

Humane Society to host fundraiser

On Thursday, March 8, Worcester County Humane Society will hold its first “Wags and Whiskers” Thirty-One Bingo fundraiser. The event will be held at the Ocean Pines Community Center Assateague Room. Doors open at 5:30 p.m. All proceeds benefit the homeless dogs and cats at the no kill shelter.

When it’s game time, participants will have multiple chances to win official Thirty-One Bingo items. The bingo games will run from 6:30 p.m. to 9:30 p.m. Eventgoers must be 18 or older.

Advance tickets are \$25 for 20 regular games for thirty-one bags full of goodies and gift cards. There will be two special Bingo games for an additional small fee. There will also be an opportunity to participate in a Chinese auction and raffle boards for additional items and prizes as well as food and beverage available for purchase. Other vendors such as LulaRoe and Pampered Chef will also be at the event.

“Whether a person comes alone or brings a group of friends, the event offers a fun atmosphere of fellowship for all,” said Diana Snyder, Event Chair.

Tickets will be available at the door the night of the event for \$30.

For advance tickets contact Diana Snyder 443-987-2870 or Mary Martinez 410-382-2661. Advance tickets are also available for purchase at Worcester County Humane Society 12330 Eagles Nest Road in Berlin.

United Way to accept funding applications

United Way of the Lower Eastern Shore will open the annual application process on February 15, 2018 to local non-profits seeking program funding for 2019.

Nonprofit organizations providing programs focused on health, education or financial stability for Lower Shore residents are encouraged to apply, with a submission deadline of April 2. Applicants will need to meet the minimum guidelines including but not limited to: Being a registered 501(c)3 nonprofit organization in the State of Maryland; existing for at least one year with oversight by an independent vol-

please see applications on page 2



Service learning - Sixth grade students at Berlin Intermediate School are required to complete 15 hours of Service Learning throughout the year. Service learning links academic learning with student services that benefit the community. Some of the 6th grade teams chose the Worcester County Humane Society as their community partner for Service Learning. **Kyla Johnson** (above) brought in paper towels and Dawn dish detergent to donate to the Humane Society’s wish list.



Join **PRMC’s Adult Fitness Ocean Pines**
for an open house to celebrate **American Heart Month**

3-5 p.m. Thursday, Feb. 15

Delmarva Health Pavilion Ocean Pines | 11101 Cathage Road, Berlin, MD 21811



Community Calendar FEBRUARY



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.

RWWC to meet

The Republican Women of Worcester County will hold their February Luncheon Meeting on Thursday, February 22, at the Ropewalk Restaurant, located at 8203 Coastal Highway, Ocean City. The guest speakers will be Patrick O'Keefe, political director of the Maryland Republican Party and Grant Helvey, chairman of the Worcester County Central Committee. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m.; the meeting begins at 11 a.m. To make your reservation and/or for more information, please contact Ann Lutz at annlutz60@gmail.com or at 410-208-9767.

Free concert offered

Wor-Wic Community College will host a free gospel music event featuring Kent Lee at 7 p.m. on February 16 in Guerrieri Hall at the college campus in Salisbury. This event is sponsored by Wor-Wic's Black Student Association, the "Echoes & Visions" Editorial Board and the Student Government Association. For more information, call 410-334-2902.

Indoor soccer programs offered

Parents, introduce your children to an action-packed activity this winter at one of the two indoor soccer programs offered by the Ocean Pines Recreation and Parks Department.

Happy Cleats Soccer will allow children ages two to three the chance to burn off some energy in a non-competitive environment. Socialization, simple soccer fundamentals and fun will be the main focus. The five-class program will be offered weekly on Wednesdays from 5 p.m. to 5:30 p.m. for children ages two and from

5:30 p.m. to 6 p.m. for children ages three beginning February 21. The cost is \$35 for Ocean Pines residents and \$45 for nonresidents.

Pee Wee Soccer, for ages four and five, will use skills, drills and thrills to help children build self-confidence and have fun. The five-class program will be offered weekly on Wednesdays from 6 p.m. to 6:45 p.m. beginning February 21. The cost is \$40 for Ocean Pines residents and \$50 for nonresidents.

Both will be held at the Ocean Pines Community Center.

These programs are open to the public and registration is required. For more information or to register,

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

applications
from page 1

unteer Board of Directors; and providing services in Worcester, Wicomico, Somerset or Dorchester Counties. A complete list of requirements, the funding application and instructions are available online at www.unitedway4us.org/apply-funding. Interested agencies will need to complete their application online.

All applications will be reviewed after the April 2 deadline and funding decisions will be communicated in August 2018. For more information contact Pam Gregory, United Way Community Impact Director at 410-742-5143 or pamela@unitedway4us.org.

call the Ocean Pines Recreation and Parks Department at 410-641-7052.

Free indoor pickleball clinics offered

Following the success of its January pickleball clinic, Ocean Pines will offer additional introductory clinics for beginners interested in learning America's fastest-growing sport.

"The instructed clinics will help to cultivate court confidence while giving beginner players a better understanding of the basics of pickleball," said Ocean Pines Marketing and Pub-

lic Relations Director Denise Sawyer. "The sport, which combines elements of tennis, badminton and Ping-Pong, is family-friendly and accessible to almost everyone, regardless of age or athletic ability."

Clinics will be held on Fridays, February 23 and March 9 from 5 p.m. to 6 p.m. at the Ocean Pines Community Center. At the end of each clinic, beginners are welcome to stay and practice what they have learned. The gym is reserved for pickleball players on Fridays from 1:30 p.m. to 8:30 p.m.

The clinics are free, and preregis-

please see **clinics** on page 15

Monday

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

Sweet Adelines

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

Monday/Tuesday

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

Tuesday

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

Tuesday/Thursday

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

Wednesday

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

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinestepers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Thursday

Story Time
Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577 or Kate at 410-524-0649 for more activities. BeachSingles.org.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo
Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

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



Raising money - In January, Ocean City Elementary School students in grades one through four participated in the annual Jump Rope for Heart Event, raising almost **\$23,000** for the American Heart Association. The money raised each year helps the American Heart Association research new methods to help heart and stroke patients. Pictured are some OCES students who participated in the Jump along with PE Teachers, **Tracey Drocella** and **Mark Engle**.

CPR training offered

Peninsula Regional Medical Center will host a free Friends & Family CPR class on Tuesday, February 27 from 10 a.m. to noon as part of its American Heart Month festivities

The Family & Friends CPR course is an American Heart Association class that teaches the lifesaving skills of adult hands-only CPR, adult CPR with

breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Family & Friends CPR is for people who want to learn CPR, but do *not* need a CPR course completion card to meet a job requirement. This course is ideal for

*please see **training** on page 4*

Drug, alcohol deaths drop for tri-county area

Deaths related to drug and alcohol intoxication, including opioid overdoses, are down in Worcester, Wicomico and Somerset Counties, according to third Quarter 2017 Overdose Data released by the Maryland Department of Health last week. From January through September 2016, compared to the same period in 2017, intoxication fatalities are down 20-percent in Somerset County, 42-percent in Worcester County, and 32-percent in Wicomico County. The drop-off in the Tri-County region comes at a time when overall drug and alcohol related deaths in Maryland are on the rise.

All three counties saw a decrease in opioid-related deaths from 2016 to 2017, (down 25-percent Somerset, 33-percent Worcester, 42-percent Wicomico) and fentanyl-related deaths (down 25-percent Somerset, 36-percent Worcester, 39-percent Wicomico). Additionally, both Worcester and Wicomico saw a 20-percent drop in heroin-related deaths

in 2017 while Somerset remained steady at two deaths.

Health officials in all three counties credit a combined effort from law enforcement, public health, and community partners for the decrease in drug and alcohol intoxication deaths.

Somerset County is expanding staff with two additional Peer Specialists to provide early intervention assistance and support to those who are addicted to opiates. Naloxone training continues to be available to any resident. In February, "Not My Child," a panel of addiction and substance abuse experts will be presented on Feb. 20 at Crisfield High School for students and again that evening in the same location for the community. On Feb. 21 it will be presented at Washington High for students. That evening it will travel St. Andrews Church for the community.

"The Somerset County community has done tremendous work over the past several years related to reducing

*please see **deaths** on page 15*

The Boat Show That Works For Kids!
35th Annual Seaside

Admission
Adults \$10
Children \$1

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Earn 30% sales commission. Open sales territory in Worcester, Wicomico and lower Sussex counties. This is a key position with considerable income growth potential. Enjoy flexible schedule.

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The Courier

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2012 Business of the Year

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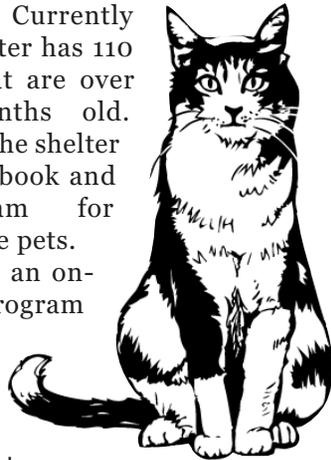
The U.S. Environmental Protection Agency notes that there is no practical way to eliminate all mold and mold spores in an indoor environment, including a home. But by controlling moisture



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.

WCHS offers adoption special

Worcester County Humane Society will offer a special adoption fee for cats during the week of Valentine's Day. From Sunday, February 10 thru Saturday, February 17 any cats 14 months or older will have an adoption fee of just \$14. Adoption fee includes spay/neuter, microchip and up to dates on shots. Currently the shelter has 110 cats that are over 14 months old. Follow the shelter on Facebook and Instagram for available pets.



Also, an on-going program the shelter has is the senior to senior program where any cat eight years or older who is adopted by someone 65 or older will have their adoption fee waived.

In addition, the shelter is always in need of fosters for senior cats and dogs, those who are having a hard time adapting to shelter life and those who need ongoing attention medically. With fostering, all medical expenses are covered by the shelter. Being a permanent foster for one of these pets is also an option.

Worcester County Humane Society is located at 12330 Eagles Nest Road, Berlin. Open Tuesday thru Sunday 11am to 5pm. Contact the shelter at 410-213-0146 for more information.

training

from page 3

new parents, grandparents, babysitters, and others interested in learning how to save a life.

The class will be held in the Avery W. Hall Educational Center Auditorium, on the PRMC campus at the corner of Waverly Drive and Vine Street. Registration is required and space is limited - call 410-543-7028 to sign up.



Recognition - On February 6, the Worcester County Commissioners presented a proclamation recognizing February as Black History Month in Worcester County to honor Gabriel Purnell and James L. Purnell, Jr. (not pictured) who were members of a team whose federal lawsuit resulted in the abolishment of the at-large system of electing individuals to public offices in Worcester County and the development of district voting, which hinged on maintaining a majority minority district. In 1995 Jim Purnell was elected under that new system and became the first African American to serve as a Worcester County Commissioner.

Executive Order provides guidance for paroling juvenile offenders

Governor Larry Hogan signed Executive Order 01.01.2018.06, which confirms and requires that the governor weigh certain factors when considering a decision regarding parole for a juvenile offender serving a life sentence to ensure that



Larry Hogan

these offenders have a meaningful opportunity for release.

"Since taking office, our administration has sought to bring balance to Maryland's criminal justice system, which includes offering individuals who have paid their debt to society a second chance to live productive lives," said Governor Hogan. "The policies that we have been following, which are now made law through this executive order, will help us achieve a proper balance between public safety and our administration's goal of helping ex-offenders successfully reenter the community."

Specifically, the order requires that the governor consider the juvenile's age at the time of the crime and the lesser culpability of juvenile offenders compared to adult offenders. The order also requires that an offender's demonstrated maturity and rehabilitation since the crime be considered when deciding whether to approve or disapprove a Maryland Parole Commission parole recommendation for a juvenile serving a life sentence.

Further, in order to ensure that parole considerations by the governor are consistent and structured, the order also requires the governor to consider the same factors that the Parole Commission considers for all individuals serving life sentences. If the governor disapproves parole for an inmate serving a life sentence, he will issue a written decision to the Maryland Parole Commission confirming that all of the required considerations were weighed.

This order codifies current Hogan administration practice for parole considerations. Since taking office in January 2015, the Hogan administration has paroled two individuals with life sentences and commuted seven others with life sentences.

Boat show time

It's a magical time of the year! The boat show is this weekend!

For those of us who are boaters, going to the show is a winter ritual that brings us one step closer to spring commissioning and then boating sea-



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

son. And there's nothing better than that. Am I right?

I've been going to the show for years; not just the one here at home but also shows in Baltimore, Philadelphia and Annapolis. When my children were small, one, two or three of them would accompany me. It was an adventure for them to look at and climb on the boats. My youngest son one year made it his mission to go into the head of each of the boats he climbed aboard. In one instance, his older brother locked him in.

The first show I remember attending was in Philadelphia. The year was 1973. The place, the Philadelphia Convention Center. My grandfather took my brother and me with him. It was the first time I had seen so many new boats, all shiny and clean. For a quarter, at least I think it was a quarter, you could maneuver remote control speed boats through a course. The boats were in a large shallow pool. My brother and I raced each other. I don't remember who won, but I do remember my grandfather not ponying up another fifty cents so we could race again.

It was at this show that my grandfather, recently retired, purchased his first (and last) new boat; a 1973 Chaparral dual console with a 120 horsepower Mercruiser. The new boat was delivered a couple months later and we felt great pride heading out on our first ride.

Since then, the only purchases I've made at the shows I've attended is my Boat US towing insurance and some hull cleaning products.

Mostly I go to the shows to see the new models and how much they cost. The cost of a new boat never ceases to amaze me. It's my opinion that the perfect size for a family boat (family of four) is about a 19-footer. I should make clear that the only boat I think a person should own is one he can afford. Being boat poor is no fun and detracts greatly from boating enjoyment. But I digress.

As I was writing, I believe a 19-foot boat is a good size for family boating. In recent years though I question how a young family can afford some of these new boats with prices starting at about \$30,000 and going up from there. Don't get me wrong I'm not implying they are not worth it, it's just that, that's a lot of money I think.

In full disclosure, I've never purchased a new boat. Mine have each been preowned, so I've never experienced the pleasure felt by my grandfather and many others when they've purchased a boat off the showroom floor so to speak.

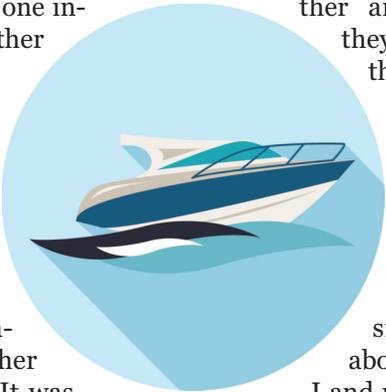
I was with my father-in-law on three separate occasions over many years when he purchased a new boat at the show. On the last occasion, and this goes back about 15 years, my boys and

I and my father-in-law went to the show. At one point, the boys and I went one way and my father-in-law went in another direction. When we reunited, I told him I had seen a really nice boat. He told me that he too had seen a really nice boat and not only that, he bought it. When he took me over to see it, it was the same boat I had been looking at.

Unfortunately, he had little time to enjoy it. He became ill with ALS not long after. I bought the boat and still have it.

I'll see you at the show.

Publisher's Note: *The Ocean City Boat Show runs from Thursday to Sunday at the Ocean City Convention Center. Doors open at 11 a.m. on Thursday; 10 a.m. Friday and Saturday. For more information, see the ad on page 3.*



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For cancer care, all roads lead to home.

A beginner's guide to electric cars

Electric or hybrid vehicles (EV) can be smart additions to eco-friendly lifestyles. Although such cars were once science fiction, EVs are now increasingly more common and traversing roadways around the world. Thanks to several mainstream brands offering EVs and hybrid models, consumers are more informed than ever before about the benefits of a plugged-in ride.

Still, even with the wealth of information available, some people still may be unsure about what owning an EV entails and how to make informed decisions when shopping for such vehicles. Going electric means thinking beyond the gas station. Here is how to navigate the ins and outs of EVs.

Type of vehicle: First consider that



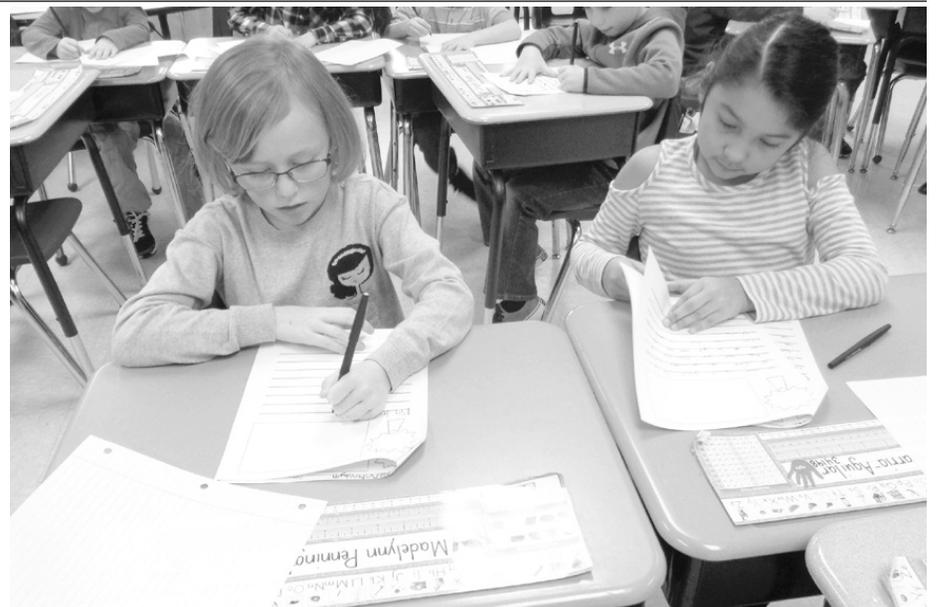
not all EVs are the same. Hybrid vehicles use a mix of gasoline and electricity and tend to have long fuel ranges. All-electric cars will only use electricity

that is gained through charging the vehicle for a certain period of time.

Affordability: Consumers can expect to pay more for electric and hybrid vehicles than gas-powered vehicles. But as demand increases, costs may drop. According to a report from *USA Today*, estimates point to EVs as being as affordable as gas vehicles by 2021. Another consideration is there may be tax incentives for purchasing an EV. Speak with a tax professional to see if this is applicable.

Environmental savings: Electric cars produce no emissions from the tailpipe and reduce dependency on oil-based fuels. Furthermore, EVs will not need oil changes or emissions checks

please see **guide** on page 15



Opinion writing - Second grade students from Cindy Leitgeb's class at Ocean City Elementary School are working hard in Writer's Workshop on opinion writing. Students are learning to write about a topic, state their opinion and supply reasons to support their thinking. Pictured from left to right: **Madelynn Pennington** and **Samantha Chavarria-Aguilar**.

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So we will play my songs on
stringed instruments** Isaiah 38:20



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Donation - Joe Kendall, owner of Kendall Furniture, in Ocean City, Fenwick Island and Selbyville presented a check to the Ocean City Lions Club for \$1,000. These funds support the Lions' Wounded Troops Fund and the Lions Annual "Wounded Troops" Golf Tournament, which takes place every October at the Ocean City Golf Club. The OC Lions have raised over \$339,000 for this special project.

Picture left to right are Lion **Ben Dawson** and **Joe Kendall**.



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WYFCS selected as beneficiary

Reese Cropper III, president of Insurance Management Group, and recipient of the Hal Glick Distinguished Service Award, selected Worcester Youth and Family Counseling Services (WYFCS) as a beneficiary of the money raised from the award ceremony. Jeff Thaler, chairman of the Hal Glick Nominating Committee states, "Each year the nominating committee selects a recipient from the community who has made significant contributions to the Eastern Shore Communities and Reese was an easy choice." WYFCS is grateful and honored to have been chosen for this prestigious award.

For 43 years, WYFCS has been helping families in our community. WYFCS programs strive to maximize the potential of each person within the home and to increase awareness about mental health and social challenges in the community. "Because of our supporters, and people like Reese, we are able to make a difference in the lives of the people we serve and build a stronger community", said Steve Taylor, WYFCS Executive Director.

This year, WYFCS served more than one thousand of our friends and

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

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

NAACP to meet

The next meeting of the Worcester County NAACP will occur on Thursday, February 15 at 6:30 p.m. at the Germantown School Community Heritage Center located at 10223 Trappe Rd. in Berlin. The topic will be, "Past, Present and Future African American Community Leaders." Local leaders will discuss their experiences. Light refreshments will be served. Phone 443-944-6701 for information.



Donation - The Healthway Drive Community Garden received a large donation from a very special group on January 23. The 100+ Women Who Care On the Shore is a group that meets three times a year for one hour to learn about local nonprofit agencies, nominated by members. One agency that is discussed is chosen to receive individual checks from the members of the group for \$100. The group is open to all women interested in donating to local charities. All agencies must be 501(c)(3) and community organizations benefiting Worcester, Wicomico, and Somerset counties. If you are looking for more information about 100+ Women Who Care on the Shore, you can visit their Facebook page www.facebook.com/100womenwhocareontheshore.

During the group's first meeting of 2018, the Healthway Drive Community Garden received the most votes to receive the donations from the group. The non-profit received a check for \$2,700.

The Healthway Drive Community Garden task force has been fundraising since November 2017 and plans to break ground on the garden in the spring. The garden is a collaborative project with Atlantic General Hospital, Worcester County Health Department, and Berlin Nursing and Rehabilitation Center.

Above: group photo of members of 100+ Women Who Care On the Shore who were able to attend the event, as well as Amanda Buckley of AGH Nutrition Services and Michelle McGowan of AGH Population Health.

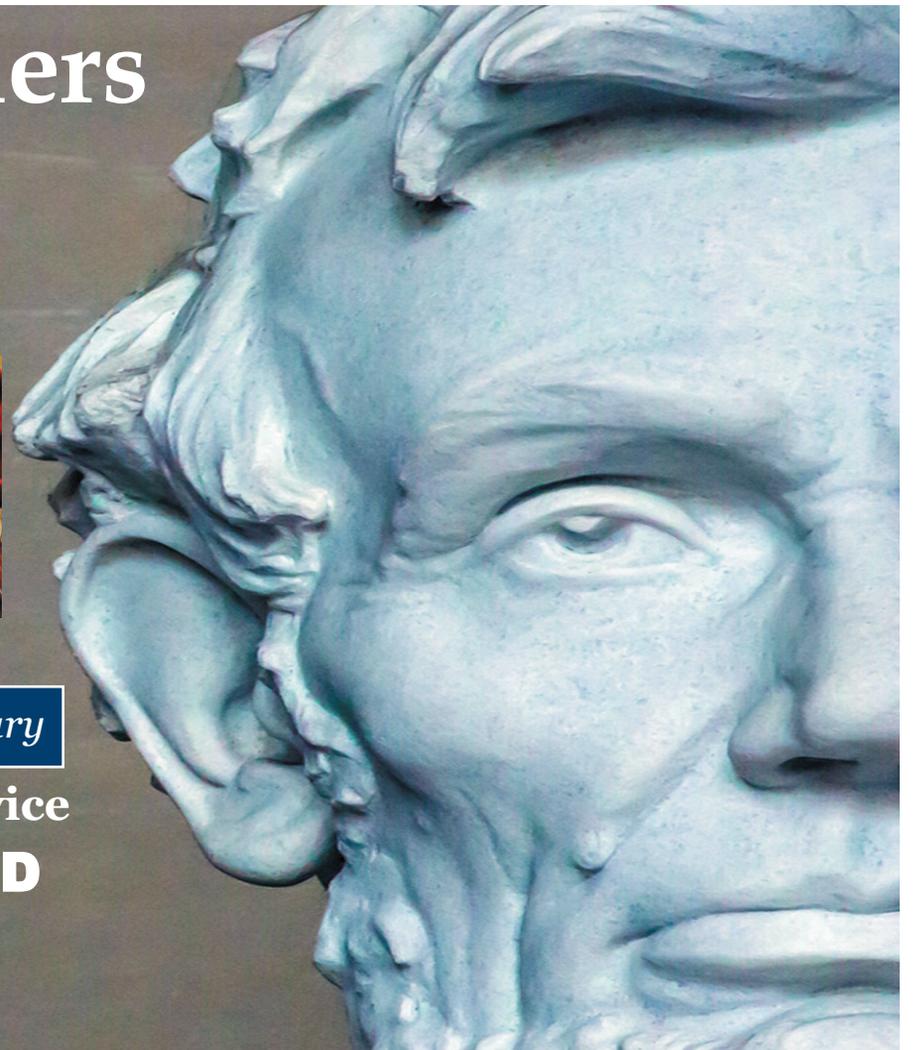
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The season of Lent begins today

Spring is eagerly anticipated, as many people look forward to enjoying the great outdoors once more. Spring is also a special time of year for practicing Christians.

Beginning on Ash Wednesday and lasting 40 weekdays until the arrival of Easter Sunday, the Lenten season is a very important time of year for Christians. During Lent, Christians prepare for Easter by observing a period of fasting, repentance, self-denial, and spiritual discipline. While the Bible does not reference Lent, the practice of observing Lent has become a standard.

The following focuses on each of the special days of this church season as they pertain to Western Christianity (Eastern Orthodox churches observe Lent somewhat differently).

Ash Wednesday. The Day of Ashes commemorates the repentance of sin. On Ash Wednesday, Christians have ashes placed on their foreheads in the shape of a cross in recognition of their need to repent. Many churches host Ash Wednesday services, and those who receive the ashes are not only reminded of their mortality and sinful-

ness, but also of the opportunity for absolution. Christians typically fast on Ash Wednesday, though some simply abstain from eating meat.

Palm Sunday. On what is now called "Palm Sunday," Jesus Christ rode a donkey into Jerusalem while villagers welcomed him and waved palm branches. This is mentioned in each of the Biblical Gospels and occurs a week before His subsequent resurrection. Jesus possibly rode a donkey rather than a horse as a sign of peace, as a war-waging king might ride a horse. The "Passion of the Christ" is typically read during Palm Sunday masses.

Holy Thursday. Holy Thursday is sometimes referred to as "Covenant Thursday," "Maundy Thursday" or "Thursday of Mysteries." Holy Thursday commemorates the Last Supper of Jesus Christ with the apostles. According to Catholic News Agency, Holy Thursday might be one of the most important, complex and profound days of celebration in the Catholic Church. Holy Thursday celebrates the institution of the Eucharist as the true body and blood of Jesus Christ and the institution of the sacrament of the priesthood.

*please see **lent** on page 15*



Maggie Foley, Healthgrades director of Quality Solutions, left, joins **Steven Leonard**, MBA, FACHE, PRMC president/CEO, **C.B. Silvia**, MD, PRMC chief medical officer and **Herb Geary**, chairman, PRMC Board of Trustees, in celebration of the Medical Center being named a Distinguished Hospital for Clinical Excellence and a Top 5% Hospital in the United States.

PRMC receives national recognition

Peninsula Regional Medical Center (PRMC) announced that it has received the Healthgrades *2018 Distinguished Hospital Award for Clinical Excellence*. The distinction recognizes PRMC as one of the top five percent of nearly 4,500 hospitals nationwide for its clinical performance as measured by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

PRMC was one of just 9 hospitals in Maryland to receive the Healthgrades Distinguished Hospital Award for Clinical Excellence, and the sole recipient on the Eastern Shore of Maryland. On the entire Delmarva Peninsula, only Peninsula Regional and Christiana Hospital in Wilmington, DE received the Top 5% in the Nation designation.

"Peninsula Regional's greatest asset is our team of employees, medical staff, and volunteers. Our Healthgrades clinical successes are a direct result of their dedication and devotion to every patient and family member," said Steven Leonard, MBA, FACHE, President/CEO of the Peninsula Regional Health System and Peninsula Regional Medical Center. "Quality and safety remain at the heart of everything we do as an organization. To be placed among the nation's best hospitals, once again, by Healthgrades reinforces that we have assembled the finest healthcare team in the region that is committed to outstanding clinical outcomes and quality patient

care."

Healthgrades recognized PRMC with 23 clinical achievements. In addition to being named a Top 5% hospital for its clinical performance, Peninsula Regional also received the following significant recognitions: America's 50 Best Hospitals for Vascular Surgery; America's 100 Best Hospitals for Prostate Surgery; America's Best 100 Hospitals for Stroke Care; Top 5% in the Nation for Neurosciences; Top 5% in the Nation for Overall Pulmonary Services; Top 10% in the Nation for Overall GI Services; and, Top 10% in the Nation for Overall Orthopaedic Services

From 2014-2016, patients treated in hospitals receiving Healthgrades Distinguished Hospital Award for Clinical Excellence had, on average, a 26.3% lower risk of dying (across 19 procedures and conditions where mortality is the clinical outcome) than if they were treated in hospitals that did not achieve this distinction. During this same period, if all other hospitals as a group performed at the level of Distinguished Hospitals for Clinical Excellence across these 19 procedures and conditions, on average 159,924 lives could potentially have been saved. For example, patients treated for respiratory failure at a hospital that achieved the Distinguished Hospital for Clinical Excellence Award had, on average, a 24.5% lower risk of dying

*please see **recognition** on page xx*

Things you may not know about President Abraham Lincoln

Each February, Americans celebrate the birthdays of two of the more influential presidents in United States history. Presidents Day is observed on or near the birthdate of America's first president, George Washington. However, Presidents Day also celebrates the life of Abraham Lincoln, the 16th President of the United States who was born on February 12.

As millions of people prepare to celebrate the life of Abraham Lincoln, celebrants can consider the following interesting tidbits about this incredibly influential man, courtesy of "Factslides," *Constitution Daily* and the "History Channel."

Lincoln practiced law, but he did not have a formal law degree. He only had about 18 months of schooling in the field of law.

The president disliked being called "Abe." He preferred being called by his last name instead.

Lincoln was an accomplished wrestler as a young man. His wrestling proclivity helped secure him a place in the National Wrestling Hall of Fame.

Lincoln was born in Hodgenville, Kentucky, becoming the first elected president to be born outside of the original 13 states.

*please see **Lincoln** on page 15*



Preparation leads to early college commitments

Students in the WPS Class of 2018 have submitted more than 293 college applications to date. Six of those fifty-one students have already committed to the college of their choice, of which two have committed to play Division I lacrosse and one has committed to play Division III lacrosse. Since August, seniors have completed College Boot Camp, attended college tours, fairs, financial aid discussion panels, and met with more than 40 college admissions officers who visit WPS.

WPS students are prepared for college counseling early, beginning in Grade 8. The college counseling program at WPS is structured to help students and their families prepare and navigate the college selection and application process. With more than 25 years of college admissions experience, the WPS Assistant Headmaster and Director of College Counseling, Tony D’Antonio, works with students one-on-one to discover their talents and interests to identify the colleges that are a good fit. WPS boasts a 100% college acceptance rate with students earning millions in scholarship dollars.

Pictured in front of the WPS College Counseling center are (L-R): **Ankita Mohan**/College of William & Mary; **Deborah Marini**/Brown University; **Reese Gittelman**/Smith College Division III Lacrosse; **Sophie Bandorick**/East Carolina University DI Lacrosse; WPS Assistant Headmaster and Director of College Counseling **Tony D’Antonio**; **Grace Nichols**/College of Charleston; **Tucker Brown**/Furman University DI Lacrosse.

Four score and seven years ago, our forefathers brought forth, on this continent, a new Nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.
-President Abraham Lincoln

General Lunch Meeting - Feb. 22
 Ropewalk, 82nd St. Ocean City 10:30 am

Guest Speakers
Patrick O’Keefe
Political Director of the Maryland GOP
Grant Helvey
Chair, Worcester County GOP Central Committee

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The Republican Women of Worcester County

recognition
 from page 8

than if treated at a hospital that did not achieve this distinction.

“Given the variation in clinical quality that exists between hospitals, it is more important than ever for consumers to do their research and use information like this to assess their care decisions,” said Brad Bowman, M.D., Chief Medical Officer, Healthgrades. “Those hospitals that have received Healthgrades 2018 Distinguished Hospital for Clinical Excellence award have proven their steadfast commitment to providing quality care to patients.”

Peninsula Regional was also recently recognized by the Centers for Medicare & Medicaid Services with a 2018 5-Star Rating – the agency’s best – for the care it provides and the outcomes experienced by patients. PRMC was just one of four Maryland hospitals to be recognized by CMS with the 5-Star designation and the only hospital on the Eastern Shore.

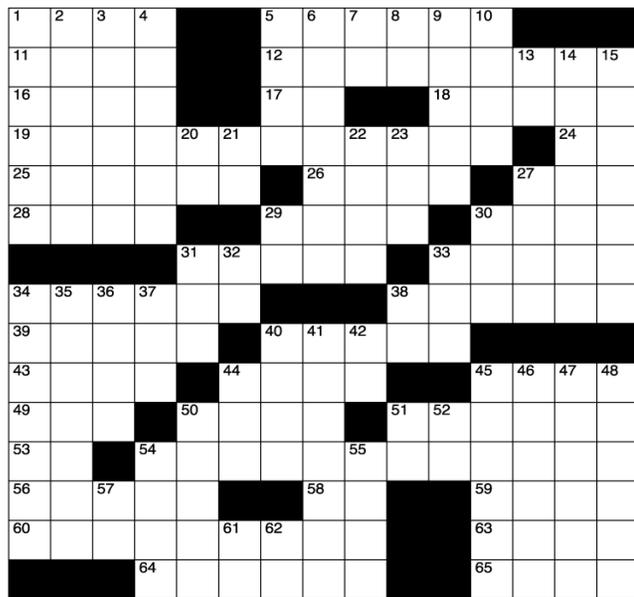
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CLUES ACROSS

- 1. Elaborate silk garment
- 5. Fleet
- 11. Egyptian deity
- 12. Hundredth anniversary
- 16. Chew the fat
- 17. Doctor of Medicine
- 18. Large, edible game fish
- 19. Revitalization
- 24. Personal computer
- 25. Unfettered
- 26. Clumsy persons
- 27. Japanese classical theater
- 28. Part of a ship
- 29. Rate of movement
- 31. Image taken with a camera
- 33. Sharp mountain ridge
- 34. Czech capital
- 38. One who treats poorly
- 39. By right
- 40. Relating to odors
- 43. As soon as possible
- 44. Israeli Olympic swimmer
- 45. Scored perfectly
- 49. Financial ratio (abbr.)
- 50. Unpleasant emotion
- 51. Sign of the zodiac
- 53. Promotional material
- 54. Your parents' parents
- 56. Monetary unit
- 58. Farm state
- 59. One of Hollywood's Bridges brothers
- 60. Not the plaintiff
- 63. "Night Train" novelist
- 64. Martens valued for their fur
- 65. Discount

CLUES DOWN

- 1. Bone in the lower back
- 2. Goddess of wisdom
- 3. Comedic honors
- 4. A way to grasp
- 5. Apex
- 6. British soldier
- 7. Manganese
- 8. Indicates position
- 9. Decompressions in scuba diving (abbr.)
- 10. Soon
- 13. Blood type
- 14. Clever reply
- 15. One who travels by luxurious boat
- 20. Once more
- 21. Rural delivery
- 22. Mexican dish
- 23. Nigerian City
- 27. Is not (Span.)
- 29. Italy's longest river
- 30. Grand __, vintage
- 31. Monetary unit
- 32. The man
- 33. Basics
- 34. Poster
- 35. Small remains
- 36. Gelatinous substance
- 37. A narrow opening
- 38. Artificial intelligence
- 40. Algerian coastal city
- 41. Canned fish
- 42. Milligram
- 44. Carrot's partner
- 45. Single-celled animals
- 46. Movie theater
- 47. Necessitate
- 48. A state of not being used
- 50. Small folds of tissue
- 51. Gallium
- 52. Trauma center
- 54. Commands to go faster
- 55. New England's football team
- 57. Pianoforte
- 61. Unit of loudness
- 62. Atomic number 13



Answers for Feb. 7

Learn how to write a classic love letter

Today's digital world has given rise to fast, stunted communications. According to the Pew Research Center, texting is the most widely used smartphone app, with 97 percent of Americans using it at least once a day. Across the globe, 8.3 trillion text messages are sent each year. That translates to roughly 16 million messages per minute.

In addition to text messaging, social media posts are generally concise and short on depth. The written form of communication has changed dramatically in the last decade, as letter-writing and other forms of prose have all but faded away.

But come Valentine's Day, it can be special to dust off that pen and paper to express oneself via the written word in the name of love. Love letters are cherished keepsakes that can be kept for years. Such couples can illustrate a couple's present-day love for one another and shed insight on their relationship years later. Here are some steps for writing a romantic love letter or note.

Jot down ideas and inspiration. Make a list of attributes and qualities in a spouse or romantic interest that you would like to highlight. Write down phrases and terms that come to mind. These words can serve as the foundation for the letter.

Categorize your thoughts into three areas. Jot down things that you like and love about the person, things that

the person may do for you or your family that you appreciate, and various memories from throughout the years.

Write what you know. Do not feel pressured to make this letter more complicated than it has to be. The words will come when you write from the heart. While you can use other let-



ters to spur ideas, do not lose your voice or try to mimic someone else's work.

Make the letter personal and specific. Small details are important and make love letters more meaningful. Such details illustrate to a significant other that this letter was specifically written with them in mind.

Disregard length. The letter does not have to be a certain length. Whether it is a paragraph or several pages, the letter will be a success if it says what you want to express. It does not have to be long if that is not your style.

Writing a love letter can be a wonderful way to express romantic sentiments this Valentine's Day.

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Local art displayed in Annapolis

The Worcester County Arts Council announced that its art exhibition, "Brushes of the Eastern Shore" is on display at the Lowe House Building in Annapolis, outside the office of Delegate Mary Beth Carozza.

This exhibit features a selection of artwork by 14 talented artists from Worcester, Wicomico, and Somerset Counties showcasing beauty of the Eastern Shore through their own creative expression and interpretation of the region. The display reflects on beaches, abundant wildlife, charming small towns, weathered boats, and the life of the Eastern Shore.

Many of the artists represent various art organizations such as: Worcester County Arts Council, Ocean City Center for the Arts, Salisbury Wicomico County Arts Council, and the Ocean Pines Camera Club.

Exhibiting artists include Dee Brua, Charlie Ewers, Debra Howard, Laura Jenkins, Barbara Kern-Bush, Patrick Henry, Ron Michaels, Dennis McLead, Charlotte Poore, Erick Sahler, Ellen Scott, Joseph Scukanec, Marcy Snyder and Joan Stockman.

The exhibit is on display during the Maryland General Assembly legislative session through April 9.

PCA honored

Staff members who take the time to get to know patients and go the extra mile are always appreciated. Marcelline Gaddis, a patient care assistant from the Progressive Care Unit at Peninsula Regional Medical Center, shows dedication that has earned the respect of patients and colleagues alike, and was honored with the Sunshine Award for Outstanding CNAs, PCAs and PCTs.



Marcelline Gaddis

Gaddis has worked at Peninsula Regional for 31 years, before becoming a patient care assistant, she worked in the child care center. Among patients, she is known for being attentive and making sure they are comfortable and bathed. Her colleagues say they appreciate her as one of the hardest workers, detail oriented and willing to work extra when needed. With her kind, attentive demeanor, many patients might not even realize she's near the end of a 16-hour shift on occasion.

For her exceptional service, Gaddis was honored in a ceremony before her coworkers, and was presented with fresh flowers, a pin and a certificate recognizing her exceptional care. To nominate a deserving CNA, PCA or PCT, please visit www.peninsula.org/sunshine.

Valentine's Day numbers to know

Valentine's Day is one of the most popular days of the year to celebrate. Here is a look at some interesting numbers associated with this day to celebrate the love people have for one another.

400: The year that Pope Gelasius declared February 14 a day to honor Saint Valentine.

62: The percentage of adults who say they celebrate the holiday.

1.7: The amount, in billions, that is spent on candy for Valentine's Day, according to the National Retail Federation.

512: The average dollar amount spent per person for Valentine's Day.

58: The number of pounds, in millions, of chocolate bought during Valentine's Day week.

150: The number of cards and gifts,

in millions, sent each year for the day of love.

1: The dollar amount, in billions, that Americans are expected to spend on Valentine's Day cards.

61: Percentage of men who purchase flowers or plants for Valentine's Day.

15: Average cost, in dollars, of a box of chocolates.

8.6: Amount of dollars, in millions, spent on sparkling wine for Valentine's Day, making it the second most popular occasion, after New Year's Eve, to enjoy some bubbly.

150: The average amount, in dollars, men spend on gifts. Women spend an average of \$74 on gifts.

2: The ranking of red roses in comparison to other types of flowers gifted.

Preparing for large-scale emergencies

It is impossible to predict what the future will bring, but a growing number of people are focused on safeguarding their futures by preparing for catastrophic emergencies. Perhaps in reaction to terror-related attacks across the globe, the rise in devastating storms, and domestic and international social unrest, survivalism has gained a foothold in many households.

Survivalism is a movement of individuals or groups who are actively readying themselves for self-reliance in the event of an emergency that may stifle social or political order, or bring about other negative factors. Members of this movement have been called survivalists or "preppers." The American Preppers Network defines a prepper as a person who takes personal

responsibility for an impending disaster or emergency, typically by stockpiling food, water and other supplies.

Although the extent to which preppers prepare for the possibilities of survival during difficult times varies from mild to the extreme, for many it has become a part of their daily lives.

There are countless reasons why

Please see **preparation** on page 12



Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., Feb. 15	12:48 a.m. 1:28 p.m.	7:11 a.m. 7:22 p.m.	6:52 a.m.	5:39 p.m.
Fri., Feb. 16	7:50 a.m. 8:03 p.m.	1:28 a.m. 2:05 p.m.	6:49 a.m.	5:40 p.m.
Sat., Feb. 17	8:28 a.m. 8:43 p.m.	2:08 a.m. 2:42 p.m.	6:48 a.m.	5:41 p.m.
Sun., Feb. 18	9:07 a.m. 9:24 p.m.	2:49 a.m. 3:20 p.m.	6:47 a.m.	5:42 p.m.
Mon., Feb. 19	9:46 a.m. 10:06 p.m.	3:33 a.m. 4 p.m.	6:46 a.m.	5:43 p.m.
Tues., Feb. 20	10:28 a.m. 10:52 p.m.	4:20 a.m. 4:44 p.m.	6:44 a.m.	5:44 p.m.
Wed., Feb. 21	11:13 a.m. 11:43 p.m.	5:13 a.m. 5:31 p.m.	6:43 a.m.	5:45 p.m.

New portal provides better access

Following through on Governor Larry Hogan's promise to improve access to government services for all Marylanders, the Maryland Department of Information Technology (DoIT) has unveiled a new statewide licensing portal. Known as Maryland OneStop and available at onestop.md.gov, the portal provides a single point of entry for citizens to access all offices of state government that issue licenses or permits, from hunting licenses and fishing permits to drivers' licenses and commercial permits.

"Our administration is fully committed to doing everything we can to make state government more efficient and easier to interact with, and with today's launch of Maryland OneStop, that is exactly what we are doing," said Governor Hogan. "This exciting and innovative new portal will make the licensing and permitting process more customer-friendly for Marylanders than ever before."

Maryland OneStop's modern, intuitive search engine and browsing

options quickly and accurately assess a customer's needs to connect them with the right resources in the shortest amount of time. The portal's customer-friendly search results format allows users to quickly view Approval Time, Validation Period, Application Cost, and Average Completion Time in a single snapshot for each license or permit.

The portal's citizen-centric design provides various options for completing an application for a license or permit, depending on the source. These may include: Complete an application online; Submit an application via smartphone; or, Download an application to fill out and send via mail

Additionally, users are provided with a "Documentation Checklist" and an "Action Items" function for maintaining their license or permit to include renewal reminders. What was once a painstaking process for many citizens and business owners is now easily managed due to the checklists provided by the portal.



Honor Society members assist during conferences

Stephen Decatur High School National Honor Society members **Nate McIntyre, Cole Norman, Nolan Kilchenstein** and **Michael Scott** served as tour guides during the opening semester parent-teacher conferences on February 8.

preparation
from page 11

people prep. These may include having resources should a grocery store or another retailer run out of supplies if a disaster occurs. Individuals need only take a look at the recent hurricanes that took place, in Houston, Texas, Florida and Puerto Rico to see how quickly food, water and other resources can be diminished. Prepping enables individuals to ride out such storms in the event that disaster aid or other assistance does not arrive fast enough.

Preppers practice certain strategies for dealing with pandemic illnesses, weather emergencies such as earthquakes or hurricanes, or nefarious undertakings, such as attacks by hackers on power grids or communications networks.

Various groups and resources list their top picks for supplies to stockpile. The following are guidelines culled from "The Prepper Journal," "Happy Preppers" and "The Survival-

ist Blog."

Water filtration devices, including portable filters, bleach or purification tabs, keep water safe to drink. Be sure to have 5-gallon water jugs to store the water and transport it.

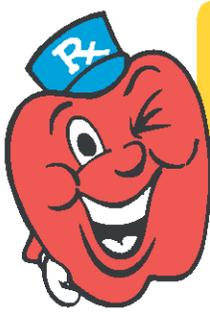
Rice, beans, honey, canned vegetables, canned fruits, and canned meats have long shelf lives. Retailers offer prepared, freeze-dried foods that can be a good form of sustenance.

Lighters and fire starters are handy. Should a power outage occur, an old-fashioned fire may be the best way to stay warm. Keeping seasoned wood and tinder also is helpful.

Medications, such as fever reducers, antihistamines and more, can be lifesavers. A fully stocked first-aid kit also is essential.

Flashlights and extra batteries provide illumination in the event of a long-term power outage.

These are just a few of the many items people can keep on hand to be prepared for any number of emergency situations.



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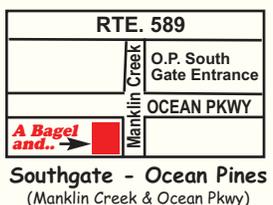
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Tips to pay off student debt early

Recent college graduates may be entering the job market with degrees in tow, but many also are leaving school with sizable amounts of student loan debt. According to a 2017 report from the Federal Reserve Bank of New York, student loan debt rose for the eighteenth consecutive year, while Debt.org reports that student debt in the United States totaled \$1.4 trillion in 2017.

Student loan debt is a heavy burden that has short- and long-term effects on borrowers. Sizable student loan debts may affect young professionals' ability to support themselves, while the Federal Reserve Bank of New York reports that such debt has contributed to a decline in the

housing market, as fewer college graduates can afford to buy homes while still in their 20s.

The notion of paying off their student loans before they reach maturity may seem implausible to some borrowers. But there are a handful of ways for adults with sizable student debts to do just that.

Make more frequent payments. Many homeowners

pay their mortgages off early by making bi-weekly payments. Doing so means they will make 26 half-payments, or 13 full payments, each year as opposed to the 12 full payments made by homeowners who pay on a monthly schedule. The same approach

can be applied to student loans. That extra annual payment each year can gradually chip away at loan balances, helping borrowers pay loans off before they reach maturity.

Prioritize paying off high-interest loans. Many students finance their educations by taking out multiple loans. If these loans come with different interest rates, borrowers should pay off the high-interest loans first to reduce the amount they are spending on interest. Borrowers will still need to make minimum payments on other loans, but any extra money they intend to pay each month should go toward paying down the high-interest loan.

Refinance loans. Many recent college graduates do not have lengthy credit histories, and some might be carrying low credit scores. Once such borrowers have shown that they can consistently make payments in full

and on time, they can approach their lenders to refinance their loans in the hopes of getting a lower interest rate reflective of their creditworthiness. Refinancing may only be available to borrowers with private loans, but this strategy can save student debt holders a lot of money over the life of their loans.

Take advantage of offers from lenders. Some lenders may reduce interest rates for borrowers who agree to certain terms, such as signing up to receive e-statements or enrolling in automatic payment programs in which money is deducted directly from a borrowers' bank account on the same day each month. The savings created by such offers may seem insignificant each month, but can add up over time.

Paying off student loan debts early can be done, even for borrowers whose debts are tens of thousands of dollars.



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deaths

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fatal heroin overdoses,” said Somerset County Health Officer, Craig Stofko. “These are preventable tragedies. The suffering that occurs due to this loss of life is difficult to comprehend. Until we can stand together and say that there were zero overdoses in Somerset County we will continue to work together to end this crisis.”

In Worcester County, a community-based Opioid Intervention Team, which includes the Health Department, continues to meet monthly to consider promising practices and discuss opioid awareness, prevention, and treatment strategies. Recently, the Worcester County Health Department launched the HARTS (High-Risk Addiction Response Treatment Support) team, which provides counseling and early-intervention to residents of the county most at-risk for drug and alcohol overdoses, and other potentially fatal substance abuse or mental health issues. Worcester Health also partners with Atlantic General Hospital by placing trained Recovery Specialists within the hospital’s emergency department.

“Through our partnership with Atlantic General Hospital, our Recovery Specialists are able to quickly connect to individuals who come to the emergency department due to overdoses or other substance abuse issues,” said Rebecca Jones, Worcester County Health Officer. “Specialists can then connect those individuals directly to recovery resources, so that they have a clear line from the hospital to treatment and counseling.”

In Wicomico County, the Community Outreach Addictions Team

(COAT) provides telephone and in-person support to individuals who have experienced an overdose or are addicted to an opioid. It also provides assistance with linkage to local resources including access to treatment in the community and abroad. Peers also work in collaboration with local law enforcement to provide outreach in high use areas. COAT is available 24-hours a day with prompt response. Linking families to support programs, and answering questions with the unique insight of a recovering addict, has been a beneficial resource for the community.

“Our network of relationships with partners and stakeholders has increased our ability to directly reduce overdoses,” said Lori Brewster, Wicomico County Health Officer.

Wicomico Health Department staff work closely with community partners to provide ongoing Naloxone education and distribution, educate providers and pharmacists on the new Prescription Drug Monitoring Program, assist with increasing access to care and early intervention, and encourage the integration of individualized overdose prevention plans into treatment programs.

The Tri-County region plans to continue joint communication and awareness efforts about substance abuse for 2018, with the goal of further reducing drug and alcohol related deaths. The full third quarter overdose death report, as well as other reports from 2007 through 2017, can be seen here: bha.health.maryland.gov/OVERDOSE_PREVENTION/Pages/Data-and-Reports.aspx

For more information in Somerset visit somersethealth.org, in Worcester visit worcesterhealth.org, and in Wicomico, visit wicomicohealth.org.

Lincoln

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In addition to being a wrestler, a patent-holder and a president, Lincoln also was a licensed bartender. Before his presidency, he owned a business called the Berry and Lincoln General Store and Tavern in New Salem, Ill.

Lincoln was an animal lover and was not known to actively hunt or fish. He had a dog named “Fido” and a cat named “Tabby.”

Paving the way for future beard-lovers, Lincoln was the first president with a beard. An 11-year-old girl named Grace Bedell convinced Lincoln to grow his whiskers in exchange for her brother’s votes.

John Wilkes Booth, Lincoln’s assassin, was a famous actor who had a fan in Lincoln himself. The president actually was photographed with Booth during his second inauguration. Interestingly enough, a few months before Booth assassinated Lincoln, the president’s oldest son was saved from injury by John Wilkes Booth’s brother on a train platform in New Jersey.

Abraham Lincoln was supposed to attend Ford’s Theater with Ulysses S. Grant, but Grant cancelled at the last second.

The life of Abraham Lincoln is justifiably celebrated every year. But that life is perhaps even more interesting than many celebrants may know.

**lent**

from page 8

Good Friday. Good Friday commemorates the crucifixion of Jesus Christ. Jesus was condemned by his peers as King Herod and Pontius Pilate had found him not guilty of his crimes. But crowds were enraged, and Pilate reluctantly ordered his crucifixion rather than face a mass riot.

Holy Saturday. Holy Saturday marks the final day of the Triduum, or the three days preceding Easter Sunday. Scripture states that Holy Saturday was when Jesus’ body was placed in the tomb.

Easter Sunday. A festive and celebratory day for Christians, Easter Sunday is a time for sharing the good news of Jesus’ resurrection. His body is discovered missing from the tomb, and Jesus appears to his followers again showing proof that He is alive. Typically, Easter Sunday is one of the most well-attended Sunday services for Christians. It also is a day to spend with family, and many families share large meals to mark the end of the Lenten season.

guide

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that traditional cars require, further saving resources. The resource Plug in Cars says that EVs can also save on fuel costs, ranging at 2 cents per mile traveled, compared to 12 cents for gas-fueled vehicles.

Fill-ups: EVs can be charged at home using personal charging kits or at charging stations in the neighborhood. Charge times will depend on the size of the vehicle and its battery. According to TheChargingPoint.com, an EV resource, the typical time for an all-electric car using a standard UK home wall socket is between 6 and 8 hours. Some new EVs can be charged in 30 minutes to an hour at rapid charging points.

Solar + EVs = savings: “Consumer Reports” advises that, when EVs are combined with home solar systems, “fuel cost” can be completely eliminated. That financial gain can be a big motivator for some consumers.

Short trips: Individuals who travel 80 miles or less per day may find pure electric vehicles advantageous. Those who have to go further should consider hybrids that offer greater range. However, Tesla, Chevy and Nissan EVs have recently moved beyond the 200-mile range before requiring a charge.

Charging stations: A report from University of Michigan researchers using data from the Department of Energy suggests that there are now roughly 16,000 public electric vehicle charging stations with about 43,000 connectors in the United States.

Electric and hybrid vehicles could be the wave of the future as more people embrace the convenience these cars offer.

clinics

from page 2

tration is required – call the Ocean Pines Recreation and Parks Department at 410-641-7052 or email John Hanberry at jhanberry@comcast.net.

Ocean Pines will also offer indoor clinics for intermediate players at the community center on Fridays, February 16 and March 2 from 5 p.m. to 6 p.m. The clinics will be taught by Jackie Kurtz and will focus on dinking drills. There is no fee for the intermediate clinic, but the regular indoor play fees do apply: \$2 for Ocean Pines pickleball members; \$3 for non-member Ocean Pines residents; and \$5 for nonresidents.

Ocean Pines pickleball courts and programs are open to the public; membership is not required to participate. Information regarding additional recreational programs, including an online version of the Ocean Pines Activity Guide, is available at www.OceanPines.org.

Eastern Shore Physical Therapy



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