

The Courier

January
10
2018

Volume 18 Number 19

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, January 13, 9:30 a.m. in the Ocean Pines library. The speaker will be Captain Dan Harrison owner of Salty Fly Guide Service in Crisfield. Featured on Andrew Tawes *Maryland Outdoors*, "Fly Fishing Magazine", "Outdoors" and "Salty Water Fly Fishing" this former Smith Islander and Chief Deputy Sherriff of Somerset County will share stories and tips on fly fishing the shallow waters of the Tangier Sound, the Chesapeake Bay and the Islands in them. All are welcome.

Craft club to meet

The Pine'er Craft Club will meet Thursday, January 18 at the Ocean Pines Community Center. Refreshments will be served at 9:45 a.m. and the business meeting will begin at 10 a.m. For more information contact Sharon at 410-208-3032.

Send Valentines Day greetings to veterans

Start the year off by thanking a veteran with a Valentine card that says thank you for your service. For the 18th year, cards will be sent to four veteran rehab medical centers to thank them for their sacrifices and to let them know they are loved, appreciated, and not forgotten. All area schools, clubs, businesses, organizations, and individuals are invited to participate with purchased cards (no youth cards, please), but home-made cards are particularly appreciated. No postage is necessary and the card is addressed to "A Veteran." Through the generosity of Linda Dearing and the Copy Central staff, the cards, plus some candy, will be delivered to Charlotte Hall Veterans Hospital, Baltimore Rehab Center, Baltimore VA Medical Center, and Perry Point Hospital. Drop off locations are: Shamrock Realty Group, 11049 Racetrack Rd, Ocean Pines; Copy Central, Cathell RD, Ocean Pines; the Ocean Pines library, the Ocean Pines Community Center and Recreation and Parks Building, and other locations as they become available. The deadline is Wednesday, January 24. For more information, call 410-208-9390 or email at ultimateenergy@verizon.net. This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.



It's just a little snow - Tom Church of Teal Bay shoveling in front of his home. Tom recently move to the Pines from Colorado which explains his thumbs up attitude to shoveling in 10 degree weather. Photo by Dan Collins

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we'll take you miles*

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REGIONAL
MEDICAL CENTER**
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Community Calendar

JANUARY

RWWC to meet

The Republican Women of Worcester County will host their January luncheon meeting on Thursday, January 25, at the Captains Table Restaurant, located at 15th Street at Baltimore Ave., Ocean City. Several speakers will discuss what is happening at the County, State and Federal levels. Commissioner Chip Bertino will cover Worcester County, Pat Schrawder will handle state activities, Carol Frazier will discuss federal legislation and Liz Mumford will talk about the Worcester County Commission for Women. Cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation or for more information, please contact Ann Lutz at annlutz60@gmail.com or at 410-208-9767.

Blues evening scheduled

An Evening of Jazz & Blues will be hosted by Germantown School Community Heritage Center located at 10223 Trappe Rd, Berlin. Suzette Pritchett and her DJ will perform on Saturday, January 20 from 7 p.m. to 11 p.m. Light refreshments will be served. Call 410-641-0638 to purchase your \$25 ticket. Tickets are limited.

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.

First Friday moves to second Friday

Due to snow and frigid temperatures, the First Friday art opening at the Ocean City Center for the Arts has been rescheduled until Second Friday, January 12. The public is invited to the free, opening reception from 5 p.m. to 7 p.m. at Arts Center on 94th St. bayside.

"Originals Only," an evening of live music for the next generation of local artist, has also been rescheduled for Saturday, January 13 at 6 p.m. at the Arts Center.

"Shared Visions" is the opening show for 2018 at the Ocean City Cen-

ter for the Arts, where visual artists and writers collaborate and inspire each other. The annual show 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, which will run through Jan. 27 at the Arts Center.

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.

Members of the Writers Group contributing the written word to the Shared Visions show are: Dominic Jeppi, Jane Hill, Cary Kamarat, Mary Leach, Don Winslow, Ruth Alcorn, Susan Rosskopf, Ian Hunter, Carole Schauer, Bonnie Hiewsky, Theresa

Nauschuetz, Carl E. Crimm, Darik von Rigler, Pat Black, and Ashley Cuffee.

Participating visual artists include: Irene Averitte, Judy Benton, Kathy Bohs, Marge Bradach, Anthony Chiffolo, Mary Ellen Clark, Pete Cosby, Wendy Cossman, Debbi Dean-Colley, Michel Demanche, Gerilyn Gaskill, Kathy Gibson, Sandy Glassman, Debra Howard, Dean Peterson, Kurt Plinke, Pauline Rakis, Patti Smith, Brianna Sorenson, Clytie Taylor, Irene Volke, Peggy Warfield, and Robert Bruce Weston.

The Ocean City Center for the Arts

*please see **friday** on page 15*



Star Charities events scheduled

Star Charities will 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 call Anna Foultz at 410-641-7667.

NAACP to meet

The Worcester County NAACP will meet Thursday, January 18 at 6:30 p.m. for an Executive Board meeting. The general community meeting will begin at 7 p.m. The location is Tyree Church located at 10101 Germantown Rd in Berlin. Phone 443-944-6701 for information.

Monday

Ocean Pines Poker Club
Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928.

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge
Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795.

Tuesday

Families Anonymous
From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Tuesday/Thursday

Poker Players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesday

Kiwanis Club Meeting
Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m.

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.



Celebrating - The Ocean Pines Line Dancers celebrated the holidays by performing at the Ocean Pines Community Center. The Line Dancers meet regularly there on Monday, Wednesday, and Friday mornings at 9:30 a.m. New members are welcome.

MSO offers winter concerts, lectures

The only professional symphony orchestra on Maryland's Eastern Shore, the Mid-Atlantic Symphony Orchestra (MSO), is celebrating "Reaching Ever Higher," 20 years of bringing enchantment to audiences from Ocean City, MD to Wye Mills, MD. On Saturday, February 10 at 7:30 p.m., the MSO will present "A Roaring Movies Valentine" at Community Church at Ocean Pines. The concert will celebrate romance with silent movies and the music of the Roaring Twenties.

On Saturday, March 10 at 3 p.m., with a pre-concert lecture at 2:15 p.m., the MSO will present "In Their Twenties" at Mariner's Bethel in Ocean View, DE; and on Sunday, March 11 at 3 p.m., with a pre-concert lecture at 2:15 p.m., at Community Church at Ocean Pines. The concerts will feature Phil Munds on French Horn and the composition "Black Bend" (2005) by composer Dan Visconti, which was originally commissioned by the Cleveland Museum of Art and first presented in a version for string quartet. The piece, which takes its inspiration from an old ghost story about a train derailment and a supposedly haunted stretch of Ohio's Cuyahoga River, features many special techniques in order for the unamplified stringed instruments to produce a raw, distorted tone more typical of electric guitars. "In Their Twenties," will also feature the music of Mozart and Bizet, who both composed when they were also in their

twenties.

The MSO, whose mission is "to enrich life in the Mid-Atlantic region through the power of live classical music," is supported in part by the Maryland State Arts Council, the Talbot County Arts Council, the Worcester County Arts Council, Sussex County, Delaware and the Community Foundation of the Eastern Shore, Inc. Tickets to the concerts are available online at midatlanticsymphony.org, or by telephone (888) 846-8600. For further information, visit midatlanticsymphony.org.

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

please see league on page 15

Mold discovery closed Cove at Mumford's

Ocean Pines Association has announced the immediate closure of The Cove at Mumford's restaurant and banquet facility after a recent inspection revealed a substantial amount of Cladosporium, a common mold that can be found in areas with humidity, moisture and/or water damage.

According to the announcement release, the Association's top concern is the safety of its customers and employees. Consequently, Ocean Pines is working swiftly to ensure that proper measures are taken to remove the mold and to prevent any further problems.

Members of the Ocean Pines Board of Directors have been notified of the report and a proposed remediation effort. The facility will remain closed for 60-90 days as the Association undergoes a proposal selection and remediation process. The current estimated cost of the remediation effort will

likely exceed \$50,000, thus requiring the General Manager to seek other



photo by Dan Collins

proposals for competitive bid.

The closure of the facility for such an extended period has also forced the layoff of most of the remaining food and beverage employees. Efforts are being made to contact those customers that have special events at The Cove scheduled during the period of closure to provide any assistance possible with options for relocating.

Maryland launches PROTECT Week to stop elder fraud

By **Trimmel Gomes**

Of the millions of adults who fall victim to financial fraud, the effects are often most devastating for older people. In Maryland, a new statewide campaign hopes to raise awareness - and add a layer of protection for seniors.

This is PROTECT Week, bringing together financial institutions, elder-care advocates and the state attorney general's office to help Marylanders learn about the many forms of financial abuse, neglect and exploitation faced by their older friends or relatives. Helene Raynaud, president and CEO of the nonprofit Guidewell Financial Solutions, said the abuse doesn't always come from strangers.

"[It could be] A caregiver or a relative who might be accessing someone's funds, or a scammer who every month sends a bill, and the person pays the bill," Raynaud said.

She said the average victim of elder financial abuse loses upwards of \$120,000.

PROTECT week runs through January 12, with a series of events around the state. Learn more online at PROTECTweek.com.

Nationally, predatory practices targeting older adults cost victims at least \$3 billion per year. Raynaud said it's important for people to spot the warning signs of fraud. She warned the impact is even more widespread because many victims don't speak up.

"Because they don't have the ability to recognize the issues, what is actually happening," she said. "So this \$3 billion in losses is probably a bottom type of estimate."

Raynaud said anyone who suspects that an older adult is being mistreated or could be a victim of financial exploitation or fraud should contact a local Long-Term Care Ombudsman, like those at the Maryland Department of Aging - or call the police.



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

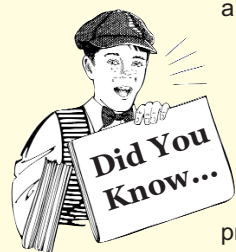
Ron Fisher, Douglas Hemmick, Jean Marx,
Kelly Marx, and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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The U.S. Environmental Protection Agency notes that there is no practical way to eliminate all mold and mold spores in an indoor environment, including a home. But by controlling moisture in their homes or



apartments, men and women can control indoor mold growth. One way to do just that is to prevent condensation in a home by adding insulation. In addition, clean building materials or furnishings that become wet as promptly as possible, and no more than 48 hours after the items have become wet. Mold produces allergens and irritants, and inhaling or touching mold or mold spores can trigger allergic responses such as sneezing, runny nose, red eyes, rashes on the skin, and even fever-like symptoms.

Hogan announces initiatives to protect, empower crime victims

Governor Larry Hogan has announced a series of legislative proposals and an executive action to further protect, support, and empower victims of crime in Maryland. The governor's initiatives include proposals to combat human trafficking and repeat sexual predators, as well as to aid in the restitution process and protect domestic violence victims' personal information.

The governor was joined by Maryland State Board of Victim Services Chair Steve Kelly, Governor's Family Violence Council Chair Jeanne Yeager, and Children's Justice Act Committee Chair Arnold Eby, as well as Abby Joiner and Robin Sample, two survivors of domestic violence, and a number of victims assistance professionals, advocates, law enforcement officials, and legislators.

"The sad reality is that becoming a victim of a crime often shatters a person's sense of security," said Governor Hogan. "It can feel as if his or her entire world has been turned upside down, and, much too often, it can leave wounds that are unseen and which sometimes never truly or fully heal."

The governor began by expressing his commitment to working with legislative leaders to pass the Rape Survivor – Family Protection Act, which will enable rape victims who conceive a child to terminate the parental rights of their rapist. The governor stated his support for expediting the legislation and pledged to sign it the moment it comes to his desk.

"No rapist should be allowed to maintain their rights as a parent, and no victim should ever be forced to interact with their attacker," said the governor.

The governor announced several measures to target human trafficking, noting that Maryland has one of the highest volumes of calls to the National Human Trafficking Hotline in the nation. To ensure that information about resources to help these victims is as widespread as possible, he signed Executive Order 01.01.2018.02, which requires all state agencies and departments to prominently display information for the national hotline and the BeFree Textline on the homepages of their websites. He also issued a proclama-

tion recognizing January as Slavery and Human Trafficking Prevention Month and declaring January 11, 2018 as Human Trafficking Awareness Day in Maryland.

The governor then announced four legislative initiatives for the upcoming 2018 session of the Maryland General Assembly:

The Felony Human Trafficking Act of 2018 will classify felony human trafficking, cases in which the perpetrator trafficks a child or trafficks a victim with the intent to forcibly compel the victim to perform a sexual act, as a violent crime. This classification will ensure that offenders will serve more time in prison.

The Repeat Sexual Predator Prevention Act of 2018 mirrors legislation supported by the governor during the 2017 session and repeatedly proposed in the General Assembly for nearly a decade that has failed to pass despite widespread bipartisan support. The bill will allow courts to admit evidence of a criminal defendant's prior history of sexual crimes or abuse if he or she is prosecuted for subsequent sexual offenses. It is widely documented that sexual predators follow patterns of behavior and rarely stop at a single victim.

The governor also proposed a measure strengthening the Maryland "Safe-at-Home" Address Confidentiality Program to enable victims of domestic violence to safely purchase a home without fear of their abuser finding their address. The program, created in 2006, provides a substitute address for victims of domestic violence, human trafficking, stalking, and sexual assault to use as a legal residential, school, or business address. The governor's bill extends protection to deeds when a victim purchases a home, which was recommended by a task force created by legislation sponsored by Senator Susan Lee and chaired by Secretary of State John Wobensmith.

The governor's final proposal will create a new victim services unit focused on restitution by centralizing data collection across state agencies. The new unit, which will be located in the Governor's Office of Crime Control and Prevention, will act as a one-stop shop for victim notification and information regarding restitution.

The legislation will also allow for an additional \$800,000 in federal funds to go directly to Maryland victims each year.

"Our administration remains strongly committed to ensuring that victims of crime have the right to information, the right to be present, the right to provide input, the right to receive restitution, and – most importantly – the expectation of being treated with the dignity and the respect that they deserve," said Governor Hogan. "These legislative initiatives will help protect our most vulnerable citizens, create an environment in which victims feel safe coming forward, and empower Maryland crime victims to heal and to rebuild their lives."

Finally, the governor called on the legislature to sustain his veto of misguided legislation passed during the last session that would have prohibited colleges and universities from using an admissions application that contains any questions about a prospective student's prior criminal history – including violent crimes. This ill-conceived legislation did not differentiate between individuals with a violent felony or sexual assault record from those with a non-violent misdemeanor on their record. It is estimated that as many as one in five women experience a sexual assault while attending college, many of which go unreported to police.

The initiatives announced today build on the Hogan-Rutherford administration's commitment to supporting and empowering victims of crime. The administration has convened the first-ever governor's statewide victim services conferences to facilitate collaboration and recognize leaders in the victims' rights movement. Recognizing that victims often need financial assistance and resources to become self-sufficient, the administration has awarded nearly \$100 million in federal and state funds to help victims and organizations. In addition, the Governor's Office of Crime Control and Prevention has given \$46 million in grants to directly aid victims of crime, fully funding every eligible request across the state and serving over 181,000 victims in Maryland in the past year alone.

More than a little snow

Phew! That was a quite a bit of snow that blanketed our area last week. If memory serves, that's the most snow we've gotten since 1996. I remember that storm because my youngest son had just been born. Fortunately, it wasn't a situation of him coming into this world in the backseat as we drove to the

feel for the surface. There were a couple rough spots but overall we deemed our efforts successful. Thinking that her sons had created the eighth wonder of the world, my mother called the *Philadelphia Bulletin* to share the news. Surprisingly, they sent a photographer and a picture of my brother and me skating on our homemade rink was published in the paper. No kidding, that was really cool. No pun intended.

The rink melted within a couple weeks, but the picture remains – somewhere.

Snow means sledding.

We lived down the street from Penny-pack Park where there was a great sledding hill. We would load our sleds into my grandfather's car and my brother, mother, grandfather and I would head to the hill. We had three Radio Flyers, one of which was my grandfather's from when he was a kid. At the top of the hill, Gramps would hand us bits of soap to run over the sled skids. Then we'd run and jump on the sled, racing each other to the bottom. My grandfather was reckless, weaving in front of us hooting and hollering. He was just a big kid.

My mother too was no slouch. She'd take off down the hill with abandon, much like her father who was inevitably in the lead.

Before long, our noses were red and our faces were flushed, but such physical symptoms of being cold mattered not at all. We stayed out as long as possible.

It's been a long time since I've been on a sled. Are Radio Flyer sleds still made?

Probably the greatest thrill of any child was to hear the name of his school announced as closed on the radio due to snow. KYW News Radio 1060 was quickly turned on in our house at the first slight of a snow flake. When the announcer said, "All Philadelphia public and parochial schools are closed," you could almost hear from school aged children the great whoop of excitement emanating from homes throughout the neighborhood. It wasn't until many years later, when I had children of my own, that I realized parents too were emanating a sound, not always imbued with excitement. Those were the days.

Back to the here and now. Last week's snow was picturesque. It was also a bit of a nuisance. And it's only the beginning of January.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

hospital. Had that been the case, a second ambulance would have had to have been sent to take care of me.

Through the years, during my time growing up in Philadelphia and then South Jersey, I have shoveled my fair share of snow. It's not one of my favorite tasks. Is it anybody's? Like most teenagers, I made extra money shoveling the neighbors' driveways and sidewalks. I had about three or four regulars. My mother made it clear that I couldn't exercise my entrepreneurial interests until our driveway and sidewalk were clear. No exceptions! And believe me, when she said, "no exceptions," she meant, "NO EXCEPTIONS!"

"But Mom, I'm losing business. The other kids are already out there making money."

"I bought *that* shovel. I bought the coat, hat and gloves you're wearing. So, unless you want to start paying a rental equipment fee, get to it!"

That was that.

Snow didn't always mean work. One year, so much snow had fallen and it remained so cold for so long that my brother and I made an ice rink in the backyard. I don't remember who had the idea, but he and I cleared a large oval and then ferried buckets we filled with water in the guest bathroom and dumped them. As you might imagine it took a long time, especially at first when we were trying to avoid my mother's notice. No such luck. We had maybe dumped two buckets, when my mother appeared, clad in her winter coat, gloves and scarf to lend a hand. It was dark when we ended our efforts.

When we awoke the following morning, we saw from our bedroom window that our plan worked: there was an ice rink. We were quite excited. It wasn't long before we had our skates on and were gliding tentatively, getting a

Things for you to consider, when you're considering solar:

Be sure to enlist a reputable, licensed solar contractor or installer

Start with a list of possibilities, from reliable websites, state energy offices, or the Better Business Bureau

Ask questions

Check out other installations the contractor has completed

Compare bids

Check references

Thoroughly examine the contract

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Prevent frozen pipes while traveling

During winter, many people plan vacations to warmer climates so they can enjoy a relaxing respite from the snow and ice. While travelers are enjoying the sand and surf, their homes may be in danger from extreme weather conditions.

According to the State Farm Insurance Company, frozen water pipes affect a quarter-million families each winter. Both copper and plastic pipes can freeze. State Farm notes that a single 1/8-inch crack in a pipe can result in up to 250 gallons of water leakage per day. Flood water can contribute to serious structural damage, mold and a host of other problems.

Water expands as it freezes, so pipes can be put under strain if the

pressure from expanding water has nowhere to go, offers the American Red Cross. Pipes that tend to freeze most frequently include those exposed to severe cold, such as outdoor hose bibs, swimming pool lines and water sprinkler systems. However, even pipes inside a home, such as those in unheated areas or those that run against exterior walls, can freeze.

To avoid returning from a relaxing winter escape to find a home in need of repair thanks to frozen pipes, homeowners can take these steps.

Add insulation to attics, basements and crawl spaces to help maintain higher temperatures within the areas where some water pipes may run.

Pipes themselves can be insulated with special coverings or sleeves. Homeowners also can explore heat tape or wrap pipes in heat cables controlled by their thermostats.

Disconnect outdoor hoses, and drain water from pipes leading to outdoor faucets. Turn off the indoor valve to shut off the water supply to the outdoors, but leave the outdoor bib in the Open position to allow water to drip and relieve pressure should some freezing occur.

The same technique can be applied indoors. A trickle of hot and cold water can keep pipes from freezing during extremely cold snaps of weather.

Set the thermostat to a consistent temperature, ensuring that the temperature indoors will not drop dramatically overnight. The temperature should be no less than 55 F.

Open cabinet doors to allow heat to reach under sinks and appliances.

Check around the house for drafty areas that can contribute to colder

*please see **pipes** on page 15*



Party time - Bob Beck, owner of DeNovo's Trattoria set up the food as the caterer of the Christmas Party for the Widow & Widowers Club in December at the Ocean Pines Community Center. (L-R) Phil Fittershofer, John Willmuth, Bob Beck and George Roche. Photo by Anna Foulz.

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.

Weight management, 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

*please see **program** 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

Kickin' Coffee of the Month
Nutty Irishman \$6

Drinks of the Month
Bubbly Happy Blue Year \$6
Nutty Angel Cocktail \$7.50
Swedish Polar Bear \$7.50

Martini of the Month \$7
Rum Sunset

Margarita of the Month
The Classic Margarita
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stringed instruments Isaiah 38:20**



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Penguins swim despite cold weather

With a forecast of freezing cold temperatures on New Year's Day, Atlantic General Hospital (AGH) associates, volunteers, and participants were not sure what to expect for the 2018 Penguin Swim. However, the event proved to be successful yet again, with the participation of more than 400 penguins.

"This was by far the coldest weather in the 24-year history of our Annual Penguin Swim," said Michael Franklin, AGH president and CEO, and also an annual participant. "It's a great event that brings together our community and visitors to have fun doing something a little silly and unique, as well as help one of the most important assets in our community."

With a temperature below freezing and a wind-chill that made it feel as though it was six degrees on the beach, unique is definitely one way to describe this year's swim.

The success of the event is due, in great part, to Penguin Swim co-chairs Michael Cyle and Phillip Cheung, who devoted a great deal of their time and energy leading up to New Year's Day. The support of the communities and

resort visitors Atlantic General Hospital serves, as well as the many volunteers and AGH/HS associates, also played a large role in the event's success, despite the frigid temperatures.

This year's crowd not only braved the cold, but did it decked out in costumes as though it were a 70-degree, summer day. Not all arrived as penguins; an octopus, an assortment of superheroes, mermaids, Fred Flintstone, and many others were also present.

The 2018 Penguin Swim has raised a gross amount of \$98,000 for the not-for-profit hospital, but that number may increase as final donations make their way to the AGH Foundation. Additionally, more than \$20,000 worth of in-kind goods and services contributed to the event's success.

Top Fundraisers

Team: Business Category

Bull on the Beach: \$35,000. The Bull on the Beach team has contributed more than \$500,000 to the AGH Penguin Swim since it started in 1994.

AGH Poppin' Penguins: \$3,080.



Team Youth/Family First Place Winner: Psychedelic Penguins members accept the First Place Prize for top fundraiser in the team youth/family category.

Blazing Suns: \$1,000.

Team: Community Groups Category

Ocean City Ravens Roost #44: \$13,602. The Ravens Roost team has contributed more than \$95,000 to the AGH Penguin Swim over the last ten

years.

It's 5 O'clock Somewhere: \$1,765.
O'Jettskis: \$275.

Team: Youth/Family
Psychedelic Penguins: \$900

please see swim on page 15

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SU to host courses in Ocean Pines

Salisbury University expands its lifelong learning program in Ocean Pines after a successful launch last semester. The institution will offer more lectures at the Ocean Pines Community Center, beginning January 19.

"We are delighted to introduce our many amazing Salisbury University (SU) faculty to the community of Ocean Pines," said Mary Angela Baker, director of the Center for Extended and Lifelong Learning at Salisbury

ing workshop "Writing Your Memoir: From Draft to Craft" with *Delmarva Review* editor Emily Rich will be held 9-10:30 a.m. on Thursdays starting Feb. 15. Both courses will be held at the Community Center.

Explore what takes a piece of personal writing "from draft to craft." Participants, in both "Creativity and the Craft of Writing" and "Writing Your Memoir: From Draft to Craft" seminars, will explore personal writing and

examine writing elements such as character development, incorporating sensory detail and writing scenes.

Popular Salisbury University professor Dr. David Burns, who has worked for CNN and NBC News, will lead



University. "This is a great opportunity to stretch your creativity, enhance your knowledge and encourage your curiosity to thrive. Our programs prompt you to meet new friends while connecting with old friends."

The first wave of Salisbury University lectures to take place this winter in Ocean Pines is the 12-week lecture series "Exploring the Humanities" held 3 p.m. to 4:30 p.m. on Fridays January 19 through April 6 at the Community Center.

Topics include "Cognitive and Neural Changes in Aging," "Genocide of the Bison," "The Formation of Korea and Japan in the Chinese Crucible," "Political Science & Democracy," "US involvement in WWI," "Global Environmentalism," "Hidden in Plain Sight? An Introduction to the Indian Peoples of the Eastern Shore" and more.

Then, those interested in learning to flex their creative writing muscle can hone their craft by enrolling in either or both upcoming SU writing courses in Ocean Pines.

The six-week "Creativity and the Craft of Writing" course with Fran Severn-Levy will be held 9-10:30 a.m. on Tuesdays starting Feb. 13. The writ-

ing workshop "Writing Your Memoir: From Draft to Craft" with *Delmarva Review* editor Emily Rich will be held 9-10:30 a.m. on Thursdays starting Feb. 15. Both courses will be held at the Community Center.

Sports have recently served as a cultural platform for social change. This course covers today's social issues through a sports lens.

"The continued excitement for these non-credit courses in Ocean Pines is helping to galvanize more lifelong learners. The benefits of lifelong learning include intellectual cognitive, social and even spiritual rewards" said Ocean Pines Marketing and Public Relations Director Denise Sawyer.

These classes and seminars are part of the "Salisbury University at the Beach" series, presented by SU's Center for Extended and Lifelong Learning and the Ocean Pines Association.

"Individuals who are seeking knowledge enrichment from faculty who are top industry experts should enroll," said Sawyer. To register, visit the SU CELL website at www.salisbury.edu/cell or contact 410-543-6090. Participants can register for the entire lecture series/ discussions or drop in to one or several courses.



Theater - Ocean City Elementary students recently enjoyed the annual Children's Theater at Stephen Decatur High School. This year's production was "Jack and the Beanstalk." Students **Tristan Pendleton** and Yaretzi **Castro Gutierrez** are pictured with the giant, played by Stephen Decatur student, **Frankie Nanna**.

County offers Christmas 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.

program
from page 6

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.



How to keep pets safe in winter weather

The arrival of cooler temperatures sparks various changes. Chilly air and precipitation can be dangerous, especially to pets that are unaccustomed to extreme changes in temperature.

Pet owners may be well aware of the hazards of warm weather, including the threat of leaving pets in hot cars. But cold weather also has its share of risks. Heed these tips to keep pets safe and secure.

Schedule a well visit. The American Veterinary Medical Association suggests scheduling a visit with a veterinarian to check for any medical issues. Cold weather can aggravate symptoms of certain conditions, such as arthritis. A thorough examination can shed light on potential problems.

Keep homes humidified. Going in and out of the house and moving from cold air to dry indoor heat can affect pets' skin. Itching and flaking may result, causing pets to scratch at such areas. Maintain humidity in the home for comfort. The ASPCA also says to reduce bathing to help preserve essential oils on the skin.

Protect paws outdoors. Pet paws are sensitive to sand, ice, snow, and chemical ice melts. Massage petroleum jelly or another protectant onto paw pads, or consider the use of pet booties.

Keep pets indoors more often. Pets should not remain outdoors for long stretches of time in frigid tem-

peratures, even if they are accustomed to roaming during other seasons, advises The Humane Society of the United States.

Provide options for sleeping. Come the winter, cats and dogs may need new sleep spaces to avoid drafts and stay warm. Give them other spots they can call their own.

Consider a sweater or vest. Some pets are more tolerant to the cold than others. However, some dogs and cats may benefit from a sweater, vest or coat designed for pets to offer a little more insulation.

Update identification and contact information. Snow and ice can mask scent cues that help pets find their way home. Update contact information and make sure pets' collars are on tightly.

Keep coolant and antifreeze locked away. Coolant and antifreeze are lethal to dogs and cats and should be kept out of reach. Clean up any spills from vehicles promptly.

Provide fresh food and water. Pets may burn more calories trying to stay warm. Be sure the animal has a little extra food and plenty of water to stay sated and hydrated.

Winter weather requires pets' owners to make changes so pets can remain happy and safe.

Resolve to start something big this New Year

January is National Mentoring Month, and the Commissioners are standing with representatives from Big Brothers Big Sisters (BBBS) of the Eastern Shore to tout the benefits that a mentor can have on a Little, that's a young person age six or older, and to encourage caring adults to resolve to start something Big in 2018 by becoming a mentor.

The goal of BBBS of the Eastern Shore this National Mentoring month is to raise awareness of mentoring, recruit Bigs, that's adult volunteers, to mentor, and highlight how mentoring affects the community, advises Jessica Mimms of BBBS of the Eastern Shore.

Mentoring makes a difference, boosting Littles' self-confidence and much more. In 2009, BBBS commissioned industry leader Civic Enterprises to conduct a nationwide survey of Bigs and Littles. This is what the Littles had to say. Despite the barriers they faced, 94% of Littles said they have a lot or some confidence they will achieve their goals, 93% of Littles said that having adults who care and look out for them is very important to help them achieve their goals, and 80% of Littles said they feel their Bigs help them a lot.

This New Year, will you consider

becoming a mentor? Since the start of fiscal year 2017, BBBS has provided services that include mentoring, case management to children of prisoners, enrichment activities, and workshops to 260 Eastern Shore youth. But the needs are greater than BBBS can cur-



Recognition - Jonathan Spencer of Big Brothers Big Sisters (BBBS) of the Eastern Shore receives a proclamation from the Worcester County Commissioners recognizing January as National Mentoring Month. The Commissioners stand with BBBS of the Eastern Shore to tout the benefits that a mentor can have on a young person age six or older, and to encourage caring adults to resolve to start something Big in 2018 by becoming mentors. BBBS of the Eastern Shore has provided services that include mentoring, case management to children of prisoners, enrichment activities, and workshops to 260 Eastern Shore youth since July 1, 2017. Another 118 young people are still waiting for mentors.

rently supply, and another 118 young people are still waiting for mentors.

"The decision to be a mentor is a great New Year's resolution," Mimms said. "This time of year, we tend to reflect on how we can change our own lives. It's an even greater thing to think of changing someone else's life for the better."

Qualifications for mentors are few.

*please see **big** page 15*

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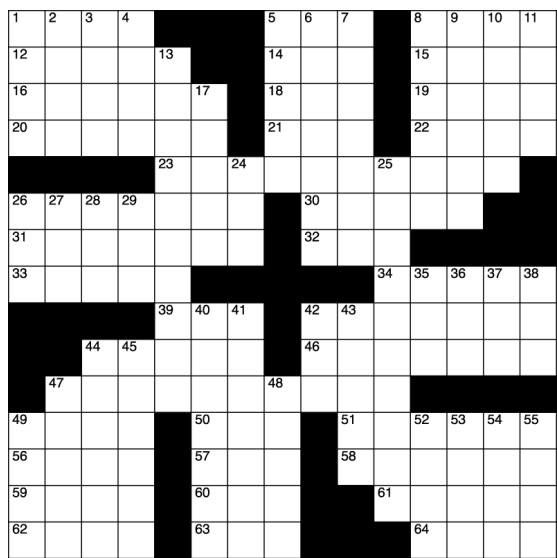
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CLUES ACROSS

- 1. Make ale
- 5. Residue
- 8. Female parent
- 12. Succulent plants
- 14. OJ's judge
- 15. Czech river
- 16. Embarrassing predicament
- 18. NHL legend Bobby
- 19. Sunfish
- 20. One who acclaims
- 21. On the __: running away
- 22. Oklahoma's "Wheat Capital"
- 23. The Golden State
- 26. Merry make
- 30. Siberian nomads
- 31. Pock-marked
- 32. Baleen whale
- 33. Leaf-footed bug genus
- 34. Treasure
- 39. Tanzanian shilling
- 42. Changed
- 44. Intestinal pouches
- 46. Walked in a celebratory way
- 47. South American mountain chain
- 49. Jai __, sport
- 50. Consumed
- 51. Firm
- 56. Pubs
- 57. Leafy drink
- 58. Cured
- 59. Northern wind of France
- 60. Tax collector
- 61. Respite from the sun
- 62. American spy Aldrich
- 63. Central Standard Time
- 64. Myanmar ethnic group

CLUES DOWN

- 1. Crush
- 2. Razorbill genus
- 3. "Full House" actress Loughlin
- 4. Bluish green
- 5. Garlic mayonnaise
- 6. Attacks repeatedly
- 7. Secretion
- 8. Special instance
- 9. A handsome youth loved by Aphrodite
- 10. Tree genus in the mahogany family
- 11. Israeli city
- 13. Formed a theory
- 17. Remove
- 24. Type of light
- 25. Repeats
- 26. Certified public accountant
- 27. River in eastern France
- 28. Returned material authorization (abbr.)
- 29. Special __: military group
- 35. Ribonucleic acid
- 36. Not even
- 37. Power transmission belt
- 38. Doctor of Education
- 40. Type of nerve
- 41. Types of tops
- 42. Large primate
- 43. Flooded, low-lying land
- 44. Gritty
- 45. Gets up
- 47. Stake
- 48. Not the most
- 49. Swedish rock group
- 52. Expresses pleasure
- 53. Expression of boredom
- 54. Queen of Sparta
- 55. Where Adam and Eve were placed at the Creation



Answers for Jan. 3

Maryland's all-payer hospital model extended

Governor Larry Hogan, together with the Maryland Department of Health and the federal Centers for Medicare & Medicaid Services (CMS), recently announced an extension of Maryland's All-Payer Hospital Model Contract. The federal government has agreed to approve a one-year extension to allow it to complete its review and to consider additional data through the end of 2017 before finalizing the contract for the new Maryland Total Cost of Care All-Payer Medicare Model (Maryland Model), the draft terms of which were announced in August 2017.

As a result of this agreement, Maryland's current All-Payer Hospital Model Contract and amendments will be extended from an expiration date of December 31, 2018 to December 31, 2019. The one-year extension was mutually agreed upon by the state and CMS and will not affect existing contractual terms, and it will ensure continuity for Maryland patients and providers.

"This is a significant win for Maryland's health care delivery system, and the direct result of the tireless advocacy on behalf of all Marylanders by Secretary Dennis Schrader and his team," said Governor Hogan. "Our administration is committed to working with our federal partners to ensure we continue to lead the nation when it comes to innovation in health care access and affordability for our citizens."

"This extension reflects the Hogan administration's continual commitment to improving health care quality while reducing costs. We look forward to working with CMS to finalize the new Maryland Model, which will extend our efforts beyond hospitals to serve even more Marylanders," said Maryland Department of Health Secretary Dennis Schrader.

The Maryland Model is an innovative Medicare per capita savings model that maintains financial stability in rural hospitals and provides opportunities for health care providers to transform care delivery model by improving health and quality. The con-

tinuing negotiations will incorporate the latest directions received from stakeholders in the hospitals, physicians, insurance, and patient sectors, as well as from federal policymakers. Building on the state's track record of innovation in the health care sector, the model is designed to coordinate medical treatment for patients served in both hospital and non-hospital settings, to improve health outcomes, and to rein in the growth of health care costs.

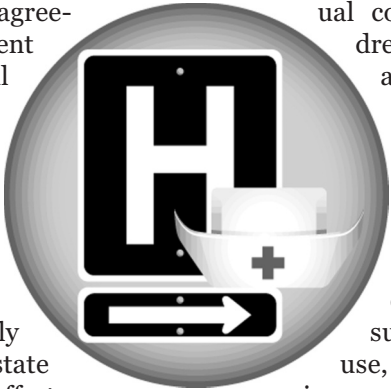
The model limits cost shifting by various health care payers, including Medicare, and protects the individual consumer. It also addresses primary care and allows for greater coordination among the medical community. The model also enables the state and provider communities to collaborate on critical health care issues, including opioid use, diabetes, hypertension, and other chronic conditions. This collaborative approach draws upon a strong partnership with key players in Maryland's health system – hospitals, payers, physicians, long-term care providers, and regulatory agencies, along with state and federal partners.

The Hogan administration is proactively working with stakeholders to finalize the updated model contract as quickly as possible with common priorities which include further discussions of the Maryland Model, including the Maryland Primary Care Program, and additional updates to the Care Redesign Participation Agreement, including efforts to obtain MACRA eligibility for Care Redesign Program participants.

Additional details on the proposed structure of the new model, including the process and timeline of negotiations with the federal government, can be found at <http://hsrc.maryland.gov/Pages/progression.aspx>.

Any additional questions or clarification can be directed via email to hsrc.all-payermodel@maryland.gov. Imple-

please see **model** on page 11



‘Snow’ forecast for Delmarva Birding Weekend

Snow is in the forecast for the Winter Delmarva Birding Weekend but it is not the kind you shovel. With the irruption of Snowy Owls to the region, the arrival of Snow Buntings on the beaches, and the invasion of Snow Geese in the fields, ponds, and bays,



this year’s Weekend could be the snowiest ever. Registration for the white out Winter Delmarva Birding Weekend on January 26-28 is now open at www.DelmarvaBirding.com. Organizers have again planned an exciting schedule of field trips to showcase Delmarva’s incredible diversity of winter wildlife. With the presence of Snowy Owls, Snow Buntings and Snow Geese this year, lovers of the outdoors could boast a rare snowy trifecta.

“This year is insane,” said guide and event co-organizer Jim Rapp. “If there’s a year to get all three in one weekend, this is it!”

In addition, 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.

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.

“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.

Guided by fun-loving local birders with decades-long experience on the shore, the walking tours and boat trips accommodate visitors from the curi-

ous 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 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 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 owls 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.

Please see **birding** on page 12

model
from page 10

mentation of the model will begin on January 1, 2019, pending final approval from the federal government.

Maryland’s current approach to hospital payment is known as the “Maryland All-Payer Medicare Model Contract,” and runs from January 1, 2014, through December 31, 2018. The All-Payer Model’s success metrics are based on enhancing quality, improving health outcomes, and constraining the growth of Medicare costs for hospital inpatient and outpatient services.

Since 2014, Maryland’s hospitals have successfully reduced unnecessary readmissions and hospital-acquired conditions, while decreasing the growth in hospital cost per capita. However, the current approach focused on hospitals does not sufficiently provide for comprehensive coordination across the entire health care system. Because of this limitation, the federal government required Maryland to develop a new model that encompasses all of the health care that patients receive, both inside the hospital and the community.

Mears named Chief Development Officer

Devreco and Gillis Gilkerson has named Meredith Mears as Chief Development Officer. The timing of this partnership is ideal for all parties as the commercial real estate market continues to evolve throughout the region. Mears professional experience brings insight and direction to the economic modernization and social well-being of the community. She will be a valued addition to the robust offer of real estate services to all existing and future clients.

“As experienced development and construction teams with over three decades of experience, we are thrilled about the addition of Meredith,” said Bradley Gillis, CCIM, Principal with Devreco and Gillis Gilkerson. “Her years of experience leading economic development initiatives will further strengthen us as knowledgeable, reliable and trusted partners in development and construction processes for our clients.”

Mears is former Director of Worcester County Economic Development. “Worcester County has been great to me, I have considered it home, and staff there has been like family for over five years,” said Meredith Mears. “I am confident the team of professionals in place will remain steadfast in their goals of supporting business development and job opportunities for the County. Looking forward, I am eager to begin working with a strong and experienced development team that has a proven track-record of success. The opportunity to become part of these solid, results-driven companies that are plugged in to our community is much like a dream come true.”

Mears plans to finish out the month with Worcester County and join the team at Devreco and Gillis Gilkerson beginning in February 2018.

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. 11	3:14 a.m. 3:24 p.m.	9:36 a.m. 9:34 p.m.	7:17 a.m.	5 p.m.
Fri., Jan. 12	4:06 a.m. 4:14 p.m.	10:34 a.m. 10:22 p.m.	7:17 a.m.	5:01 p.m.
Sat., Jan. 13	4:52 a.m. 5 p.m.	11:24 a.m. 11:08 p.m.	7:16 a.m.	5:02 p.m.
Sun., Jan. 14	5:34 a.m. 5:43 p.m.	12:06 a.m. 11:50 p.m.	7:16 a.m.	5:03 p.m.
Mon., Jan. 15	6:15 a.m. 6:25 p.m.	12:44 p.m.	7:16 a.m.	5:04 p.m.
Tues., Jan. 16	6:56 a.m. 7:07 p.m.	12:31 a.m. 1:21 p.m.	7:15 a.m.	5:05 p.m.
Wed., Jan. 17	7:36 a.m. 7:48 p.m.	1:10 a.m. 1:57 p.m.	7:15 a.m.	5:06 p.m.

How to create an effective fire safety plan

While fire can provide warmth and safety, it also can cause immediate and significant damage that can uproot lives and devastate homes. Because fire is such a formidable foe, it is imperative that people from all walks of life have a fire safety plan.

The threat of fire. The National Fire Protection Association says U.S. fire departments responded to an average of 358,500 home structure fires per year between 2011 and 2015. On average, seven people die in U.S. home fires per day. The Ontario Ministry of Community Safety & Correctional Services says 48 percent of fires that cause severe losses occur in residential properties. Both the NFPA and the Office of the Fire Marshal and Emergency Management in Ontario state that cooking-related fires are the most prevalent, followed by fires sparked by heating equipment.

How quickly fire can spread may surprise some people. The Grand Traverse Metro Fire Department says that

in the average two-story home fire, fire ignites in 30 seconds, smoke pours into most rooms by 2.5 minutes, and roughly 4.5 minutes after the fire has ignited, flames can be visible from the exterior of a house. Temperatures inside can grow from 190 F to more than 1400 F in two minutes.

Planning is critical. When fires ignite, time is of the essence to make a fast evacuation. Unfortunately, panic may set in and people may not know how to act when under such acute stress. That is why planning for the event of fire can provide families with the information they need to evacuate safely. Evacuation plans and drills should be established and practiced frequently so that getting out alive becomes second nature. However, only about one-quarter of households have actually developed and practiced a home-fire escape plan, according to the NFPA.

The following guidelines can help families customize their fire escape



plans.

Find two ways out. Look at your home's layout and identify two ways out of every room, if possible. Walk around the house in each room and practice what to do if a fire broke out in that space, offers Safe Kids Worldwide.

Choose an outside meeting place. Establish a spot to meet a safe distance in front of the home where everyone can gather after they have gotten out safely.

Assign help to those with mobility issues. Elderly adults, infants or young children may have difficulty escaping on their own. Plan a buddy system so that a key person in the household is

responsible for rousing and helping another from the house.

Check fire protection. Be sure that there is a working smoke alarm in every bedroom and on every level of the house.

Drop it low. Heat and smoke rise and escaping on hands and knees is essential for survival.

Practice several times a year. Conduct a fire drill a few times each year, and choose a different escape route each time. Invest in a UI-certified collapsible rescue ladder and attach it at least once, advises The Fire Department of New York, in case a second-story evacuation is necessary.

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.

Breakfast scheduled

The Annual Kiwanis Winter Pancake Breakfast will be held Saturday February 10 in the Ocean Pines Community Center from 8 a.m. until 11 p.m. Pancakes, sausages and eggs, coffee and tea will be served. Tickets are \$6 for adults, \$3 for children under 12, and free for children under 5. See any Kiwanis member or call 410-208-6719 for tickets. Tickets are also available at the door.

birding

from page 11

"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 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.

Father-daughter swim scheduled

Dads and their daughters are invited to a special swim event created just for them on Friday, January 12 from 6 p.m. to 8 p.m. at the indoor Sports Core Pool

A new offering by Ocean Pines Aquatics, the Father-Daughter Swim will include crafts, a keepsake photo and frame, pizza, cookies and the opportunity to splash and play in the pool.

"The team is always looking to bring fun, new events to our Aquatics Department," said Ocean Pines Aquatics Director Colby Phillips. "After the popular father-daughter dances at the schools, we thought a father-daughter swim would be fun. As someone who cherishes time with her father, this is just another opportunity for dads to get that time in away from the busyness of life and enjoy a few hours with their daughters," she added.

The entry fee for the event, which is open to the public, includes a father and any daughters he brings. The price is \$10 for Ocean Pines swim members, \$12 for Ocean Pines residents and \$15 for non-residents.

Ocean Pines Aquatics hosts a variety of aquatic fitness classes, swim lessons and special events year-round, including a Dive-In Movie showing of "The Emoji Movie" on Saturday, Jan. 20 at 6 p.m. and a Valentine's Family Night Out on Friday, Feb. 9 from 6-8 p.m., both at the Sports Core Pool.

For more information, contact Ocean Pines Aquatics at 410-641-5255.

Couples struggle creating wedding budgets

Newly engaged couples may experience an array of emotions when they sit down to plan their weddings. Some couples cannot wait to jump into planning and want to catalog every aspect of the process, while others may proceed with caution because they do not know what to expect, particularly in regard to cost.

Many couples find it difficult to create their wedding budgets because they have no previous experience to draw on. The wedding planning advisor CostofWedding.com indicates the average wedding cost in the United States is \$26,720, with most people spending between \$20,000 and

\$34,000.

By breaking down wedding expenses, couples can get a clearer picture of how much they may need to pay for their weddings and where they may need to cut costs.

Reception site: According to The Knot, a premiere wedding planning resource, couples can expect their receptions to eat up the largest chunk of their wedding budgets. Wedding reception venues may cost between \$10,000 and \$15,000. The average price for catering per person is roughly \$70. Bar service may be around \$2,000 for a three- to four-hour party. Some reception sites combine the

room cost with the food and beverage costs, while others have à la carte fees.

Cake: Wedding cakes tend to be multitiered intricate designs, so they will cost more than birthday cakes. According to Statistics Brain, wedding dessert will come in around \$390.

Music: The Knot says wedding bands cost around \$3,500, which is more than twice as much as hiring a deejay (\$1,200). Soloists or ceremony musicians may cost around \$650.

Wedding planner: Many couples employ wedding planners to make planning their weddings easier. Wedding planners cost an average of \$1,300, says Thumbtack, a company that matches professionals with people who require their services.

Transportation: Limousines and other transportation prices vary depending on the vehicle(s) couples choose. The Knot notes that budgeting between \$400 and \$500 for transportation might be wise.

Wedding gown: Brides-to-be



should expect their gowns to cost around \$1,100 and the veil or headpiece to be roughly \$120, according to the Association of Bridal Consultants.

Photography and Video: Preserving wedding day memories costs around \$2,800 for video and photography services, based on data from Statistics Brain.

The smaller details, such as accessories, gifts, officiant fees, stationery, spa services, and favors can quickly add up as well. Couples should be sure to leave some wiggle room in their budgets for incidental expenses that may pop up.

How couples can benefit from hiring local wedding vendors

Local vendors are often a go-to choice when couples are planning their wedding ceremonies and receptions. As the “shop local” movement grows in popularity, weddings present a prime opportunity to embrace this movement.

Couples may have different ideas regarding where to tie the knot, but local vendors can be hired regardless of geography. “Brides” magazine says the biggest factor influencing wedding location is the size of the guest list and the number of people who would not be able to attend if the wedding was in a particular locale. Hometowns might be the traditional choice regarding wedding location, but the XO Group says one in four couples now host destination weddings.

Once couples choose a town or city to host their weddings, they can begin exploring the benefits of working with locally-based vendors.

Familiarity. Local vendors will be

familiar with the area and possibly even the location where the wedding will be held. That can help couples avoid having to give directions, discuss venue protocols, and handle other tasks that must be worked out with non-local vendors. For example, local photographers familiar with a particular venue will know all of the best places to get shots, and some vendors may have preexisting relationships with venue representatives that could ensure wedding day operations go smoothly.

Proximity. Local vendors can meet with brides and grooms more readily throughout the planning process, making things less stressful on the happy couple. This also makes it easier to drop off deposits, attend meetings, make fitting appointments, or attend styling sessions.

Savings. Couples who travel for

please see **vendors** on page 16

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Cleaning up - Ben Nilsson of Ocean Pines Public Works clears snow at the mailboxes on Customs Way and Ocean Parkway. Photo by Dan Collins.

swim

from page 7

Cotton Headed Ninny Muggins: \$675.
Team Cyle: \$315.

Individual - Adult

Craig Kettler: \$3,825. Craig Kettler and family have contributed more than \$35,000 to the AGH Penguin Swim since 2010.

Arleen Dinneen: \$815.

S a m a n t h a
Ewancio: \$625.

Individual - 18 & Under Division

Max Ewancio:
\$725.

Ben Kettler:
\$500.

TIE: Nicholas
Gordon :\$100 ; and
Leila Attia : \$100.

Costume Con- test

Best Overall
Costume: "Rub-A-

Dub-Dub-A-Man-In-A-Tub" Mike Schlegel from It's 5 O'clock Somewhere.

Most Spirited: "Pittsburgh Penguin Bobble head" Lance Bucheit from Hileman Ice Penguins.

Most Creative: "Octopus," Debbie Murosky.

Best Little Penguin: "Army Sergeant," Tristan Lorditch.

Team/Group Costume: "Candy Kitchen Girls" McKenna, Sienna & Keera from It's 5 O'clock Somewhere.

Prizes were also awarded for the youngest and oldest swimmers: Youngest Penguin: Grant Kesler (4 years, 11 months and 3 days old); Oldest Penguin: Paul Neal (76 years and 2 days young).



Individual 18 & Under First Place Winner: **Max Ewancio** accepts the First Place Prize for top fundraiser in the individual 18 & under category.

big

from page 9

You should be 18 or older, though younger individuals are considered on a case-by-case basis. Commit to participate for one year. Make time to see your Little two to four times per month.

"Take your mentor along on activities you're already doing, like visiting the park, going to the YMCA, hanging out at the mall, or going out to have a meal," Mimms said. "If volunteers have employers who will allow them to leave work for about an hour a week, we can coordinate with the schools for that mentor to go spend time with the child during lunch or at recess."

Mentoring works best when it is long-term. Studies confirm that mentoring relationships that last less than six months do more harm than good in a child's life, so mentors are asked to commit to participate for a minimum of one year.

pipes

from page 6

temperatures in garages, basements and crawl spaces.

Consider relocating pipes that are exposed to the elements to provide increased protection.

Ask a neighbor to periodically check on the house to ensure that pipes are in good working order.

Homeowners who know where the main water shut-off valve in their homes is located and who act quickly can prevent serious damage should a pipe burst. In such instances, leaks can be contained and extinguished as quickly as possible.

friday

from page 2

at 502 94th Street is the home of the Art League of Ocean City, a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects. Financial support comes primarily through membership dues from individuals and corporate sponsors. Funding for exhibits is also provided by the Community Foundation of the Eastern Shore, the Worcester County Arts Council, Maryland State Arts Council, and the National Endowment for the Arts, organizations dedicated to cultivating a vibrant cultural community where the arts thrive.

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

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

Since opening in 1982, BBBS has helped transform the lives of more than 3,000 Eastern Shore children by pairing them with positive, caring, adult role models with whom they built trusted relationships, fun and enriching activities.

Learn more at www.shorebiglitle.org or visit them on Facebook at BBBSES and Twitter at ESBIGS.

league

from page 3

who would serve as a 'free 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.

WCHS invites community to make a difference

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

Individual membership levels:

Bronze \$35 (basic membership)

Silver: \$100 (helps to spay/neuter up to 1 dog)

Gold: \$250 (helps to spay/neuter up to 5 cats)

Platinum: \$500 or above (helps to spay or neuter 10 shelter cats, 10 feral cats or 4 dogs)

Membership runs from January 1 to December 31. As a member you will get updates about the shelter and upcoming events through email. A Worcester County Humane Society membership would also make a great gift for those animal lovers on your gift list. Membership forms are available at www.worcestercountyhumanesociety.org Please make checks payable to Worcester County Humane Society

vendors

from page 13

their weddings and employ local vendors will not have to pack as much. Using local vendors eliminates the need to bring along bulky dresses, decorative items, flowers, and much more. Plus, couples need not pay to transport and house vendors brought along from back home.

Environment. Individuals who take great strides to conserve resources by reducing their energy consumption and protecting the environment often find that shopping local is beneficial. Local vendors are more likely to source their materials from other local businesses, reducing their carbon footprints along the way. For example, local caterers may rely on local farmers for their foods, affording couples the chance to host eco-friendly or even farm-to-table weddings.

Customization. Working with local vendors often translates into getting more personalized service and attention than mass retailers or merchants can provide.

Going local when choosing wedding vendors is an increasingly popular choice among couples about to tie the knot.

and mail payment and form to P.O. Box 48, Berlin MD 21811 or drop off at the shelter.

Caring for ever increasing numbers of animals puts a tremendous burden on the staff, facility and limited resources. Every donation is critical to carry out the shelter's mission to advocate for animal welfare and to provide compassionate care and protection for all cats and dogs that

find their way to the shelter. Support is needed from everyone in the community who are concerned about the well-being of animals.

The Worcester County Humane Society is private, nonprofit; no-kill animal shelter that currently houses nearly 150 cats and 25 dogs. Follow the shelter on Facebook and Instagram for available pets and events.



Kick-off

State Delegate and candidate for Maryland State Senate **Mary Beth Carozza** held a fundraising event Sunday evening at The Parke in Ocean Pines in advance of the Legislative session that begins this week.

Carozza emphasized her work on issues affecting the Eastern Shore and the importance of supporting Governor Larry Hogan's bid for a second term.

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The background of the advertisement is a photograph of a sandy beach. In the foreground, a person's feet and hands are visible, with one hand pointing to a large, hand-drawn arrow in the sand that points towards the right. The arrow is drawn with a mix of sand and a darker material, possibly charcoal or paint.

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