-in ceremony December 18 at Ruth's Chris Steak House. Berlin Mayor Gee Williams officiated at the ceremony. The Democratic Women's Club meets the second Monday of each month, 9:30 a.m. in the Assateague Room, Ocean Pines Community Center.

From left: **Linda Linzey**, member-at-large; **Doris Fields**, member-at-large; **Em Hench**, member-at-large; **Sue Hubbard**, recording secretary; **Harriet Batis**, vice president; **Debra Fisher-Reynolds**, corresponding secretary; **Sandy Sribnick**, treasurer; and **Vicky Wallace**, president. Photo by Ted Page.

Safeguard roofs against snow damage

Snow may delight young children itching for a day off from school. But for many homeowners, the sight of snow means their time will soon be spent clearing paths and plowing driveways rather than building snowmen and sledding with friends.

The sight of falling snow also may inspire some homeowners to think about the roofs of their homes. The Insurance Institute for Business & Home Safety warns that it is important to understand the risk of roof collapse due to the weight of snow on the roof. Roof structures that are in good condition can support roughly 20 pounds per square foot. IIBHS says this equates to around four feet of new snow before a roof will become stressed.

Total snowfall is not the only factor to consider. Homeowners also must check the type of snow that has fallen. According to House Logic, six inches of wet snow is equal to the weight of about 38 inches of dry snow. That means it may take much less sodden snow to weigh down a roof.

Roof condition and the shape of the roof bear consideration as well. Popular Mechanics says the ideal pitched roof is smooth and steep so that the snow slides off. Closely spaced rafters improve the strength of the roof. A flat or slightly pitched roof may accumulate snow more readily.

Homeowners are urged to inspect roof rafters to see if they are cracked from previous snowstorms or dam-

aged from insects or rot. Snapping or popping sounds while snow is on the roof is not a good sign.

House Logic also says that homeowners can tell if the snow load on the roof is too much by paying attention to interior doors. If such doors begin to stick, that may be a signal that there is enough weight on the center of the house to distort the door frames. Houses that had improper renovations or homes in which load-bearing walls were removed may be more susceptible to this problem.

Removing snow from a roof is not an easy job and may be a task best left to professionals. The safest way to remove snow from the roof is to use a snow rake with an extension arm that enables users to push and pull off the snow while standing on the ground. One should not climb onto a snowy or icy roof to remove snow. Shovels, which can damage roof shingles, should never be used.

IIBHS says that hiring a professional roof contractor is one way to safely remove snow from the roof. Licensed and insured contractors will have the experience to get the job done correctly and safely. Homeowners can expect to pay between \$250 and \$500 for this job.

Roof snow removal is a priority for those who live in mountainous or extremely snowy areas. If unsafe amounts of snow are left on rooftops, leaks, damage and collapse may result.

excellence
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alcohol intoxication. Due to her sharp observation, the patient was diagnosed with a severe brain hemorrhage and he was immediately transferred for surgery.

The nomination stated, "In a quick and challenging environment, this was an exceptional medical assessment alert to the physician. All nurses are caring; some have more experience than others, however, a quick eye to the abnormal can result in a lifesaving event. Had the patient been treated for his agitation, rather than the hidden, immediate problem, this case could have resulted in a grim outcome."

The DAISY Award, created by The DAISY Foundation in Memory of J. Patrick Barnes, honors the extraordinary work nurses do for patients and families each day. Hospital leadership brought the awards program to Atlantic General to recognize the compassion and high level of care its nurses provide to residents and visitors of the community.

Patients and visitors can nominate an Atlantic General Hospital and Health System nurse for the DAISY Award at any time. Nomination forms are available in every hospital department and health system physician office. Awards are bestowed quarterly.



Success - The Worcester County Humane Society (WCHS) held its annual dinner at Ocean City Fish Company recently. The event raised over \$8,000 for the no kill shelter. Above are longtime WCHS volunteer **Bill Morison** and his daughter **Michelle Haas**.

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breach

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one of the major reporting agencies for a thorough report. Such reports are typically free once per year.

Future breaches. Breaches are seemingly inevitable in the digital age. Concerned consumers can take steps to protect themselves against future breaches.

Continue monitoring credit reports. Individuals should take advantage of the monthly credit rating reports offered by their credit card companies even if no breaches have been reported. Hackers may sell consumers' information, which thieves can then sit on for years before ultimately using to commit financial fraud. Routine monitoring can help consumers instantly address any suspicious activity

before things spiral out of control.

Place a fraud alert on all accounts. Fraud alerts warn creditors that individuals may have been compromised by past data breaches, forcing them to verify that credit or loan applicants are legitimate before they can open any new accounts or take out any loans.

File taxes as early as possible. Criminals with access to consumers' personal information can file false tax returns and steal their refunds before consumers even realize they have been victimized. File early, before thieves have had a chance to file false returns.

Consumer data breaches can affect every facet of consumers' lives. Knowing what to do when such breaches occur and how to reduce their risk of being victimized can help consumers when the next breach occurs.

birding

from page 3

sands of Snow Geese lifting off a farm field, a majestic Bald Eagle soaring over the marsh, Long-tailed Ducks bobbing on the waves at the inlets, or the eerie hoot and shadow of a Great Horned Owl at dusk. An outdoor experience is the true draw.

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

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

If seeing so many bird species isn't enough, participants should feel even better knowing that they've helped Delmarva's birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops. Participants are encouraged to remind local businesses that they are here to enjoy Delmarva's natural areas and the birds that inhabit them.

"It's our vast shallow bays and large tracts of protected marshes and Bald Cypress forests that make the Delmarva Peninsula one of the finest birding regions in the nation," said guide and event co-organizer Dave

Wilson. "During the Weekends, our guests will hike on private farmland and woodland that are normally off-limits to birders, and our waterborne trips go where the birds are. It's amazing to tally 100 species in a single day on light hikes and boat trips in our own backyard."

Gift certificates and customized private birding tours are available as holiday gifts for the birder in your life.

The Spring Delmarva Birding Weekend, held April 26-29, celebrates the migration of the spring suite of warblers, shorebirds, waterfowl and raptors. Registration will open later this month. In addition, 2018 continues the Beans, Birds, and Beers day-trip series, starting in February and continuing throughout the year all over the Lower Shore. Participants can enjoy local coffee, birds, and craft brews on half- or full-day excursions.

Sponsoring businesses get advertising and branding from ALL of the events. Event sponsors include Worcester County Tourism, Southern Delaware Tourism, the Delmarva Almanac, Somerset County Tourism, the Town of Snow Hill, the Delaware Center for the Inland Bays, the Maryland Coastal Bays Program, the Howard Johnson's Oceanfront Plaza Hotel, Days Inn Ocean City, the Boardwalk Hotel Group, Jolly Roger Amusement Park, and the Greater Laurel Chamber of Commerce.

Sponsorship and event registration information can be found at www.DelmarvaBirding.com. For more, please contact Conservation Community Consulting at (443)523-2201 or conservationcc@gmail.com.

procrastination

from page 9

him or her get past the block. Fear, change, sadness, or lack of experience may be behind a person's tendency to procrastinate. Identifying the cause can help men and women overcome this hurdle.

Break down the task. Dividing a challenging task into a handful of smaller tasks can make it easier to complete the project. Reward little successes, which will eventually add up to a big success.

Keep distractions at bay. Remove distractions from the environment, so they cannot be used as a procrastination crutch.

Over time, people can break the habit of procrastination and become more efficient and successful. procrastinating ultimately can increase negative feelings.

resolutions

from page 6

track as you progress toward your goal. By sharing your resolution with others, you are also indirectly inviting others who might have set similar goals in the past to offer incite and/or advice, which can prove invaluable.

Expect setbacks. Just like it is important to be patient, it is equally important to recognize there will be setbacks. Men and women who resolve to save more money and have set specific monthly savings goals should not allow one monthly shortfall to derail all of their efforts. An unforeseen expense such as an automotive or home repair might compromise your ability to meet your monthly savings goal. Such setbacks are inevitable regardless of your resolution, so do not be discouraged when they happen. Just commit to getting back on track in time to meet your next goal.

Successful New Year's resolutions might be hard to come by. But there are ways to stay the course and see resolutions through to realization.

**viewing**

from page 2

new. Television marathons have been broadcast on New Year's Eve and New Year's Day for decades. Many people include television marathons as part of their plans for the New Year, perhaps as a way to unwind after all of the festivities. "The Twilight Zone" is perhaps the show most instantly associated with New Year's marathons. The revered series, which ran from 1959 to 1964, was written and produced by creator Rod Serling. "Twilight Zone" popularized the sci-fi genre while helping to launch the careers of performers such as Peter Falk, Burt Reynolds and Robert Redford, among others. Each year, the Syfy channel airs a "Twilight Zone" marathon on New Year's Day.

Another popular television marathon each New Year's Day is "The Honeymooners" which follows Ralph Kramden, a short-tempered bus driver played by Jackie Gleason who lives in a small Brooklyn apartment with his wife, Alice. The first episode aired in 1955.

New Year's Day television viewers are bound to find a marathon sometime between December 31 and January 3. Many stations put together their own marathons for this time of year. Otherwise, TV-lovers can catch up by streaming their favorite series as they relax at the end of the holiday season.



Thank You!

The mission of The Worcester County Veterans Memorial at Ocean Pines Foundation is to create and maintain, in perpetuity, a suitable memorial to honor and preserve the unselfish contributions to the security and freedom of our country by the men and women of our military services.

The Memorial benefits greatly from the financial donations of individuals and businesses. Additionally many individuals volunteer countless hours throughout the year to assist in the numerous programs like student visitations to events such as the Memorial and Veterans Day celebrations.

Our community is indebted to the men and women who have and are currently serving our country.

Our Memorial is indebted to our community and those it honors.

Thank you to the businesses and individuals that have supported the Memorial during this year.

May the blessings of the season touch all those who support our service men and women.



**Help illuminate the legacy of our men and women who have served our country.
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To learn how to join, make a donation to the Memorial or to purchase a brick or paver go to www.OPVETS.org.