

## High school prepares for after-prom

Stephen Decatur High School's (SDHS) After-Prom event will be held on April 28, from 10 p.m. to 3 a.m. This free event for juniors and seniors of SDHS and their dates will be held at the high school and take place in the cafeteria, gyms and numerous hallways. This year's theme is "Every Adventure Begins with a First Step," based on Alice in Wonderland.

After-Prom keeps teens safe on prom night, a night that used to mean drinking, partying, accidents, DWIs (which derails scholarships) and other destructive decisions. After-Prom is a safe, fun and memorable alternative. Junior and senior students do not have to attend prom to come to the After-Prom.

The event features huge inflatables, tons of games, Velcro wall, fake-tattoo artist, money grab machine, music, photo ops, trivia and more. Because of the generous donations from local businesses a Chinese auction as well as prizes will be offered as well.

Feeding more than 500 hungry teenagers for five hours takes a lot of food. So, there will be a food buffet all night. The buffet will include an array of food donated by multiple restaurants including endless pizza, sandwiches, chips, veggies and dip, along with an ice cream sundae bar, donuts and coffee bar.

With almost 150 volunteers, concerned parents and the generous donations from parents and community businesses, this event has been offered every year since 1995.

After-Prom costs between \$15,000 and \$20,000 to implement each year. It is not funded by the Board of Education or the school. Any monetary donations from parents, businesses and community groups would be greatly appreciated and can be mailed to Stephen Decatur High School, 9913 Sea-



**In attendance** - Fifth grade students from Berlin Intermediate School were in attendance for Pocomoke High School's play "Beauty and the Beast." Pictured are **Mason Glover**, **Mariabella Morse**, **Clay McCabe** with **Tatyana Waters** who starred as Belle.

please see **prom** on page 15

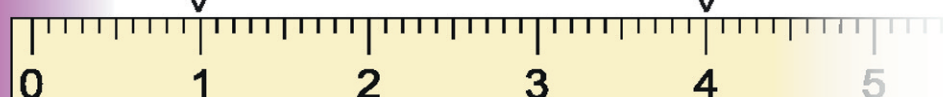
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we'll take you miles*

[peninsula.org/courlercancer](http://peninsula.org/courlercancer)

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MEDICAL CENTER**  
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# Community Calendar

## MARCH

### Hospice fundraising event planned

The annual Taste of Finer Things will take place on Wednesday, April 11 at 6:30 p.m. at Harrison's Harbor Watch in Ocean City, and reservations are now being accepted. The event benefits the campaign to build The Macky & Pam Stansell House of Coastal Hospice at the Ocean.

The event showcases the food offerings of 16 local restaurants and also offers wines that pair with the appetizers. Participating restaurants include Atlantic Hotel, Barn 34, Captain's Table, Crabs to Go, Desserts by Rita, DRY 85, Embers/BLU, Harrison's Harbor Watch, Hooked, Macky's Bayside Bar & Grill, OC Wasabi, Seacrets, Sunset Grille, Sweet Disposition, Touch of Italy, and Wockenfuss.

Lauren Glick will provide live entertainment.

"This wonderful evening is a chance for lovers of fine food and fine wine to sample some of the best the Ocean City area has to offer and know they're supporting a great cause – Coastal Hospice," Stephanie Meehan, chairperson for the event, said. "The setting overlooking the Ocean City inlet at sunset couldn't be more perfect."

The event raises funds for the capital campaign to build The Macky & Pam Stansell House of Coastal Hospice at the Ocean, a hospice residence and outreach center coming to Ocean Pines. Over the years, Taste of Finer Things has raised more than \$190,000 to fund the campaign to build the facility.

Reservations are \$100 per person and can be made at [CoastalHospice.org/Taste](http://CoastalHospice.org/Taste). The event sold out quickly in both 2016 and 2017, so early reservations are encouraged.

The Taste of Finer Things committee members are Stephanie Meehan, Macky Stansell, Pam Buckley, Karen Cramer, Cathy Donovan, Madalaine How, Marsha Howarth, Elaine Jacobs, Donna Leiner, and Gayle Widdowson.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### Wor-Wic to host book reading

Author Dr. James Allen Hall will read from his second and most recent book, "I Liked You Better Before I Knew You So Well," on Wednesday, March 21, at 7 p.m., in Room 302 of Fulton-Owen Hall at Wor-Wic Community College in Salisbury.

Hall is an associate professor of English and director of the Rose O'Neill Literary House at Washington College in Chestertown.

This event is sponsored by Wor-Wic's honors program. For more information, call 410-334-2866.

### Monday

#### Ocean Pines Poker Club

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

#### Sweet Adelines

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

### Monday/Tuesday

#### Sanctioned Duplicate Bridge

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

### Tuesday

#### Families Anonymous

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

### Tuesday/Thursday

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

### Wednesday

#### Kiwanis Club Meeting

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

#### Elks Bingo

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

#### Rotary Club

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

### Square Dancing

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

### AL-Anon/OP-West OC-Berlin

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

### Thursday

#### Story Time

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

### Beach Singles

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

### First Friday event to showcase new artists

The public is invited to a free opening night arts reception on First Friday, March 2 from 5 p.m. to 7 p.m. at the Ocean City Center for the Arts on 94<sup>th</sup> St. MAC's Catering will serve complementary hors d'oeuvres.

The work of four talented artists on the rise will fill the Galleria with a show entitled "Ones to Watch." Abbi Custis of Salisbury, a former event planner in Washington, D.C., creates abstract paintings on canvas with acrylics and mixed media. Twin

brothers Darien and Tyler Henson, originally from Rockville, are photographers and students at Salisbury University. Brianna Star Sorenson, formerly from Garland, Utah, is also a Student at SU, majoring in sculpture.

The walls of the Thaler Gallery will display a group show by members of the Art League of Ocean City with the theme of "Note Worthy." Each piece of art on display was inspired by a song, and visitors will be able to listen to these songs on their phones on a YouTube playlist as they view the art.

Steve Shreve occupies Studio E in March. Originally from Western

Maryland and now a resident of Ocean City, Shreve creates with metal and reclaimed wood and also paints on metal. He produces works for local commercial businesses as well as creating art.

Gregg Rosner of Selbyville shows his eclectic art in the Spotlight Gallery during March. A graduate of St. Lawrence University and now manager of the Delaware Seashore State Park venue at the Indian River Inlet, Rosner is also an active member of the Surfrider Foundation.

Marisa Longo is the artisan in residence for March, offering her one-of-a-kind jewelry and sculptures inspired by the natural objects found

on Assateague Island.

More information is available at 410-524-9433 or [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org).

### RWWC to host dinner meeting

The Republican Women of Worcester County will host a special March dinner meeting on Thursday, March 22, at the Atlantic Hotel in Berlin. The speaker will be Nicolee Ambrose, a Republican grassroots activist, political commentator and statewide elected Republican Na-

*please see events on page 15*





Yoga instructor **Kerry Brennan** works with Buckingham Elementary School's preschool to 3 class.

## Students learn benefits of yoga

A group of three to five-year-olds in the preschool-3 class at Buckingham Elementary School (BES) are realizing the benefits of yoga, thanks to a small grant from Atlantic General Hospital.

It has long been recognized that yoga offers health advantages for all ages. However, these students, many of whom have communication, motor and sensory challenges, are especially in need of the calming effects of the ancient art.

Yoga helps soothe the body and mind, making it easier for a child to

relax and listen. The goal of the yoga grant, according to BES speech pathologist Kim Mourlas, is to realize a decrease in sensory seeking behaviors and frustration and an increase in communication skills, attention and positive emotions among the students.

The four-month grant-funded program comprises bi-weekly sessions with yoga instructor, Kerry Brennan, along with a session that includes parents, so they can learn the concepts and use them at home.

## Ocean Pines tops safest cities list

A newly released ranking of the safest cities in Maryland for 2018 positions Ocean Pines at the top of the list.

"Our officers are closely tied to their community," said Ocean Pines Police Chief David Massey. "They take pride in serving our residents 24/7 and keeping our community safe."

The largest residential community in Worcester County is ranked No. 1 for safety, with 1.56 violent crimes reported last year.

"This is huge! When anyone, anywhere asks the question, 'What is the safest city in Maryland?' word is going to get around that the answer is Ocean Pines," said Ocean Pines General Manager John Bailey. "What great news for our community!"

The study, which was conducted by the National Council for Home Safety and Security, reviewed the most recent FBI Uniform Crime Report statistics along with the population data and internal research. The crime rate study eliminated any cities that failed to submit a complete crime report to the FBI and re-

moved cities with populations under 10,000.

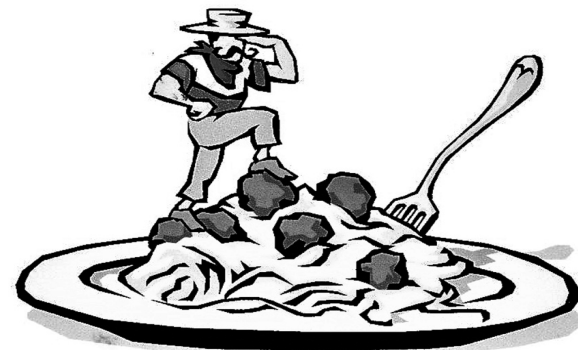
The remaining cities were ranked based on the number of reported violent crimes (aggravated assault, murder, rape and robbery) and property crimes (burglary, arson, larceny-theft and motor vehicle theft) per 1,000 people.

Ocean Pines has the lowest number of violent crimes and property crimes per 1,000 inhabitants, according to the statewide study.

"Our department works closely with our law enforcement partners in Worcester County, and we are constantly looking to share information about criminal activity both inside and outside Ocean Pines," said Chief Massey.

"What makes this designation even cooler is that, in this safest environment, OPA also provides great experiences for our residents and guests. From indoor and outdoor pools, golf, marinas, racquet sports, parks and a plethora of recreation programs – Ocean Pines has it all! Oh yeah, and we're at the beach," said Bailey.

## KIWANIS ANNUAL ITALIAN DINNER FUNDRAISER AT DeNOVO'S TRATTORIA



**Sunday, April 8, 2018**

**5:00 and 6:00 p.m. seatings**

**Reservations recommended**

**Walk-ins welcome - space permitting - Carry-outs**

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**Ralph Chinn**

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## 2012 Business of the Year

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2018. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

According to a study from the U.S. Bureau of Labor Statistics, housing is the greatest expense in dollar amount and as a share of total expenditures for households in which a person 55 and older is considered the primary owner or renter of the home. Total annual household expenditures, which



were culled from a 2014 Consumer Expenditure Survey, totaled just over \$49,000. These expenditures included food, housing, clothing, transportation, health care, and entertainment, among other expenses. The BLS study found that housing accounted for nearly one-third of annual household expenditures in households headed by people age 55 and older. In households headed by people between the ages of 65 and 74, housing expenses accounted for a slightly smaller percentage of overall annual expenditures, while housing accounted for 36.5 percent of overall expenditures in households headed by men and women age 75 and older. Such figures illustrate the need for men and women to account for housing expenses in their retirement planning.

## STEM summer programs applications available

Worcester County Economic Development (WCED) is now accepting applications for the 2018 STEM summer enrichment programs. These programs provide exceptional opportunities for Worcester County students ages 12 to 24 to explore local career paths.

The application process is competitive, and applications are available online at [www.chooseworchester.org/STEM](http://www.chooseworchester.org/STEM). The deadline for NASA internships is March 1, with applicants to apply online at [www.nasa.gov](http://www.nasa.gov). The deadline for all other internship programs is March 31, though early registration is encouraged for top internship placement consideration.

“Our program connects local STEM businesses with our future workforce,” WCED Deputy Director Kathryn Gordon said. “We show Worcester County students that science, technology, engineering, and mathematics careers are available right here in their backyards.”

The Reach for the Stars STEM Camp is an eight-day computer science and engineering summer program offering instruction by engineers from NASA and the private sector, in conjunction with a team of qualified educators. Offered at The Red Doors Community Center on 3rd Street in Ocean City, it is open to students enrolled in grades 6-8 in the 2017/2018 school year.

“Our STEM camp, leadership cohort, and internship program are recognized by community businesses and entrepreneurs as a workforce development pipeline that offers them the opportunity to home-grow their future workforce,” STEM summer programs coordinator Fawn Mete said.

There is no cost to participate in the camp, and transportation from centralized points in the county is provided. Space is limited to 20 students. Camp runs July 16-19 and July 23-26.

The STEM Leadership Cohort is designed for students enrolled in grades 9-11 in the 2017/2018 school year. Participants meet on Thursdays in July for professional development sessions at NASA Wallops Flight Facility.

please see **stem** on page 15



**Fossil fun** - Students in Jennifer Spicer's third grade class at Ocean City Elementary were paleontologists for the day. The students used a grid system to analyze fossils, their evolution, interactions with other organisms and their environments. Pictured are: **Sophia DeFelice, Ariel Omer, Alex Gjoni, Calen Shockley, Vivi Cippolone and Paige Dupont.**

## Migratory game bird hunting seasons proposed

The Maryland Department of Natural Resources is accepting public comment on the proposed 2018-2019 Migratory Game Bird Hunting Seasons. The public comment period will close at noon March 14.

The seasons will be finalized in early spring after the department reviews public input and obtains approval from the U.S. Fish and Wildlife Service.

“We look forward to reviewing public feedback from our waterfowl hunters and others,” Wildlife and Heritage Service Director Paul Peditto said. “Input from our dedicated waterfowling community is vital to helping us improve and manage hunting opportunities throughout Maryland.”

The proposed youth waterfowl hunting days are Nov. 3, 2018, and Feb. 9, 2019. These days are part of a national effort by federal and state wildlife agencies to increase youth participation in the rich tradition of waterfowl hunting.

The proposed regular duck season opening split season would run October 13 to 20. The second season would run November 10 to 23, and third split

season would run December 11, to January 26, 2019.

The proposed special sea duck season would run from November 3, to January 11, 2019. Federal regulations for the special season call for a maximum length of 60 days.

The proposed Atlantic Population (migrant) Canada goose season will be split into its traditional two segments, November 17 to 23, and December 14, to Feb. 2, 2019.

The proposed mourning dove season will run from September 1 to October 20, followed by two additional splits, October 27 to November 23, and December 18, to January 12, 2019.

The department will host a public meeting at 7 p.m. March 6 on the campus of Chesapeake College, Building No. 13, to review the proposed seasons.

Citizens may also comment online, by phone at 410-260-8540, by fax at 410-260-8596, or in writing to: Maryland Department of Natural Resources – Wildlife and Heritage Service, 580 Taylor Avenue, E-1, Annapolis, Maryland, 21401.



# A ruff world

It happens from time to time that my wife and I will get into a conversation about dogs. Yes, I know, it could be said our conversation “goes to the dogs” from time to time. But after being together for so long how much is

incredibly talented dogs. Ours was a constant companion to our children. Exhibiting her basic instincts as a herding dog she would often corral the kids when they were playing outside.

There are other breeds of which we are fond including the Golden Retriever, the aforementioned Doberman, the Scottish Deerhound, the American Staffordshire Terrier and the Labrador Retriever. This is a fluid list that often includes the German Shepherd, the Vizsla, the Bernese Mountain Dog and the Bassett Hound.

As anyone who has purchased a full bred dog can attest, the cost of such an animal can sometimes be as high as mortgage payment or two. But hey, if it's what you want why not?

As attractive as a particular breed can be in terms of looks and disposition, there's no denying the charm of a mixed breed dog. Our dog

now is a cross between a Collie and Golden Retriever, we think. We adopted her from Animal Control when she was a puppy. She has been an excellent addition to the family. She's the little sister our kids never had. Truth be told, she's often been better behaved than our children.

We've known a number of people who have adopted dogs through rescue organizations. The Greyhound Rescue is one with which I'm familiar. A onetime client of mine had two very gentle Greyhounds that she adopted through the organization. They would lie in her office on big dog beds, looking up occasionally if they heard something of interest.

There have been only abbreviated periods in our lives when we've not had a dog. I suspect that our house will always be home to a dog. As Charlie Brown once said, “Life is better with a dog.”

Regardless of lineage, whether a full breed or mixed, there's a universal truth when it comes to dogs: happiness starts with a wet nose and ends with a tail.



## ***It's All About. . .***

By **Chip Bertino**

chipbertino@delmarvacourier.com

there really to talk about? Usually something on television or encountering a particular breed will trigger a conversation. We'll remember dogs we had growing up or ones we've had since we were married. We'll discuss breeds we like and we'll talk about how some of the best dogs we've had have been rescue adoptions.

We enjoy watching the Westminster Dog Show, rooting for our favorite breeds and voicing incredulity

when a breed we don't care for wins Best in Group or Best in Show. It truly defies logic that a judge would pass over the Border Collie or Golden Retriever as the best in their respective groups.

Determining which best dog breed is best is akin to naming the best ice cream flavor. There is no correct answer. Some people like little dogs; some people like big dogs. Some people like hunting dogs; some people like lap dogs. Ironically, a lap dog is not necessarily a little dog. I once had a Doberman Pinscher who weighed more than a hundred pounds and displayed not an ounce of shame when climbing up on my lap. Sometimes he would just nudge me off the couch. Where does a hundred pound Doberman lay down? Anywhere he wants.

My wife and I enjoy talking about the attributes of different breeds. We're medium to large size dog people. We have many favorite breeds but the one that is a first among equals is the Border Collie. My wife had one growing up and we had one as our children were growing up. They are



# The 6th Annual Finnegan's Wake

**Saturday, March 3**  
**Seacrets - Morley Hall**  
**5 p.m. to 9 p.m.**

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***Ocean City***  
***Pipes & Drums***  
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**For more information call Cathy at 570-956-4721**



## Women's Club has several upcoming events

The Women's Club of Ocean Pines invites all women who reside in Ocean Pines to join the membership. The purpose of the organization is to promote civic and social activities, including educational and community outreach opportunities, for its members to the benefit of the community. In May 2017, the organization presented three scholarships in the sum of \$2,500 and donated \$1,400 to benefit organizations benefitting Ocean Pines residents, in particular \$400 to Ocean Pines Parks and Recreation and \$400 to Ocean Pines Volunteer Fire Department. The group meets the first Thursday of every month at 10 a.m. at the Community Center in north Ocean Pines. Membership dues are \$10.

On March 1, Ocean Pines General Manager John Bailey will give an update of the Ocean Pines Homeowners Association under his management. The Club Treasurer will propose the

2017-2018 draft budget to the membership.

On April 5, the Women's Club will host a luncheon fashion show fundraiser of Chico's fashions at The Bayside Skillet in Ocean City from 11 a.m. to 2 p.m.

On May 3 at the general membership meeting, scholarships and community donations will be presented to recipients.

On June 7, a card and game party will be held at the Ocean City Fish Co. in West Ocean City from 10 a.m. to 2 p.m.

For information, contact Susann Palamara at 410-208-2821 or [smpal1@verizon.net](mailto:smpal1@verizon.net).

## Community alert signals to sound

On Saturday, March 3, Worcester County emergency alert signals will sound from area fire sirens. A steady alert tone will sound at 10 a.m. for approximately one minute.

The signals are tested the first Saturday of each month. In the event of an actual emergency, the sirens would be used as additional means to warn the surrounding communities of imminent danger and the need to tune to either radio, television or the internet for information.



## Kiwanis hears about health issues

Charles Curran of Atlantic Physical Therapy was a guest speaker at a recent Kiwanis meeting. He talked about how to prevent falls and how to maintain good balance, among other things that he treats at the facility to get people well again.

Above: **Charles Curran** receiving the traditional Kiwanis Speakers Pen from Kiwanis Club President **Ralph Chinn**.

## Anniversary parade registration opens

The Ocean Pines 50<sup>th</sup> Anniversary Parade will step off at 10 a.m. on Saturday, June 2 along Ocean Parkway, with a Community Family Day celebration immediately following the parade at Veterans Memorial Park.

"Most of us know how much fun we had with previous anniversary parades," said parade Chairwoman Carol Ludwig. "This one should top them all."

The Anniversary Committee is now accepting registration for parade participants. The committee invites marching bands, local businesses, organizations, clubs, groups and families to register.

"I am so proud of our three

Worcester County high schools. Snow Hill, Pocomoke and Stephen Decatur are forming a combined marching band to strut down Ocean Parkway on our very special day," said Ludwig.

The cost is \$25 per group entry. The registration form is now available online at [www.oceanpin.es.org](http://www.oceanpin.es.org) and at the Ocean Pines Administration Building, located at 239 Ocean Parkway.

The parade, which is sponsored by Mediacom, The Power of 2 Team and Avery Hall Insurance, is free to on-lookers and open to the public. There is no entry fee for eligible sponsors, but registration is required.

please see **parade** on page 15

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



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# New Text to 9-1-1 system announced

Governor Larry Hogan announced last week the Board of Public Works' approval of a new Text to 9-1-1 technology for Maryland, helping to update 1960s-era emergency systems with life-saving technology. This new Internet-based infrastructure allows citizens to send a Short Message Service (SMS) text message to 9-1-1. The Federal Communications Commission estimates that more than 70 percent of all 9-1-1 calls now come from cellular users.

"This new technology is a vital public safety tool that could potentially help save the lives of citizens who find themselves in an emergency situation," said Governor Hogan. "I want to commend the Department of Public Safety and Correctional Services for their hard work to implement this system for all Marylanders."

Text to 9-1-1 supports 160 characters per message, but no multimedia messaging, such as photos or video. The Maryland Emergency Numbers System Board, under the Maryland Department of Public Safety and Cor-

rectional Services, is responsible for overseeing Maryland's emergency 9-1-1 system, including administering the 9-1-1 Trust Fund, which will fund the new technology.

"The Hogan administration clearly recognizes the importance of ensuring that all Marylanders have access to emergency services," said Department of Public Safety and Correctional Services Secretary Stephen Moyer. "Text to 9-1-1 is a major step in modernizing our systems and giving citizens the ability to reach first responders when a call isn't feasible."

As the location for the Maryland School for the Deaf, Frederick County was chosen as the only Maryland county for a 2015 pilot program to launch Text to 9-1-1.

"We are thrilled to welcome this public safety tool for Maryland's 1.2 million deaf and hard of hearing residents, those with a speech impairment, and anyone in an emergency situation where a voice call would be

*please see system on page 15*



**Guest speaker** - Chris Mancini, a Worcester Prep alum was the featured speaker at the Class of 2018, 100-Day Breakfast celebration hosted by the Worcester Preparatory School Alumni Association on February 16. The 100-Day gathering marks the senior class countdown to their last day of school at WPS. Mancini reflected on his memorable years at Worcester Prep and how grateful he is for the lifelong bonds he still shares with classmates today.

**Above:** (Front L-R) Maya Zia Shakeri, Sammy Wolpin, Porter Bunting, Jeanie Mancini (mother of guest speaker), Marissa Grosso, Kendall Holmes, Jack Fager, Camryn Sofronski, Cameron Langelier. (Back L-R) Austin Taylor, Matt Wilson, Grace Nichols and Reid Odachowski.

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MD #2294



# How to handle a poisoning emergency

■ Staying calm is important

Any family can experience a poisoning situation, but people who live in homes with very young children or the elderly need to educate themselves about the various poi-



sonous substances lurking in plain sight and what to do if these substances are ingested.

Although cleaning products or chemicals stored in the garage may be the most commonly thought of household poisons, many other seemingly mundane items also can be poisonous when ingested in large quantities. The National Capital Poison Center says that these common household items can poison children: laundry products, pain medicine, vitamins, antihistamines, pesticides and cleaning substances.

The NCPC says the most common poisons for adults include prescription drugs, alcohol, pain medications, and cleaning substances. People may not realize the hidden ingredients in products they use every day. Swallowing a large quantity of mouthwash containing alcohol can poison a child. Vitamins children mistakenly think are candy can be dangerous as well. Artificial nail products also can be poisonous.

If poisoning is suspected, time is of the essence, as is taking the correct steps.

1. If the person is unconscious, not breathing or having convulsions, then the first step is to call the

local emergency responders where you live or dial 911 immediately.

2. Remain calm and assess the situation if the person is responsive. Try to identify the poison by looking for open containers or the items that may have been swallowed or touched.

3. The Mayo Clinic says poisoning signs and symptoms can include burns or redness around the mouth and lips, breath that smells like chemicals, vomiting, drowsiness, confusion, and difficulty breathing.

4. Remove any pills or the substance away from the person, and check his or her mouth for any remaining pills.

5. Do not immediately induce vomiting, which may do more

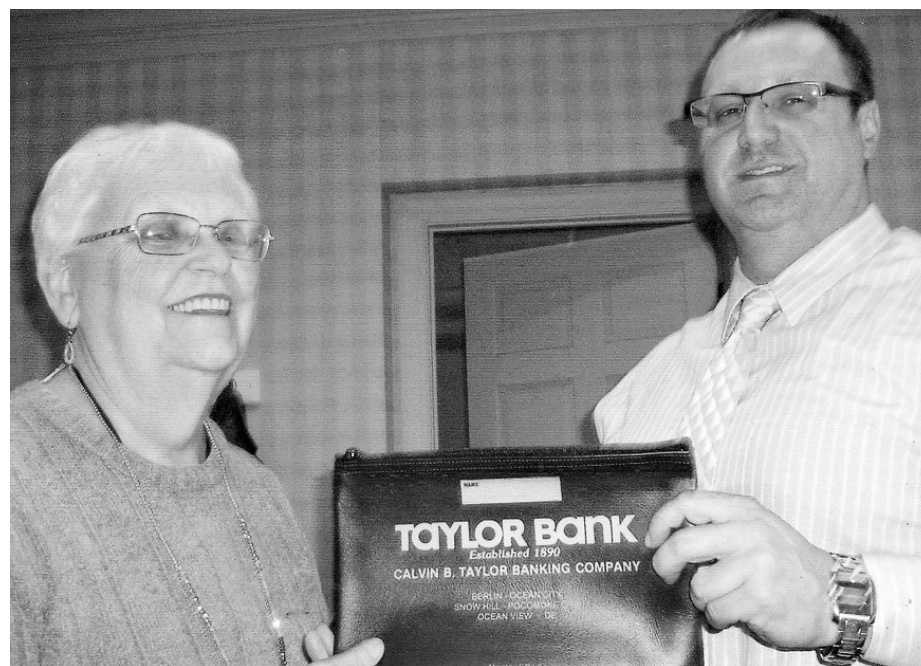
damage.

6. Consult with poisoning professionals. In the United States, call the American Association of Poison Control Centers at 800-222-1222. In Canada, call the provincial or regional poison control center, such as the Ontario Poison Centre, at 800-268-9017.

7. Be ready to describe the person's symptoms, age, weight, and medications, and share any information about what has been ingested. The person on the line may give specific instructions to follow or recommend contacting emergency personnel.

While waiting for help to arrive, follow poison instructions on product labels. Depending on the substance that was ingested, this may include flushing the skin, offering water or another fluid, flushing the eyes, or moving the person into fresh air. Avoid activated charcoal or syrup of ipecac. Poison centers rarely encourage self-care in poisoning incidents.

Unintentional poisonings account for hundreds of hospital visits and many deaths per year. Knowing how to respond to and treat a poisoning emergency can save lives.



**Taking over -** Ocean Pines Wednesday Bridge Club's new Treasurer **Peggy Stevens** signed papers at the Ocean Pines Branch of Taylor Bank with bank manager **Casey Robinson**. Photo by Anna Fultz.

## Brain-healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

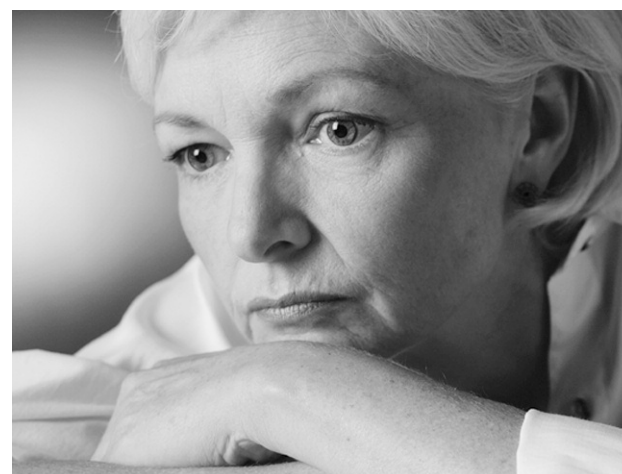
The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

Exercise. Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal *Neurology* found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with

physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.



Quit smoking. The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

please see **habits** on page 15



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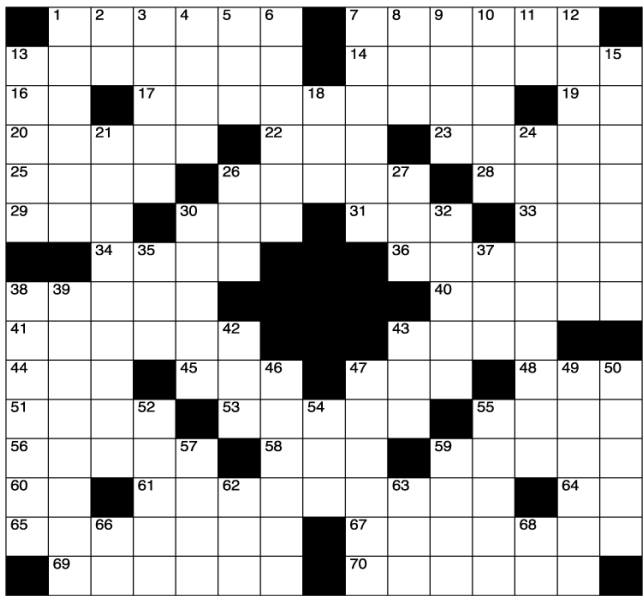
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**CLUES ACROSS**

1. Shaded inner regions

7. Overlapping part of a garment

13. Type of smartphone

14. Fall apart

16. Football's big game (abbr.)

17. Crocodilian reptile

19. Of I

20. Swamp plant

22. Sun can help you get one

23. Hops, \_\_\_ and jumps

25. Cuckoos

26. Small cavities in rocks

28. American traitor

29. Tooth caregiver

30. Popular fish

31. Ottoman military leader

33. Anger

34. Fish of the mackerel family

36. Some people can't eat it

38. Amer. Revolutionary War battle
40. Misleading ads

41. Atomic number 76

43. A type of castle security

44. Sunscreen rating

45. Very fast airplane

47. Vigor

48. 007's creator

51. \_\_\_ and that

53. Indicating silence

55. Brown and gray rail

56. Nocturnal insects

58. Make an incision

59. Norwegian village

60. Commercial

61. Criminal

64. Northeast

65. Clouds of gas and dust in outer space

67. Mysterious things

69. One who won't be forgotten

70. Starts over

**CLUES DOWN**

1. Straighten

2. Gives medical advice (abbr.)

3. Touts

4. One's job

5. Afflict in mind or body

6. Proofed

7. Capital of Angola

8. Social insect living in organized colonies

9. Ones who are financially compensated

10. Jacket

11. Electron volt

12. Tuned

13. Syrian leader

15. Reduces

18. Congress' investigative arm

21. Make uneasy

24. A fake

26. Any thick messy substance

27. Goad

30. Titan
32. Continental Congress delegate for NY

35. Peyton's younger brother

37. Fiddler crab

38. Delivers the mail

39. Liliaceous plant

42. Mountain Time

43. Where wrestlers work

46. Secured

47. Dog breed

49. Where rockers perform

50. Nostrils

52. Express doubt

54. Pointer

55. Slang for sergeant

57. Selling at specially reduced prices

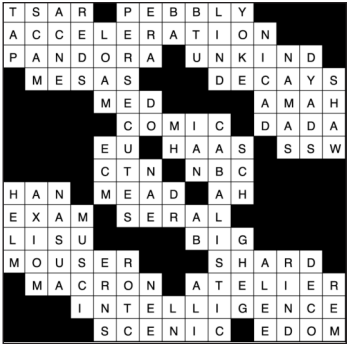
59. Six (Spanish)

62. Holds nonperishables

63. Between northeast and east

66. Exist

68. Meitnerium



Answers for Feb. 21

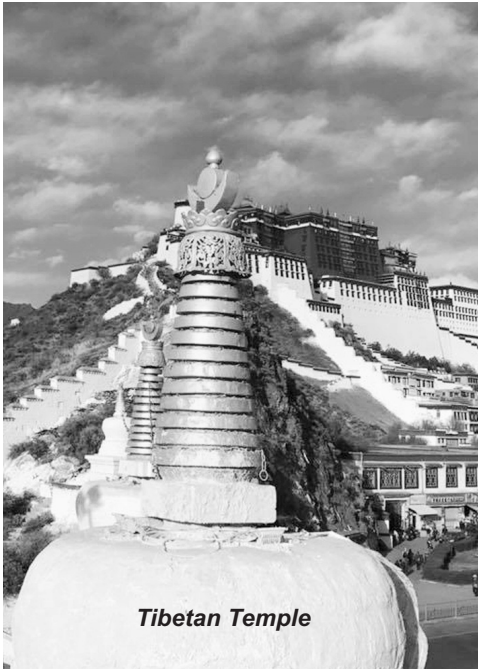
For the Love of Travel ...

# Tibet: Pursuing Freedom

By **Kelly Marx**

In my last article, I talked about visiting Tibet for 10 days and being awestruck by the experience. This is the second installment of how the country and the story of my tour guide (whom I refer to as “G”) left an indelible impression on me. We left off in 2008 when peace in Tibet was once again disrupted.

In March 2008 in the city of Lhasa, hundreds of Tibetan monks gathered in peaceful protests to commemorate the 49th anniversary of a Tibetan uprising against Beijing’s rule. Tensions flared and the protests turned violent. The ethnic Tibetans who had long suffered abuse and humiliation by the Chinese broke into full riots against the Chinese police. When Lhasa



Tibetan Temple

residents were interviewed during and after the riots, the accounts of Chinese residents and Tibetan residents differed greatly on who started it and why. The Chinese residents’ version seemed to parrot that of their government: the Tibetans are responsible and so is the Dalai Lama. There were widespread arrests and police surveillance increased ten-fold.

During the crackdown, G received a visit at his home by the police.

Someone who knew his story had turned him in. His crime was leaving and returning to the country without a passport. He was placed on the infamous “Blacklist.” According to G, if you are unlucky enough to be placed on this list, you are subject to even more brutal force and surveillance by the state. You are always only a step away from jail. Thankfully, his father

had a friend in government who managed to erase G’s name without detection, so G is now an oppressed person, but an oppressed person with a job and out of jail. More than 300 other tour guides like G who had left Tibet as children and returned as adults lost their jobs after the crack-down and were barred from serving as tour guides.

Today, the monk population is shrinking rapidly as one of the newer restrictions is that monks must apply and be approved by the government. Seen as protesters and supporters of the traitorous Dalai Lama, they are often denied. No one can display a photo of the Dalai Lama, even in the monasteries, or risk jail. Cameras are everywhere and anyone can be a spy. All Tibetans’ cars must

please see **tibet** on page 11

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**Contest winners** - On February 15, Ocean City Elks Lodge representatives visited Worcester Prep to present four Lower School students with certificates for winning the 2018 Elks Americanism Essay Contest. This year's essay theme was "Why Our Veterans are America's Heroes."

Above are Head of Lower School **Laura Holmes**, Elks representative **Susan Caldwell**, fifth graders **Lydia Schwartz**, **Jennifer Kimbrew**, **Rania Khan**, and **Ryan Mann** and Elks representative **Pam Jones**.

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, March 10, 9:30 a.m. in the Ocean Pines library. The speaker will be Bryan Mullins who focuses on using technology to improve fishing success. Bryan will be accompanied by his wife Mary to present "Beautiful Ocean City," a short video showing amazing scenes of the Ocean City area during fishing trips. Then they will show lures and set ups that anglers can use when they fish for flounder this spring. Bryon will pass around examples as Mary explains them. Finally, Bryan will briefly go over some fishing locations based on his research which should give attendees what they need to be successful when the fish arrive around April. All are welcome.

tibet  
from page 10

have a GPS and must receive permits from the government to travel within Tibet (forget about traveling outside of Tibet and garnering international sympathy with your stories of mistreatment).

Discontent, while always brewing, has been on the rise as 22 million Chinese have moved into Tibet. Tibetans are now vastly outnumbered. The government has given the Chinese money to move in and lots of loans to encourage migration. Their hope is also that Tibetans and Chinese (typically Han and Hui) will marry and the Tibetan population will become mixed. Most Chinese don't speak Tibetan and Tibetans are forced to learn only Mandarin in school.

The Chinese are not merely in Tibet for cultural repression. Their ever-increasing economy and demand for production of exports has resulted in a need for natural resources, which China has little in the way of besides coal. New massive development projects are being launched throughout Tibet. Holy lakes are being siphoned and used for hydroelectricity. Land that was once used by nomadic farmers, their families, and their yak has now been deemed government property and the yak have been sold off. The continued assault on Tibetan culture and religion goes on and on.

I was only in Tibet for 10 days and I came away with these accounts. While I was there, when police approached the car or demanded the documents of my guides (and ours) for the fourth time on the same road without reason, an anger bubbled inside me just under the surface. For a people who should be angry at all times and in a constant cycle of rioting, the Tibetans couldn't be further from it. As much as the stunning views and scenery, the people are the true gems of Tibet. I feel lucky to have heard even the smallest fraction of their stories. My biggest fear for Tibet is when the Dalai Lama dies, a people who have been struggling so hard to hold on to a way of life that is being ripped away from them may suddenly be adrift.

County offers free Community Emergency Response Training

Resilient communities weather storms together. Worcester County Emergency Services (WCES) invites the public to participate in a free, eight-session Community Emergency Response Team (CERT) training course in Newark this spring. CERT is open to teens and adults and will take place at the Fire Training Center, on Tuesdays from 6:30 p.m. to 9:30 p.m. from March 20 through April 14. Cardiopulmonary Response (CPR) and Automatic External Defibrillator training will take place during the March 27 CERT session.

"CERT equips participants to assist family members and neighbors during an emergency until fire and rescue personnel arrive," WCES Emergency Planner Tom Kane said. "WCES encourages all residents to develop emergency plans, to be prepared to respond before, during, and immediately after a natural or manmade disaster strikes."

Other CERT sessions will cover how to prepare and respond to natural disasters common to Worcester County as well as manmade disasters, fire suppression, basic disaster medical operations, light search and rescue procedures, disaster psychology, team organization, and terrorism awareness. Participants will practice the skills they learn throughout the course.

Upon completion of the course, participants will know how to apply basic lifesaving skills and recognize both natural and manmade hazards. They will also be able to create disaster plans and supply kits and aid in responding to hazardous materials emergencies. Those who successfully complete the training will receive CPR and First Aid certification through the American

Heart Association, and interested participants may qualify to become part of the Worcester County CERT team.

Instructors will provide information on hazards typical to Worcester County, hazardous materials in the home and the National Incident Management System. Instruction is geared to help residents better prepare and survive during the first 36 to 72 hours after a catastrophic event when local first responder resources are stretched to their limits.

"CERT is about people supporting people in their communities," Kane said. "It's about being resilient and being prepared, so you can bounce back faster after a disaster."

The CERT program was developed by the Los Angeles Fire Department in 1985 and has since become the national model used by the Federal Emergency Management Agency (FEMA) for other communities throughout the country. CERT is an informative, hands-on, educational program packed with information to equip residents, who have no prior emergency medical training, to support their families and communities during a disaster. Participants will gain the decision-making and practical skills necessary to offer immediate assistance to those in need following an emergency until further help can arrive.

CERT is available at no cost to all interested residents thanks to the support of the Worcester County Commissioners in the FY18 budget.

Space is limited to 20 individuals and is available on a first-come, first-served basis. For more info or to register, contact Kane at 410-632-3080 or tkane@co.worcester.md.us.

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., Mar. 1	6:46 a.m. 7:04 p.m.	12:26 a.m. 1:08 p.m.	6:32 a.m.	5:53 p.m.
Fri., Mar. 2	7:35 a.m. 7:53 p.m.	1:18 a.m. 1:54 p.m.	6:31 a.m.	5:54 p.m.
Sat., Mar. 3	8:22 a.m. 8:41 p.m.	2:07 a.m. 2:38 p.m.	6:29 a.m.	5:55 p.m.
Sun., Mar. 4	9:07 a.m. 9:27 p.m.	2:56 a.m. 3:21 p.m.	6:28 a.m.	5:56 p.m.
Mon., Mar. 5	9:51 a.m. 10:13 p.m.	3:45 a.m. 4:05 p.m.	6:26 a.m.	5:57 p.m.
Tues., Mar. 6	10:35 a.m. 10:59 p.m.	4:34 a.m. 4:50 p.m.	6:25 a.m.	5:58 p.m.
Wed., Mar. 7	11:20 a.m. 11:48 p.m.	5:26 a.m. 5:36 p.m.	6:23 a.m.	5:59 p.m.



## 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.

## Diabetes support group to meet

The Diabetes Support Group will meet from 7 p.m. to 8:00 p.m. Monday, March 12 in the Avery W. Hall Educational Center auditorium on the Peninsula Regional campus. The session this month will include a talk about healthy eating on a budget, with registered dietitian Tamara Giles.

Whether you, a member of your family or a friend has diabetes, participating in a support group can and will assist you in coping with the concerns the disease brings. Presentations in-

clude information on how to better manage and live with diabetes. Topics vary from month to month, and the group provides an excellent opportunity for all participants to share beneficial ideas and experiences. There are no dues or fees to attend.

For more information about the support group meetings or if you have questions about diabetes, please call the Peninsula Regional Diabetes Education Program at 410-543-7061.



### DAR women’s issues presentation

Amanda Buckley, a licensed dietician from Atlantic General Hospital, was the guest speaker at a recent meeting of the General Levin Winder Chapter of the Daughters of the American Revolution (DAR). Buckley spoke about food, nutrition and health tips for older adults.

The DAR is a women’s service organization dedicated to promoting patriotism, preserving American history, and securing America’s future through better education. For more information, visit [www.dar.org](http://www.dar.org).

Above: (L-R) **Amanda Buckley** with chapter Regent **Patricia Ayers**.

## Wireless technology takes hearing aids to new levels

Hearing loss may not be something people want to contemplate, but it is more common than many people may think. Hearing deficits may occur from birth or be acquired due to injury or prolonged exposure to loud noises. The National Institute on Deafness and Other Communication Disorders says approximately 15 percent of American adults (37.5 million people) aged 18 and older report some trouble hearing. Age is the strongest contributor to hearing loss, with people age 60 and older with the highest levels of impairment.

People with hearing deficits can access a growing number of assistance devices to make their lives easier. From telephones and doorbells that trigger a blinking light rather than a bell to closed captioning and voice-to-text conversion to a greater understanding and widespread usage of sign

language, the deaf and hearing impaired have many options to help them overcome hearing loss.

As technology advances, so, too, do



the options for the hearing impaired. One innovative piece of gadgetry is sophisticated wireless hearing aids that are compatible with personal electronic devices.

Thanks to Bluetooth technology, hearing aid manufacturers are har-

*please see **aids** on page 13*

## RWWC to host dinner meeting

The Republican Women of Worcester County will host a special March dinner meeting on Thursday, March 22, at the Atlantic Hotel in Berlin. The speaker will be Nicolee Ambrose, a Republican grassroots activist, political commentator and statewide elected Republican National Committeewoman for Maryland. Nicolee represents Maryland to the Republican National Committee (RNC), where she is one of three votes from Maryland on issues deciding the future of the national Republican Party. The cost of the dinner is \$40 per person and there is a choice of Crab Cake or Filet Mignon. Doors open at 5:30 p.m. and dinner will be served at 6:30 p.m. Seating is limited. To make your reservation and/or for more information, please contact Ann Lutz at [annlutz60@gmail.com](mailto:annlutz60@gmail.com) or at 410-208-9767.

## Chamber to host annual expo

The Ocean Pines Chamber of Commerce will hold the 8<sup>th</sup> Annual Chamber Business Expo on Thursday, March 16, from 4 p.m. to 7 PM at the new event space at Ocean Downs Casino.

All Worcester County business people (employers and employees) are invited to attend and display their services or goods. Last year over 35 exhibitors displayed their services and products. This is a networking opportunity for members of all area chambers and for businesses to mingle with fellow business owners, learn about new businesses in town and talk to hundreds of potential customers. This event is open to the public. All area business people, local chamber members and professionals are encouraged to attend.

Refreshment, light fare and complimentary beer and wine will be provided.



# Ways technology is making motorcycles safer

Once the winter snow melts, motorcycle enthusiasts prepare to take out their rides for another season of wind-in-your-hair adventures. Whether touring iconic roads or making quick jaunts around the neighborhood, bikers of all ages enjoy climbing onto their rides and hitting the open road.

When the weather warms, motorists are bound to see an influx of motorcycles on the road. So, it is only natural that, come spring, many motorists' thoughts turn to motorcycle safety. Statistics indicate that motorcycles are more dangerous than cars. According to Wired, people on motorcycles are nearly 30 times more likely to die in a crash than people in cars, due in part to motorcycles' lack of airbags, crumple zones and seat belts.

Upon the return of warm weather,

motorcycle enthusiasts should revisit safety protocols and even explore the technological innovations that are helping to make motorcycling safer.

Bikes that talk. Vehicle-to-vehicle communications technology can help reduce motorcycle accidents and injuries. Using short-range Wi-Fi-based communication, motorcycles can track vehicles in the vicinity; assess speed, braking, and other elements; and alert riders with enough time to avoid a crash. The hardware produced by Autotalks and Bosch is scheduled to be tested on Ducati motorcycles. Bosch's initial research suggests it could prevent one-third of all motorcycle accidents in Germany, where the company is headquartered and will conduct the study.

Modern head protection. Motorcycle helmets protect one of the most im-

portant parts of the body that can be injured in motorcycle accidents. Seemingly a simple piece of equipment, helmets are continually evolving to prevent injuries. Some new technologies include using airbag systems with helmet designs to provide neck and spinal protection immediately on impact. Sensors built into the helmets can record speeds and inflate if a crash seems imminent.

Wear leather. Apart from looking the biker part, there are other advantages to wearing leather when riding. Leather is resistant to abrasion, which protects riders against cuts. Leather also is good at insulating, so riders can stay comfortable when the wind is chilly. In addition to leather jackets and pants, leather gloves and boots are suggested.

Self-driving vehicles. People may wonder just what self-driving cars will have to do with motorcycle safety, but putting driving into the virtual hands of a computer can eliminate driver

error. That means cars will be able to sense an oncoming bike and assess its speed. The National Highway Traffic Safety Administration has said biker deaths have waned thanks to safety

features like blind-spot monitoring. Self-driving cars can bring accident numbers down even more because they will eliminate distracted drivers, impaired drivers and factors that comprise driver error.

Autonomous features. Although self-driving motorcycles are unlikely to be available anytime soon, certain features that can map the road ahead and warn of terrain or curves may be in the works. BMW envisions systems that can do just this, warning bikers to slow down or making navigation changes.

Safety is a consideration anytime bikers decide to go for a ride. Technology can help bikers reduce their risk of accident or injury.



aids

from page 12

nessing this science to expand on the abilities of hearing aids and to develop new products. In the past, in order to use an MP3 player or mobile phone, a person would need to remove traditional hearing aids to accommodate a pair of earbuds. Furthermore, hearing aids may have had their limitations in filtering ambient noise. Although Bluetooth-powered hearing devices are still in their infancy, Oticon, a global hearing technology company, has developed their own communication and entertainment solution called ConnectLine that enables people to connect hearing aids with different devices. This transforms hearing aids into a personal wireless headset for listening to music, watching television or video chatting.

Many other companies, such as ReSound and Starkey, also offer Bluetooth-enabled devices. Their devices may be compatible with Android and iPhone models, some of which may only require an app or direct connectivity to the device. In fact, Apple has patented a specific Bluetooth connectivity with certain hearing aid manufacturers. Others may require an accessory of some sort to make connections possible, especially when pairing with a TV or other audio device.

Thanks to cutting edge technology, assistive listening devices have improved considerably. Individuals should speak with their hearing care professionals about their daily needs concerning hearing aids and explore the options in wireless hearing aid technology that can work seamlessly with their devices.

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## Free vascular screenings offered

The Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center will offer free vascular screenings for people 55 or older, by appointment, on Thursday, March 8 at the Delmarva Health Pavilion Ocean Pines and at Peninsula Regional on March 22. Appointments are required.

The free screenings will include ultrasound testing for carotid artery blockage and abdominal aortic aneurysm, and ankle-brachial index tests for peripheral artery disease.

The screenings are for people who exhibit at least three prominent risk factors or one symptom. Risk factors for vascular disease include smoking, high blood pressure, high cholesterol, diabetes, sedentary lifestyle, obesity, heart disease and a family history of vascular disease.

Symptoms of vascular disease include leg pain when walking, numb-

ness in the leg or foot, stroke-like symptoms (numbness, weakness, dizziness and difficulties with speech or vision), a family history of aneurysm and unexplained abdominal or back pain. Those currently under a physician's care for vascular or arterial health issues and those who have participated in this screening in the past are not eligible to participate. If you are 55 or older, please call the Guerrieri Heart & Vascular Institute at 410-543-7123 to reserve a date and time.

In addition, Dr. Douglas Wilhite, a vascular surgeon, will speak about peripheral artery disease on Monday, March 12 from 2:30 to 3:30 p.m. in the conference room at Peninsula Regional Family Medicine Ocean Pines, located in the Delmarva Health Pavilion Ocean Pines, 11101 Cathage Rd., Berlin MD 21811. The talk is free and open to the public.



**Scholar** - Worcester Preparatory School senior, **Olivia Parker** of Ocean City, has been named a finalist in the 63<sup>rd</sup> annual National Merit Scholarship Program.

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**system**

from page 7

dangerous or impossible,” said Kelby Brick, Director for the Governor’s Office of the Deaf and Hard of Hearing.

The Department of Public Safety and Correctional Services, in keeping with nationwide best practices and preferred methods for implementing Text to 9-1-1, negotiated the procurement of a master contract for the entire state that will enable Maryland’s remaining 23 counties to secure the technology. These improvements facilitate better government efficiency and delivery of the technology.

**prom**

from page 1

hawk Rd., Berlin, MD 21811 to the attention of After-Prom with After-Prom in the memo.

Food and prize donations from businesses are also welcome. Please email [sdhsap@gmail.com](mailto:sdhsap@gmail.com). Contributors will be recognized in local newspaper ads.

Volunteers are still needed. Keep in mind that only a couple of hours of your time would go towards a worthy cause and be greatly appreciated. For more information, find “Stephen Decatur High After Prom” on Facebook or email [sdhsap@gmail.com](mailto:sdhsap@gmail.com).

**event**

from page 2

tional Committeewoman for Maryland. Nicolee represents Maryland to the Republican National Committee (RNC), where she is one of three votes from Maryland on issues deciding the future of the national Republican Party. The cost of the dinner is \$40 per person and there is a choice of Crab Cake or Filet Mignon. Doors open at 5:30 p.m. and dinner will be served at 6:30 p.m. Seating is limited. To make your reservation and/or for more information, please contact Ann Lutz at [annlutz60@gmail.com](mailto:annlutz60@gmail.com) or at 410-208-9767.

**habits**

from page 8

Eat healthy foods. Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids. Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

Consume caffeine. Caffeine may help boost memory performance and brain health. A Journal of Nutrition study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from Psychology Today also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

Work the brain. Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

**Rickard joins Wor-Wic**

Wor-Wic Community College recently welcomed **Jennifer Rickard** of Salisbury as social media coordinator.

Prior to joining Wor-Wic, she was the associate director of integrated marketing at Delaware State University in Dover for the past seven years. She holds a bachelor of arts degree in journalism and mass communication from Lock Haven University in Pennsylvania.

**parade**

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The Ocean Pines Police Department and Neighborhood Watch volunteers will direct traffic the day of the event. Ocean Parkway will be closed northbound from Mumford’s Landing Road to St. Martin’s Lane from 9 a.m. until the parade ends. Parking will be prohibited along northbound lanes of Ocean Parkway.

The judges’ viewing area will be located along Ocean Parkway at White Horse Park, 239 Ocean Parkway. Three Judges’ Choice Awards will be presented.

“We hope the entire community will save the date and come out to participate in the parade and the activities that will be available at the Community Family Day to follow,” said Anniversary Committee Chairwoman Jennifer Cropper-Rines. “It will be a great chance to get outside, meet your neighbors and have some fun.”

Ocean Pines will host a variety of

anniversary events throughout the year, including a License Plate Raffle/Auction fundraiser on Saturday, March 24 at 10 a.m. in the Community Center, located at 235 Ocean Parkway.

The Maryland Motor Vehicle Administration, with the assistance of the Ocean Pines Association, will roll out an official Ocean Pines, Maryland license plate. Only 50 license plates will be available at the March 24 fundraiser. The first ten will go to the highest bidders and the others will be raffled off.

Raffle tickets are \$50 each and are available for purchase at the Ocean Pines Administration Building. Raffle winners do not have to be present at the March 24 fundraiser to redeem their license plate.

For more information on anniversary events or to inquire about sponsorship opportunities, contact Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 or [dsawyer@oceanpines.org](mailto:dsawyer@oceanpines.org).

**stem**

from page 4

ity, UMES, and Hardwire LLC on a variety of career readiness topics, including resume writing, interview skills, workplace communication, conflict resolution, leadership, and entrepreneurship. Students will receive mentorship from several STEM workforce partners.

The STEP UP Internship Program provides high school seniors, college students, and graduate students with opportunities to gain hands-on work experience in healthcare settings, tech companies, engineering firms, environmental science agencies and digital media production companies. Students’ skills and interests will be matched with the needs of the employers. Interns work 100 hours total from June 1 to July 26 and earn \$11/hour.

Prior interns exercised their new skills at NASA Wallops Flight Facility, Orbital ATK, Hardwire LLC, Martin Physical Therapy, Atlantic General Hospital, Peninsula Cardiology, West Ocean City Injury and Illness Center, Bel-Art Products, Ricca Chemical, TR Group, Studio Codeworks, D3Corp, Full City Media, Sprout Creatives, Maryland Coastal Bays Program, State Ventures LLC, The Atlantic Group, OceanCity.com, Habitat for Humanity, EA Science Technology and Engineering, Eastern Shore Physical Therapy, and more.

For more information, email Fawn Mete at [fawnmete@gmail.com](mailto:fawnmete@gmail.com).

*If your community club or organization has a press release they’d like to have published, send it to:*

**[thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)**



# The history of umbrellas

Technology evolves with breakneck speed, and it is not too often that one can say he or she relies on something that has gone largely unchanged for centuries. But each time you reach for an umbrella, you are relying on an invention that is more than 4,000 years old.

Evidence suggests umbrellas originated in ancient Egypt and nearby Assyria. The earliest umbrellas or parasols were used to provide protection from the sun. These earliest umbrellas were made from palm leaves attached to sticks. According to UmbrellaHistory.net, umbrellas signified rank and nobles used the devices to keep their skin pale and untouched by the sun. In Assyria, only kings had the right to be protected by elaborate parasols.

Anyone who has been kept dry during a downpour because of umbrellas can thank the Chinese. The modern-day rain umbrella is a variation of waterproof parasols created in the 11th century BC. The earliest waterproof umbrellas were made of silk or paper that was waxed and lacquered for protection. Again, umbrellas signified a person of esteem, and the more elaborate the umbrella, the more important the person being protected by the device.

It was not until the 16th century that the umbrella became popularized in the western world, according to the history and invention site ThoughtCo. The word "umbrella" comes from the Latin root "umbra," meaning shade. However, in the rainy climates of northern Europe, the waterproof umbrellas would be an asset for men and

women hoping to stay dry. Persian traveler and writer Jonas Hanway popularized umbrellas through his own personal use, and men even called their umbrellas a "Hanway."

The British helped define the modern umbrella and even opened up the first shop devoted entirely to umbrellas. James Smith and Sons opened in 1830 in London, producing umbrellas made from wood or whalebone covered with alpaca or oiled canvas. Curved handles were made by hand and were genuine works of art.

Steel-ribbed umbrellas would come several years later. Collapsible umbrellas would not appear for roughly 100 years, when Hans Haupt's pocket umbrella and Bradford Phillips'



modern folding mechanism in umbrellas were introduced.

Modern umbrellas continue to be perfected, with certain types folding outward rather than inward to keep errant drops at bay; umbrellas that cannot be flipped inside out; those that can withstand very strong winds; and umbrellas that open and shut easily with the push of a button. China still reigns supreme in regard to the production of umbrellas, just as it did all those centuries ago.

## Italian dinner tickets on sale

Tickets for the Kiwanis Club's Annual Italian Dinner on Sunday April 8 are now on sale. Two seatings are offered: 5 p.m. and 6 p.m. Seating is limited to 100 persons per seating. The dinner will be held at DeNovo's Trattoria. Ticket costs are adults \$12 and children under 12, \$5. RSVP to 410-208-6719 for tickets/reservations recommended. Walk-ins welcome, space permitting. Carryout is also available. Proceeds benefit local youth.

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