

## OPA announces budget process

Ocean Pines Association (OPA) announced that it will host several meetings and a public hearing this month to discuss its upcoming budget.

The meetings and public hearing are opportunities for the membership to learn about proposals for Fiscal Year 2018-2019 (FY18-19) and to voice concerns and questions with General Manager John Bailey and the Ocean Pines Board of Directors.

The events below have been scheduled to promote membership participation and ensure the membership has the opportunity to become familiar with the budget process.

-Saturday, January 20 at 10 a.m. at Tern Grille: The General Manager and Budget and Finance (B&F) chair conduct proposed budget hearing for the membership.

-Monday, January 22 at 1 a.m. at Tern Grille: B&F Committee meet with the general manager to consider any changes to budget based on the budget hearing; committee votes to forward Recommended Budget to the Board.

-Saturday, January 27 at 10 a.m. at Tern Grille: General manager formally presents the Recommended Budget to the Board of Directors. Between January 27 and February 2 the Board of Directors provides GM with possible budget amendments so that the respective amendment impact on the assessment calculation can be determined beforehand).

Monday through Wednesday, February 5 through 7 between 9 a.m. and 4 p.m. at Tern Grille: Board of Directors conducts Work Sessions on the Recommended Budget.

Saturday, February 10 at 10 a.m. at Tern Grille: Board of Directors conducts Recommended Budget hearing for the membership.

Sunday, February 25 at noon at Assateague Room: Board of Directors considers budget amendments and votes to adopt Final Budget.



**Winner** - Seventh grader **Cole Myers** won first place in the 2018 Worcester Prep School (WPS) Lower/Middle School Geography Bee after multiple rounds of intense geography questions. Cole is the son of Kevin Myers and WPS fourth grade teacher Sasha Motsko.

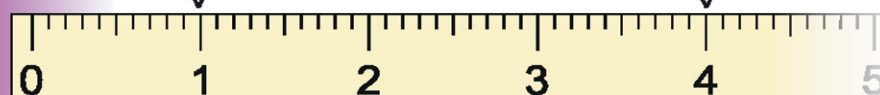
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# Community Calendar JANUARY

## Maryland winter turkey season opens tomorrow

The Maryland Department of Natural Resources is offering another opportunity for hunters this winter. Winter turkey hunting season runs January 18 to 20 statewide, giving hunters that did not bag a turkey in the fall another chance.

The department established the winter season in 2015 in an effort to increase turkey hunting opportunities while minimizing conflicts with other seasons.

“Wild turkey populations are at all-time highs in many areas,” Wildlife and Heritage Service Director Paul Peditto said. “This season offers a great opportunity for hunters to get outdoors when other popular hunting seasons are closed or winding down.”



Maryland hunters can use the following weapons during the winter turkey season:

- Shotguns loaded with No. 4 shot or smaller;
- Crossbows and vertical bows; or
- Air guns that shoot arrows or bolts.

Hunting hours are from half-hour before sunrise to half-hour after sunset. The bag limit is one turkey of either sex. Hunters are reminded that it is illegal to hunt turkeys with the aid of bait. Hunters may check in their harvest via phone at 888-800-0121, online, or via the department’s mobile app.

The Maryland Guide to Hunting & Trapping provides information about winter turkey hunting, including season open dates and regulations.



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>Martin Luther King, Jr. Day</small>	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Groove party scheduled

A “Let’s Groove Tonight Party” will be held to benefit the Jesse Klump Suicide Awareness & Prevention Program. The event will occur on Thursday, February 1 between 6 p.m. and 10 p.m. at Sello’s Italian Oven and Bar located at 9802 Golf Course Road in West Ocean City. The cost is \$75/person which includes music by DJ Wax, small plates, dessert bar, and wine tasting bar. Advance tickets are available at Sello’s or at Baked Desserts Café located at 4 Bay Street in Berlin or at [www.sellosoc.com](http://www.sellosoc.com).

### 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](http://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.

## Safe boating classes to begin

The days are already getting longer. The boating season is rapidly approaching. Are you ready? Perhaps you are starting out in boating, or coming back to it. Regardless, the Maryland Basic Boating Class is a great opportunity to satisfy Maryland requirements and to get practical boating knowledge from state certified Coast Guard Auxiliary Instructors.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to

operate a boat in the state of Maryland. Those attending the class and passing the test will receive a Maryland Boating Certificate.

Besides the state mandated material, the class will tap the local knowledge and experience of the certified instructors. Topics include: safely navigating and piloting about our Ocean City waters, how to tie basic nautical knots, how to identify bad weather and tactics for boating in

foul weather, nautical terminology, boat trailering, and more. There are also discussions on maintenance and common medical issues that can occur while boating.

Even if you were born before 1 July, 1972, and can ‘shiver your timbers’ like a buccaneer, the Maryland Basic Boating Course is an ideal low-key environment to brush up on your general nautical knowledge and to build your boat handling con-

fidence.

A class will be held February 6, 7 and 8 at the Ocean Pines library. The three-evening course will begin at 6 p.m. and end no later than 9 p.m. each evening.

The United States Coast Guard Auxiliary will teach the state mandated Recreational Safe Boating Course at the Ocean Pines library five additional times on three consecutive week nights in 2018.

Cost for the course is \$15.00 and includes all course materials.

Pre-registration is required. To register or if you have questions, please contact: Barry Cohen at 410-935-4807 or E mail [CGAUXOC@Gmail.com](mailto:CGAUXOC@Gmail.com)

### Future Classes

- March 6, 7, and 8
- April 24, 25 and 26
- June 5, 6, and 7
- July 10, 11, and 12
- September 11, 12, & 13

*The Maryland Safe Boating Class will also be taught twice in a one-day format*  
Saturday, May 5  
Saturday, August 4

The Saturday class will run from 8:30 a.m. to 4:30 p.m.



Ocean Pines aquatics instructor **Jennifer Kauffman** demonstrates how to use water trampolines at the open house.

## Residents test aquatic equipment, classes

Area residents had the chance to test the waters as well as a variety of aquatic fitness equipment and classes at a free open house at the Sports Core Pool on Sunday, January 7.

Despite the snow-covered roads, dozens of area residents came out for the free event, which included instructor-led mini classes and the opportunity to try the facility's aquatic exercise equipment.

According to Ocean Pines Aquatics Director Colby Phillips, the goal of the open house was to introduce people to the availability and accessibility of aquatic exercise as a fitness option.

"Most [of the open house attendees] were new to learning about what our aquatics department has to offer in regard to fitness programs, which is very exciting for my team," Phillips said.

Over the past few years, Ocean Pines Aquatics has steadily increased the number of water exercise programs it offers as well as the variety and types of aquatic fitness equipment. The Sports Core Pool now houses water trampolines, bikes, balance boards, treadmills and an elliptical machine in addition to several different types of water weights.

Ocean Pines Aquatics staff members are also in the process of obtaining certification for medically-based aquatics training, which will be introduced soon at the Sports Core Pool. The training will enable them to work with patients undergoing treatment for cancer, Parkinson's disease and more as well as pre- and post-rehabilitative

therapy.

According to Phillips, the accessibility of water exercise makes it perfect for all ages and abilities. It also explains why these programs have found such a receptive audience in Ocean Pines.

"The water is so good for all fitness levels and we have classes to accommodate everyone as well as people who have physical ailments such as bad backs and knees. Most are surprised they can actually work out in the water despite these issues," she said.

Phillips said that because of the success of the event, another open house is planned for May.

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, January 20 at 6 p.m. and a Valentine's Family Night Out on Friday, February 9 from 6 p.m. to 8 p.m., both at the Sports Core Pool.

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

## Taco night set

The Bishopville Volunteer Fire Department Auxiliary will hold an all you can eat taco night on Friday, January 26 from 6 p.m. to 8 p.m. The cost of tickets is \$10 for adults and \$6 for children under age 11. The menu includes beef, chicken and fish hard and soft tacos, beans and rice. Soda and water are separate. Call 443-880-6966 for more information.

## Food, beverage ops under review

Ocean Pines Association recently announced the closure of The Cove at Mumford's to facilitate mold remediation efforts. Additionally, it should be stated that General Manager John Bailey had been considering the possibility of closing the facility in an effort at reducing operating losses in the current fiscal year.

The closure of The Cove at Mumford's restaurant and banquet hall coincides with Bailey's evaluation of the overall food and beverage (F&B) operational approach. This comes at the Ocean Pines Board of Directors' direction and includes possibly outsourcing management.

Bailey is preparing a report and recommendation on the F&B opera-



photo by Dan Collins

tions, to include a recommendation for the Board to consider at the January 27 regular board meeting.

## SU to host mental health workshops

Salisbury University (SU) is sponsoring two workshops next Friday, January 19 that address issues and demographics that are of vital importance to anyone who is interested in reducing suicide rates and enhancing mental health. The Jesse Klump Suicide Awareness & Prevention Program was founded to address the problems that lead young people to suicide, so the morning session strengthens that mission by teaching parents and educators how to help their young friends deal with stress. Yet the rate of suicide is increasing most rapidly not among young people, but among middle aged and older Americans. The ability to recognize suicide-inducing depression within the geriatric population will save lives that still have years to contribute to family and society. The afternoon workshop teaches those skills.

The Jesse Klump Memorial Fund will pay the tuition for one or both of these courses for anyone who is in a position to apply what they learn in our lower Eastern Shore communities. This includes educators, health-care professionals, or laypeople with an interest in mental health. CEUs are available to those who need them.

To register for these workshops, visit <https://webapps.salisbury.edu/socialwork/ce>. To apply for reimbursement, send a short message to [were-member@jessesaddle.org](mailto:were-member@jessesaddle.org) explaining

why you wish to take the course. You will be sent a 2-page grant application form immediately, and promptly reimburse you when you have completed the studies. If you sign up for both, SU will extend a discount of \$10.

### *Mental Health First Aid: Understanding the Basic Steps to Coping with Stress*

This presentation is to help parents and teachers better understand the signs of mental distress, and how to reduce its effects. Participants will learn the basic steps to reducing the physiological reactions to anger/stress, and will be given tangible ways to teach students essential coping skills. Participants will also have a chance to self-reflect on how stress has affected their own lives, and how they can begin the process of restoration. After completing this half day training, participants will be able to: Understand essential coping skills for dealing with stress; have tangible tools to teach coping skills to student; and, increase insight on how poor coping skills can affect themselves and those around them.

The registration fee is \$40.00. Participants will receive three CEU's upon completion of this workshop.

# The Courier

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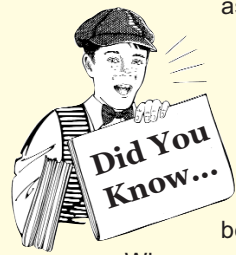
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## 2012 Business of the Year

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Debris from home improvement projects can often be recycled. According to Waste Management, the largest residential recycler and renewable energy provider in North America, common construction materials such



as concrete, porcelain, tile, lumber, metals, masonry, plastic, carpet, and insulation can potentially be recycled.

When recycled, debris from construction projects may ultimately be used in various ways to benefit the planet. For example, such debris may be used as inserts that become road base, while clear wood may be transformed into mulch or biomass fuel. Crushed concrete can go on to live a second life as gravel or become dry aggregate for new concrete. Homeowners who want to recycle as much of their home improvement project debris as possible can work with Waste Management and/or their contractors to ensure the materials they no longer need continue to be put to good use.

## OCES pre-K registration to open

Ocean City Elementary School (OCES) will begin the registration process for the 2018-2019 Pre-Kindergarten and Kindergarten programs in February. Children who will be four years old on or before September 1, 2018 may be eligible for the OCES Pre-Kindergarten program. Space is limited and children from families who meet the federal income guidelines will be given priority enrollment.

Children who will be five years old on or before September 1, 2018 must register for Kindergarten. Children who are currently attending Pre-Kindergarten at OCES do not need to register for Kindergarten. They will be enrolled automatically in OCES Kindergarten. Please call Ocean City Elementary School at (410) 632-5370 beginning February 1 to schedule a registration appointment.

## Indoor yard sale to be held

The Bishopville Volunteer Fire Department Ladies Auxiliary will hold an indoor yard sale at the main station on Saturday February 3. Tables are \$15 or 2 for \$25. The event will be held from 7 a.m. until noon. Breakfast sandwiches and beverages will be available for purchase. This will also be the pickup day for the fresh sausage sale. Call 443-880-6966 for more information or to rent a table.

## Angels within the community

**Editor:**

There are truly angels among us! In November, we asked you, our neighbors on the Lower Shore, to “Be an Angel,” and 1,163 of you responded, giving us a record-breaking year, raising more than \$118,000.



## Optimist Boat Show in February

Several members of the Ocean City/Berlin Optimist Club were discussing the February Seaside Boat Show. **Jim Flaig, Charlie Dorman, Charles Smith and Steve Acton** are pictured. More than 80 members of the club will be on hand February 16 through 18 to raise funds for the Optimist’s youth programs. Plan to attend and you may win the door prize, a pontoon boat and motor, donated by North Bay Marine.



**New officers** - The Ocean Pines Garden Club (OPGC) installed its officers for 2018 at a Lighthouse Sound installation luncheon on January 11.

Pictured (l to r) are Corresponding Secretary **Buttons Bassett**, Co-Vice President **Sue Sewell**, Recording Secretary **Joan Dempsey**, Co-Vice President **Jan Tellman**, Treasurer **Daryl Carpenter** and President **Linda Baker**. The OPGC generally meets on the second Thursday of each month at the Ocean Pines Community Center at 10:00 a.m. Visitors and new members are welcome. Photo by Gail Philippi.

All of us at Coastal Hospice would like to thank you for contributing to help fund the charity care we provide.

Last year, Coastal Hospice cared for nearly 1,200 patients and families in Wicomico, Worcester, Somerset, and Dorchester counties and provided more than \$600,000 in charity care to patients and families who have no resources for care or have needs beyond their insurance coverage.

The average gift this year was \$101, which will have a significant impact on the care Coastal Hospice provides. For example, if you made a \$100 donation, you paid for one month of oxygen for a patient at home.

We sincerely thank everyone who took the challenge to “Be an Angel.”

**Alane K. Capen**  
 President

Coastal Hospice & Palliative Care

# A piece of cake and a state of mind

On an evening not long ago, I was unable to sleep. The reason wasn't top difficult to ascertain. Earlier in the evening I had decided to have a piece of cake for dessert. Now I realize that doesn't seem like a reason not to be able to sleep. And it wasn't. It was the cup of tea I made to have with it that

but now that I am a parent of adult children and a grandfather to boot, I certainly don't look or act like the "elder" characters depicted on these shows. Older parents and grandparents were depicted as basically old minded, somewhat feeble, disengaged from the present and without vitality.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

presented the problem; more specifically, the caffeine in the tea. I know better than to drink tea after 7 in the evening. The result is always the same: I am unable to fall asleep. But the cake tempted me so I threw caution to the wind and went for it. Later, as I always do, I paid the price.

I tell you that story to tell you this story. Because I was unable to sleep, and not wanting to wake my wife with all the tossing and turning I was doing, I went to the family room to watch some television which I hoped would make me drowsy. After ambling around in the dark, making way down the hallway, and then through the kitchen, tripping over the dog not once but twice, I finally made it to the family room. There I flicked on a light to locate the television remote control which I eventually found on the floor peeking out from under the recliner.

With the glow of the television screen illuminating the room, I positioned myself on the sofa and began flipping through the stations finally coming to Antenna TV which was broadcasting an episode of "Bewitched." It was one where Endora cast a spell on Darren, the first Darren, not the second Darren, and mayhem and confusion ensued. I think most of the storylines were similar. Anyway, in this particular episode Darren's parents were in it. And that's what I want to write about this week.

Why was it that parents of adult characters in 1960s and 1970s television shows were depicted as looking old? I never gave it much thought when I watched these shows as a child,

That's not me. Nor is it my wife and nor is it many people I know who are in this age group. Heck, my own mother doesn't fall into this category. In many ways she's more engaged and hip than I am, which isn't really admitting too much.

Through the years, I've been described in many ways and I can report honestly that "hip" has never been an attribute for which I was recognized. But I digress.

Watching other shows of that era only confirmed my observation that actors cast to portray parents of adult children and grandparents, had to have white hair, be dressed frumpy and often be loud, overbearing know-it-alls. For the record, my hair is black turning silver (it's been that way for decades) and spending just a few minutes with my children and grandchildren reminds me that I'm certainly not a know-it-all.

How many of you ask your grandchildren to download apps on your phone or synchronize your computer with your cell phone? But I digress yet again.

On a mission to prove my theory that older parents and grandparents portrayed on television during the previous mid-century were older looking stereotypes, I had to look no further than such shows as "I Dream of Jeannie," "The Brady Bunch" and "The Dick Van Dyke Show." Each time the main characters' parents were cast, they always looked old and sometimes doddering. The next time you're flipping through channels and come across one of these or other shows of that time-frame, you'll see what I mean.

It could be that as I've aged, my perception of age and what it means to be old(er) has changed. But as far as I'm concerned aging doesn't mean I'm old. Being old or being young for that matter is a state of mind and has nothing to do with the flipping pages of the calendar. That's my story and I'm sticking to it.



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## Anniversary license plate raffle to raise money for police department

An Ocean Pines, Maryland license plate will soon be available for purchase to help celebrate the community's 50th anniversary and to raise money for the Ocean Pines Police Department.

"The celebratory license plate demonstrates pride that crescendos across the waterways and roadways of Ocean Pines," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "Neighbors helping neighbors is what this community is all about, which is why proceeds from the sale of the anniversary license



plate will fund the first-ever National Night Out in Ocean Pines."

The Police Department will host its very own National Night Out, a community-building event that promotes police-community partnerships and neighborhood camaraderie, on Tuesday, August 7 from 5 p.m. to 7 p.m. at White Horse Park.

Music, food and a moon bounce will be available for the public to enjoy. Marked police vehicles will be on display and officers will meet and greet the public.

"Agencies across Delmarva take part in National Night Out each year and now Ocean Pines joins the list," said Sawyer. "Proceeds from a license plate raffle/auction that is scheduled for Saturday, March 24 will help to cover the cost of the National Night Out event."

The raffle drawing/auction fundraiser will happen at 10 a.m. in the Ocean Pines Community Center, located at 235 Ocean Parkway. The Ocean Pines specialty plates that are numbered one through ten will be auctioned off to the highest bidders and license plates that are numbered 11-50 will be raffled off at the fundraiser.

"Already, the license plates are highly sought-after and are sure to attract a great deal of attention for Ocean Pines," said Sawyer. "I am eager to see the excitement build."

As of January 15, members of the Association have been able to purchase

please see **plates** on page 15



**Fundraiser** - Star Charities President **Anna Foults** and son **Carl "Gilly" Foults** welcome the attendees to the Beef and Beer dinner held last Friday evening at the Community Center. Proceeds from the event were donated to help wounded soldiers.

## Accountability, transparency legislation put forward

Governor Larry Hogan unveiled proposed legislation to enhance accountability and transparency in state government, building on the transformative ethics reform legislation successfully championed by the administration during the last legislative session.

"When I was elected, I pledged that we were going to get to work cleaning up the mess in Annapolis and restoring integrity to our state capitol. I promised to build a government that would work for the people, instead of the other way around, and that we would usher in a new era of bipartisanship," said Governor Hogan. "From the first day of our administration, our team has been working diligently to root out wrongdoing and corruption no matter where it is taking place."

In the 2017 legislative session, Governor Hogan proposed and signed into

law the first comprehensive ethics reform in Maryland in 15 years. The governor's Public Integrity Act of 2017 places new restrictions on the executive and legislative branches of government to eliminate conflicts of interest and corrupt behavior. This legislation was enacted against the backdrop of an extensive, multi-year federal investigation that exposed corrupt practices by current and former members of the legislature, as well as local government officials.

The governor announced two new legislative proposals to build on the administration's efforts to bring further transparency, accountability, and fairness to state government:

The Government Accountability Act of 2018 will establish terms limits for legislators equal to those imposed on the governor, in order to make state government more accountable and responsive to the citizens. Under the proposed legislation, legislators will be

please see **accountability** 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  
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# ANNIVERSARY LICENSE PLATE RAFFLE/AUCTION

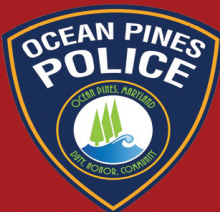
## March 24, 2018 at 10am



# Represent 'The Pines'

Event will be held at the  
Ocean Pines Community Center  
235 Ocean Parkway, Ocean Pines

- License plates 1-10 will be auctioned off
- License plates 11-50 will be raffled off
- \$50 for 50th Anniversary Raffle Ticket



Proceeds from this  
Event to Fund OPPD's  
'National Night Out'  
Event!



## MEMBERS OF OCEAN PINES,

Attend the Anniversary License Plate Raffle/Auction on Sat., March 24 at 10 a.m. in the Ocean Pines Community Center for a unique opportunity to purchase a coveted commemorative license plate.

The license plates will be highly sought-after and attract a great deal of attention. **Purchase your raffle ticket/s by visiting the Administration Building, located at 239 Ocean Parkway in Ocean Pines, MD.** Got questions? Contact 410.641.7717 ext. 3006.

*Denise Sawyer,*  
Marketing & PR Director, Ocean Pines Association

## Maryland will join state coalition to fight climate change

By **Timothy B. Wheeler**  
*Bay Journal News Service*

Declaring that the need for states to work together to fight climate change “grows stronger every day,” Governor Larry Hogan announced last Wednesday that Maryland would join the U.S. Climate Alliance, a mostly Democratic coalition of states committed to reducing greenhouse gases.

The move, disclosed in a letter released by Hogan’s office, represents a shift for the Republican governor, who had remained noncommittal to pleas last year for Maryland to join the alliance, saying he wasn’t sure what the group’s intentions were.

In the letter to the alliance, Hogan recalled that he had publicly disagreed with President Donald Trump’s decision last year to withdraw from the 2015 Paris climate accord reached by nearly 200 nations, including the United States.

The governor’s announcement comes on the heels of another move to distance himself from the Trump administration’s rollback of environmental regulations and initiatives.

Hogan’s office released a letter by Ben Grumbles, his secretary of the environment, opposing the Trump administration’s proposed repeal of the Clean Power Plan, the regulation of carbon dioxide emissions from power plants adopted by the Obama administration.

For much of last year, Hogan had been sparing in his public comments, pro or con, on the Trump administration, something Democrats had relentlessly highlighted. But Hogan is seeking re-election this year in a state where voters are overwhelmingly registered Democrats, and where surveys show they tend to support environmental protections.

Some had pressed Hogan last June to join the alliance, a group of 15 states, including Delaware, New York and Virginia in the Bay watershed, that have pledged to curb greenhouse gases in accordance with the 2016 Paris agreement.

Hogan rebuffed those calls then by saying Maryland’s clean air standards were already more stringent than those called for in the Paris deal. He reiterated that stance in the letter Wednesday, but indicated that his views about the need for state action have changed.

“The importance of aggressive but balanced action in states, communities and businesses, and the need for

*please see initiative on page 15*

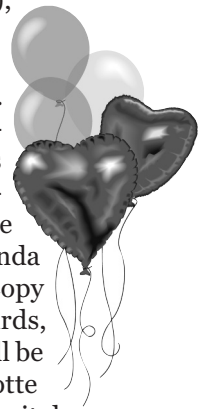


**Installation** - Ocean City-Berlin Rotary Club District 7630 Governor Elect **Bill Ferguson** and President **Margaret Mudron**, back row left, install new members **Frank Baker**, **Danny Mullaney** and **Barry Wright**, seated. The Ocean City/Berlin Rotary Club meets on Wednesdays at 6 p.m. in the Captain’s Table Restaurant (Courtyard Marriott Hotel) located at 15th Street and N. Baltimore Ave. in Ocean City. Guests are welcome.

## 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, organiza-

tions, 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 Race-track 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](mailto:ultimateenergy@verizon.net) This project is sponsored by Caring for America, a mission of the Republican Women of Worcester County.



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# Education accountability initiatives advanced

Governor Larry Hogan has announced a series of legislative and administrative initiatives to improve accountability in Maryland's K-12 public schools, as well as funding to address emergency heating issues in Baltimore City schools that have created dangerous conditions for students and teachers.

"Education has always been our administration's top priority. We have provided record funding for education three years in row, and we will do so again this year for the fourth straight year," said Governor Hogan. "We are so proud that we have some of the best schools in America, but unfortunately, too many deserving children continue to be stuck in schools that are consistently failing them year after year."

The governor first addressed the dire consequences of a bill passed in the last legislative session. That bill handcuffs the state's ability to fix failing schools and puts Maryland behind nearly every other state in compliance with the federal Every Student Succeeds Act (ESSA), an Obama administration initiative to improve standards

across the K-12 education system. Due to the misleadingly titled "Protect Our Schools Act," Maryland has the second weakest education accountability system in the country by counting academic performance at just 65 percent, whereas most states have academic performance measures between 75 and 95 percent.

To correct this inadequacy, the governor announced that he will submit emergency legislation on the first day of the upcoming session, the Protect Our Students Act of 2018, which will require academic performance to be counted as 80 percent of a school's composite score, aligning Maryland with the national average.

"This reckless law propels our schools into a race toward the bottom and directly threatens Maryland's well-earned reputation as a national leader in education," said Governor Hogan. "This isn't about politics; this is about our children and their future."

Governor Hogan also addressed widespread accountability concerns from parents, students, and teachers involving school systems across the

state due to recent and repeated allegations of wrongdoing, corruption, and mismanagement. These include allegations of improprieties and conflicts of interest by both the former and current Baltimore County school superintendent, troubling results of a state investigation into grade changes in Prince George's County, widespread mold issues in Howard County school facilities, mismanagement of facilities maintenance and repair funds in Baltimore City that forced school closures during recent freezing temperatures, as well as issues in Washington and Montgomery Counties.

In response, the governor announced that he will introduce the Accountability in Education Act of 2018 to create an Office of the State Education Investigator General, which will be an independent unit within the Maryland State Department of Education. The Investigator General will be selected by a commission consisting of appointees by the Senate President, Speaker of the House, and the governor, and will be charged with investigating complaints of unethical,

unprofessional, or illegal conduct relating to procurement, education assets, graduation requirements, grading, education facilities, and school budgets.

"This lack of accountability in education systems all across our state cannot and will not be tolerated by our administration," said Governor Hogan. "Not addressing it would mean that we are failing Maryland taxpayers, and, more importantly, failing our children who need help the most."

The governor also corrected recent inaccurate statements about state funding for Baltimore City schools, detailing the fact that the administration has provided \$2.85 billion for city schools since taking office, including nearly \$24 million beyond the legislatively mandated funding formulas in Fiscal Year 2018 alone. Last year, the state's investment was more than 3.5 times the state average, and per-pupil state aid was nearly twice the state average. Overall per-pupil spending in Baltimore City schools is the fourth highest in the nation, and they spend

*please see education page 15*

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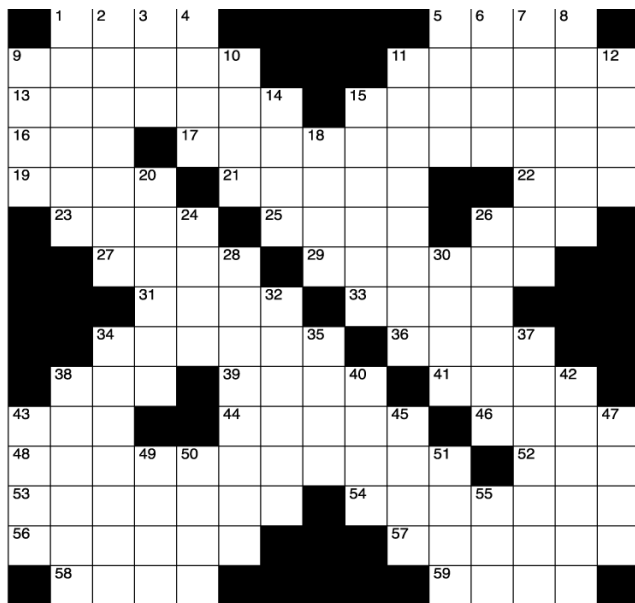


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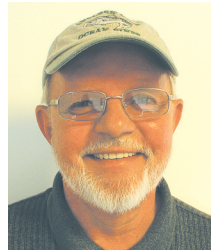
- 1. Methaqualone pill (slang)
- 5. Religious service
- 9. Woodland gods (Greek myth.)
- 11. "Where Is My Mind?" rockers
- 13. Deliberately contrary states of affairs
- 15. Inflection of the voice
- 16. "Great Expectations" character
- 17. Becomes a butterfly
- 19. Spoke
- 21. Tennis player Sharapova
- 22. Midway between northeast and east
- 23. Afrikaans
- 25. No instruction set computing
- 26. Pacific Standard Time
- 27. Relaxing places
- 29. Confiscates
- 31. Gladys Knight's fellow performers
- 33. Witnesses
- 34. Taking place in a series
- 36. Satisfy
- 38. Freshwater fish of N. America
- 39. Laments
- 41. "Girls" creator Dunham
- 43. Indian title of respect
- 44. Cocoa plum
- 46. Network of nerve cells
- 48. Link together in a chain
- 52. Cool 70s crew "The \_\_\_ Squad"
- 53. Persons engaging in energetic pursuits
- 54. Accumulation of glacial debris
- 56. Fastened
- 57. A cotton fabric with a satiny finish
- 58. Whiskey and bread are two
- 59. Scottish tax

**CLUES DOWN**

- 1. Rope used to lasso
- 2. Idyllic places
- 3. Field force unit
- 4. Guitar great Clapton
- 5. Slang for type of skirt
- 6. Figure skating jump
- 7. Innocent
- 8. Mathematical ratio
- 9. Slowly drinks
- 10. Line where edges meet
- 11. Offices of the pope
- 12. Dry or withered
- 14. "\_\_\_ the Man" Musical
- 15. Difficult situations
- 18. Greek goddess of discord
- 20. Marked by smartness in dress and manners
- 24. Habitat
- 26. Annoy constantly
- 28. Full of life
- 30. Great energy
- 32. BBQ and soy are two
- 34. Virtuous
- 35. Not fatty
- 37. Foes
- 38. Merchandiser
- 40. Dishonest scheme
- 42. Repents
- 43. Protective crust
- 45. Native American people
- 47. Any place of bliss or delight
- 49. Bring up
- 50. Birds
- 51. Geological times
- 55. Consumed



Answers for Jan. 10



**What's new and getting ready for trout fishing**

**Update for Maryland Boat Owners:** The Maryland Department of Natural Resources (DNR) has announced that Maryland boat owners can now renew their vessel registration online. You will only need your hull identification and vessel numbers to complete the transaction. You will receive a receipt that will serve as a temporary registration and the original registration and decals will be sent by mail within 10 business days. The process can be accessed through the DNR licensing and registration service or through the Maryland Department of Transportation Motor Vehicle Administration eStore.

**The Mid-Atlantic Fishery Management Council:** The Council is seeking input from the public on the 2018 black sea bass proposals and also to discuss the 2018 flounder regulations. There is some talk of moving the minimum size to 19-inches should National Marine Fisheries Service not approve the coastwide conservation equivalency measures. I'll keep you updated on any future action. For more information go to <http://www.mafmc.org/newsfeed/2017/december-2017-council-meeting-summary>.

**Getting ready for trout fishing:** Hopefully by now everyone is dug out from the big snow storm and deep freeze. I thought I would discuss trout fishing which usually starts in February and all is dependent on the pond thawing out so stocking can occur. Just in case it does and the weather permits here is where to fish etc.

**Where to Fish:** Although we don't have the natural streams of Western Maryland we do have a pond in Worcester County, Shad Landing that is designated as Put & Take by DNR with a daily creel limit of 5 fish per person. Usually the pond is stocked with Rainbow, Brown and Golden Trout. It is des-

ignated at Put & Take as the trout will not survive the heat of summer as the water warms. They are very much a cold water species. The pond is usually stocked late in February and again sometime in March the February stocking is usually unannounced so you must find out by word of mouth from the locals who fish there. The March stocking is sometimes listed on the stocking schedule on the DNR Web site @ [www.dnr.state.md.us/fisheries/stocking/springtroutstock.html](http://www.dnr.state.md.us/fisheries/stocking/springtroutstock.html). The Pond is easy to find and is located on Rte. 113 between Snow Hill and Pocomoke. It is well marked as Shad Landing State Park. Also, this is a great place to take kids fishing. Note: You will require a Maryland Fishing License to fish for trout at Shad Landing. Check Maryland Regulations at the DNR site or your local tackle shop.

**Equipment:** Trout fishing does not need to be complicated. If you spin fish you will need a 5 1/2 to 6 foot spinning rod and a reel that is capable of handling 4lb test line. Some assorted removable split shot, salmon egg hooks or #14 treble hooks is what I prefer and some assorted spinners such as Mepps or Rooster tails, etc. in the 1/32 to 1/8 weights. You should also purchase some assorted colors of Power Bait Trout Nuggets and don't forget a few small bobbers. For live bait try mealy worms, red worms or small minnows. If fly fishing a 7 foot rod with a floating line and some assorted tapered leaders with some small #18 midges, a few #12 or #14 Royal Coachmen, Adams fly and Red Quills should do the job. Also, don't forget a stringer and tackle box or five gallon bucket.

**How to Fish:** Trout can be very finicky so the first and most important thing when you arrive is observe the fish. Are they feeding on

## 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 un-amplified 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](http://midatlanticsymphony.org), or by telephone (888) 846-8600. For further information, visit [midatlanticsymphony.org](http://midatlanticsymphony.org).

## AARP offers free tax prep

The AARP Foundation will offer free tax preparation for low-to moderate-income tax payers, on February 2 thru April 16 at several locations around Worcester County. The locations and days are: Ocean Pines library on Monday, Ocean City Senior Center on Saturday, Pocomoke City library on Friday and Salisbury/Mac Center on Tuesday. Volunteers will assist in e-filing returns but cannot prepare rental/business income.

Appointments for Ocean Pines and Ocean City locations may be made by calling 410-641-5036. Appointments for Pocomoke may be made by calling 410-957-0878. Appointments for Salisbury/Mac Center may be made by calling 410-376-3662. Tax assistance will be available from 9 a.m. to 3 p.m. by appointment only.



### Craft club installs officers

At their December holiday luncheon the Pine'eer Craft Club installed officers for 2018. The officers are President Sharon Puser, Recording Secretary Linda Brindley, Corresponding Secretary Barbara O'Connor, Treasurer Jane Wolnik, Shop Manager Carol Quinto, Assistant Shop Manager Jeanette Rembach, Shop Treasurer Sally Warenius, and Assistant Shop Treasurer Barbara Stilwell.

The club will hold its next meeting on Thursday, January 18 at the Ocean Pines Community Center. Refreshments begin at 9:45 a.m. followed by a business meeting at 10 a.m. Following the meeting the group will create Valentines for Veterans. Each month a different craft or activity is planned. Guests are welcome.

The Pine'eer Craft Club also operates the Pine'eer Gift Shop located on the roadway between the Ocean Pines Community Center and White Horse Park. The shop is open year-round with handmade/hand-crafted items which make wonderful gifts or additions to your home decor. The shop is open on Saturdays between 9 a.m. and 3 p.m. and Sundays between 10 a.m. and 3 p.m.

For more information contact President Sharon (410-208-3032).

Pictured are from left: **Carol Quinto, Jane Wolnik, Barbara Stilwell, Sally Warenius, Barbara O'Connor, Linda Brindley, and Sharon Puser.**



**Getting ready** - Ocean Pines platform tennis players shovel the courts to get ready for more winter play. Left to right: **Joe Jankowski, Barbara Dau, Jim Freeman, Tom Herrick, Susan Morris, Vin Morris.** Also shoveling but not included in photo are Bob and Linda Horst, Bob Baker, Wayne Hawkins, Russ Roberts and June Freeman.

## 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. 18	8:15 a.m. 8:28 p.m.	1:49 a.m. 2:34 p.m.	7:15 a.m.	5:07 p.m.
Fri., Jan. 19	8:54 a.m. 9:09 p.m.	2:29 a.m. 3:12 p.m.	7:14 a.m.	5:08 p.m.
Sat., Jan. 20	9:33 a.m. 9:50 p.m.	3:09 a.m. 3:52 p.m.	7:14 a.m.	5:09 p.m.
Sun., Jan. 21	10:12 a.m. 10:32 p.m.	3:53 a.m. 4:33 p.m.	7:13 a.m.	5:10 p.m.
Mon., Jan. 22	10:53 a.m. 11:18 p.m.	4:40 a.m. 5:16 p.m.	7:13 a.m.	5:12 p.m.
Tues., Jan. 23	11:38 a.m.	5:32 a.m. 6:03 p.m.	7:12 a.m.	5:13 p.m.
Wed., Jan. 24	12:10 a.m. 12:30 p.m.	6:30 a.m. 6:53 p.m.	7:11 a.m.	5:13 p.m.

# Help available to businesses to with comply paid sick leave bill

Governor Larry Hogan on Monday issued Executive Order 01.01.2018.04 creating the Office of Small Business Regulatory Assistance to assist small businesses in complying with House Bill 1 (HB1), the Maryland Healthy Working Families Act, passed by the Maryland General Assembly over the governor's veto. As stipulated in the Maryland Constitution under Article II, Sec. 24, the Maryland General Assembly has 50 days to consent or pass a resolution of disapproval.

"We all agree that hardworking Marylanders need and deserve access to paid leave, and our administration is committed to providing these benefits to workers without crushing small mom-and-pop businesses and killing thousands of jobs," said Governor Hogan. "Now that legislators have openly admitted that there are serious problems with the bill that they passed, I hope we can all come together to find real, common sense solutions. In the meantime, it is our responsibility to use every tool at our disposal to ensure that our small businesses can continue to create good jobs for thousands of Marylanders."

The order reorganizes state government to create the Office of Small Business Regulatory Assistance, directs the Governor's Business Ombudsman Randall Nixon to serve as Executive Director, and moves employees from the Office of Small Business Resources under the Department of Commerce to staff the new office. The office will be housed and report directly to Secretary Kelly Schulz within the Maryland Department of Labor, Licensing, and Regulation, the agency tasked with promulgating regulations for the new law.

"A strong and healthy workforce benefits all Marylanders, and the Hogan administration is committed to expanding access to paid leave for workers," said Nixon. "The Office of Small Business Regulatory Assistance stands ready to help businesses provide these benefits for their employees while ensuring they can continue to grow Maryland's economy and create jobs."

Immediately upon establishment of the office, Nixon contacted the over 1,000 small businesses and workers who previously provided their information to the governor's Committee on

Paid Leave Policy in order to solicit their input and provide a venue to address their concerns. He also contacted every member of the Maryland General Assembly, asking them to refer any small businesses in their districts now being mandated to comply with the new law.

The governor's order specifies that the new office will assist businesses with the implementation of the new law, facilitate responsiveness of state government to small business needs, and serve as a central clearinghouse of information for business assistance programs and services available in the state. The office will be required to report to the governor and the legislature regarding problems encountered by small businesses complying with the law and its regulations and recommend policy improvements and solutions.

The governor's order follows widespread calls by legislators to fix serious flaws in HB1 and delay the bill's implementation by 90 days due to its potential negative impact on small businesses. The governor continues to call on the legislature to pass his Paid Leave Compromise Act of 2018, which would address HB1's most punitive provisions for employers, and his Small Business Relief Tax Credit, which will provide direct aid to help with compliance costs. Leading legislators indicated willingness to take up the governor's proposals following last week's vote.

"For more than a year, I have implored legislators to work with us in a bipartisan fashion to make sure we get this right for Maryland workers and job creators. There is still time to work together to ensure our small businesses and workers are protected and provided the benefits they need," said the governor.

In November 2016, Governor Hogan became the first Republican governor in the nation to advocate for paid sick leave legislation by proposing the Common Sense Paid Leave Act of 2017. The legislature did not act on the governor's bill and instead passed HB1, which the governor vetoed while simultaneously announcing actions to expand paid leave benefits within the executive branch of state government and creating the Committee on Paid Leave Policy to study the issue. After conducting in-depth research and over 100 interviews with workers and business owners across the state, the committee issued its final report to the governor in November 2017, which identified key flaws in HB1 and recommended solutions. The governor subsequently proposed the Paid Leave Compromise Act of 2018 and the Small Business Relief Tax Credit, both of which are pending before the General Assembly.

Maryland small business operators and workers can contact the Office of Small Business Regulatory Assistance at [Small.Business@Maryland.gov](mailto:Small.Business@Maryland.gov).

## PRMC awarded five-star rating

Peninsula Regional Medical Center (PRMC) is one of just four hospitals in Maryland, and the only on the Eastern Shore, to be awarded a Five-Star rating—the highest possible—by the Centers for Medicare & Medicaid Services (CMS). Only 9% of the 4,805 hospitals in the survey, 337 including PRMC, achieved a five-star rating. On the Delmarva Peninsula, only Christiana Hospital in Wilmington was also Five-Star rated by CMS.

CMS considered seven different areas of care and comfort at U.S. hospitals that included 57 different measures that touch nearly all areas of any facility. They included mortality, readmission, safety of care, patient experience, efficient use of medical imaging and timeliness and effectiveness of care. CMS determined PRMC to have performed above the national average in mortality, safety of care, readmission and efficient use of medical imaging.

"Not many hospitals can look back 120 years and be proud of the outstanding work their healthcare team is doing today to carry on the legacy and tradition of the great work of those who came before them," said PRMC President/ CEO Steve Leonard. "In my 15 years here, I

have witnessed our team of medical staff, nurses, technicians and support staff do amazing things for our community. The CMS designation reinforces what a high performing and compassionate team we have always had."

PRMC also beat the national average in some key indicators including overall readmission, serious surgical complications, treatment of C.diff. and preventing blood clots. They outperformed the Maryland hospital average on areas including nursing communication, controlling pain and patients receiving immediate help.

"My thanks to the physicians, nurses and staff who work extremely hard every day to provide this level of care to our friends and neighbors," added C. B. Silvia, MD, Chief Medical Officer at PRMC.

Overall rating ranges from one to five stars with the majority of American hospitals achieving a three-star rating. The more stars, the better a hospital performed on those 57 measures. "This recognition by CMS is what sets PRMC apart from other hospitals in the region in terms of the quality of care we offer," said Sheri Matter, Chief Nursing Officer at PRMC.

## 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 15<sup>th</sup> 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](mailto: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.



# Basis behind cognitive behavioral therapy

Repetitive behaviors, depression, anxiety, compulsions, and even phobias are just a few of the mental health issues millions of people across the globe deal with every day. Symptoms of these conditions may range from mild to debilitating.

The World Health Organization says that one in four people in the world will be affected by mental or neurological disorders in their lives. Roughly 450 million people currently suffer from such conditions, which puts mental disorders among the leading causes of ill health and disability worldwide.

Mental health is not something people may feel comfortable discussing. Problems may go untreated for years, and some individuals may use self-medicating behaviors such as drinking alcohol or using illegal drugs to alleviate their symptoms. Others continue to persist with illnesses when they do not have to. Cognitive behavioral therapy (CBT) is one of the more successful methods to

address mental health issues.

The National Association of Cognitive-Behavioral Therapists defines CBT as a general term for a classification of therapies with certain similarities. It does not exist as a distinct therapeutic technique. CBT is a short-term, goal-oriented psychotherapy treatment that takes a practical form to problem-solving, advises Psych Central. The power is in the hands of the person engaging in the therapy. The therapist simply provides the ideas to get started.

CBT is used to treat a wide range of issues, including insomnia, anxiety, depression, alcohol abuse, relationship problems, and more. The process involves changing attitudes and behavior by focusing on the thoughts, beliefs, and attitudes that influence the way a person behaves.

The Mayo Clinic says CBT talk therapy is performed in a structured setting, with a limited number of sessions. CBT identifies negative thinking so that challenging situations can be viewed more clearly and perceptions changed. While it is a tool in treating mental health disorders, anyone can benefit from CBT, especially those looking to cope with stress or

other hurdles.

Cognitive behavioral therapy was developed by psychiatrist Aaron Beck in the 1960s. Beck was doing psychoanalysis at the time and discovered there was a link between thoughts and feelings. Beck discovered people were not always aware of automatic thoughts that popped up in their minds, particularly those negative in nature. By identifying these thoughts, a client could overcome certain difficulties.

CBT is a balance between placing personal meaning on things and situations

as well as the relationship between problems. Many therapists personalize CBT to meet the needs and personality of their patients.

Individuals who prefer a nonpharmaceutical approach to treating their mental health condition may find CBT can be helpful. Stress or uncomfortable feelings may arise, but therapists can work to avoid uncomfortable situations. Cognitive behavioral therapy is a commonly used regimen for helping people change behavior by exploring their feelings and thoughts.

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**capt. ron**  
from page 10

the surface, swirling just under the surface or do you see no activity at all? If feeding on the surface they are likely feeding on flies hatching off the water or dropping from trees. Swirling just under the surface they are likely feeding on nymphs which are the larva of flies swimming to the surface to hatch. If no activity they are likely bottom feeding or not at all. In any case adjust your bait to the level of where they are feeding by rising or lowering your split shot, bobber etc. if fishing bait. If

**plates**  
from page 6

chase anniversary license plate raffle tickets at the Administration Building, located at 239 Ocean Parkway, for \$50. The Administration Building is open Monday through Friday from 8 a.m. to 5 p.m.

Winning raffle recipients must be present at the March 24 drawing to claim their winning plate. The plate will be mailed to the home owner once the Motor Vehicle Administration form is completed and approved by Ocean Pines Association.

Eligibility requirements:

- Your vehicle must be registered in the State of Maryland.
- Your application must be approved by Ocean Pines Association.
- Home owner's account must be in good standing with the Association.
- Tenants must display a rental lease agreement and their landlord's account must be in good standing with the Association.

**workshops**  
from page 3

*A Walk in Their Shoes:  
Aging Simulation  
Sensitivity Training*

Aging Simulation Sensitivity Training (ASST) is a workshop that allows participants to experience and learn about sensory deprivation and psycho social changes endured by older adults on a daily basis. Aging simulation exercises help high school and university students, retail staff, clinicians, etc. understand age-related health challenges faced by the older people they serve. The outcome of ASST is an enhanced awareness and understanding of how to successfully interact with the older population. Participants will learn how to: increase knowledge about our "older adult" population, the nature and extent; define "older adult;" learn physiological changes associated with "older adults;" and, Other changes that are associated with the aging effect. The registration fee is \$40.00. Participants will receive three (3) CEU's upon completion of this workshop. The location will be on the SU Campus, Conway Hall Room 253. The workshop will begin at 1:00pm and end at 4:30pm. Registration starts at 12:30.

spinner fishing let it hit bottom and start with a slow retrieve, then try jigging the spinner or a faster retrieve until you start catching fish. Power Bait Trout Nuggets are not great fished on the surface so get them under water with a little split shot.

*Good luck and remember to take a kid fishing,  
**Capt. Ron***

**education**  
from page 9

the most on administrative costs in America. Baltimore City spent just 10 percent of the city's general fund on schools in FY 2017, whereas other jurisdictions in the state contributed an average of 43 percent. A recent investigative report by the *Baltimore Sun* revealed that the school system had returned \$66 million in state funds that were slated for heating system repairs to city schools.

He then announced that the administration will continue to fund Baltimore City public schools above and beyond the legislative formulas by including an additional \$11 million in the forthcoming Fiscal Year 2019 budget, and will immediately provide an additional \$2.5 million from the state's Catastrophic Event Account for emergency repairs to school heating systems. To ensure accountability, the funds will be overseen by the state Department of General Services.

"Let me be clear: this funding is for our kids. Baltimore City children should never have to suffer because of the adults who have repeatedly failed them," concluded the governor.

**initiatives**  
from page 8

multi-state collaboration and international leadership on climate change, grows stronger every day," Hogan wrote.

His chief reason for joining the alliance, the governor said, will be to urge all states to adopt air quality standards and greenhouse gas reduction goals as strong as Maryland's.

The state is on track to meet a goal set in 2009 of reducing climate-altering emissions 25 percent by 2020, and is working on a plan to reduce emissions even further, by 40 percent by 2030.

Hogan's pledge to join the Climate Alliance drew a mixed reaction from environmentalists, who are continuing to press for even stronger climate action in Maryland.

**accountability**  
from page 6

able to serve a maximum of two consecutive four-year terms in each chamber of the General Assembly. A large majority of Marylanders favor term limits, which have already been instituted in 15 other states, and nearly 70 percent of Montgomery County citizens recently voted in favor of term limits for local government. The governor called on legislators from both parties to come together and pass this legislation in a bipartisan manner, which would allow the measure to then be put on the ballot for Maryland voters to decide this year.

"Our founding fathers never envisioned professional politicians who spend their entire careers in office; what they intended was citizen legislators who would represent their constituents and then return back home to their real jobs. The rise of professional politicians has led to out-of-control partisanship, the stifling of honest debate and fresh ideas, rampant gerrymandering, one-party monopolies, and an increased potential for the type of corruption that our administration has been fighting to root out," said the governor.

Governor Hogan also announced the Legislative Transparency Act of 2018, which will require all sessions of the Maryland General Assembly, including floor sessions, voting sessions and hearings, to be livestreamed to the public via both audio and video. Despite being one of just seven states in the nation not to livestream video of

In 2016, Hogan vetoed legislation that increased Maryland's renewable energy requirement from 20 percent to 25 percent by 2020, saying it would force citizens to pay for "overly expensive" solar and wind energy credits. The Democrat-dominated General Assembly overrode that veto last year.

New legislation is being introduced this year that, if passed, would raise the goal to 50 percent renewable power by 2030. Environmental activists rallied at the State House Wednesday in support of that bill.

*Timothy B. Wheeler is managing editor and project writer for the Bay Journal. He has more than two decades of experience covering the environment for the Baltimore Sun and other media outlets.*

either house of the state legislature, Maryland legislators have repeatedly refused to act on this proposal, or bring it to the floor for a vote.

"I believe very strongly that the public has a right to know what their lawmakers are saying and doing during the debate on these important issues which are directly affecting the citizens and taxpayers of Maryland. Legislators should be deliberating out in the open, in the light of day, instead of behind closed doors. Our hope is that this year will finally be the year that this commonsense measure is signed into law," said the governor.

The initiatives build on the Hogan administration's record of consistent advocacy for greater transparency and accountability throughout state government. In addition to the major ethics reform legislation passed during the last session, the governor took action immediately upon taking office to appoint an unprecedented bipartisan cabinet and issued an executive order outlining standards of conduct for governor's office staff, cabinet members, and all executive branch employees.

"Not a day goes by that I don't think about the immense responsibility we have as public officials to serve the best interests of the citizens of Maryland," said Governor Hogan. "I pledge that we will continue to do whatever it takes to put aside the politics and the partisanship and to work together with the legislature in a bipartisan way to ensure that the people of Maryland are being represented honestly and fairly."



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