

The Courier

January

3

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Kent, Oglesby named to Circuit Court

Governor Larry Hogan last week announced the appointments of Magistrate Mary M. Kent and Beau H. Oglesby to the Circuit Court for Worcester County. The governor made the appointments after reviewing applicants to and nominees from the judicial nominating commission. Magistrate Mary Kent is the first woman to be appointed to the Circuit Court for Worcester County.

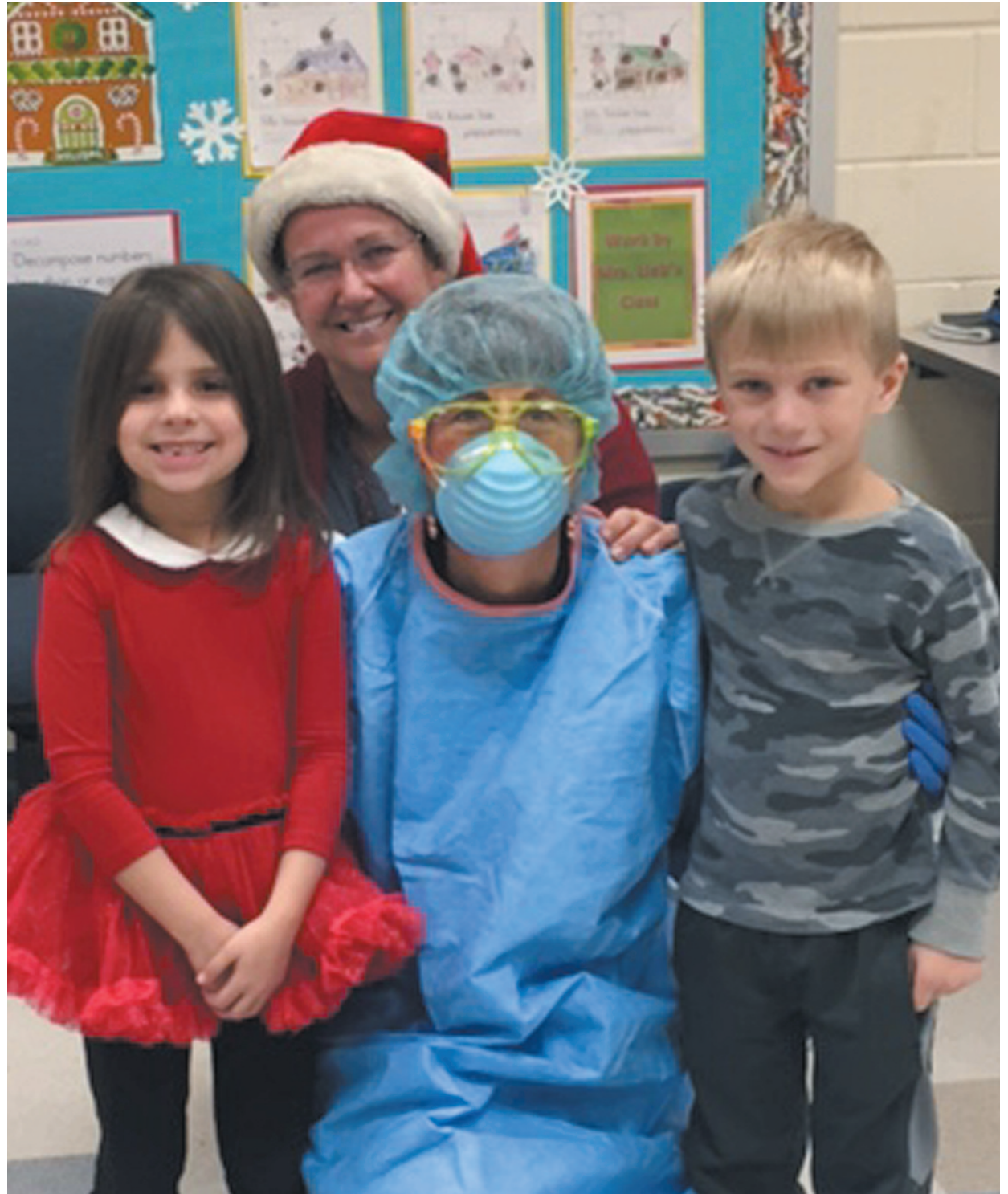


Beau Oglesby

“After a careful and thorough vetting process, I am confident that Mary Kent and Beau Oglesby are the most qualified candidates to fill these vacancies,” said Governor Hogan. “Their dedication to the practice of law and history of involvement in the Worcester community will serve them well in these new positions.”

Mary Kent has served as a domestic relations and juvenile causes magistrate for the First Judicial Circuit since 1996. She began her law career in 1980, working as a staff attorney for the U.S. Environmental Protection Agency. Magistrate Kent then moved on to work in private practice for Paul C. Ewell, P.A., before founding her own practice in 1991. Ms. Kent received her J.D. from the University of Richmond School of Law and her B.A. from the University of Richmond.

Beau Oglesby has served as the State’s Attorney for Worcester County since 2011. Prior to his current position, he served as Deputy State’s Attorney for Caroline County and was a prosecutor for Dorchester and Wicomico counties. Mr. Oglesby was an associate attorney in private practice for both Rowe Weinstein and Sohn (formerly Wescott Rowe, LLP), and Fulton P. Jeffers, P.A. In 1995, he served as a law clerk in the Circuit Court for Wicomico County for Judges Alfred T. Truitt, D. William Simpson and Richard D. Warren. Mr. Oglesby received his J.D. from the University of Baltimore School of Law and his B.A. from Salisbury State University (now Salisbury University).



Learning and scrubs - Kindergarten students at Ocean City Elementary School (OCES) were treated to a visit from the nurses at Atlantic General Hospital. The students were shown hospital equipment and discussed the different jobs people have at a hospital. Pictured is Favara Harkness, Nurse Denise Esham, Declan Solito, and OCES teacher Christine Lieb dressed in scrubs.

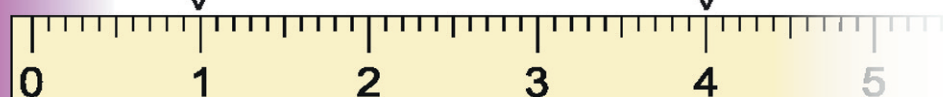
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Community Calendar JANUARY



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

Ocean City Center for the Arts to host event

“Shared Visions” is the opening show for 2018 at the Ocean City Center for the Arts, where visual artists and writers collaborate and inspire each other.

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

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

“This is the fifth year for the collaboration,” said Rina Thaler, executive director of the Art League of Ocean City. “It is an inspired coming together of words and images and demonstrates the different forms of self-expression.”

In all, 23 visual artists working in painting, photography, wood, mixed media, and fiber art drew inspiration from the poetry and prose of 15 writers for the “Shared Visions” show.

On Tuesday, January 16 from 6 p.m. to 8 p.m., the Ocean City Writers Group will read their work, and several of the visual artists will discuss what inspired them, in a free presentation, also open to the public.

The show will run through January 27 at the Arts Center.

Also hanging in the Galleria of the Ocean City Center for the Arts will be an all-media group show by members of the Art League.

Painter Cancan Huang occupies Studio E in January. Born in Liuzhou, Guangxi, China, Huang became interested in art at a young age as both parents were painters and college art professors. Before coming to the United States in 2014, he taught painting to high school students in China, and is currently in the BFA program at Salisbury University. Huang’s portraits celebrate human figures and the cultures

please see event on page 15

Dodgeball league gathering in Ocean Pines

Dodge, dip and dive your way into the Coed Adult Dodgeball League in Ocean Pines. The winter league for women and men, ages 18 and older, is now accepting groups of at least six people for its foam-ball throw-downs that will happen every Wednesday night at the Ocean Pines Community Center starting January 17 at 6:30 p.m.

“The best part about it is we don’t use the big red ball anymore. Come check us out; it’s a blast,” said Ocean Pines Recreation and Parks Manager Debbie Donahue.

You can sign up as an individual who would serve as a ‘free

please see league 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 Pinestepers 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.

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.

Dem club to meet

The Democratic Women's Club of Worcester County will meet Monday, January 15 in the Ocean Pines Community Center Assateague Room. Guest speaker Liyana Kadushin will speak of her work helping those with memory issues and their caregivers through the use of music and stories. Coffee will be served at 9:30 a.m. The meeting is from 10 a.m. through noon. For more information call 410-973-1021.

If you have an event you would like published in The Courier, email it to TheCourier@delmarvacourier.com.



Having fun - "The Literary Ladies of Ocean Pines" enjoying a holiday lunch at Ruth's Chris Steak House.

Property assessments rise in recent review

The Maryland State Department of Assessments and Taxation (SDAT) has announced its 2018 reassessment of 751,677 residential and commercial properties. These properties, also known as "Group 3," are reassessed by the department every three years and account for one-third of the more than two million real property accounts in the state. In Worcester County Group 3 properties are located in Ocean City.



The 2018 reassessment showed that Group 3 property values increased on average by 7.7% since they were last assessed for the 2015 tax year. This represents an average increase of 5.8% for all residential property and 12.7% for all commercial property.

The 2018 assessments for Group 3 properties were based on an evaluation of 63,322 sales that occurred within the group over the last three years. If the reassessment resulted in a property value being adjusted, any increase in value will be phased-in equally over the next three years, while any decrease in value will be fully implemented in the 2018 tax year. For the 2018 reassessment, 68.9% of Group 3 residential properties saw an increase in property value.

Residential property owners who apply and meet certain qualifications can also receive a Homestead Tax

Credit, which limits their principal residence's taxable assessment from increasing by more than a certain percentage each year. Although statewide legislation caps the increase at no more than 10% per year, many local governments have established property tax caps at smaller percentages. In prior years, counties were required to set their Homestead credit percentages by

November, but legislation passed earlier this year moved that deadline 4 months back to March. To see a breakdown of Homestead percentages at this time, you may reference table R-4, which is attached to this release. For additional information on the Homestead Tax Credit generally, please visit <http://dat.maryland.gov/realproperty/Pages/Maryland-Homestead-Tax-Credit.aspx>.

Property tax assessment notices will be mailed out to Group 3 property owners on Thursday, December 28, 2017. A map of which properties fall into Groups 1, 2, and 3 and their respective years for reassessment can be viewed at <http://dat.maryland.gov/realproperty/Pages/Maryland-Assessment-Offices.aspx>. For additional statistics and information, please visit the Department's Statistics & Reports webpage at <http://dat.maryland.gov/Pages/Statistics-Reports.aspx>.

Reform Commission publishes report

Hogan Administration moves to implement all recommendations

The Regulatory Reform Commission, established by Governor Larry Hogan and tasked with conducting a comprehensive review of Maryland's regulatory climate, today issued its final report, which identifies over 600 individual regulations to be streamlined or eliminated. In response, Governor Hogan announced that the administration will implement all 657 recommendations.

To fulfill one of the report's recommendations, the governor issued Executive Order 01.01.2017.33, requiring state agencies to use guidelines adopted by the Advisory Council on the Impact of Regulations on Small Businesses for estimating the cost of compliance and the economic impact of regulations on small businesses. Creating a common sense regulatory environment for Maryland's hundreds of thousands of small businesses, many of which are minority- or women-owned enterprises, is critical to growing the state's economy.

"The primary focus of our administration has been on growing our economy, putting people back to work, and creating an environment of economic opportunity for every single Marylander," said Governor Hogan. "These commonsense reforms to cut red tape and bring state government into the 21st century will help Maryland job creators, especially our small businesses, grow, thrive, and put even more people back to work."

Restructuring and reforming state government is a top priority of the Hogan-Rutherford administration. In July 2015, the governor signed an executive order creating the Regulatory Reform Commission to conduct a top-to-bottom review of every single regulation on the books, with the goal of finding ways to cut through government red tape and streamline Maryland's cumbersome bureaucracy and slow approval processes. The Hogan administration eliminated or streamlined another 187 regulations identified in the commission's 2016 report, bringing the total number of reformed regulations since taking office to 844.

"This is the first comprehensive, exhaustive review of Maryland's regu-

lations in a generation, and delivers on Governor Hogan's promise to reform state government to be more responsive to the citizens of our great state," said Lt. Governor Rutherford. "We thank the Commission, numerous state agencies, and the Advisory Council on the Impact of Regulations on Small Businesses for the countless hours of work that went into this report, enabling our administration to eliminate or streamline hundreds of regulations."

Regulations identified for reform in the report include:

- Repealing 224 obsolete or redundant Department of Health regulations.
- Removing a Department of the Environment requirement that small businesses with privately owned water and sewerage systems place capital into an escrow account for 20 years equal to the cost of the capital expenditure to construct or expand the system, despite the lack of any similar requirement for publicly owned systems.
- Enabling the Department of the Environment to issue a single permit covering both toxic substances and pesticide application, where operators previously had to apply for two permits.
- Repealing a \$500 fee previously charged by the Maryland Transportation Authority to tow companies applying for a permit.

The report highlights additional Hogan-Rutherford administration initiatives to make government more accessible and responsive to Marylanders, including the Governor's Customer Service Initiative, the Governor's Office of Performance Improvement, and Maryland Business Express, an online portal to optimize services for the hundreds of thousands of businesses that interact with the Maryland State Department of Assessments and Taxation.

Governor Hogan signed an executive order establishing the Regulatory Reform Commission in July 2015. For more information, please visit <http://governor.maryland.gov/Lt-governor/home/regulatory-reform>.

The Courier

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

Chip Bertino

Publisher/Editor
 chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair /Comptroller

Contributing Writers

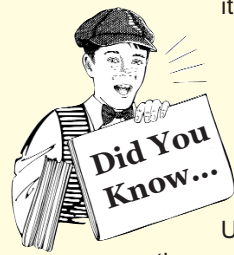
Ron Fisher, Douglas Hemmick, Jean Marx,
 Kelly Marx, and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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According to a report from the U.S. Fish and Wildlife Service (FWS), 101.6 million Americans, or 40 percent of the U.S. population 16 years old and older, participated in wildlife-related activities in 2016. Such activities included



hunting, fishing and wildlife-watching. Such activities proved a boon to the U.S. economy,

as those who participated in wildlife-related activities spent \$156 billion in 2016. That is the most money, adjusted for inflation, spent on wildlife-related activities in the last quarter century. Wildlife-watching, which includes observing, feeding and photographing wildlife, has become increasingly popular over the last half-decade. The FWS reports that participation in wildlife-watching grew by 20 percent between 2011 and 2016, when more than 86 million people engaged in such activities. Hunters also made a strong impact on the economy, as the roughly 11.5 million hunters in the United States spent \$25.6 billion in 2016.

Firearm deer hunting season to reopen

The Maryland Department of Natural Resources announced last week that the winter portion of the firearm deer hunting season opens January 5 in Deer Management Region B, which includes all the state but its western-most counties. Hunters with a valid hunting license may use firearms to harvest sika and white-tailed deer during this season.

The season is open January 5 and 6 in all Region B counties and January 7, on private lands only, in Calvert, Caroline, Carroll, Charles, Frederick, Harford, Kent, Montgomery, Queen Anne's, Somerset, St. Mary's, Washington (Zone 1) and Worcester counties. On January 7, shooting hours end at 10:30 a.m. in Kent and Montgomery counties.

"The winter season is a popular one as it provides another opportunity to hunt with a firearm after the holidays," Wildlife and Heritage Service Director Paul Peditto said. "The hunt helps us meet our deer management goals of stabilizing the population in targeted areas."

The bag limits for the season (including any deer taken during the previous firearm season) are:

- One antlered white-tailed deer (statewide limit);
- Ten (10) antlerless white-tailed deer;

-Three sika deer, no more than one antlered.

In Region B, a hunter may also take one bonus antlered white-tailed deer per license year in the weapon season of their choice after purchasing a Bonus Antlered Deer Stamp and taking two antlerless white-tailed deer during any season.



New this year, certain air guns are legal for hunting deer during the firearms season. They are defined as any gun that propels a projectile by means of non-ignited compressed air or other gas, with projectiles including arrows, balls, bolts and bullets. An air gun must shoot a 0.40 caliber or larger ball or bullet that generates at least 400 foot-pounds of muzzle energy, or shoot an arrow or bolt at least 18 inches in length with a minimum speed of 300-feet per second. Arrows or bolts must be tipped with a metal broadhead with a minimum cutting width of 7/8 inches. Please note that when checking in deer harvested with an air gun, hunters should choose "other" when asked what weapon they used to har-

vest their game.

Also new this year, the Apprentice Hunting License Program allows first-time hunters a lower-cost opportunity to explore the sport and tradition with an experienced and licensed guide and mentor.

The antler point restriction remains in effect for the coming hunting season. Deer hunters may harvest up to two antlered white-tailed deer within the yearly bag limit that do not meet the requirement of having at least three points on one antler. Any additional antlered deer taken within the established bag limit must meet the minimum point restriction. Licensed junior hunters are exempt from this restriction.

Hunters should carefully inspect all tree-stands and always wear a full-body safety harness while climbing in or out and while in the stand. The department strongly recommends using a sliding knot, commonly known as a prussic knot, attached to a line that is secured above the stand that allows the hunter to be safely tethered to the tree as soon as they leave the ground.

PRMC offers Diabetes education classes

People with diabetes can start their new year off right by taking control and learning how to live a healthy, fulfilling life while managing their condition. Peninsula Regional Medical Center is sponsoring Wednesday evening and Thursday afternoon diabetes self-management education class sessions start to discuss healthy eating, activity, monitoring, medications, healthy coping, risk reduction and other self-management skills to help assist with diabetes control.

The evening class session will meet at the Medical Center on five consecutive Wednesdays from 6:30 p.m. to 8:30 p.m. beginning January 10. The afternoon class session will meet at the Medical Center on five consecutive Thursdays from 1 p.m. to 3 p.m. beginning January 11. All classes are taught by certified diabetes educators.

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

Music fun



Music Director **Julien Benichou** and guest star on the trumpet **Joe Burgstaller** after a performance of the Mid-Atlantic Symphony Orchestra's 2017 holiday concert in December. Photo by Anna Foulz.

Slumbering through another New Year's

It is the start of a new year, 2018 to be specific. I welcomed in the new year sound asleep. It's been a long time since I've been awake to watch on television the big lighted ball drop

our vantage point on Cherry Street. Nonetheless it was memorable. Seeing those banjoists work their fingers in freezing weather was amazing. How'd they do that?



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

in Times Square; not as far back as Guy Lombardo and His Royal Canadians ringing in the New Year. (How many people remember Guy Lombardo?) The last one I remember, Dick Clark was still rocking New Year's Eve and Ryan Seacrest was in preschool.

If memory serves, the last time I rang in the New Year awake was at a friend's house. Three couples were talking and laughing around the dining room table and before we knew it, it was a few strokes before midnight. We raised our glasses, wished each other good health and went home. We should have been in bed hours before.

When I was young, my brother and I would take my mother's pots, pans and wooden spoons and run around the front yard banging away with reckless abandon when the clock struck midnight. We enjoyed ourselves trying to be louder than the other. I don't remember the cold weather bothering us. I do remember breaking a spoon or two and a pot handle. If we were to relive those antics, the new year would be several hours old before I had finished dressing in layers and getting my thermal socks on. And by that time, what's the use?

The Mummers Parade is a Philadelphia tradition; hundreds of wildly dressed musicians strutting up Broad Street. It's a spectacular show. Back in the day, my brother and I would lay on the floor, our heads resting on our hands, watching the parade on Channel 6, WPVI, first in black and white and then in glorious color when my parents bought our first color television set. Only once did I have the opportunity to watch the parade in person. It was very, very cold from

One New Year's Day I remember it snowed and snowed and snowed. By the time it was done there was more than a foot of snow on the ground, and even higher drifts. As a result, school was delayed for a couple days. It was like

getting a belated Christmas present. Unfortunately, Sister Marie Marguerite didn't quite see it that way. She doubled our math homework until we caught up. She believed in the post office motto that neither sleet nor rain nor snow was going to keep us from learning integers and fractions, so help her God.

This year, I've made no resolutions for the new year because if history is any indication, by the time you read this, I would have already stopped working on fulfilling them. Better to start the new year off honestly by admitting to myself that I don't have the follow through to really commit to losing weight or exercising more or learning a new language. Those goals are worthier than my determination.

Once the holidays are over, I'm less enthusiastic about the New Year. Cold weather, shortened daylight hours and cold weather are not my idea of fun. And yes, I know I wrote cold weather twice; I really don't care for it. Cold weather severely limits me from enjoying the things I like to do. For instance, twenty-degree weather is really not conducive to sitting on the back deck with an adult beverage. Sure, the ice in my drink won't melt as quickly but it's rather difficult to enjoy the drink when my lips are frozen to the glass rim. Puttering around in the garage just isn't the same when I'm bundled up from head to toe looking more like an Iditarod participant without a sled or dog. Even just taking a walk is ruined when my breath freezes with each exhalation and my toes go numb by the time I reach the end of the driveway.

Who am I kidding? Even when the weather is warm I hardly take walks.

Happy New Year!

STEVEN W. RAKOW

Attorney at Law

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

- President, Worcester County Bar Association
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Southgate - Ocean Pines
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The tradition of the Epiphany

While some may think the holiday season ends once New Year's Day comes and goes, for Christians, the season continues into January with the feast of the Epiphany.

The Epiphany occurs 12 days after Christmas, which falls on January 6 (or January 19 for some Orthodox churches that celebrate Christmas on January 7). The Epiphany celebrates the Three Kings, also known as the Three Wise Men, who visited Jesus shortly after his birth.

The Epiphany is celebrated by Catholics and Orthodox Christians. Among Hispanics, the day is known as El D'a de los Reyes.

Many traditions are included in Epiphany celebrations. According to the Center for Christian Ethics at Bay-



lor University, three historical traditions of the Epiphany include baking a "Kings' Cake" marking a door lintel with the Magi's blessing, and participating in worship with lighted candles. Some families also exchange gifts on the Epiphany to commemorate the gifts of gold, frankincense and myrrh that the Three Wise Men presented to Jesus upon arriving at the manger.

Chalking doors. Celebrants of the Epiphany can mark their own doors, also called "chalking the doors." This tradition is a centuries-old practice that serves as a request of Christ to bless the homes marked so that all those who dwell inside remain blessed throughout the year. The marking includes the first digits of the year, followed by the initials of the Magi: Caspar, Malchior and Balthazar; followed by the last digits of the year. For 2018 the formula should read: 20+C+M+B+18. Others believe the letters represent the abbreviation of the Latin phrase "Christus mansionem benedicat," or May Christ bless the house.

King cakes. King cakes vary by region. In Spain, local bakers make a special ring-shaped roll. In France, it is a flat almond cake with a toy crown cooked inside. In Mexico, bakers put a figure of Baby Jesus inside a cake. The person who finds the figure is awarded the honor of baking or providing the cake for the following year and hosting the Epiphany celebration.

Lighting candles. Individuals are urged to keep candles lit on the Epiphany. This is to symbolize how Jesus' presence on Earth was comparable to light entering a darkened world.

The arrival of the New Year beckons an important religious celebration that extends the magic of the Christmas season.



Animal delivery - Members of the Ocean Pines Hammerheads swim team, and their coach, Brooks Ensor, deliver plush animals to the Atlantic General Hospital Emergency Department to be given to pediatric patients. From left: team members **Will Schlesinger, Nat Fink, Audrey Iman, Katie Pizlo, Emma Coyman, Emily Fink, Victoria Iman and Molly Hoffman.**

WCDC clients' contributions better our communities

Eight volunteers donning holiday sweaters and contagious smiles, and clutching their handmade ornaments recently helped the Worcester County Commissioners decorate the twelve-foot tall Christmas tree in the Worcester County Government Center. Continuing a tradition that dates back to 1998, Worcester County Developmental Center (WCDC) clients arrived the first Tuesday in December, with festive baubles that included hand-stitched snowmen, glittery seashells, and pinecones adorned with ruby-red, green, and gold ribbons to decorate the tree.

These vibrant individuals are part of a larger group of WCDC clients that are getting out and about in the community with ever-greater frequency, not just at area businesses where they are involved in meaningful employment, but to volunteer with nonprofit agencies to meet community needs and to help vulnerable individuals feel valued. Following changes to federal mandates, the WCDC has expanded program offerings to aid developmentally-impaired individuals to become

even more active and involved in the community outside of work and social outings and activities.

"Our clients have great talents and abilities, so we thought why not get them more involved in the community, helping other people," WCDC Ex-



ecutive Director Jack Ferry said. "Now we're taking our clients, the people that others tend to think need support, and they are providing support to others. The WCDC is proud to be a part of Worcester County, and our clients are no different than anyone else. Volunteering gives them a sense of pride and acceptance."

Now the WCDC is active throughout the county. WCDC clients clean-

please see **wcdc** 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
(w/ Royal Crown)

Martini of the Month \$7.50

Apple Pie Martini Rice Pudding Martini

Margarita of the Month \$6.50

Cranberry Margarita
with Cuervo Gold

\$1 Off During Happy Hour

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

New Macky & Pam Stansell House is a go

Coastal Hospice has received approval from the Maryland Health Care Commission to proceed with construction of the Macky & Pam Stansell House of Coastal Hospice at the Ocean in Ocean Pines and has broken ground on the project.

Whiting-Turner is the contractor for the project and will begin construction immediately. The new residence is expected to begin accepting patients towards the end of 2018.

The Stansell House will give hospice patients the dignity of hospice care with the comforts of home. It is designed for those in hospice who have no one to care for them in their own homes, and will be a safe and secure place where patients and their families receive the medical, emotional, and spiritual support they need.

Originally designed as a clubhouse at The Point neighborhood in Ocean Pines on an 11-acre waterfront property on the Isle of Wight Bay, the building sat unfinished and vacant for more than 10 years until Coastal Hospice purchased it at the end of 2016 with the intent of transforming it into

a state-of-the-art hospice residence. While the exterior of the building will retain its general appearance, the north side of the building will be demolished and reconstructed to meet the unique needs of hospice patients. The interior will be furnished to be as home-like as possible, with rocking chairs on the porch, original artwork on the walls, and private spaces for families to gather.

The new hospice residence and outreach center will include 12 private patient rooms, most with water views, plus family rooms, kitchens, open air decks, a labyrinth, and a meditation garden. Also housed at the new facility will be a community center offering bereavement support and other programs.

“Approval by the Maryland Health Care Commission allows us to break ground and turn an abandoned building into a warm and safe hospice home,” said Coastal Hospice President Alane Capen. “We are eagerly looking forward to the day when this important service becomes available to hospice-eligible patients with unmet care and safety needs.”



Shown left to right: **Adam McIver** and **Greg Ennis** of Whiting-Turner; Coastal Hospice Board Members **Cam Bunting** and **Stephen Farrow**; Coastal Hospice President **Alane Capen**; **Pam Stansell**; Stansell House building committee co-chairs **Macky Stansell** and **Dirk Widdowson**; Coastal Hospice Board of Directors **Chairman Michael Dunn**; building committee member **Marion Connolly**; and **Ron Morgan** of Becker-Morgan, architects on the project.

“There is a real need for a hospice residence, particularly here on the Lower Shore,” said donor and co-chair of the hospice residence committee,

Macky Stansell. The building will be named after Macky & Pam Stansell to honor their donations to the project.

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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 – thousands of Snow Geese lifting off a farm

*please see **weekend** on page 15*

Bereavement counselor joins hospice

Marceline Brooks, MSW, MDiv., has joined Coastal Hospice as a bereavement counselor and will provide grief support to the Wicomico and Dorchester County communities. Brooks is currently leading the grief support group in Cambridge and will be leading the grief support group in Salisbury beginning in the Spring.



Marceline Brooks

Brooks grew up in Salisbury until her family moved to Glen Burnie, and is a graduate of Glen Burnie High School. After serving in the U.S. Air Force for four years, Brooks began her multi-year career in telecommunications, receiving her degree in the field

from Howard University. While at Howard, she felt "called to chaplaincy," Brooks said, and received degrees in Masters of Divinity and Masters of Social Work from the university. She then worked for the Maryland Department of Social Services in Prince Georges County.

Brooks became interested in hospice work after Coastal Hospice cared for her stepfather.

"It is my goal to bring comfort to someone who needs it," she said. "An early mentor told me to ask myself, 'Who are you touching?' You always need to be touching somebody in this life."

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



Giving - Worcester Prep Lower School students, from Pre-Kindergarten to grade 5, eagerly lined up in December to visit with Santa and give gifts to those in need at Diakonia. Hundreds of gifts were donated to Diakonia's two homeless shelters in West Ocean City, that provide emergency and transitional housing, food services and counseling for their guests. Pictured with Santa are WPS 3rd graders: Front: **Jack Adkins, Reed Corron, Conan Geiger, Gabriella Damouni, Cora Conway, Abby Hazzard, McKenna DePalma, Stella Martin.** Middle: **Ben Holloway, Dade Kappes, Mario Dahr, Laney Hoch, Alyson Ray, Bella Fernley, Santa, Anna Mumford, Jack Wells, and Ipsha Maharjan.** Back: teacher **Jacqueline Knowlton, Beau Brittingham, Brady Schell, Chase Burbage, Gray Bunting, Gavin Mann, Mrs. Claus, Sophia Poffenberger, Isha Garg, Chloe Antonov, Colton Givens-Grevey, Haven Harrison, and teacher Julie Lyons.**

Wor-Wic offers express registration

Wor-Wic Community College is offering "Smart Start Express Registration" on Tuesday, January 9, from 8 a.m. to 8 p.m., to enable current and prospective students to complete the spring credit registration process in one campus visit.

Participants will be able to apply for financial aid, take the placement test or talk to an advisor, register for classes, make payment arrangements, visit the bookstore and learn about child care opportunities.

Spring credit classes begin Friday, January 12.

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

Weight mgmt, pre-diabetes program offered

Get a helping hand for a healthy start to 2018, Peninsula Regional Medical Center Nutrition and Diabetes Education is offering a Weight Management/Pre-Diabetes Program class session on two consecutive Tuesdays

starting January 30, from 6:30 p.m. to 8:30 p.m. Classes will be held in the Hallowell Conference Center of the Layfield Tower on the Peninsula Regional campus.

Registered dietitians and nurses provide participants with strategies to develop healthy eating habits and lead a more active lifestyle. The fee is \$50.

To register or if you have questions about diabetes, please call the Peninsula Regional Medical Center Nutrition and Diabetes Education at 410-543-7061.

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 Foults at 410-641-7667.



Donation - The Marlin Club Crew of OC (MCC) is a non-profit known for their annual scholarship awards but also donates to other non-profits involved with recreational fishing, safe boating and the encouragement of responsible conservation.

The "Crew" recently donated \$1,000 to the Maryland Coastal Bays Program (MCBP) during its presentation of the annual state of the bays Coastal Bays Report Card. Presenting the donation were **Pat Schrawder**, secretary of MCC (left) and **Cathy Donovan**, president of MCC (right).

Accepting for the Coastal Bays is Executive Director, **Frank Piorko** (center). The MCBP exists to protect and conserve the waters and surrounding watershed of Maryland's five coastal bays located behind Ocean City and Assateague Island.

For more information on the program, visit their site: mdcoastalbays.org or call 410-213-2297. For more information on the Marlin Club Crew of OC, contact Cathy Donovan at 410-213-9283.

I Love to Cook!

by Bev Wisch



Happy New Year everyone!
Game on with some delicious appetizers. Football has taken over our house and yours too I'm sure. Curl up in front of the fire and enjoy!

Salmon Poppers

1 lb. can red sockeye salmon (remove any bone membranes)
1 beaten egg
1/2 cup corn flakes or 1 slice broken bread
1 small chopped onion
Salt, pepper and parsley flakes

Mix ingredients and form into small balls. Refrigerate for 1 hour. Fry in oil just browning on each side.

Serve with toothpicks and dipping sauce.

Sauce: Blend 2 T mayonnaise with 2 T. sour cream. Add fresh or dried dill and freshly squeezed lemon juice to taste.

You may make ahead and microwave when serving.

Crab Dip

1 T horseradish
1/2 cup mayonnaise
1 8 oz. cream cheese (softened)
1 small onion - grated
1 T. milk
1 lb. backfin crabmeat

Mix together in baking dish and lightly top with old bay seasoning. Bake at 350 degrees for 15 to 20 minutes. Serve with crackers.

Roast Beef Sliders

Cut each slice of rye bread in quarters. Butter one side and lay down on cookie sheet. On clear side, arrange deli roast beef, mayo and horseradish, and top with swiss cheese. Bake at 350 degrees just until cheese melts. Serve hot.

Ocean City blood drive has been saving lives for two decades

Blood Bank of Delmarva (BBD) lifesaving 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.

County offers tree recycling to residents

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.

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

please see **sports** page 15

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

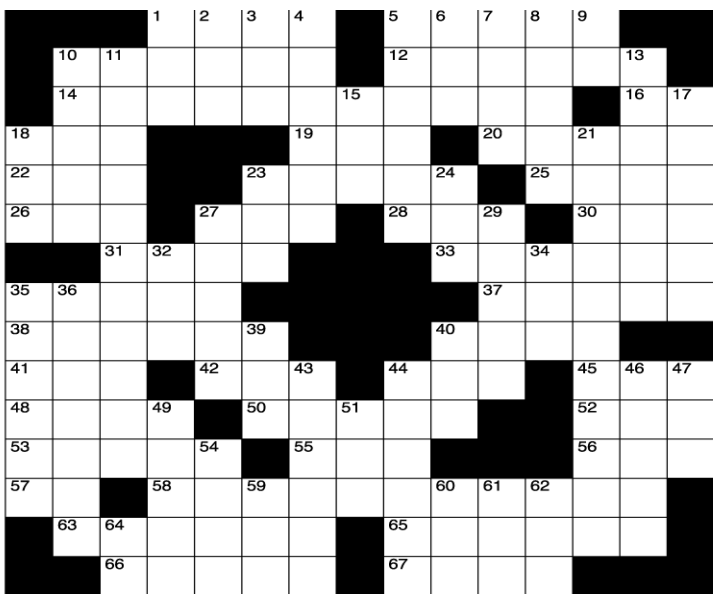


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CLUES ACROSS

- 1. Isodor __, American Nobel physicist
- 5. One a day keeps the doctor away
- 10. Extents
- 12. Noticing
- 14. Scriptural
- 16. Star Trek character Laren
- 18. "The Crow" actress __ Ling
- 19. Not good
- 20. Measures gold
- 22. TV network
- 23. Wasting
- 25. Money in Ghana
- 26. Young girls' association
- 27. Title of respect
- 28. High schoolers take this test
- 30. Crunches federal numbers
- 31. Wild or sweet cherry
- 33. Celestial bodies
- 35. Fruit of the oak tree
- 37. Royal Navy ship during WWII
- 38. Of cherished symbols
- 40. Satisfy
- 41. 5th. day (abbr.)
- 42. Swiss river
- 44. Royal Albert Hall (abbr.)
- 45. Cool!
- 48. Flat metal shelves
- 50. Enclosed
- 52. A way to pass
- 53. City in Iraq
- 55. Printing speed measurement
- 56. Twitch
- 57. Indicates position
- 58. Made lawful
- 63. Took down
- 65. A way to travel on skis
- 66. North winds
- 67. Tunisian metropolises

CLUES DOWN

- 1. Seafood
- 2. Incan god of mountains
- 3. Ritzy LA neighborhood __ Air
- 4. Line that connect points of equal pressure
- 5. Audience-only remarks
- 6. Chest muscle (slang)
- 7. Pointed top
- 8. Lavender
- 9. Linear unit
- 10. Knives
- 11. 2016 World Series champs
- 13. A way to arrange
- 15. Talk
- 17. Serving no purpose
- 18. Container
- 21. Breathes new life into
- 23. Beloved dog Rin Tin __
- 24. A bag-like structure in a plant or animal
- 27. Yemen capital
- 29. Sacred book of Judaism
- 32. Make a mistake
- 34. Wrestlers wrestle here
- 35. Respiratory issue
- 36. In league
- 39. Resinous insect secretion
- 40. Unhappy
- 43. Turbulent area of a river
- 44. Neglectful
- 46. Sours
- 47. Calendar month (abbr.)
- 49. Grooves
- 51. Sony Pictures Television
- 54. Monetary units
- 59. Command right
- 60. 1,000 cubic feet
- 61. Expression of triumph
- 62. Dinner jacket
- 64. The first two




Answers for Dec. 27

Eyes on the Skies

The night sky through binoculars

By Douglas Hemmick, Ph.D.



For the year 2018, the column turns to the subject of stargazing with binoculars. While binoculars are less powerful than telescopes, they are more convenient, and available at lower cost. Consider the ease of just grabbing the binoculars, compared to the effort of hauling the telescope out and setting it up.

Contrary to what one might surmise, binoculars offer a good choice to observe many features of the cosmos. Distant targets include star clusters, wispy "nebula," a few galaxies, and even the moons of Jupiter.

Binoculars feature a larger field-of-view than telescopes – thus a bigger "piece-of-sky" can always be seen. A telescope may typically reveal one angular degree of the sky, while binoculars show five degrees or more. The advantage of wider field-of-view favors binos, especially for viewing conjunctions.

Another advantage of binoculars is, unlike telescopes, they never "invert" the images. For larger objects such as the moon, this means that viewing with binoculars does not show the telescope's upside-down images.

The numbers which appear on binoculars, for example 10x50, offer two important bits of information. The first is magnification, so that a 10x50 pair would enlarge objects by a factor of ten. The second number is the width of the "objective lens" in millimeters, i.e. the large lens, where light enters the device. The larger size objective lenses will transfer the greater the amount of light to the eyes. Hence, for faint sky objects the larger objective sizes have the advantage of producing brighter images.

Although one might guess that selecting the largest possible magnification and greatest diameter objective lens would be best, these superlatives carry drawbacks. For example, the weight and bulk of binoculars are important. For bird watchers, the lighter weight sizes of 7x35 or 8x42 are easier to carry about. Boaters may already have the popular nautical 7x50 size. On board a bobbing vessel, there's less annoying distortion produced by the lower, seven power, magnification.

Astronomy fans may generally agree that a good stargazing choice is the 10x50. Fortunately, almost any size or variety of binoculars can be used to improve stargazing.

When observing with binoculars, one must find ways to achieve steadiness. A camera tripod is helpful, but not best for objects high overhead. As an alternative,

consider a "monopod." (steady ing pole) – a device to brace the binos against the ground. A simple broomstick is a viable substitute, and the hobbyist may add rubber tips to the ends for stability. Commercial steady ing poles are a comfortable choice, offering sliding adjustments of their length. An inexpensive "L shaped" binocular adaptor is usually needed with a tripod or monopod.

Canon and other brands offer binoculars with "image stabilization" to compensate for wavering hands and breathing motion. However, such devices are expensive, costing from \$500 to \$1,200.

For stargazers using binoculars, January offers viewing of the star cluster M41 in Canis Major. First locate the famous star Sirius— the dazzling, "show-stopping" star in the southern sky. Then move four degrees due south within Canis Major constellation. M41 is a small bright cluster containing over 100 stars, and is located at about 2,300 light years away. Binoculars may bring a half dozen bright stars into view including a conspicuous red star near M41's center.

As discussed in a previous column,



"Monopod" pole



L-shaped adapters

Light Up the Pines” holiday contest winners announced

The home of Pamela Foltz, located at 10 Quarter Staff Place in Ocean Pines, shines bright as the first place winner in the annual “Light Up the Pines” house decorating contest.

Foltz decorated her home with festive holiday lights, ribbons and wreaths. Doors, windows and trees were all brightly lit.

The second place goes to the home of Jamie Greenwood, who a voter dubbed as “the decoration master.” Greenwood’s winter wonderland is located at 233 Windjammer Road in Ocean Pines.

The home of Kenny and Brenda Pilarski, located at 114 Pineforest Drive,

received the third most votes.

The holiday contest, which is sponsored by Choptank Electric, is a bright seasonal show of lights. Entries were judged by residents and non-residents on social media. Voting took place December 11 to December 22 on Facebook. Winning entries will be published in the spring edition of the *Ocean Pines Report*, the community’s quarterly newsletter and given a gift bag filled with goodies, including a gift certificate good at The Cove at Mumford’s in Ocean Pines along with a gift certificate for a Choptank Electric Cooperative bill credit.

Methods to treating arthritic knees

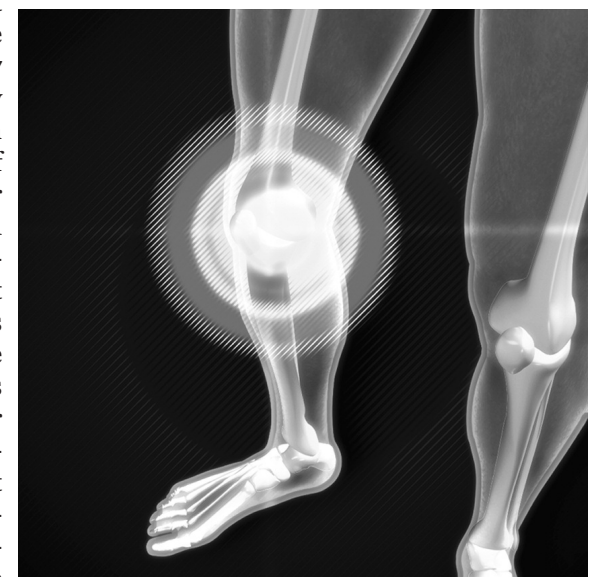
Osteoarthritis of the joints can affect people of all ages, but is one of the leading causes of disability in the aged population in the United States. A study published in the *Caspian Journal of Internal Medicine* found incidence of knee OA is rising by increasing average age of the general population. Age, weight, trauma, and repetitive movements are common risk factors for the condition.

According to Dr. Scott Paris of Central Jersey Spine and Wellness, more than 27 million people in the country suffer from knee arthritis. An estimated 37 percent of Canadians aged 20 or older who had been diagnosed with arthritis reported osteoarthritis, with 29 percent occurring in the knees, states Statistics Canada. Knee arthritis occurs when there is a degeneration of articular cartilage that covers and protects the patella (knee cap) at the knee joint, offers the online resource Arthritis-Health. Since this cartilage has no nerve endings, some people can experience arthritis but feel no pain. However, pain may occur when doing specific activities that cause impact between bones, like jumping, walking up stairs or certain sports.

Over time, knee arthritis may become worse, and pain can be accompanied by stiffness and loss of mobility. This may be accompanied by

knee locking or buckling.

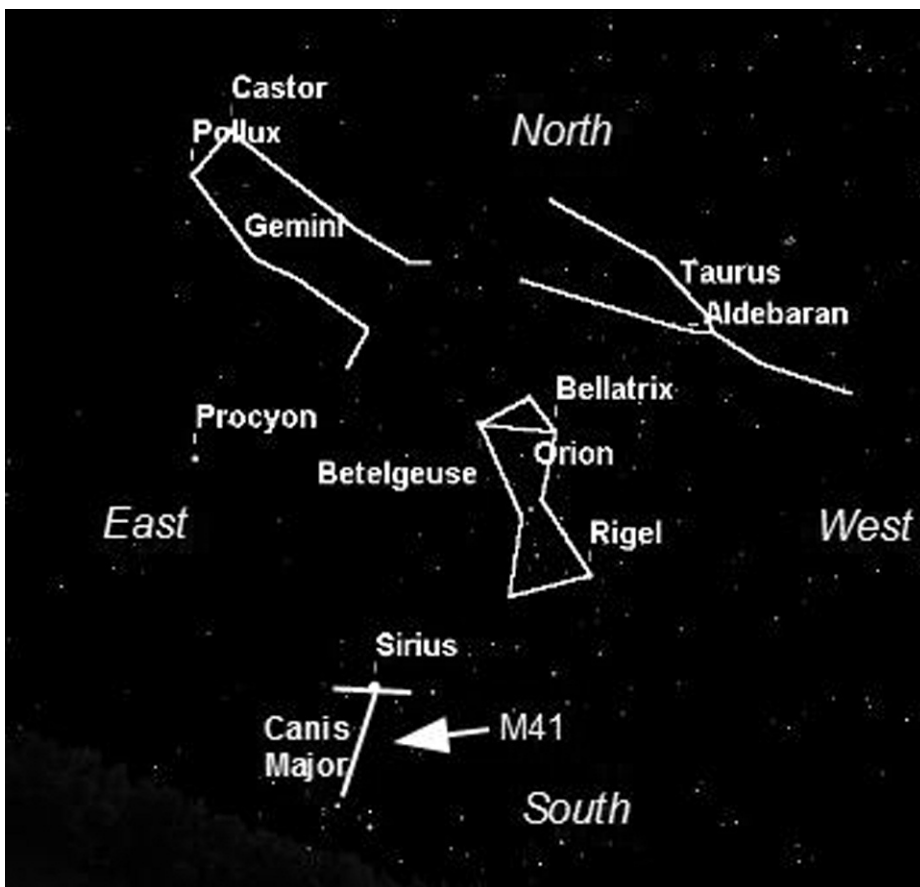
Those who suffer from knee OA may seek treatment. In 2014, the Osteoarthritis Research Society International, a nonprofit organization dedicated to promoting osteoarthritis research and treatment, updated its recommendations for the treatment of osteoarthritis targeted to different patient characteristics. The main categories of treatment include non-drug



treatments, medication, injections, and surgery.

Non-drug treatments: Examples of non-drug treatments include exercise, stretching and range-of-movement strategies. Weight loss can alleviate excess strain placed on the hips and knees and reduce pain. Braces, sleeves

Please see **knees** on page 12



eyes
from page 10

most stars of the galaxy were born together in open clusters. As the eons passed, the stars slowly drift apart, possibly reaching opposite sides of the galaxy. To see a cluster like M41 is to witness the “youth” of stars in a grouping which has not had time to disperse. People who gaze as far as 2,300 light years to see M41 are now witnessing starlight from the century when Alexander the Great had just conquered Egypt.

During January most of the evening’s stars emerge at about 5:45 PM when Taurus the Bull will become visible. After about 9 PM,

most of the classic winter constellations will be available, including Orion the Hunter and Sirius, appearing above the southern horizon.

Those wishing to enjoy an early morning treat may spy the close dance of two planets in the east-south-eastern sky. Mars and Jupiter are appearing in close proximity for the first eight nights of January. Good viewing times are from 5:30 to 6:15 AM. On the morning of January 6th the closest approach takes place, when the two are just one-third of a degree apart. Binoculars should reveal a fascinating contrast, with the dim Mars sailing very close to the bright planet Jupiter.

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., Jan. 4	9:03 a.m. 9:25 p.m.	2:37 a.m. 3:30 p.m.	7:18 a.m.	4:53 p.m.
Fri., Jan. 5	9:55 a.m. 10:19 p.m.	3:32 a.m. 4:23 p.m.	7:18 a.m.	4:54 p.m.
Sat., Jan. 6	10:46 a.m. 11:13 p.m.	4:28 a.m. 5:16 p.m.	7:18 a.m.	4:55 p.m.
Sun., Jan. 7	11:38 a.m.	5:27 a.m. 6:10 p.m.	7:18 a.m.	4:57 p.m.
Mon., Jan. 8	12:11 a.m. 12:32 p.m.	6:28 a.m. 7:02 p.m.	7:17 a.m.	4:57 p.m.
Tues., Jan. 9	1:12 a.m. 1:30 p.m.	7:30 a.m. 7:54 p.m.	7:17 a.m.	4:58 p.m.
Wed., Jan. 10	2:15 a.m. 2:28 p.m.	8:34 a.m. 8:45 p.m.	7:17 a.m.	4:59 p.m.

Free 'Stop the Bleed' training offered

Accidents can happen at any time, and no matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes; it is important to step in quickly.

"Stop the Bleed" is a nationwide campaign to empower individuals to act quickly and save lives. Peninsula Regional Medical Center will hold a free "Stop the Bleed" class on January 16 from 6 p.m. to 8 p.m. It will

cover pressure points, applying dressing and proper use of tourniquets. It is open to the public; no medical knowledge is required. Hunters, campers, parents, Scout leaders, coaches and people who live in rural areas or work in an industry where people can get injured can especially benefit. Please register online at peninsula.org/stopbleed.

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.



Carozza event scheduled

Delegate Mary Beth Carozza, a candidate for District 38 State Senator, is hosting a fundraising sendoff celebration on Sunday, January 7 in advance of the Maryland State Legislative Session. The event will take place at The Parke Clubhouse located at 2 Arcadia Court in Ocean Pines. The cost is \$25 per person, \$100 for a sponsorship and \$250 to host. For more information go to friendsofmb.carozza@yahoo.com or call 410-726-1234.



Mary Beth Carozza

knees

from page 11

and orthotics may help reduce pain and joint stiffness when directed properly through a specialist.

Medications: Many medications are geared around reducing inflammation and pain and include over-the-counter pain relievers and NSAIDs, such as acetaminophen, ibuprofen and naproxen sodium. Topical NSAIDs may be tried, and these can reduce the risk of gastrointestinal side effects from oral medications. OARS also found that the antidepressant duloxetine may help with chronic knee pain.

Injections: The Arthritis Foundation says that some doctors can inject corticosteroid compounds directly into affected joints. Use of hyaluronic acid injections can supplement the natural substance that gives joint fluid its lubrication and viscosity. These injections may help relieve pain and improve mobility.

Surgery: In cases when the aforementioned treatments are unsuccessful, doctors may suggest surgery. The Arthritis Foundation says joint lavage and arthroscopic debridement, which involve flushing the joint with a sterile saline solution and the surgical removal of tissue fragments from the joint, are controversial but may help some people achieve short-term relief. Partial knee replacement may be another option that offers a similar improvement in function, but fewer complications than a total knee replacement.

Osteoarthritis in the knee can be painful and restrictive. Working with a qualified doctor, individuals can develop a treatment plan that works for their specific conditions.



Foley joins Kiwanis

The Kiwanis Club of Greater Ocean Pines-Ocean City welcomed a new member during a recent meeting. Pictured are (L-R) Tom Southwell, new member Suzanne Foley, Membership Chair Pat Winkelmayer and club President Ralph Chinn Sue moved to the Pines seven months ago from Silver Spring where she lived for 30 years. Upon retirement she spent two years helping with child care for her two grandchildren.



Kiwanis rang bell for Red Kettle

When the Salvation Army Annual Red Kettle Drive starts at Thanksgiving, the Kiwanis Club of Greater Ocean Pines – Ocean City volunteers to ring the bell at the Berlin Walmart on Route 50. Pictured is Kiwanis Chair Stella Hartington doing one of her shifts



Exxon Mobil grant

Cato Inc. representative Kathleen Abercrombie and her daughter, WPS 11th grader Delaney Abercrombie recently presented Upper School math teacher, Cyndee Hudson, with a \$500 Exxon Mobil Educational Alliance Program grant. Exxon Mobil invests in educational programs for the next generation to pursue studies and careers in fields involving math and science.

Above are Headmaster Dr. Barry Tull, Delaney Abercrombie, Cyndee Hudson and Cato Inc. representative Kathleen Abercrombie.

Oxidation levels drive tea types

Few beverages are as tradition-rich as tea. Brewed and enjoyed the world over, tea has been consumed for its medical benefits and soothing properties for thousands of years.

Many people may be surprised to learn that all teas are made from the leaves of the same plant species, according to The Tea Spot. However, weather and soil types can influence the final tea product.

Tea originates from the camellia sinensis plant and produces white, green, black, oolong, and pu-erh teas. The variety is determined by how much the tea leaves are allowed to oxidize.

White tea: White tea leaves are oxidized the least and are the closest thing to a fresh tea leaf. According to research published in the Tea and Coffee Trade Journal, 20 percent of white tea is made up of catechins, which can help people fight the flu, lower their cholesterol and maintain a healthy blood pressure. Research at Pace University has indicated that white tea can retard the growth of bacteria that causes infections.

Green tea: These leaves are oxidized more than white tea, but less than black tea. According to Lipton, this produces a light, fragrant tea. The lack of oxidation will contribute to the low caffeine content of green tea. Like white tea, the catechins in green tea are potent microbials and may even inhibit cancer growth, according to The National Cancer Institute.

Oolong tea: Falling between green

and black teas, oolong tea is created when the oxidation process is halted just as the leaves start to turn brown. Oolong tea is high in polyphenols. According to Healthline, polyphenols may improve or help treat digestion issues and help people maintain healthy weights. Polyphenols also can help people with diabetes, neurodegenerative disease and cardiovascular diseases.

Black tea: Black tea is the world's most common tea. It has higher levels of caffeine per cup and can stimulate mental alertness and raise energy levels. Black tea also has high levels of antioxidants.

Pu-erh: Pu-erh teas are aged and fermented, and in Asia these teas have long been touted for their medicinal benefits. Pu-erh black tea has more caffeine than regular black tea. In China, pu-erh tea is commonly consumed as a detox tea, and some people regard it as a safe dieter's tea.

Chai tea: Chai tea is not a variety of tea leaf, but a means of preparing black tea. Chai tea traces its origins to India and is typically a spiced milk tea made with rich black tea and spices like cardamom, cinnamon, ginger, cloves, and pepper, as well as heavy milk, states Chai-Tea.org.

Many tea aficionados say that loose teas typically have more antioxidants than tea bags, which may contain more tea "dust" due to over-processing. Loose teas use the whole leaf. Anyone can enjoy loose tea by investing in an inexpensive tea infuser.



Entertainment - At the Sons of Italy Christmas Party in December at the Clarion, the Delmarva Chorus entertained. Photo by Anna Foulz.



Students perform at concerts

Families and students, from Pre-Kindergarten through Grade 12, enjoyed kicking off the season with two beloved Worcester Prep (WPS) annual traditions. Lower School music teacher Joanie Brittingham introduced a spectacular new performance "Oh, Beautiful Star" filled with festive songs and dance at the 47th Annual WPS Christmas Candlelight Program. The Middle/Upper School music teacher, Christopher Buzby, delivered a performance "Imagine" at the 22nd Annual Holiday Concert featuring the Sixth Grade Stage Band, the Middle School Concert Band, the Middle School Chorus, the Upper School Chorus, the Upper School Vocal Ensemble and the Upper School Dance Ensemble.

Above: Members of the WPS Sixth Grade Stage Band performing at the annual Holiday Concert are (L-R) **Dylan Simons** and **Natalie Chadwell**.

Hunting basics

Thousands of people across North America find hunting game to be a rewarding pastime. People hunt many different types of animals, but deer are some of the most popular to target. Deer hunting can help to address deer overpopulation in many areas. Hunting requires more than going out with a weapon and targeting deer. Hunters must prepare themselves and purchase the appropriate equipment to protect themselves and make sure they are hunting in adherence to local laws. To begin, hunters should check with their local fish and game organizations to learn about acquiring hunting licenses. Licenses will ensure that hunting is being done according to the rules of a particular state, town or province, and establish just how many animals can be taken. Hunters will need to make sure their firearms or bows are operational and clean. Hunters may also want to invest in tree stands, binoculars, knives, ammunition, hunting blinds, shooting glasses, ear protection, processing kits (for field dressing), and hunting attire. To make themselves more visible to fellow hunters, hunters should wear clothing in blaze orange rather than camouflage. Hunters can visit fishing and game retailers for additional recommendations on gear. *Story related story on page 4.*

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weekend

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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.

lives of others."

The WCDC is a proud community partner that has grown from 83 to 125 employees in recent years. That growth can be attributed to the expansion of program offerings and residential services, to include two new houses to open in the Ocean Pines area.

"As the WCDC grows, more people hear about our programs and want to be part of our agency," Ferry said. "We want to attract new people, and we want them to know we have a great program for them."

The WCDC is located in Newark and offers day programs, residential services, and employment opportunities that help clients reach their highest levels of independence. Learn more about the WCDC at <http://wcdcservices.org> or email info@wcdcservices.org.

sports

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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 development, 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 fun-filled, 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 msmall@co.worcester.md.us. Visit www.WorcesterRecandParks.org for a complete list of our youth programs or to sign up for email announcements.

**event**

from page 2

that have shaped them.

Photographer Sandra Grzybowski of Ocean View, De. is the Spotlight Artist during January. A member of both the Art League of Ocean City and the Coastal Camera Club in Lewes, she has also shown her work at the Ward Museum in Salisbury and The Globe in Berlin.

Skylar Reed of Chincoteague, who recently received her BFA from Salisbury University, displays her creations in the Artisan Showcase during January. Reed turns everyday objects like oyster shells, yard sale finds, and antiques into artwork inspired by the coastal life in her hometown.

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

league

from page 2

agent' for teams in need of additional players or assemble your own team of dodgeball experts. League rules require teams to have a minimum of six players, including two females, on the court at all times and up to 15 players on the team's roster.

Donahue said those who do not have a team but wish to play should attend the Jan. 10 pre-season team meeting at 7 p.m. the Community Center, where they will be partnered with a team or other individuals who are looking to join a team.

The season consists of eight weeks of play at the Community Center, located at 235 Ocean Parkway in Ocean Pines. The eighth week will consist of the championship games for bragging rights and some awesome prizes.

Registration, which is open now through Jan. 10, costs \$300 per team. To register, contact the Ocean Pines Recreation and Parks Department at 410-641-7052. All events and programs in Ocean Pines are open to the public.

wcdc

from page 6

ing, stocking, and folding clothes at the Coastal Hospice Thrift Store, Church Mouse, and Sheppard's Nook or spreading cheer when visiting residents at area nursing homes. WCDC clients also assist area foodbanks and the Samaritan Shelter, and they help the Commission on Aging's Meals on Wheels program by delivering nourishing foods and engaging in conversations with meal recipients.

"The meal is important, but for the recipients it's about that social interaction, and there's no one better to raise your spirits than our clients," Ferry said. "Lending a hand in the community gives our clients a lot of joy. It also shows them that they have value and worth, that they are part of the larger community, and that their contributions make a difference in the

Recognizing separation anxiety in dogs

Dogs that appear stressed or nervous when their owners leave the house or even the room may be experiencing a common problem known as separation anxiety. Many dogs become apprehensive when their owners are out of view, and such apprehension can be very tough on the dogs.

The Humane Society of the United States says severe separation anxiety may be exhibited by extreme behavior problems and destructive actions. Dogs may engage in destructive chewing, excessive barking that annoys neighbors, digging or scratching at windows, breaking out of cages or enclosures, or urination and defecation, even among house-trained dogs.

Cases of separation anxiety may be simulated or true, according to professional dog expert Cesar Millan. Some attention-seeking dogs learn the behavior, knowing it will garner attention, even if it is for the wrong reasons. True separation anxiety is a

genuinely stressful event for dogs.

When treating dogs with separation anxiety, the ASPCA advises that owners should aim to resolve the dog's underlying anxiety and help it to grow accustomed to being alone for long periods of time. This can begin through early socialization as a puppy. Try these techniques.

While it is tempting to take a new puppy with you everywhere or lavish constant attention on the dog, this could be setting you up for problems later on. Help the dog feel secure by not being the constant center of entertainment. Reinforce lessons that the dog will have to busy itself with toys from time to time.

Many dog-related problems result from ill-established leadership roles in a house. Dogs follow a pack mentality, and it is important for pet own-

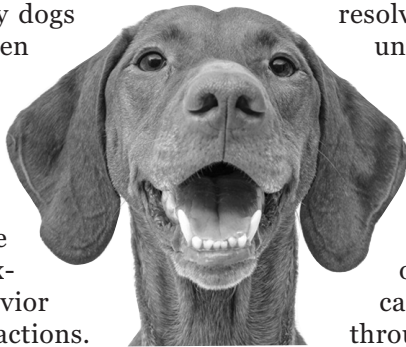
ers to constantly reinforce their role as pack leader so that the dog does not try to push boundaries. Knowing the pack order can relieve some of the dog's stress.

Exercise may help reduce anxiety. Tired dogs are less likely to grow bored and more likely to find contentment by sleeping instead of being destructive. Exercise, discipline and then affection are the common mantras of dog trainers.

Do not make a fuss when coming or going. This way the dog does not associate your leaving with a big deal, nor your coming home as something that is the pinnacle of his day. Be calm and consistent, and only reward desirable behavior.

Provide comforting items, like worn clothes that smell like you. Also, train the dog to recognize that a particular word or action signals your eventual return.

Talk to a vet if separation anxiety has gotten out of control. Temporary administering of a sedative may help pets and their owners as the dogs continue to be trained.



Pet names

Choosing pets' names can be just as challenging for pet owners as naming children is for parents. Many pet owners want a name that encompasses the animal's personality and rolls off the tongue. Some names are gender-specific, while others are universal. If you need help naming that new bundle of fur or feathers, you may find some help by looking at the most popular pet names. Each year, Veterinary Pet Insurance releases its list of popular pet names. Some of the most popular pet names for today include:

Dogs: Bella, Max, Bailey, Lucy and Charlie.

Cats: Bella, Max, Oliver, Chloe and Lucy

Birds: Charlie, Kiwi, Baby, Coco and Mango

For those who appreciate a little humor with their pets' names, Nationwide Insurance listed a bulldog named McLove the Stud Muffin and a kitty called Agent Jack Mewer as top Wacky Pet Names. Kanye Westie and Optimus Prime Rib were some other clever pooch names, while Shakespurr and Butch Catsidy made the list as funny feline monikers.

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