

The Courier

January 28, 2015 Volume 17 Number 22

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410-641-6695

AARP to meet

The next meeting for AARP will be February 2 at the Community Center in Ocean Pines. Social time begins at 9:30 a.m. and the meeting begins at 10 a.m. This month's speaker will be Mona Tinaza from Chesapeake Hearing Centers. Bring a can of soup for Sarah's Pantry.

Camp fair offered

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 February 17 from 5 to 8 p.m. On site will be local and regional summer camps to showcase their programs and give the community an opportunity to see what is available during the summer. For more information, please contact Rick Deale at rick.deale@gmail.com or the school office.

Pancake breakfast tickets available

Tickets for the annual Kiwanis Winter Pancake Breakfast which will take place Saturday, February 14 are now on sale. The event will take place between 8 a.m. and 11 a.m. in the Ocean Pines Community Center. The cost for adults is \$5 and children under 12 are \$3. Included on the menu is pancakes, sausages, fruit cup, orange juice, coffee and tea. Carryout breakfasts are available. For more information contact Ralph chin at 410-208-6719.

WCCW to meet

The Worcester County Commission for Women (WCCW) will meet on Tuesday, February 17, from 5 to 6:30 p.m. at the Worcester County Board of Education located at 6270 Worcester Highway in Newark. The purpose of the WCCW is to promote social, education, and economic equality for women in Worcester County. The meeting is open to the public and women of all ages are invited to attend. The group seeks volunteers for short-term assignments such as grant writing, fundraising, and event planning. For information, contact Chair L. Eloise Henry-Gordy at 443-235-3124.



Happy Hour - Platform tennis held a Thursday happy hour last week at the Ocean Pines Yacht Club. More than forty five people attended. Above: **Tony DiNicholas, John McNult, June Freeman and Scott Wheatley.**

For Art's Sake...

Jeffrey Auxer

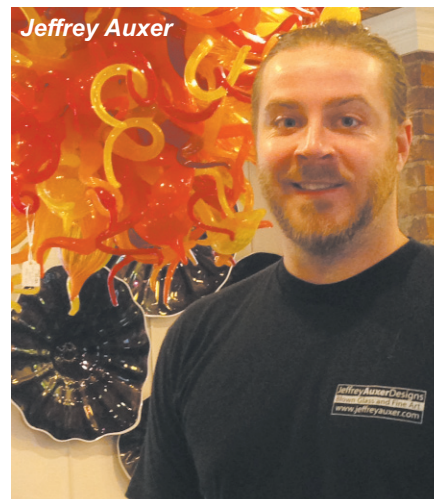
By **Stasia Heubeck**

Although the discovery of glass dates back to pre-Roman times in 2500 BC, the art of glassblowing probably began with the Germans and the Venetians around the 11th century. This technique is practiced today as a true art form. Here in Berlin we are fortunate to have an extremely talented glass artist, Jeffrey Auxer.

Jeffrey came from Pennsylvania and attended Salisbury University, graduating with a degree in business administration. During his final semester he took an art class as an

elective and learned about glassblowing. After more classes and working as a teaching assistant, Jeffrey opened his own studio with a fully operational glass furnace. This studio, as well as a showroom, is housed in a building behind the Atlantic Hotel that had been used as far back as 1897 as a blacksmith's workshop, thus adding to Berlin's historical significance.

His showroom displays the various projects he likes to create - very large platters and bowls for use or wall art, vessels for liquids, sconces and shades for lamps and small ornaments. His most spectacular pieces are the chandeliers. Being influenced by the works of Dale Chihuly, the Seattle artist whose creations have become world famous,



*please see **auxer** on page 12*

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Pictured L to R: **Nobie Violante** (Public Works), **Sonya Bounds** (Recreation and Parks), **Dan Healy** (Ocean Pines Fire Department), **Eddie Wells** (Ocean Pines Public Works), **Sharon Puser** (president of the Pine'eer Craft Club), **Dave Massey** (Ocean Pines Police Chief), and **Mary Adair** (past president Veterans Memorial).

Pine'eer Craft Club donates to community

At the December 18 installation of officers/holiday luncheon, Sharon Puser, president of the Pine'eer Craft Club, presented checks totaling \$5,200 to organizations of the Ocean Pines Association. The membership of the Pine'eer Craft Club supports the Ocean Pines Community from profits derived from its 2014 activities. The members voted to donate as follows: Ocean Pines Volunteer Fire Department - \$1,500 to assist in the

purchase of cadet turn out gear; Ocean Pines Recreation and Parks - \$1,500 to be used for summer concerts, the T-Ball program, special events, PEP Program, Scholarship Fund, Camp OP and Kids Arts and Crafts; Police Department - \$1,500 to be used toward the purchase of an E-Tix printer; Neighborhood Watch - \$100 to be used to supplement their supplies; Public Works - \$400 appreciation gift for their help throughout the year, but especially for their help with the August Arts and Craft Festival, and the November Holiday Festival. This gift is to be used as they desire, such as a breakfast or luncheon; and, the Worcester County Veterans Memorial- \$200 to the foundation.

If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.

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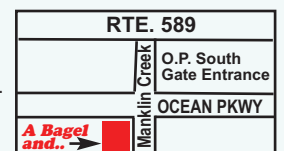
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Smile — Showell Elementary teacher **Mackenzie Keyser** poses with Showell second grader **Emily Smith** during the Stephen Decatur High School Drama Department's production of "Lazy Jack."

Free educational seminars offered in the Pines

Learn how to keep more cash in your pocket without spending any at three free educational seminars hosted by the Ocean Pines Recreation & Parks Department this winter.

On Wednesday, February 4 from 4 p.m. to 5 p.m., Sharon Curtiss of Hileman Real Estate will present a "Staging Your Home for Sale" seminar at the Ocean Pines Community Center. She will discuss how to sell a home using proven techniques that will appeal to today's home buyers. Home owners and real estate agents are encouraged to attend.

Those looking ahead to retirement and beyond should make plans to attend a "Getting Your Affairs in Order" seminar on Wednesday, February 11 from 1 p.m. to 2 p.m. at the Community Center. Professional senior advisor Robbin Gray will explain the steps you should take to secure your future and family assets.

Then on Tuesday, March 17, State

Farm agent Greg Reddell will present a "Retirement – Making Your Money Last" seminar. Two sessions of this seminar are scheduled – one from 3 p.m. to 4 p.m. and one from 6 p.m. to 7 p.m., both at the community center. Learn about the realities of retirement and estate planning as well as how to remove the risks that could derail your plans. This seminar is limited to a minimum of five and a maximum of 20 participants per session.

These seminars are free and open to public, but registration is required and spaces are limited. For more information or to register, call the Ocean Pines Recreation & Parks Department at 410-641-7052 or email rec@oceanpines.org. Information regarding additional recreational programs, including an online version of the Ocean Pines Winter Activity Guide, is available at www.OceanPines.org.

AARP Offers Free Tax Preparation with free E-Filing

AARP is once again offering free tax preparation for this year's tax season starting February 2. Services will be available at locations in Ocean Pines on Mondays and Saturdays; Ocean City on Thursdays and Saturdays; and, Pocomoke on Friday as needed. Free E-filing of your taxes is available. Appointments will be taken on Tuesday, Wednesday and Friday. No messages. If there is no answer then you will need to call back 410-213-1608.

Locations for 2015

AARP Foundation Tax Aide

Monday

Worcester County Library, Ocean Pines Branch
 Time: 10 a.m. to 3 p.m.
 11107 Cathell Road
 Berlin, MD 21811
 Phone Number 410-208-4014
 Phone Number 410-213-1608 for Appointment

Tuesday

Worcester County Library, Snow Hill Branch
 Time: 10 a.m. to 3 p.m.
 307 North Washington Street
 Snow Hill, MD 21863
 Phone number of Branch 410-632-3495

Wednesday

Pocomoke City Library
 Time: 10 a.m. to 3 p.m.
 303 Market Street
 Pocomoke City, MD 21851
 Phone Number 410-957-0391 for Appointment

Thursday

Community Church at Ocean Pines
 Time: 10 a.m. to 3 p.m.
 11227 Race Track Road
 Berlin, MD 21811

 Worcester County Library, Ocean City Branch
 Time: 10 a.m. to 3 p.m.
 10003 Coastal Highway
 Ocean City, MD 21842
 Phone Number 410-213-1608 for Appointment

Saturday

Community Church at Ocean Pines
 Time: 10 a.m. to 3 p.m.
 11227 Race Tract Road
 Berlin, MD 21811
 Phone Number 410-213-1608 for Appointment

 Worcester County Library, Ocean City Branch
 Time: 10 a.m. to 3 p.m.
 10003 Coastal Highway
 Ocean City, MD 21842
 Phone Number 410-213-1608 for Appointment

The Courier

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Robert B. Adair 1938-2007

2012 Business of the Year

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Americans celebrate Groundhog Day every February 2. Revelers anxiously await the appearance of the groundhog to find out if they will be treated to an early spring or six more weeks of winter, depending on whether or not Phil sees his shadow. For some, it is tradition to watch the 1993 film "Groundhog Day," starring Bill Murray, on Groundhog Day. In the film, Murray plays a weatherman who is asked to cover the Groundhog Day festivities, but finds himself stuck in a time vortex that causes the day to repeat itself over and over ad nauseum. Fans of the film may be in for a treat, as rumors suggest that the movie will soon be gracing the stage. There's no word yet who will star in the stage version, but Danny Rubin will write the script and Tim Minchin, the composer behind "Matilda," will be working on the score. It's uncertain if investors will carry "Groundhog Day" to the Great White Way anytime soon, but there are hopes it will end up premiering in London or on Broadway in the future.



Perspective

TET anniversary to be honored

By **Sarge Garlitz**

On January 31, 2008, the 40th anniversary of the TET Offensive of the Vietnam War was recognized and those who fought in this victory were honored. The TET 40 Wreath made by Rosie Garlitz was placed at the Worcester County Veterans Memorial.

Each year since then a wreath has been placed at the Worcester County Veterans Memorial on the January 31. This year the TET 47 wreath will be placed at 10 a.m. at the Memorial recognizing the 47th Anniversary and to honor those who fought in the TET Offensive of 1968. Also a moment will be taken for those who did not return from this victory. The past six years in good weather or bad the program went on and the same will apply for this year's program. Each year the attendance increases and this year there is no doubt the participation will be outstanding.

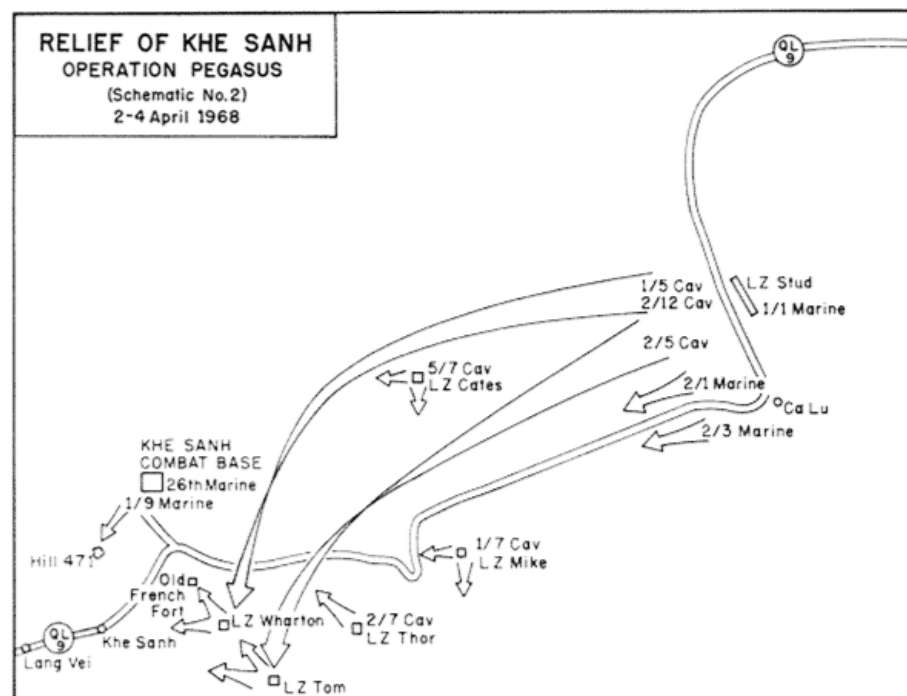
When the TET took place it was printed and aired wrong by the press and many others. There is no doubt this was a victory and yes it did make a difference. The following shows some data of other U.S. battles. You may have heard of them from school and it is a fact the TET Offensive has not been placed in the school books. The following is some data regarding some military battles.

Gettysburg 1-3 July 1863 23,000 federal soldiers and 28,000 Confederate were killed in action. The Gettysburg Battle was not decisive and General Lee was able to retreat with his force mostly intact back into Virginia. Had Gettysburg ended with a severe defeat of the Confederacy as suffered by the communist in TET, the American Civil War would have ended in 1863. In the TET Offensive, the Viet Cong insurgents in the south were shattered as a fighting structure, and until the American Portion of the war ended they had no more major role to play.

Guadalcanal (World War II, 1942) was the first major allied land victory over the Japanese in WWII. Japan had 25,000 military killed in action. American losses were 1,500 dead and 4,800 wounded. The number of Americans killed in action during TET was about the same of those killed in action (KIA) on Guadalcanal. In Vietnam at the TET more than 7,000 were

wounded, a figure more than two thousand higher than the number would on Guadalcanal. Fighting on Guadalcanal in 1942 and early 1943 marked a turning point in the Pacific for our air, naval and ground forces. All battles after that campaign focused on taking terrain away from the enemy, and resulted in defeat after defeat for the Japanese. The same can be said of what happened in Vietnam. From the TET, until the political decision was made in the US to disengage,

two battalions attacked MACV itself. The defending force consisted of USAF personnel, mostly assigned to the base combat defense force, U.S. Army soldiers, some from Allied nations, and Republic of Vietnam armed forces members. The allied side, in the initial few hours of battle, suffered 55 KIA and 163 wounded. There were 157 enemy bodies on the air base and another 267 were counted just outside the fence line. In all, it is estimated that 962 or more enemy died in the at-



never again was the enemy able to control the flow of battlefield events.

TET Offensive Facts 1968:

-There was fighting in 36 of 44 provincial capitals, five of six autonomous cities, 64 of 242 district capitals, and 50 hamlets. Every allied airfield was hit as were many different kinds of military installations and government facilities.

-About 70,000 enemy troops actually participated the first day. There was a total of 84,000 enemy finally committed in the course of the campaign and 40,000 plus of these were lost.

-The enemy's attack against Tan Son Nhut Air Base, just outside Saigon, was a strike against the heart of the American effort in-country. MACV Headquarters was located on part of the installation. Beginning at 3:20 a.m., January 31, 1968, four reinforced enemy battalions came against the west perimeter, while elements of

tack against Tan Son Nhut and facilities in its immediate area. The number of wounded are not known. As of February 23, 1968, 5,519 enemy were KIA in the greater Saigon area.

-Allied losses were great throughout the country. South Vietnamese lost 3,000 KIA and 8,000 wounded. U.S. losses were 1,500 KIA and 7,764 wounded. About 800,000 people became refugees and the communists are believed to have committed at least 6,000 murders.

-The 77 day siege of Khe Sanh of the 6,000 Marines and handful of personnel from other services may have really been intended as a feint, with Hue being the true object. About 500 Americans were KIA at Khe Sanh. About 10,000 enemy are believed to have been KIA at Khe Sanh. It is suspected that more than 5,000 native Bru people of the region also died in the fighting. The siege began in Janu-

It's the little things

In a relationship it's often the small, shared experiences that are the most indelible. Because each relationship is different so are the experiences and the reasons they're memorable:



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

parent/child; husband/wife; friend/friend and the like. You know what I mean.

My granddaughter is living with us and each night when I get home we have a little ritual that we've established. Together we feed the aquarium fish and then sit and watch as the different fish come to the top to dine. She'll place her step stool next to the cabinet upon which the aquarium rests. Then she'll lift the tank lid. Usually she sticks her hand into the water to "pet the fish." She enjoys the process; the fish aren't terribly interested. I place the food in her hand and she dumps it in and closes the lid. Then we watch.

She is beginning to learn the names of the various fish and will call them out when she sees them. "Look, there's the Guppy!" She gets so excited as each fish appears. She searches for the snail and squeals when it's located. It's like finding Waldo. We may sit there for five or ten minutes as the fish swim around. I think she enjoys the time together as much as I do. I think. I hope. It won't be until she has children or grandchildren of her own and recalls those times with her Nino that it will be known for sure that she enjoyed her experiences with me.

The other evening she was not home when it was time to feed the fish and I have to admit it was a letdown to handle the task alone. It just wasn't the same. The fish even knew something was different when a little hand didn't reach into the water.

It's been a lot of years since I spent time with my own grandfather. But many of the experiences we shared are vibrant memories still today. It's interesting that since becoming a grand-

father, every once in awhile I'll remember an episode with Gramps that I hadn't thought of in years. The memories will strike out of the blue. I'll be doing something with my granddaughter and "Bam" a fond memory will bubble up from the fathomable depths.

We have a little ritual we do in our house that was handed down from my grandfather. I don't know where he came up with it but it has stuck. As a child when I finished my meal at the dinner table, my grandfather would place the index finger of his left hand into the palm of his right hand, turn it back and forth and say, "Cuckoo. Cuckoo. Cuckoo." Yeah, I know it really doesn't make a lot of sense. It was just something he did when I finished eating and it was just something I did with my kids. I now do it with my



grandchildren. It's a ritual that remains alive and well at our dinner table and as a result keeps alive the memory of my grandfather. He would have liked that; being remembered through the generations. It wouldn't surprise me if he did all the little silly things he did so we'd remember him after he was no longer with us. He was just that way. Well it worked.

Years from now I hope my grandchildren remember fondly all my little silly gestures and sayings. I'd hate to think I'm doing all this stuff for naught.

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Pet portrait event to benefit Humane Society

Pet lovers have the opportunity to see their pets immortalized in art during Pet Portrait Saturday at the Ocean City Center for the Arts. The event will take place on Saturday, February 7 from 11 a.m. to 4 p.m. at the art center on 94th St. in Ocean City.

Half of the proceeds from the portrait fees will go to benefit the Worcester County Humane Society, a local no-kill shelter.

The event is part of the February "Pet in Portrait" theme at the art center, where members and local artists depict the theme through paintings and photography.

Photographer Sara Timmons will

take custom photographic portraits of pets during Pet Portrait Saturday. Dogs, cats and other agreeable pets along with their adults and children. The portrait fee is \$75, of which \$37.50 will be donated to the humane society. The fee includes a sitting and an 8x10-inch custom printed photograph, which will be available for pick-up at the art center in one to two weeks.

Timmons has a knack for photographing animals, because "I love critters," she said. Her trick to getting the pet's attention during a portrait is to "make strange noises," like barking or meowing.

Also during the event, artist Jim Rehak will create pet caricature drawings that are ready to take home in 15 minutes. A single portrait in black-and-white is \$20; color is \$25. A double portrait in black-and-white is \$35; color is \$45. Half of these fees will be contributed to the humane society.

Rehak began caricaturing animals, because the people he was drawing asked that their pets be included. "It's challenging but fun," Rehak said.

Appointments are available every 15 minutes by calling 410-524-9433, and walk-ins are also welcome.

The Art League of Ocean City is a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events. More information is available at 410-524-9433 or www.artleagueofoceancity.org.



Women's History Month Luncheon Chairman **Carol Rose** (back row, second from right) with volunteers planning the March event. Photo by Diana McGraw.

Women's history luncheon planned

Celebrate Women's History Month with the Worcester County Commission for Women and The Friends of the Commission at a luncheon on Wednesday, March 18 from 11 a.m. to 2 p.m. at the Clarion Resort Fontainebleau Hotel in Ocean City.

The 2015 national theme is "Weaving the Stories of Women's Lives." This theme presents an opportunity to weave women's stories—individually and collectively — into the essential fabric of our nation's history. The group will honor young students as the Women of Tomorrow, the Woman of the Year 2015, and the Woman in History 2015. These women will be recognized because their lives exemplify exceptional vision and leadership.

The luncheon includes women's awards, exhibitors, a silent auction and raffles. The cost to attend is \$37.00 per person, which includes your choice of either sautéed boneless chicken with a Grand Marnier demi-glace sauce or Vegetarian gluten-free. Tables of eight may be reserved. A cash bar will be available.

You may register on-line at www.FriendsofWCCW.org, call 410-202-8688, or mail a check to FWCCW, P.O. Box 1712, Berlin MD 21811. Proceeds from this event will benefit the McGuffey literacy program that provides summer reading materials to Worcester County students in grades one through three

Award nominees sought

■ Leighton Moore Helping Hands Award to be given

Peninsula Regional Medical Center (PRMC) announced that nominations are being accepted for the Medical Center's Leighton Moore Helping Hands Award.

Moore, a local philanthropist and owner of Seacrets, Jamaica USA in Ocean City, has also been the chairman of the Peninsula Regional Medical Center Foundation Board of Directors since 2006.

"Leighton has donated an extraordinary amount of his personal time to raise funds for our Medical Center with the sole purpose of expanding and improving the healthcare services

we offer to our community," added PRMC President/CEO, Dr. Peggy Naleppa. "Through his passion, he remains an example for us all."

The award will be presented annually to the non-management PRMC employee who, like Leighton Moore himself, has exhibited passion and dedication to the lives of others, and to their local community. Examples would include, but are not limited to: service to their house of worship, assisting at local shelters, volunteering at local crisis centers or other agencies that assist community members at their times of need, serving as a coach for a youth sports team or enhancing a

please see **award** on page 10

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Flu season affects PRMC visitation policy

This flu season is shaping up to be one of the worst on record.

The Maryland Department of Health and Mental Hygiene now classifies the flu as widespread and at a high intensity level. In Delaware, the flu rate is running almost 10 times higher than a year ago.

At Peninsula Regional Medical Center (PRMC), there have been 121 positive flu tests this year alone compared to just 80 in all of 2013-2014's flu season. The 26 confirmed inpatient flu cases are, at this point, already double what they were for all of last year's flu season. Confirmed flu cases in the Emergency Department are also nearly double what they were last year with at least two months remaining in the traditional flu season here on the Delmarva Peninsula.

PRMC's number one priority is keeping everyone healthy. Joining many other hospitals in Maryland and across the Delmarva Peninsula, the Medical Center has instituted a modified visitor policy to help prevent ex-

posure this flu season.

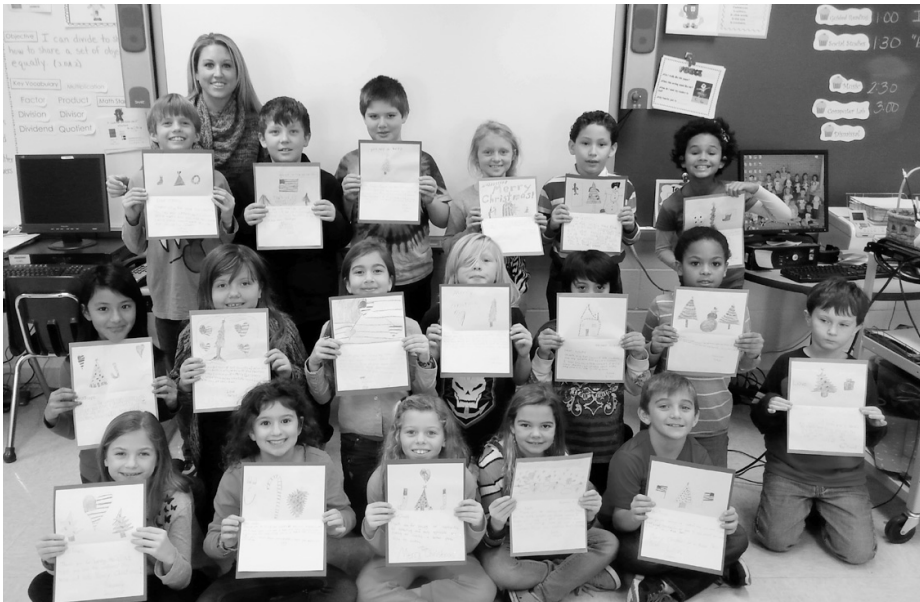
Peninsula Regional asks all visitors to keep patients and the community further protected from the flu by following these changes to the PRMC visitation policy.

-Only two adults are allowed to visit patient care areas such as patient rooms, therapy areas, outpatient services and Peninsula Regional Medical Center physician offices.

-To protect the safety of patients, employees, volunteers, the elderly and those with chronic conditions (asthma, heart disease), people with active cases of upper respiratory illness (cough, fever, etc.) should not visit patients.

-Children under the age of 18, unless they are a patient or the parent of a patient, are not allowed to visit patient care areas located on the Peninsula Regional campus such as patient rooms, therapy areas, outpatient service areas and Medical Center physician offices. Special accommodations will

please see flu on page 11



Operation Cookie — Mrs. Kelly Gee's third grade class at Ocean City Elementary School made Christmas cards to go along with the dozens of cookies donated to "Operation Cookie Drop Off." The Christmas cards and cookies were sent to the troops overseas to make their holiday a little extra special. In addition, Mrs. Gee's class was announced on the radio on 92.7 WGMD for participating in the cookie drop off. Pictured: Front Row: **Summer Vent, Ella Katna, Kayla Rocco, Layla Hargrove and Gavin Solito** Second Row: **Natasha Vazquez, Marlee Roberts, Kenza Farihm, Ashton Main, Elvis Anaya-Ramirez and Tykara Johnson** Top Row: **Jacob Hicks, Mrs. Gee, Carter Fannin, Eric Braica, Izzy Huber, Bradley Gurrola-Garcia and Sauna Vick.**



Awards — Top boys sports awards for the Worcester Prep winter sports season: (front, l-r) **Colby Hook**, Grade 7 Basketball Coaches Award; **Sam Tinkler**, Grade 7 Basketball MVP; **Frankie Carter**, Grade 7 Basketball Most Improved; (back) **Colin Miller**, Grade 8 Basketball MVP; **Max Moore**, Grade 8 Basketball Coaches Award; and **Alex Canakis**, Grade 8 Basketball Most Improved.



Awards II — Winning trophies at the Middle School Sports Awards Assembly at Worcester Prep: (front, l-r) **Liza Moore**, Grade 7 Basketball Most Improved; **Emily Copeland**, Grade 7 Basketball MVP; **Carly Hoffman**, Grade 7 Basketball Coaches Award; (back) **Delaney Abercrombie**, Grade 8 Basketball Most Improved; **Hailey Merritt**, Grade 8 Basketball MVP; **Chloe Ruddo**, Grade 8 Basketball Coaches Award.



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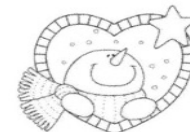
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Children's Valentine's Day Party and Movie

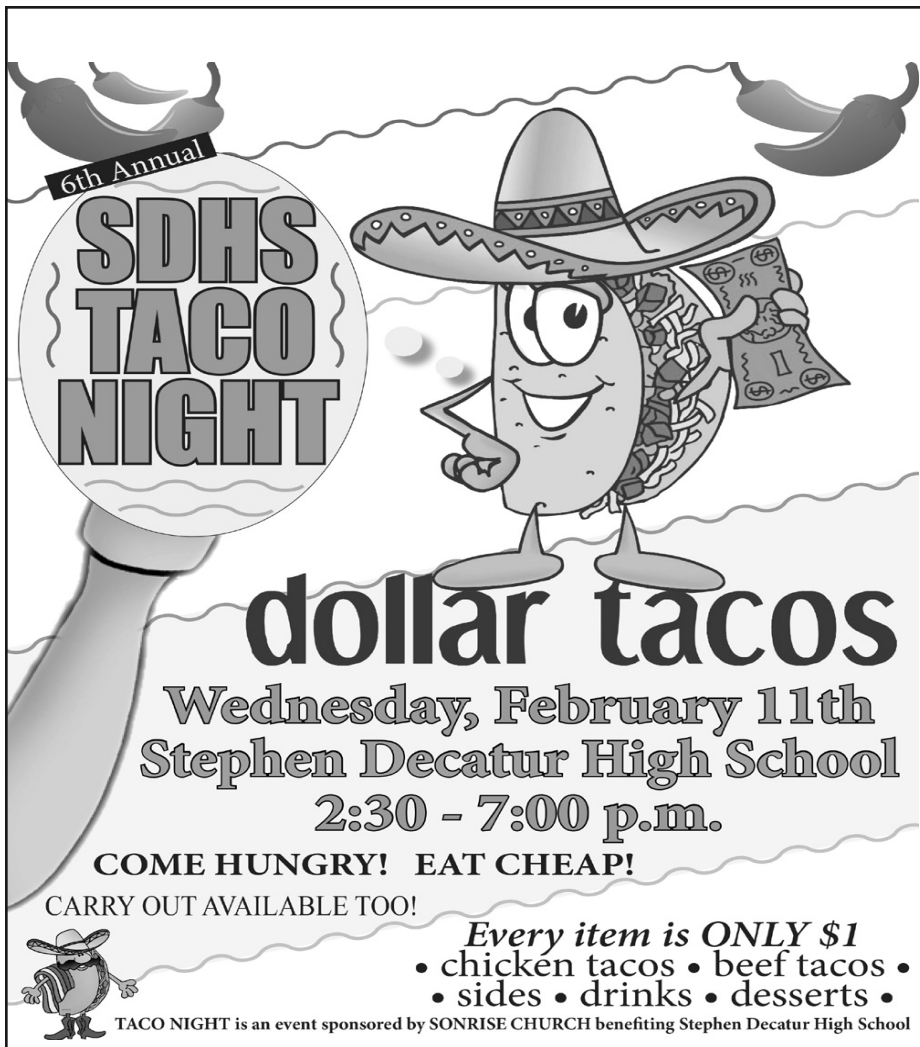


Saturday, February 7th
5:00 p.m.-8:00 p.m.

DINNER—MOVIE—GAMES

Stevenson United Methodist Church
Berlin, Maryland
Call 443-235-6761

This event is free and open to public.
We ask that children under five be accompanied by an adult.



6th Annual
SDHS TACO NIGHT

dollar tacos

Wednesday, February 11th
Stephen Decatur High School
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Just Good Business ...

Continental Cycles

By **Jean Marx**

When you think of businesses in the high-technology industry, the bicycle industry doesn't immediately come to mind. However, Continental Cycles owner Joe Marx can attest in his 35 years of experience that today's bikes with their hydraulic brakes and suspension systems are comparable to working on a motorcycle and can be as complex as a computer. With two stores in Ocean City and in Ocean Pines, Joe is proud of his business and the knowledgeable managers, Nick Dillon and Mike Layfield, who help him run the day-to-day operations.

Continental Cycles sells, services, and rents bikes, sells bike parts, and also sells Kymco brand scooters. The business is definitely seasonal as is evident on the first spring day when the temperatures hit 65 degrees. That's a day where you will find people streaming into both stores all day long ready to launch into a new

season of biking. Joe notes that the Ocean City store, located at 7203 Coastal Highway, in the summer fills up with people from morning until night every day. As he says, "Our business hits us quick and you have to know right away what you're doing. Our customers all have specific questions and problems they need help with." Saturdays turn out to be one of their slower days because the tourists coming in each week are busy getting into town before coming into the store. Nick Dillon manages the Ocean City

store and has been with the company for seven years but in the bike business for 17 years. The Ocean Pines store started in 1998 in a smaller location and relocated 12 years ago into a space four times larger. Its current location is at 11022 Nicholas Lane and Mike Layfield has been Joe's manager in Ocean Pines for the last 15 years.

One of Joe's proudest accomplishments is that the company is one of the few authorized Trek dealers in the area. The next closest Trek dealers are in Salisbury and South Bethany. Trek is the big name in the bike business with annual sales exceeding \$1 billion.



Trek stands behind its products, providing a lifetime warranty on its bikes and a one-year warranty on the parts. Each month a Trek representative comes on-site to address its customer issues in person, to provide new displays and to answer questions from the staff about any new technologies that have come out. Customers who have purchased a Trek bike will be happy to know that they can bring their bike to any authorized Trek dealer to have it serviced under warranty. Quality Bicycle Products is another premier distributor Continental Cycles deals with. Between these two distributors and a few other smaller ones, Joe says that most of the parts to service the bikes are obtained either the same day or the next day.

Referring to the bikes sold at Continental Cycles, Joe says, "These are not lower-end bikes that are mass merchandised; we're talking real

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



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please see **business** on page 10

Groundhog facts

Every February 2, people across the country anxiously await the groundhog's weather forecast. Should the groundhog see his shadow, it is six more weeks of winter. If the shadow goes unseen, spring will arrive ahead of schedule. For some, Groundhog Day is the only time a person actually lays eyes on the animal doing the prognosticating. But there's more to groundhogs than their ability to forecast the weather.

-Groundhogs do little in that burrow during their winter rest. They go into profound hibernation, where their metabolic rates and their body temperatures drop considerably. Many groundhogs begin to come out of hibernation naturally around early- to mid-February.

The groundhogs that make it on television for Groundhog Day may get an earlier wake-up call.

- The scientific name of the groundhog is *Marmota monax*. Groundhogs, also known as woodchucks, are closely related to squirrels and actually can climb trees and swim.

- Groundhogs are herbivores, mostly feeding on whatever plant material they can find. Because they like crops, many farmers view them as pests. On occasion, groundhogs will scavenge for and eat insects.

-The burrows made by the animals have several chambers and different entrances and exits. It may be challenging to find a groundhog's entry point to your yard as a result.

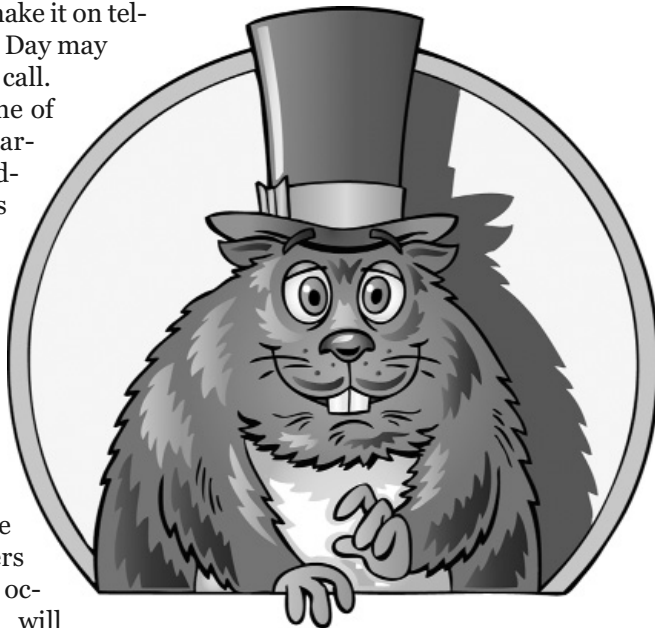
-On average, a groundhog will live between 3 to 6 years in the wild. In captivity, a groundhog can live to around age 10.

- A wildlife biologist once measured the inside volume of a typical woodchuck burrow. It was estimated that if the hole was filled with wood shavings instead of dirt, that woodchuck could chuck about 700 pounds' worth of wood.

-Groundhogs are often mistaken for other animals. In fact, the "gopher" that was seen in the film "Caddyshack" was actually a groundhog.

-A groundhog can produce a high-pierced whistle when frightened, which has earned it the nickname "whistlepig."

-Groundhog fur is not particularly thick or warm, so the animal has never really been prized for its coat for clothing.



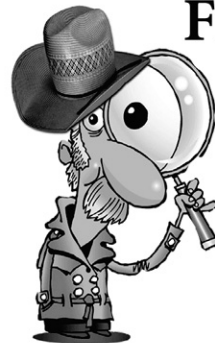
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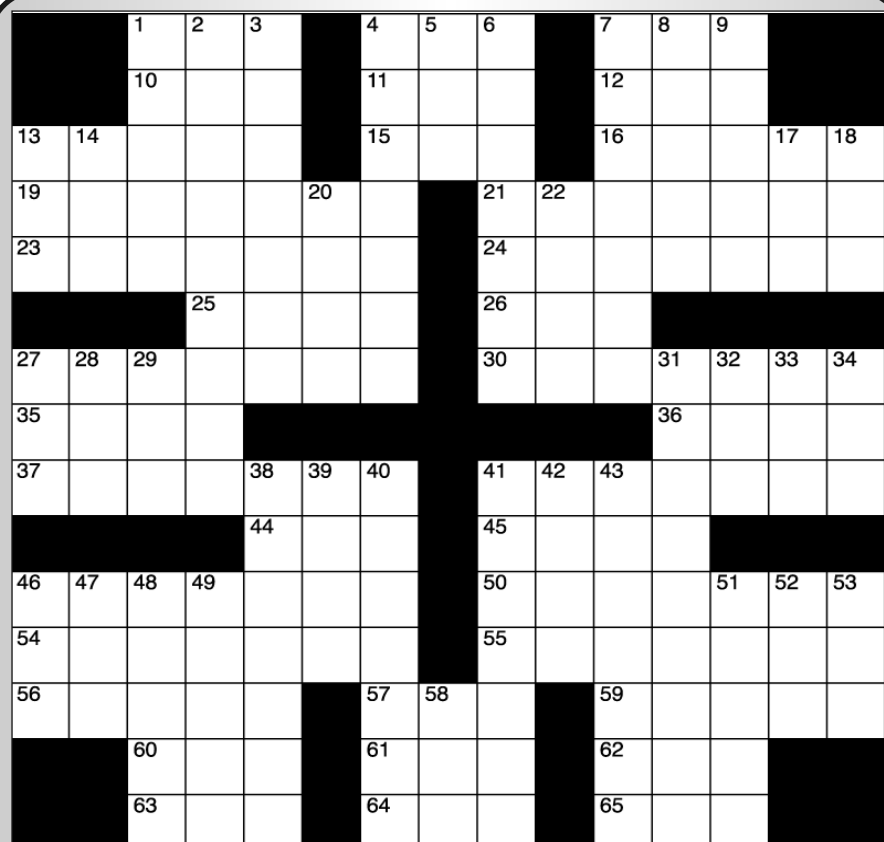
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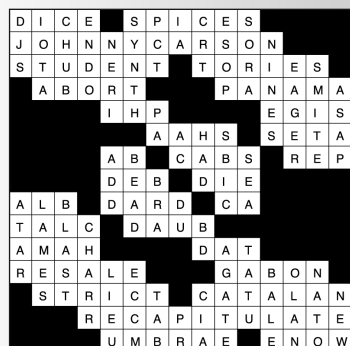


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- ACROSS**
- 1. Licenses TV stations
 - 4. Worn-out horse
 - 7. Expire
 - 10. Winglike structure
 - 11. Supplement with difficulty
 - 12. Confederate soldier
 - 13. Attempter
 - 15. All persons of the earth
 - 16. Vertical position
 - 19. Live longer than
 - 21. Showing keen interest
 - 23. Old Spanish currency units
 - 24. Ingested by sniffing
 - 25. A narrow path or road
 - 26. Old Tokyo
 - 27. Bound map collections
 - 30. Deliquium
 - 35. Brownish coat mixed with white
 - 36. 3 banded S. Am. armadillo
 - 37. Coat a metal with an oxide
- DOWN**
- 1. Bazaars
 - 2. Cuyahoga River city
 - 3. Latin word for charity
 - 4. Scourges
 - 5. Alias
- 41. Slave-like
 - 44. 1950's TV Wally
 - 45. City founded by Xenophanes
 - 46. Hermaphroditic
 - 50. Kale plant with smooth leaves
 - 54. Forelimb
 - 55. Unassisted
 - 56. Jeweled headdress
 - 57. Auricle
 - 59. Competing groups
 - 60. Cardinal number
 - 61. Light bulb inventor's initials
 - 62. Heat unit
 - 63. Doctor of Education
 - 64. Make a mistake
 - 65. Point midway between S and SE
- 6. Origins
 - 7. Subjugate using troops
 - 8. Dutch name of Ypres
 - 9. Siskel and __, critics
 - 13. Teaspoon (abbr.)
 - 14. Herb of grace
 - 17. Brew
 - 18. Kilo yard (abbr.)
 - 20. Barn's wind indicator
 - 22. Griffith or Rooney
 - 27. Macaws
 - 28. 2000 pounds
 - 29. Official language of Laos
 - 31. Cleveland's roundball team
 - 32. Office of Public Information
 - 33. Chum
- 34. Before
 - 38. Nation in the north Atlantic
 - 39. Apportion into sections
 - 40. Skilled in analysis
 - 41. More assured
 - 42. __ Musk, businessman
 - 43. In a way, tells
 - 46. Immature newt
 - 47. Hawaiian taro root dish
 - 48. Extremely angry
 - 49. Wrapped up in a cerecloth
 - 51. Expression
 - 52. Paradoxical sleep
 - 53. Tooth caregiver
 - 58. Swiss river



Answers for Jan 21



Heart healthy — During a recent Health Literacy Unit, Ocean City Elementary School students from Mrs. Cindy Leitgeb's second grade class, work hard on identifying heart healthy activities. Pictured from left to right are Lin **Zheng**, Addisyn **Fluckey** and Peter **Snyder**.

business
from page 8

bikes." The average cost of a new bike is in the \$300 price range. While this may initially sound high, Joe points out that having a good quality bike that will last for years is a worthwhile investment. He advises people to get their bikes tuned up once a year to ensure the bikes are properly oiled and that the wheels are fully aligned. The cost of a tune-up is typically around \$40-\$45, but it can be less if the bike doesn't require as much work.

Joe's advice for people wanting to start a business is to sell quality items. He cautions, "You won't survive if you'll sell anything just to make a buck because it will create bad blood with your customers if/when problems develop." He adds, "Research the area to find a good location and have a plan to make it more than one summer before you're clearing a profit." He has seen many companies come and go that are under pressure to make money the first year. Joe's favorite aspect of our community is how everyone knows everyone and is able to look out for each other. Continental Cycles' business philosophy of providing high quality products and service for over 30 years demonstrates its dedication to this community spirit.

award
from page 6

community outreach group through their participation. The award will be presented each year at the PRMC Employee Recognition Banquet during National Hospital Week in May, and the honoree will also be recognized at the PRMC Annual Board of Trustees meeting in October.

Nominations for the Leighton Moore Helping Hands Award are welcome from PRMC staff, physicians, volunteers or the community at large. Forms are available online at the Medical Center's website at www.peninsula.org/helpinghandsaward. They can be submitted electronically or can be printed, filled out and mailed to Denise Billing, PRMC Foundation President, 100 East Carroll Street, Salisbury, MD 21801.

Nominations will close on April 7. For additional information, please call Denise Billing at 410-543-7140 or email denise.billing@peninsula.org



Prototype — Students in Mrs. Windy Phillips' first grade class at Ocean City Elementary participated in a STEM (Science Technology Engineering Mathematics) unit. They created prototypes for a new Route 50 inlet bridge. Pictured are student engineers **Elijah Isett** and **Brody Kendall** putting the finishing touches on their bridge prototype.

Falls don't have to a part of aging

By **Dawn Denton, RN**

Falls are the number one cause of injury and hospital visits due to trauma and death from an injury among people 65 and older.

-One in three older adults falls each year.

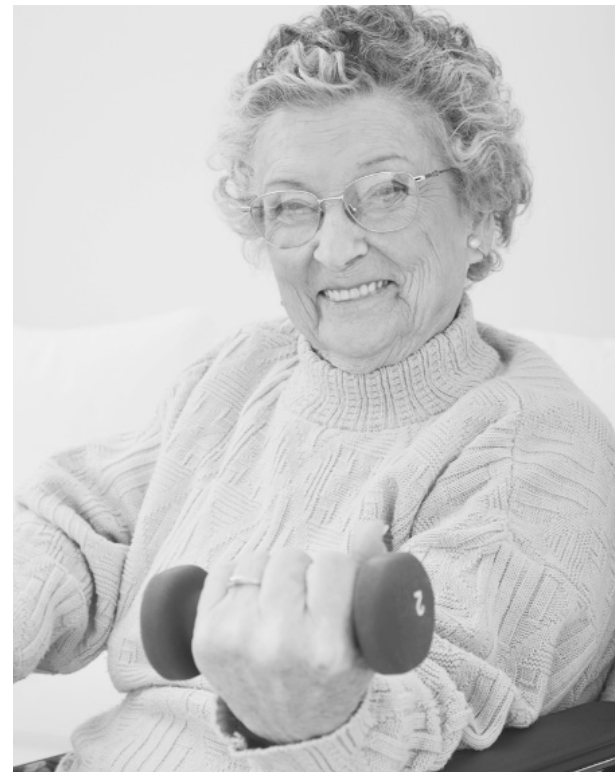
-In 2012 24,000 people over age 65 died as a result of a fall injury. In the decade between 2002 and 2012 200,000 died as a result of a fall injury.

-2.4 million Adults (older than 65) are treated in the emergency department of hospitals for fall injuries.

older adults.

First acknowledge that there are preventative measures that should be taken. Many older adults refuse to do things to improve their strength and balance and refuse to use mobility assist devices when needed (canes, walkers, railings, wheel chairs or scooter). There are exercises specifically designed to build strength and balance that decrease the risk of falls. These do not require going to a gym and pumping iron, they can be done in the comfort of home or part of a specially designed exercise program at a gym, senior center or parks and recreation department.

Even the activity of getting up and down out of a chair helps to strengthen the all-important thigh muscles. Stepping side to side helps build the outer thigh muscles needed for quicker reaction if you get off balance. When walking pick up your feet, don't shuffle. In order to do this the ankles must remain flexible and the calf muscles strong. Doing heel and toes raises can accomplish this. There are books and classes about these and other exercises or you can have the discussion with your doctor about recommended exercises.



In the time that it took to read these statistics an older adult was treated in a hospital emergency department for injuries related to a fall. These kinds of statistics suggest an epidemic. Falls (or fear of falling) is the leading cause of the loss of independence for older adults. Once a person experiences a fall their confidence decreases and they become less active causing a steady decline of their mobility and independence.

As people age things change; eyesight, reflexes, muscle strength, affect most of the activities needed to live each day. Though the aging process is normal the resulting fall is not. There are many things that can be done to defy the odds and make life safer for

Another discussion to have with your doctor is about medications. As people age medications can have different side effects like sleepiness, dizziness. Or combinations of medicines may cause dizziness resulting in a fall. At least every 6 months – or when a change is made go over all medications with your doctor or pharmacist to see if any pose a fall risk for you. Lack of Vitamin D can also contribute to falls. If you have never had your vitamin D level checked ask your doctor about whether you should have the simple blood test done.

A yearly eye exam is also important to decrease the risk of falls. Vision

*please see **falls** on page 15*

flu
from page 7

be made for end-of-life circumstances. *The Centers for Disease Control and Prevention (CDC) has indicated that young people are more at-risk as carriers and transmitters of the seasonal flu virus.*

-People with Peninsula Regional outpatient or physician appointments are asked to come to those appointments without their children under age 18, unless the appointment is for the child.

-Only two adult visitors are permitted to visit in Labor & Delivery and Mother/Baby Units.

-To reduce the risk of exposure, it is recommended that pregnant women not visit unless seeking medical treatment.

-Parents of babies in the Special Care Nursery will still be able to visit for breastfeeding and bonding, unless the parents are exhibiting flu-like symptoms.

-In Pediatrics, parents are allowed to visit around the clock.

-Mask and hand hygiene stations will continue to be provided throughout the Medical Center and at all key entry points.

-Unit staff will work with families on an individual basis to accommodate special-needs circumstances.

"We understand the inconvenience this may cause some people, but as a healthcare institution, we need to make sure that we ensure the health of our patients, the visiting public and their families as best we can during this flu season," said Karen Mihalik, RN, PRMC Infection Preventionist. "It's also absolutely necessary to protect a healthcare team that needs to be here providing the care others will seek from us this flu season."

Peninsula Regional will be constantly evaluating the impact of the flu and will continue to make the necessary modifications to its visitation policy over the next few months.

The Medical Center thanks the communities it serves for helping them to stop the spread of the flu, and reminds everyone to get their seasonal flu shot and to participate in good hygiene practices including sneezing or coughing into your sleeve and frequent hand washing and/or hand sanitizing.

| 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., January 29 | 2:57 a.m. 3:11 p.m. | 9:23 a.m. 9:23 p.m. | 7:08 a.m. | 5:19 p.m. |
| Fri., January 30 | 3:59 a.m. 4:10 p.m. | 10:28 a.m. 10:19 p.m. | 7:07 a.m. | 5:20 p.m. |
| Sat., January 31 | 4:52 a.m. 5:01 p.m. | 11:24 a.m. 11:11 p.m. | 7:06 a.m. | 5:21 p.m. |
| Sun., February 1 | 5:38 a.m. 5:46 p.m. | 12:09 a.m. 11:58 p.m. | 7:05 a.m. | 5:22 p.m. |
| Mon., February 2 | 6:20 a.m. 6:29 p.m. | 12:48 p.m. | 7:05 a.m. | 5:24 p.m. |
| Tues., February 3 | 7:00 a.m. 7:10 p.m. | 12:40 a.m. 1:10 p.m. | 7:04 a.m. | 5:25 p.m. |
| Wed., February 4 | 7:39 a.m. 7:50 p.m. | 1:19 a.m. 1:58 p.m. | 7:03 a.m. | 5:26 p.m. |

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auxer

from page 1

Jeffrey has made beautiful lighting fixtures for hotels, galleries and private homes. His triple chandelier hanging in the Princess Royale, with its mirrored ceiling tiles and glass stairway wall, is spectacular. The Ocean City Center for the Arts on 94th Street features a Jeffery Auxer hanging fixture that illuminates both of the galleries. It consists of colorful bowls holding snake-like glass tentacles. "I call it an upside down octopus," explains Jeffrey. He is currently working on a creation for the new Marriott Hotel in Bethany Beach, Delaware, scheduled to open in May.

Golf is one of Jeffrey's interests and carrying that over to his skills with glass, he has dozens of golf putters in his shop, made with signature shafts and colorful glass heads - great gifts.

Jeffrey Auxer Designs offers the public an opportunity to learn glassblowing. Using a blowpipe, the student picks up some molten glass from the furnace and, by blowing into the pipe, works the glass into the desired shape. Under Jeffrey's instruction, bits of colored glass are added to create patterns. This past holiday season, Jeffrey and his assistant, Wayne Manning, helped visitors make over 800 ornaments. Classes are held throughout the year every other weekend.

Jeffrey Auxer Designs participates in Berlin's Second Friday Art Stroll, 5-8 p.m. His business is located at 19 Jefferson Street and open from 10-3 on Tuesday, Wednesday and Thursday, and from 11-3 on Friday and Saturday. It is closed on Sunday and Monday.

Appointments and reservations can be made by calling 443-513-4210. Custom ordering is available. The website is jefreyauxer.com.

marines

from page 4

ary and was lifted in April of 1968. There is no question, the Marines holding Khe Sanh as well as hilltop outposts and support by elements of all the branches of the our services, completely defeated the enemy offensive.

-The ancient imperial city of Hue was attacked January 31 and the enemy held parts of it for 26 days. In the fighting, 142 US Marines were killed and 857 were wounded. The U.S. Army lost 74 KIA and 507 wounded in action. South Vietnam military lost 384 KIA and 1,830 wounded in action. The enemy lost over 5,000 KIA and 89 taken prisoner. More than fifty percent of the city was destroyed and more than 116,00 were made homeless.

January 31, 2014 marked the 46th Anniversary of this huge victory of the Vietnam War. At this time the anniversary should be recognized and the US Military who served should be honored as should those heroes who never returned. To the Vietnam Veterans of Worcester County and the area it would be an honor to have you join us this year for the TET 47 at the Worcester County Veterans Memorial. Members of the newly formed Vietnam Veterans of America Ocean City Chapter #1091 will be attending and participating in the program.

There is no doubt in my mind that the U.S. flag and the state flag should be flown at half staff on January 31, 2015 and each year after. No doubt! Also a reminder of all conflicts, the POW/MIA Flag should be flown at every location a US Flag is flown. To all Vietnam Era Veterans, "Welcome Home."

Synepuxent Post #166 and the Ocean City Chapter #1091 of the Vietnam Veterans of America will have a reception at Post #166 American Legion located at 2308 Philadelphia Ave in OC. All Vietnam Era Veterans and supporters are welcome to attend at noon for lunch. This is a great time for greeting and meeting other veterans and their families. For God and Country.

Sarge Garlitz is Commander of Synepuxent Post #166 American Legion in Ocean City.

**SELL IT FAST
IN THE CLASSIFIEDS!**

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

Tuesdays and 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.choosetoliveMaryland.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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Honors to law enforcement officers

In honor of National Law Enforcement Appreciation Day, the students in Yevette Delaney's class at Worcester Prep wrote thank you notes to Maryland law enforcement men and women.

(Row 1, l-r) **Claire Windrow, Lebby Becker, Emma Crivella, Hunter Simons, Ryan Mann, Ashling Marshall, Sam Menendez, and Sage Tunnell; (back) Colin Savage, Andrea Rilling, Jackson Hershey, William Mumford, Jack Schell, Case Tilghman, Caleb Collins, Loni Wederbrand and Moorea Phillips.**

falls
from page 11

changes as we get older and keeping the current prescription for eyeglasses or contact lenses is important. Also the eye doctor will check regularly for eye conditions such as glaucoma, macular degeneration and cataracts and prescribe treatment as needed. All of these affect the ability to see to walk and navigate safely through our home and community. Because vision is so important remember to keep eye glasses clean.

Because we spend so much time in our homes it is natural that this would be the most common place that falls occur. There are things we can do to make home a safer place: either get rid of or tape down throw rugs, get rid of clutter on the floor and make sure that there are clear paths in which to walk from room to room. Lighting is very important in the home. Increasing the wattage of light bulbs has very little effect on electric bills – so increase the wattage of light bulbs and consider adding more lamps and especially night lights. Install grab bars in the bathroom and make sure the bath tub/shower bottom is a non-skid surface. Handrails should be on both sides of all stairways.

Even clothing and shoes can be a fall hazard. Make sure to tie the belts on coats and robes so they don't become a tripping hazard. Shoes should always be worn when walking around and they should fit well with non-skid soles. Clothing with large gaping pockets should be avoided; they can catch

on cabinet and draw pulls causing you to be thrown off balance.

All of this information and much more can be found on the www.cdc.gov website or discussed with your healthcare team. Most falls are preventable with a little knowledge and preparation.



Valentine's Dinner for Two

Saturday, FEBRUARY 14

– Choice of Shared Appetizer –

Korean-Style Duck Sausage – Charred Pineapple, Tangy Carrots, Kimchee Mayo

Chardonnay & Garlic Steamed Mussels – With Grilled Ciabatta

Baby Beets – Goat Cheese Mousse, Chili-Glazed Pecans, Dry Sherry Vinaigrette

– Choice of Two Entrees –

Surf & Turf – Petit Filet & Lobster Tail
Parmesan Potato Gratin, Bundle of Vegetables, Cabernet Demiglace, Maitre'D Hotel Butter

Seared Diver Scallops
Cauliflower "Steak" & Puree, Pickled Granny Apples, Yellow Curry Vinaigrette

Guinness®-Braised Short Rib
Fingerling Sweet Potatoes, Parsnip Fluff, Brussels, Guinness® Pan Sauce

– Shared Dessert –

Molten Chocolate Cake
Salted Caramel Mousse, Peanut Butter Crumble, Blackberry Coulis

Live Music Performance by Wes & Natalie Davis, 6–10pm

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