

The Courier

March 4, 2015 Volume 19 Number 27

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Basic boating course offered

Learn about our local Ocean City waters; safely navigating and piloting on our local waters. Learn how to tie nautical knots and brush up on your general boating knowledge. Perhaps you are starting out in boating, or coming back to it, the boating course is a great chance to get practical boating knowledge and advice from Coast Guard Auxiliary Instructors. On hand at each class are multiple certified instructors to answer questions and provide hands on experience. Learn proper horn signals, radio procedures, how and when to use flairs and basic safety tips. This course meets the requirements of the Maryland Boating Safety Education Act that requires anyone born after July 1, 1972 to possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending and passing the class will receive a Maryland Boating Certificate. The course will held March 10, 11 and 12 at the Ocean Pines library. The three evening course will begin at 6 p.m. and end no later than 9 p.m. each evening.

Discussions will include local water knowledge, piloting, knots, boat terms, trailering, maintenance, boating safely, legal requirements and more. The course is \$15.00 and includes all course materials. To register or if you have questions, please contact Barry Cohen at 410-935-4807 or E-mail CGAUXOC@Gmail.com.

Camp fair night scheduled

Are you looking for summer opportunities for your children? Do your children get bored or tired of the same summer routine from day to day? Are you looking for a place for your children to be safe, have fun, gain independence, make friends, try new things and grow in a positive way? Most Blessed Sacrament Catholic School is hosting a Summer Camp/Enrichment Fair on Tuesday, March 10, from 5 p.m. 8 p.m. Local and regional summer camp representatives will be on hand to showcase their programs and give the community an opportunity to see what is available during the summer. All are invited to meet with camp directors and see all of the different camp and enrichment program opportunities available to you and your family. For more information, please contact Rick Deale at rick.deale@gmail.com or the school office.



Science meets music

Cayden Wallace of Ocean Pines creates a circuit board to construct a cardboard electric guitar. When the notes (quarters attached to the cardboard instrument) and the aluminum foil (attached to the neck of the guitar), are touched, a circuit is completed and the notes are recognized and played.

Wallace, along with the other students in Amanda Lynch's Grade 4 science classes, look forward to their next projects, which will result in the creation of electric drums and a piano, giving them the instruments for a special music jam session.

Health Dept. offers free grocery store tours

It is a little late for a New Year's resolution but it is always a good time to focus on your health. In recognition of National Nutrition Month this March, the Academy of Nutrition and Dietetics is once again conducting a nutrition education campaign and encouraging everyone to "Bite into a Healthy Lifestyle."

In celebration of National Nutrition Month, the Worcester County Health Department will be sponsoring free, Grocery Store Tours. These tours will be led by a Registered and Licensed Dietitian who will help participants navigate the grocery store aisles and select the most nutritious foods. These tours will be offered on the following dates/locations:

Tuesday, March 10, 10 a.m.- Food Lion, 10138 Old Ocean City Boulevard, Berlin.

Wednesday, March 25, 10 a.m., Wal Mart, 2132 Old Snow Hill Road, Pocomoke.

Pre-registration is encouraged. All participants will receive a free incentive. For additional information or to register, please call the Worcester County Health Department at 410-632-0056. Eat healthy. Be active. Live well.

Patton to speak to DWC

Kate Patton, executive director for the Lower Shore Land Trust, will be the speaker at the Democratic Women's Club (DWC) meeting on Monday February 16. DWC meetings are held on the third Monday of each month at the Ocean Pines Community Center. Coffee and conversation begins at 9:30 a.m. followed by the 10 a.m. meeting. All women are welcome to attend these informative and friendly meetings. Please call 814-322-2119 for more information.



Amanda Strausser, MPH, CPH, PhD Student, Behavioral and Community Health Research Assistant, Herschel S. Horowitz Center for Health Literacy University of Maryland School of Public Health is pictured with a second grader from Snow Hill Elementary during pre-testing.

Literacy program enters next phase

Atlantic General Hospital recently held pre-testing for the next roll-out of its health literacy program, a partnership with Worcester County public schools and Herschel S. Horowitz Center for Health Literacy at the University of Maryland College Park School of Public Health.

Pre-testing for second, third, fourth and fifth graders throughout the county occurred in January. The roll-

out is new to Showell, Buckingham, Snow Hill, and Pocomoke Elementary and Snow Hill and Pocomoke Middle schools this year. First grade did not receive testing due to the broad range in development at this grade level, but they are being introduced to integrated health literacy curriculum.

To learn more about the health literacy program please visit www.atlanticgeneral.org/healthliteracy.

Soroptimist International of Berlin-Ocean City *Basket and Bag Bingo*



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March 7th, 2015

Showell Elementary School

Doors open 5pm

Bingo starts 6pm

20 Games

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Refreshments will be sold

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Call 410-726-1722 for tickets



Jump - Ocean City Elementary School held its annual Jump for Heart Events on January 21 and 28. The students, faculty and staff collected a record breaking \$26,000 which was sent off to the American Heart Association.

Above are **Jamie Consigli, Peyton Marohl, Rylee Houck, Adelina Olerta, Rowan Wilkins, Maggie Marohl and Caitlin Williams** enjoy a short break during the Jump for Heart Event at OCES.

Raptor Demo Team to perform at air show

The OC Air Show will host three headline acts all in the same year as the U.S. Air Force F-22 Raptor Demo Team joins the best line up ever to be assembled in the eight year history of the OC Air Show. The event will take place June 13-14 in Ocean City, Maryland.

The F-22 Raptor is America's superfighter and the only operational fifth-generation fighter aircraft in the world today. Its combination of stealth, supercruise, thrust vectoring, and integrated avionics, represents an exponential leap in fighter aircraft capabilities. With only 186 F-22s in the fleet, the operational demand for them is significant so the U.S. Air Force limits air show demonstrations to only 20 per year.

"We've pulled off the air show version of a hat trick" said Bryan Lilley, president of the OC Air Show. "With the addition of the F-22 Raptor Demo Team we have three of the biggest acts



in the air show industry, all performing in the same year!"

2015 will be the inaugural performance of the U.S. Navy Blue Angels in Ocean City and the first time the OC Air Show will host an international performer, Breitling Jet Team.

For more information and to purchase tickets visit www.ocairshow.com or call (877) 722-2927. To request interviews with OC Air Show officials or U.S. Air Force representatives please contact Cathy Bassett at 443-735-9577.

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DST starts Sunday morning

Regions that adhere to daylight saving time, or DST, will set their clocks forward at 2 a.m. on Sunday March 8. Many people look forward to daylight saving time in the spring because it extends light into the evening hours, allowing those who live in regions where DST is practiced to spend more time outdoors in natural sunlight. The modern incarnation of DST was proposed by New Zealand entomologist and astronomer George Vernon Hudson in 1895. Hudson enjoyed collecting insects and knew that it would be easier to do so if there were more



please see **dst** on page 7



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Robert B. Adair 1938-2007

2012 Business of the Year

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CERT training ensures preparedness

By **Dale Collins**

Have you ever had to evacuate a fire scene? Use a fire extinguisher? Give CPR? Operate an Automatic External Defibrillator (AED)? Provide first aid to a heart attack or stroke victim? Communicate germane information to first responders? Do you know what to do in case of a natural emergency/catastrophe? Do you want to be prepared to help yourself, your neighbors and your community in time of

smaller, more personal disasters like house fires, traffic accidents, drownings and heart attacks; and likewise, preparation is necessary.

CERTs are volunteer support organizations sponsored by Worcester County Department of Emergency Services. Individuals are prepared to provide immediate neighborhood first aid and safety assistance in time of an emergency until professional help like fire, police and EMS can arrive on the scene. The team

is also trained to provide skilled manpower to supplement the county and other relief and recovery organizations in time of major disasters.

There is a CERT in Ocean City and one is now being developed in Ocean Pines to provide additional support for Worcester County.

Last Saturday, the Ocean Pines CERT met at the Snow Hill Fire Training Center to learn about traffic control and capabilities of the County's K-9 corp.

Edo and his chauffeur Corporal Dale Trotter provided the insightful training. Edo moved to Worcester County from Holland when he was very young and joined the sheriff's office where he trained Corporal Trotter to speak Dutch. Edo, which is Dutch for 'Mouthful', is an official member of the police force with a badge number.



Cpl. Dale Trotter

crisis? The volunteers in the Community Emergency Response Teams (CERT) answered 'yes' to all of these and more.

Bad things happen. Statistically speaking, earthquakes, tsunamis, forest fires, bridge collapses, airliner crashes, Sandys and 9/11s do not happen too often but when they do the community must respond. More likely, residents will be touched by



Edo

If an assailant accosts Edo, the 'person-of-interest' would be charged with assaulting an officer.

Cpl. Trotter was very proud of his partner. "Edo gets more inoculations than you or me," the officer told the CERT class. If Edo bites a 'person-of-interest', Edo is quarantined for 10 days to make sure he did not catch anything from the unfortunate person.

Edo is one of six patrol K-9s in the county. All are capable of crowd control and neutralizing a suspect but Edo has a specialty. He is trained to detect explosives while the other five county K-9s are trained to detect illegal drugs. How good is he? Edo can detect 23 different scents even when they are camouflaged by other odors like coffee or oil. In fact, during a monthly training exercise at Dover Air Force Base, Edo was able to detect a stash of C4 explosives that was buried 18 inches below ground.

If you would like more information on CERT, contact Tom Kane, Emergency Management Planner, Worcester County Department of Emergency Services, at phone 410-632-3080 or at email tkane@co.worcester.md.us.

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The Courier welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication.

Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words.

E-mail letters to:

thecourier@delmarvacourier.com

Cycles, temperatures and loads

There was a time when the extent of knowledge I had about laundering clothes included putting them in the hamper and within a few days finding them clean, folded and put away neatly in the appropriate drawer. It was that simple. Oh, the good old days!



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Since those years of ignorant bliss I have come to more fully appreciate and understand the laundering process. This turnaround of events had nothing to do with my burning quest for knowledge or an unquenchable passion for conquering the unknown. No. It was all about helping out around the house. Read into that explanation anything you want. You could think that I was interested in bolstering my standing as the greatest husband ever. Or if such soaring ambition seems contrived, you may read into it that my wife made me learn. I'll let you decide.

For anyone who has done laundry on a regular basis, understanding the complexities of colors versus whites, delicates versus regular cycles and dry clean only comes as second nature I am sure. You probably don't think twice, you just do it. I've not yet achieved that level. I'm just a step or two past distinguishing the washer from the dryer.

Sorting the laundry is an important first step in the laundering process. Mistakes at this stage can have devastating effects down the road. Ask me how I know. Go on ask. Colors with colors. Jeans with Jeans, Whites with whites, etc. It's pretty straight forward. I'm fairly competent at this. It's similar to learning the C Major scale on the piano. It's nothing fancy. I start to get in trouble when clothes don't fall neatly into the above mentioned categories. Like for instance, where do khaki slacks go? They are not really a color and they're not really white. Their own category perhaps? And what about knitted sweaters? Do I throw them in with the jeans?

When my wife sorts the laundry

she has multiple laundry baskets into which she throws similar clothes. She may have five or six baskets. I would say she is a sorting expert. When I first started separating clothes, I didn't use sorting baskets. I upended the hamper directly into the washer, poured in some soap and bleach,

closed the lid and that was it. As you might expect, the results were disappointing but nonetheless colorful, a sort of bluish-pink hue to be exact. It took me a few tries to correct this faux pas.

Over the years my skills have improved. I'm better at sorting. Also, I've learned that regular bleach is not to be used with all clothes. I've also learned there is only so much that can be loaded into a washer. There is a capacity limit. A washer machine, at least ours, will not accommodate 25 pairs of jeans. When you have to sit on the lid to close it, you know you've overloaded.

I haven't yet mastered the control settings. Our machine has five different settings for the water temperature and six settings for load size and type. That's way too confusing. The permutations are far greater than my comfort level can handle. I just wash everything in cold water, large load.

Using the dryer presents its own set of challenges with different settings for time, load capacity and heat level. Again, I find a simple approach the best way to achieve results. Whatever was the last setting from when my wife used it is what I use. I shove the clothes in, clean the lint trap, close the door and push the start button.

Once the clothes have been washed and dried it's time for the next process: folding. Clothes folding requires a skill set that eludes me. When I fold slacks the crease is always wrong. When I fold shirts they look like a discarded paper hat. And when it comes to folding sheets, especially fitted sheets, forget it. I just wad them up into a ball and hope my wife won't notice.

As difficult as I find laundering clothes, I am grateful the endeavor does not require a river and a large stone. There would be a plus side: at least I'd be able to do some fishing.

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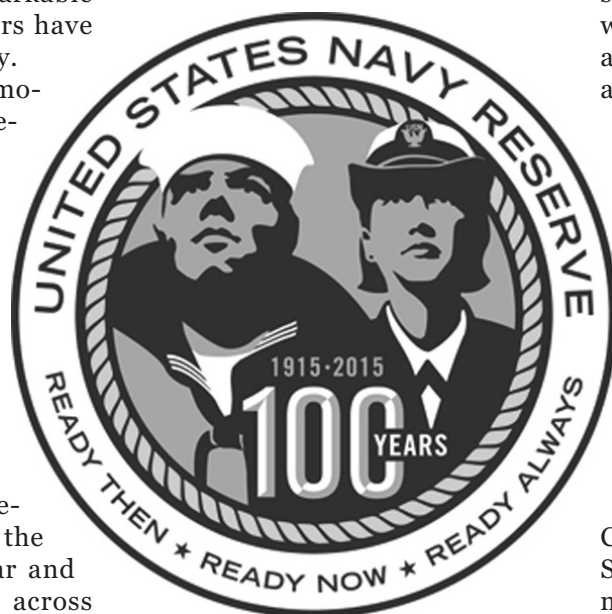
Navy Reserve celebrates centennial

The Navy Reserve will mark its centennial anniversary on Tuesday, March 3 with a series of events starting in Washington DC and continuing at installations around the country during the year. The events will highlight the history of the Navy Reserve and the remarkable contributions Reserve Sailors have made to the nation's security.

"Our Centennial commemoration is a truly once in a lifetime opportunity to highlight the Reserve Sailors for their service, and that of their families, to America," said Vice Admiral Robin Braun. "We want to recognize our rich history and heritage with all of our Sailors, both past and present."

For 100 years Navy Reserve Sailors have answered the nation's call in times of war and peace. From communities across America, young men and women left their homes and jobs, trading out civilian clothes for Navy uniforms. From its earliest days, the Navy Reserve has reflected the face of the nation, welcoming members from every race, color, creed and gender to strengthen our Force.

Congress authorized the establishment of the Federal Naval Reserve on March 3, 1915. Initially, the only sailors eligible to enroll were enlisted Navy veterans. On August 29, 1916, with the prospect of Amer-



ica's entry into World War I looming, the Navy Reserve reorganized to allow the enrollment of non-veterans and was designated as the U.S. Naval Reserve Force.

When the U.S. entered World

War I on April 6, 1917, there were 8,000 sailors serving in the Navy Reserve Force. When the fighting ended on November 11, 1918, more than 250,000 Reserve Sailors were on active duty, which was more than half of the war-time Navy. These sailors included 12,000 pioneering women who were all released from active duty by 1920 not to serve again until World War II.

During World War II, the Navy Reserve contributed 84 percent of the Navy's manpower. Navy Reserve Sailors in World War II included five future U.S. presidents: John F. Kennedy, Lyndon B. Johnson, Richard Nixon, Gerald Ford, George H.W. Bush and 15 recipients of the Medal of Honor.

More than 22,000 Reserve Sailors were mobilized for the first Gulf War in the first post-Cold War test of the force, and since September 11, 2001, there have been more than 70,000 Selected Reserve mobilizations, along with an additional 4,500 deployments by full time support sailors, including more than 8,000 who have done a second combat tour.

Navy Reserve Sailors deliver essential skills and capabilities to the Navy and Joint Forces wherever and

whenever needed. They possess in-depth knowledge and experience that complement critical Navy missions and provide best-practices, technical skills, process management and demonstrated leadership from vastly different work cultures to the Navy.

With nearly one quarter of the Navy Reserve Force providing support to the active duty Navy on any given day, today's Navy Reserve is the most combat and operationally experienced Force in decades. Navy Reserve Sailors are patriots who balance the demands of family life, civilian careers, community service and the United States Navy, bringing diverse, dedicated backgrounds from all walks of life. Navy Reserve Sailors are successful because of the magnificent support they get from their families, employers and friends throughout their community.

For information on Centennial events, as well as the history and heritage of the Navy Reserve, please visit www.navyreservecentennial.com.

To view the Navy Reserve history video, please go to <https://www.youtube.com/watch?v=RasZBIPmouw>.

St. Patrick's dinner set

Bethany United Methodist Church will host its St. Patrick's Dinner on Saturday, March 14



between 5 p.m. and 7 p.m. The church is located at the corner of Snug Harbor Rd. and Route 611. The menu includes corned beef, cabbage, potatoes, dessert and beverage. The cost for adults is \$10; children 12 and under are \$6. For more information call 410-629-0926.

DC trip offered

Motorcoach with Worcester County Recre-

ation and Parks (WCRP) and spend a day you will never forget in Washington, D.C. This Day on Your Own and Cherry Blossom Luncheon Cruise takes place Tuesday, March 31.

Enjoy a leisurely luncheon cruise along the Potomac River for a breathtaking view of the world famous Cherry Blossoms in Washington, DC. Step aboard the *Odyssey* and experience the elegance and entertainment only a true cruising vessel can provide. Then enjoy time exploring the National Mall on your own. Visit one of the Smithsonian Museums or walk around the Tidal Basin to view the monuments and more Cherry Blossoms.

Sign up now for this fun-

filled day in Washington, D.C. The cost is \$125 per person.

For more information about this WCRP motorcoach tour, contact Lea Cataggio at 410-632-2144 extension 109 or lcattaggio@co.worcester.md.us. Don't forget to visit our website at www.WorcesterRecandParks.org, join our mailing list, and like us on Facebook.

March 13 is ACT deadline

Area residents have until Friday, March 13, to register for the American College Testing (ACT) examination, which is being offered by Wor-Wic Community College on Saturday, April 18 at 7:30 a.m., at

the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

Anyone who takes the ACT can have their scores sent directly to any college or university that requires the ACT assessment. Test results are used by educational institutions for admission decisions, course placement, academic advising or to identify candidates qualified for scholarships and loans.

Students interested in Wor-Wic's nursing and radiologic technology programs can use their scores from this examination as one of the criteria for admission. Those who take the April 18 test will be eligible for admission consideration for the full-time

radiologic technology program beginning in July of 2015 or the college's nursing program beginning in September of 2015.

To register for the ACT test, visit www.actstudent.org or <http://www.actstudent.org>.

Bishopville to hold indoor yard sale

The Bishopville Volunteer Fire Auxiliary will hold an indoor yard sale at the main fire station on Saturday, March 7, from 7 a.m. to noon. The cost is \$15/table or \$25 for 2 tables. Breakfast food will be available for sale. Call 443-235-2926 for more information or to reserve a table.



It is a good time of year to clean out the freezer. If you are like me, I have half loaves of bread and rolls that I always plan to use. So I gathered them and made a delicious bread pudding. I had so much that the birds got a nice treat on top of the snow. Ed took the bread out in the yard and almost got attacked by the birds they were so hungry. Any vegetables that are left I try to use as spring is just around the corner and I will be having more and fresher vegetables to save. Following are some good cold weather recipes to warm you.

Old fashioned bread pudding

Fill greased deep dish baking dish with broken bread (day old is better). I use half white bread and half raisin bread. Pour the following mixture over the bread. Top with nutmeg and bake at 350 degrees for one hour. Top with whipped cream or milk that has a little sugar and nutmeg. Serve warm.

- 4 beaten eggs
- 1 tsp. vanilla
- 1 cup sugar

2 cups milk (or enough to cover bread)

Creamy potato soup

- 1/8 lb. butter, plus 1 pat butter
- 1 large onion, chopped
- 2 shallots, chopped
- 4 slices bacon, chopped (I use turkey bacon)
- 3 large potatoes cut into cubes
- 3 stalks celery, chopped
- 2 carrots, chopped
- Parsley
- Salt and pepper
- 1 tsp. curry
- 1 bay leaf
- 1 tsp. minced garlic
- 2 cups chicken broth
- 1 cup water
- 1 cup milk (add after soup has cooked)

Sauté onions, shallots, and bacon in butter for 10 minutes. Add remaining ingredients except milk. Cook until vegetables are tender (about 15 – 20 minutes). Remove bay leaf. Add milk and extra butter and blend in food processor or blender.

Stay warm and do not forget the birds

bevwisch@aol.com



Gathering — Past Commanders of the Ocean City Power Squadron attended the election of new Bridge Officers on February 20. The election was held on Founders Day which celebrates the anniversary of the United States Power Squadron which was founded in 1914. The Ocean City Power Squadron was founded in 1980.

Pictured from left to right are **John W. Tellman, William E. Killinger, Anthony D. Smith, W. Norman Franck P/C D5, Frederick F. Stiehl, Stuart C. Glassman EO, Thomas P. Quinn, Morton N. Brown, Judith K. Prange, Antonino G. Curro and Wallace J. Stevenson.**

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dst
from page 3

hours of daylight in the evening. That prompted him to present a paper to the Wellington Philosophical Society in which he proposed a two-hour daylight saving shift. In April 1916, Germany and Austria-Hungary became the first countries to implement DST, and many countries have since followed suit. Many proponents cite the positive impact that DST has on energy consumption, but research studying the impact of DST on heating and cooling usage patterns has produced mixed results.

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Mental health to be held

In an effort to combat the stigma that too often surrounds the topic of mental health, the Worcester County Health Department (WCHD) will be hosting a conference in Ocean City this March as part of an ongoing "Mental Health: Know the Facts, No Stigma," campaign.

Know the Facts will feature seminars on how to break down barriers when talking about mental illness, the impact of bullying, veteran and LGBT issues and more. Speakers will include experts with backgrounds in psychology, sociology, psychiatry, faith and social advocacy, medicine and criminal justice.

"Stigma can be internal; the shame and guilt one feels about their symptoms or external; the negative views many hold about psychiatric disorders. Either way, stigma prevents people from seeking the care and treatment they need," says Jennifer LaMade, Director of Planning for the Worcester County Health Department. "We hope all members of the community will consider attendance at the conference to improve access to behavioral health care on the Eastern Shore."

The conference will be held on March 19 at the Clarion Hotel in Ocean City. While it will serve as the focal point of the Know the Facts campaign, much work has already been done with additional outreach planned into the foreseeable future. This includes raising awareness across social and traditional media, a completed photography contest named "Capturing Compassion" and the sharing of personal stories from people managing their mental health day-to-day.

The Know the Facts campaign and upcoming conference represent a public and private partnership between the Worcester, Wicomico and Somerset County Health Departments, The Jesse

Klump Memorial Fund, Salisbury University, Worcester Youth and Family Counseling Services, Atlantic General Hospital, National Alliance on Mental Illness, Worcester County Department of Social Services, Co-Getters, Inc., Eastern Shore Hospital Center and the Life Crisis Center.

For more information visit www.anti-stigma.worcesterhealth.org and like "Mental Health: Know the Facts, No Stigma" on Facebook.

Insulin Pump Club to meet

The Peninsula Regional Medical Center Diabetes Education Program's next Insulin Pump Club meeting is scheduled from 7 to 8 p.m. on Thursday, March 19, in the CQI-2 conference room in the Avery W. Hall Educational Center on the Peninsula Regional campus.

The meeting will feature a special talk by speakers from the UMES dietitian intern program on the topic of "Why? Same Amount of Carb, But Really Different Blood Sugars." The Insulin Pump club is for anyone who wears a pump or is interested in using one. New technology, pump management techniques and lifestyle issues are presented and discussed by diabetes care professionals. This is an excellent opportunity for all participants to share beneficial ideas and life experiences. This is a free support program, so there are no dues or fees to attend.

If you have any questions about the Insulin Pump Club or would like additional information on any of the other club dates, please call the Diabetes Education Program at Peninsula Regional at 410-543-7061.



Key Club Volunteers

During the winter pancake breakfast held February 14 and sponsored by the Kiwanis Club of Greater Ocean Pines - Ocean City, Key Club members from Stephen Decatur High School volunteered to serve food, wait on tables and be runners. Above are (L-R) **Roy Foreman**, Kiwanis Club's Liaison, **Hailey Brown**, **Carrie Dortenzo**, **Kristin Cabera**, **Lindsay Jones**, **Stella Cunningham**, **John Liberto**, and **Adam Kristick**. The proceeds from the event benefit the Kiwanis Club's Scholarship Foundation.



Pard'ners — Pioneers and cowboys saddle up for fun on the prairie in Mrs. Linda Brown's second grade class at Ocean City Elementary School. Students worked on projects and activities related to their study of the Western Movement of the late 1800s. Pictured Back Row: **Sophia Robles**, **Finian Dudley**, **Richie Moisa**, **Mario Vazquez** and **Delaney Grim** Front Row: **Sara Parypa**, **Solomon David**, **Cole Jones**, **Liam Harlow** and **Nyana Caraballo**

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House of Delegates Session Highlights

Delegate Mary Beth Carozza, 38C



Governor Hogan Releases Updated Phosphorus Management Tool (PMT) Regulations:

On Monday, February 23, Governor Larry Hogan held a press conference to unveil the Administration's version of the Phosphorus Management Tool (PMT) regulations that was

pulled from the Maryland Register on January 21. The revised regulations represent a compromise between all interested parties. Maryland Farm Bureau President Chuck Fry called the revised regulations "a step in the right direction."

"Governor Hogan's Phosphorous

Management Tool (PMT) regulations take into account the concerns of both the agricultural and environmental communities, and strikes a balanced approach for limiting phosphorous," Carozza said. "Moving the PMT as a revised regulation is far more preferable than legislation that would be a severe financial hardship on our farm families. Governor Hogan's PMT regulations give farmers more time and ensure that adequate infrastructure is in place before moving forward with implementation of the regulations."

Carozza participated in a conference call with Governor Hogan's senior staff yesterday and was briefed today by Maryland Secretary of Agriculture Bartenfelder about Governor Hogan's PMT regulation.

Limited Distillery License Bill: Also on Monday, February 23, Del. Carozza testified before the House Economic Matters Committee in support of her bill, HB 689, which would establish a limited distillery license to be issued by the Comptroller's office. Seacrets in Ocean City has expressed an interest in making a limited amount of distilled spirits on its premises. A manufacturer in Delaware currently is making the product for

Seacrets.

"My main motivation for introducing this bill is to bring this operation home to Maryland," Carozza said. "I believe my bill was well received by my colleagues on the House Economic Matters Committee, and I urged favorable consideration of it."

The concept of a limited distillery is modeled after the Micro-brewery law which allows beer to be manufactured by a retail licensee so long as certain production limits are observed. Also, Maryland has limited wineries. This bill does the same for distilled spirits. This license initially is available only in Worcester County since there is no presumption that other counties also want limited distilleries.

Carozza also testified that she had letters of support for HB 689 from the Town of Ocean City, the Worcester County Commissioners, the Ocean City Hotel-Motel-Restaurant Association, and the Ocean City Chamber of Commerce.

Constituent Visits in District and in Annapolis: Del. Carozza attended a number of events in Legislative District 38C over the weekend. On

*please see **carozza** on page 11*



Ravens Roost #44 installs officers

At the February 12 meeting the 2015 officers of Ravens Roost #44 were installed. The Roost meets monthly, every second Thursday at 7 p.m. at the Blue Ox in Ocean City. Major charities include the awarding of six local scholarships to graduating seniors and support of the AGH Penguin Swim. The next fund raiser is a dance on April 18 featuring the "Transfusion Band," at the Elks Lodge in Ocean City. Tickets are \$25 and can be obtained by calling Ron Apperson, at 302-436-4790.

Pictured left to right are **Harry Liebig**, Sergeant at Arms; **Maggie Miller**, corresponding secretary; **Donna Chaplinski**, president; **Janet Rosensteel**, recording secretary; **Eric Waterman**, vice president; **Rob Carpenter**, 2 yr. board member; **Tom Maly**, past president; **Sandy Tarus**, treasurer.



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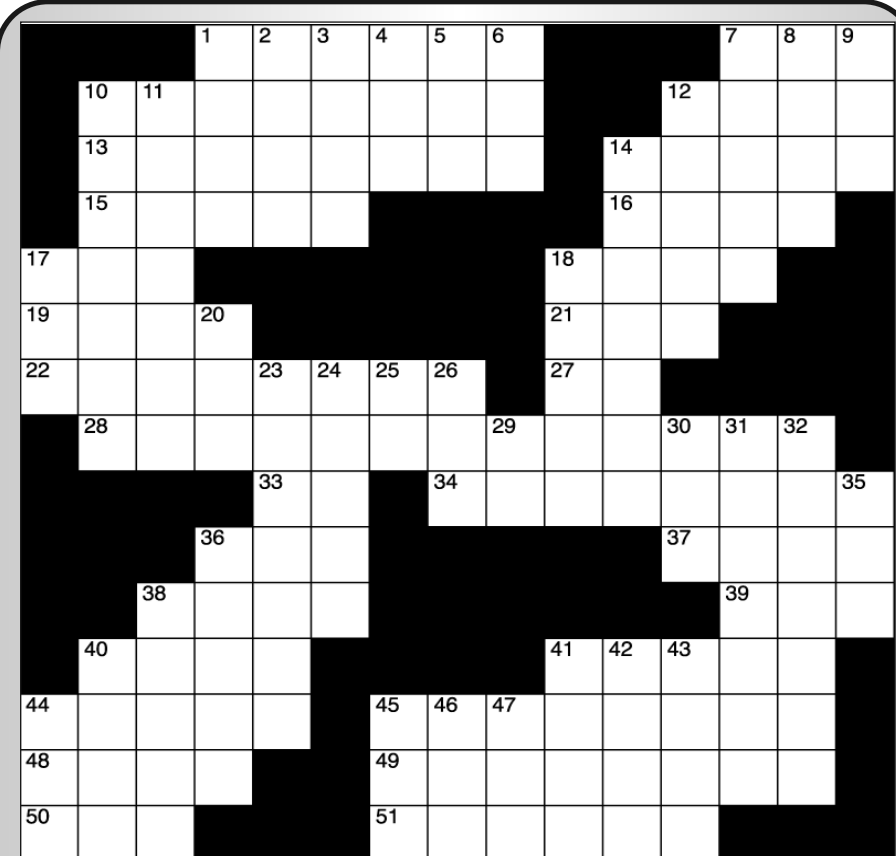
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- ACROSS**
1. Slavonic language
7. Solid water
10. Supply with notes
12. Edible bivalve
13. Field game
14. Yellow edible Indian fruits
15. Lubricant that protects body surfaces
16. Canadian flyers
17. Took a seat
18. Anthracite
19. Cuckoos
21. Vietnamese currency unit
22. Subject to payment on demand
27. Opposite of BC
28. The distance around an object
33. Blood type
34. Expressing gratitude
36. Bridge-building degree
37. Ribosomal ribonucleic acid
38. Fiber from the outer husk of a coconut
39. Great black-backed gull
40. The largest island in the West Indies
41. Vegetation consisting of stunted trees or bushes
44. Support structures
45. Single rail system
48. Call upon in supplication
49. Small compartment
50. Lair
51. Unpleasant nagging women
- DOWN**
1. College civil rights organization
2. ÒFull HouseÓ actress Loughlin
3. Egyptian sun god
4. Vessel or duct a thing
5. Belonging to
6. After B
7. Refers to end of small intestine
8. Baby cow
9. River of Mem-
- mert Germany
10. FarmerÓs calendar
11. Spiral shelled cephalopods
12. Source of chocolate
14. Diversify
17. A baglike structure in a plant or animal
18. Freshwater & limestone green algae
20. Single Lens Reflex
23. Gum arabics
24. Austrian philosopher Martin
25. Maltese pound
26. An immature newt
29. Popular Canadian state-
- ment
30. Norwegian monetary unit (abbr.)
31. A journey around a course
32. Confer a nobility title upon
35. Idle talk
36. British policeman
38. A citizen of Havana
40. Highly glazed finish
41. A portion of
42. Squad
43. Betrayers
44. Barrels per day (abbr.)
45. Married woman
46. Express delight
47. Neither

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Answers for Feb 25

Eyes on the Skies
Growth and development of the galaxies
By Douglas Hemmick, Ph.D.

The month of March marks the transition from winter to spring and there are corresponding changes in the night skies. Over the course of the month the sun sets later, with an abrupt change occurring on March 8 when Daylight Saving Time takes effect.

The astronomy concept for March is the transformation and maturing of the galaxies. Prior to about 1929, astronomers were aware of only the Milky Way galaxy. In 1929, Edwin Hubble positively identified the Andromeda galaxy as a separate and distinct “island universe.” In the ensuing years, scientists have continued their discoveries and today accept that the universe contains hundreds of billions of galaxies.

The modern big bang theory proclaims a dynamic and ever-changing universe. Since the time of its origin, the universe has undergone a steady process of development over the long eons. This picture implies that the galaxies today are likely to be quite different from those of many billions of years ago. Astronomers are now beginning to understand how the galaxies evolved over time.

The Hubble Deep Field research has had a remarkable impact on these issues. Prior to this ground-breaking work, astronomers could examine galaxies only as far as about 7 billion light years. However, the Hubble Space Telescope has extended this to 12 billion and the most recent studies reach as far as to 13.2 billion. The Deep Field experiment, first performed in 1995, entailed zooming in on a particular window of sky specially selected for its absence of bright stars of the Milky Way. Similar studies were performed in 1998, 2004 and 2012. The results of these studies have been spectacular, revealing over several thousand galaxies in a region just a few hundredths of a degree wide. Extending this to a fully comprehensive sur-

vey, including the full panorama of the heavens, one finds that the visible universe contains hundreds of billions of galaxies.

The Hubble Deep Field has permitted comparison of galaxies at great distances with those nearby. Astronomers discovered that early galaxies were significantly smaller than those of today. Another finding is



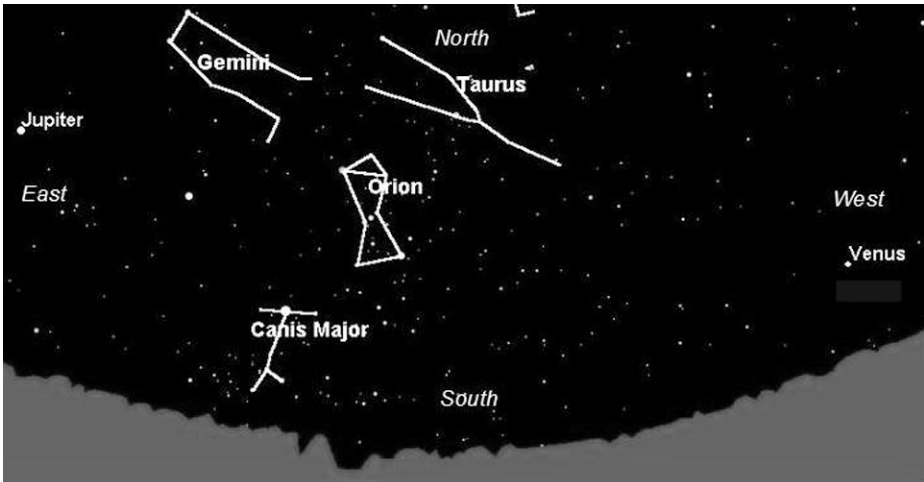
Two Galaxies Undergo Merging Process

that young galaxies tend to be without distinct shapes but are often formless “irregular galaxies.” Today’s universe boasts enormous “spiral galaxies,” such as the Milky Way and Andromeda, each containing about 100 billion stars.

The process of galaxies joining and merging with one another is the principal means of change and growth. In the very early universe, galaxies were in their infancy and smaller collections of stars were the rule. With the passing eons, galaxies began to join together and combine, a process which built up their sizes.

Evidence of such collisions is found in galactic shapes resembling train wrecks. These shapes often feature what appear to be two nuclei of the participants in the galactic pile up. In addition, streamers and filaments of materials appear to have been ejected from the cosmic collision.

Collision processes between galaxies account for the major changes observed in galaxies through the eons, including their growth and changing patterns. The future will see further



eyes
from page 10

collisions and astronomers assert that the Milky Way will merge with Andromeda in another five billion years.

For stargazers peering outside, the early evening sky will once again be dominated by the planet Venus, blazing over the southwest horizon. Look for Venus as early as 6 p.m. just after sunset. Alert viewers can

catch a glimpse of another bright planet, second brightest of the solar system, as Jupiter appears in the east just after 6:15 p.m. Those with binoculars or telescopes might replicate a classic research program, watching Jupiter's moons shift their positions from night to night, as Galileo did four centuries ago.

As the sky grows dark at about 6:45 p.m. Orion appears prominently, well above the southern horizon. Orion will be surrounded by its usual companions, Taurus the Bull to the west, Gemini the Twins to the northeast, and the brilliant Sirius to the southeast.

Daylight Saving Time begins on March 8 and this changes things a little for the observer. Clocks should be set forward one hour, so that the times of all celestial observations will jump forward one hour.

The moon and the planet Venus come into conjunction late in the month. On March 22 the two appear over the southwestern horizon. The pair is visible starting at about 8:15 p.m. and should slowly drift towards the horizon for the next hour before setting.

carozza
from page 9

Saturday, February 21, Del. Carozza attended a town hall event in Ocean Pines hosted by Worcester County Commissioner Chip Bertino with Worcester County Commission President Jim Bunting in attendance. At the event, Del. Carozza gave a 10 minute Annapolis update and also stopped by the 15-year anniversary celebration of the Ocean Pines library.

Later in the day, Del. Carozza attended a Star Charities Fundraiser in Berlin hosted by Anna Foults. At the fundraiser, Carozza presented Foults with a citation recognizing her for her lifetime of service and dedication to the Girl Scouts and the community at large. Carozza concluded her day by attending the Knights of Columbus Family Fun Day in Ocean City.

Carozza visited with local brewery owners on Monday. On Tuesday, the Maryland Federation of Republican Women hosted Red Scarf Day

in Annapolis. Del. Carozza welcomed several constituents from Legislative District 38C for a day which included viewing the House of Delegates session followed by a brief visit in the House chamber; a lunch at Governor Calvert House; and committee hearings in the afternoon.

Del. Carozza attended the Maryland Sustainable Growth Commission Awards Ceremony at which the Ocean City Development Corporation (OCDC) was presented with a Sustainable Growth Award for Community Planning and Development. Del. Carozza presented the representatives of OCDC, Glenn Irwin, Bob Givarz and Pam Sanders, with a citation to recognizing OCDC's achievement.

The Courier welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication.

Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words.

E-mail letters to:

thecourier@delmarvacourier.com

Boat show is successful

Steve Acton, president of the Ocean City/Berlin Optimist Club, and Charlie Dorman, boat show chairman, announced last week that more than 13,000 attended the OC Seaside Boat Show held during President's Day weekend. Despite the strong winds and bitter temperatures, this was one of the best attended shows during the event's 32 year history..

Dawn Wilson from Burke, VA won the pontoon boat and motor door prize donated by North Bay Marina. North Bay has donated a door prize for the past 25 shows.

The Optimists look forward to next year's show. Over 150 vendors are expected again.

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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., March 5	7:12 a.m. 7:24 p.m.	12:58 a.m. 1:25 p.m.	6:27 a.m.	5:57 p.m.
Fri., March 6	7:49 a.m. 8:02 p.m.	1:36 a.m. 1:59 p.m.	6:25 a.m.	5:58 p.m.
Sat., March 7	8:26 a.m. 8:41 p.m.	2:13 a.m. 2:33 p.m.	6:24 a.m.	5:59 p.m.
Sun., March 8	10:03 a.m. 10:20 p.m.	3:52 a.m. 4:09 p.m.	7:22a.m.	7:00 p.m.
Mon., March 9	10:40 a.m. 10:59 p.m.	4:32 a.m. 4:46 p.m.	7:21 a.m.	7:01 p.m.
Tues., March 10	11:19 a.m. 11:41 p.m.	5:15 a.m. 5:26 p.m.	7:19 a.m.	7:02 p.m.
Wed., March 11	12:00 p.m.	6:02 a.m. 6:11 p.m.	7:18 a.m.	7:03 p.m.

The LORD will surely save me
So we will play my songs on
stringed instruments Isaiah 38.20

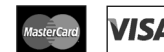
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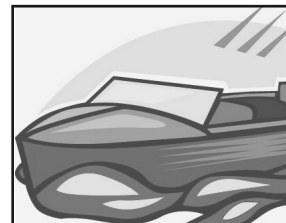
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'Green' nominations sought

Worcester County Tourism is accepting nominations through April 10 for the 4th annual Worcester Green Awards. Worcester Green celebrates excellence in promoting environmentally friendly practices, strategies and products.



Lisa Challenger

Awards will be granted to Worcester County businesses that demonstrate extraordinary performance related to sustainable environmental practices, such as water conservation, wastewater management, the promotion of alternative transportation and transit, recycling, energy conservation, on-site renewable energy production, use of local products and food sources and the purchase of renewable energy. Nominations are being accepted in the following five categories:

Community Leader- Business Person or Organization - This award will recognize a long term contribution to the environment by an individual, volunteer or an organization. Efforts should engage community building or conservation.

Business - This award will recognize a positive ecological footprint in some or all of these areas: storm water, recycling, sedimentation and erosion controls, construction debris reuse, and energy innovation.

Lodging - This award will recognize a lodging partner who includes some or all of these practices: recycles, use of organic cleaning supplies, reduction of water consumption and use of alternative energy sources.

Restaurant - This award will recognize a restaurant that has made a concerted effort to buy local, recycle, reduce waste and energy consumption and involve staff and community.

Teacher - The recipient of this award will have demonstrated leadership in teaching others about the environment. Applicants will be judged on their overall level of commitment, measurable environmental benefits or progress, cost savings, and customer outreach and engagement. To qualify, applicants must reside or operate businesses in Worcester County. Awards will be announced during the Ocean City Hotel-Motel-Restaurant Association dinner meeting on April 23 in Ocean City.

"I always enjoy reading the nominations because I learn so much about what local businesses and educators are doing to enhance our environment and to be more sustainable," Worcester County Tourism Director Lisa Challenger said. "And having the opportunity to win a hand-blown glass award made by Berlin artist Jeffrey Auxer is definitely a great incentive to be nominated!"

Last year's award recipients include Community Organization winner Berlin Library Branch Demonstration Garden, Business winner Go Green Painting and Home Improvements, LLC, Lodging winner The Hotels at Fager's Island (The Edge and The Lighthouse Club), Restaurant winner The Shark, and Teacher winner April Anft of Berlin Intermediate School.

Worcester Green is sponsored by Worcester County Tourism, Comcast Spotlight, OceanCity.com, OC Hotel-Motel-Restaurant Association, and Maryland Green Travel. The purpose of the program is to encourage Worcester County businesses and community leaders to engage in environmentally sustainable practices, learn more about such practices and grow their businesses at the same time.

For more information about the Worcester Green Awards, visit www.visitworcester.org.

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Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to thecourier@delmarvacourier.com

Mondays

Ocean Pines Poker Club

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

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

Sweet Adelines

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

Mon. & Tues.

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

Mon., Wed. & Sat.

Church Thrift Shop

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

Tuesdays

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.

Take off Pounds Sensibly Meeting. Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: jean-duck47@gmail.com

Tuesdaysand Thursdays

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.

Wednesdays

Kiwanis Club Meeting

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

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.

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahanddancing.com

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.

Wed., Thurs. & Fri.

Church Thrift Shop

Stevenson United Methodist Church in Berlin is open Wed. - Fri. 10 a.m. - 2 p.m. Sale Fridays. Call 410-641-1137.

Wed., Thurs., Fri. & Sat.

Church Thrift Shop

The Shepherd's Nook at Community Church at Ocean Pines is

open 9 a.m. to 1 p.m. Call 410-641-5433.

Diakonia Thrift Shop

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

Thursdays

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, Kate at 410-524-0649 or Dianne at 302-541-4642.

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.

Fridays

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.

Sundays

Sunday Night Serenity **Al-Anon Family Group** at The Woodlands/Independent Living Apt. Bldg. 1135 Ocean Parkway-Ocean Pines, Md. 21811

Third Sunday

Sharing Sunday

Bring non-perishable groceries and paper goods to the Ocean Pines southside fire hall 1 -3 p.m. to benefit local food banks.

Third Monday

Democratic Women

The Democratic Women meet 9:30 a.m. for coffee followed by a meeting at 10 a.m. at the Ocean Pines Community Center. Guests and new members are welcome.

Third Tuesday

Widows & Widowers Social Club.

Group meets in Ocean Pines at 1 p.m. for luncheon meeting. Call 410-208-1398.

Third Wednesday

Survivors of Suicide Meeting

Starts at 6 p.m. at the Worcester County Health Department. 9730 Healthway Drive, Berlin. Open to anyone who has lost a friend or loved one to suicide. Quiet listening, caring people, no judgment. For more information, call 410-629-0164 or visit www.choosetoliveinmaryland.org.

Fourth Wednesday

Marine Corps League

First State Detachment Marine Corps League raises funds for a variety of charities and meets at 7 p.m. in VFW Post 8296, 66th St. Ocean City. Open to all fellow Marines and FMF Corpsmen. Visit www.firststatemarines.org.

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How to avoid growing bored in retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives, some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom.

For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women busy and provide a sense of purpose in

their lives, so it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when you were still working. You just need to find something to avoid succumbing to retirement boredom.

• **Work part-time.** Though it might seem odd to start working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's

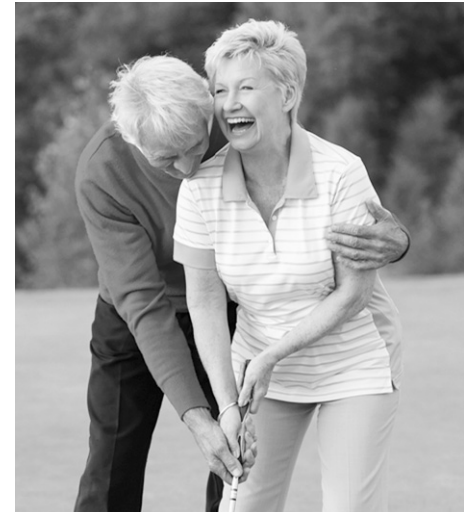
something you find fun and interesting.

• **Embrace a new hobby.** Working professionals often say they wish they had time to pursue a hobby. Now that you are retired, you have all the time in the world to do just that. Whether it's perfecting your golf game, writing that novel, learning to cook like a gourmet chef or whatever else you might have always wanted to do, retirement is a great time to do it.

• **Get in shape.** If retirement boredom has started to negatively affect your mood, one great way to conquer your boredom and improve your mood at the same time is to start exercising. Exercise is a natural mood enhancer. When the body exercises, it releases chemicals known as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to reduce stress, boost self-esteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue other hobbies.

• **Volunteer.** If a part-time job is not up your alley, then consider volunteering in your community. Volunteers are always in demand, and volunteer-

ing with a local charity can provide a sense of purpose and provide opportunities to meet like-minded fellow retirees, all while helping to quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an interna-



tional relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.

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The Local's Chamber!

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- to strengthen our local economic development by promoting our local businesses.
- to be an important resource for the local residential communities *We are the local's chamber!*

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