

The Courier

April 29, 2015 Volume 16 Number 35

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7 p.m., Tuesday, May 5 Snow Hill Middle School, Snow Hill

The Worcester County Commissioners will hold a **public hearing** to receive comments on the Fiscal Year 2016 Operating Budgets as requested by the agencies and departments which are funded by the county.

Philly alumnae to meet

The alumnae luncheon for women who graduated from any of the Philadelphia Diocesan Girls' High Schools will be held on Friday, May 15 at noon at the Cottage Café located on Rte. 1 (Coastal Highway) in Bethany Beach, DE. If you are interested in attending please call Theresa at 410-430-1456 no later than Friday, May 8.

Garden Club to meet

The next meeting of the Ocean Pines Garden Club will be on Thursday, May 14 at 10 a.m., at the Ocean Pines Community Center. The guest speaker will be Warren Pfeiffer who will give a presentation on "Chrysanthemums." Visitors are welcome.

Camera club to meet

The next meeting of the Ocean Pines Camera Club will be on Monday, May 11 at 7 p.m. at the Ocean Pines library. The guest speaker will be Irene Hinkesacilotto, who will give a presentation on wildlife photography. Guests are welcome. For more information call 410-208-9048.

Boat club bike ride set

The Ocean Pines Boat Club is sponsoring a Bike Ride on Tuesday, May 12. Ride all or part of the Lewes-Rehoboth Bike Loop: 6, 8, or 15 miles. Lunch after at the Big Fish Grill, Rte. 1 across from the Tanger Outlets. Call Joe or Gail Jankowski for 410 208 3470 or josephajankowski@yahoo.com.

Boat Parade scheduled

The Ocean Pines Boat Parade will be held Saturday, July 15. The parade will begin and end at the Swim and Racquet Club (Seabreeze Rd., North Ocean Pines). Boats line up at 11 a.m., and the parade will start at noon.

The theme this year is "Days of Yore," meaning years gone by up to the current time. Some suggestions are: the Middle Ages, such as Kings and Queens; The Wild Frontier, such as Cowboys and Indians; anything historical.

Awards will be given for: Best in Parade; Best Theme; Best Costumes; Best Design. (There is a small entry fee of \$10 per boat.) For more information contact Fred Heinlen at 410-208-3165 or fheinlen5@msn.com or Steve Stein at 410-641-8930 or spikerex@aol.com.



Ah, a belly rub - Casper enjoyed his day at the boardwalk during "Boardwalkin' for Pets" event held Saturday. Casper is available for adoption at the Worcester County Humane Society.

Exploring a touch of Europe

By Jean Marx

Taking a trip to Sweden was a first for me but I was presented with an offer to visit my daughter Kelly at the midpoint of her semester abroad and the offer was too irresistible to pass up. Kelly is studying at Linkoping University located a little southwest of Stockholm. Since Stockholm is located in the bottom third of a country whose total length is 978 miles, it seemed appropriate to map out our week's excursion to concentrate on this region of the country. Throw in the fact that the trip was at the end of March and the top half of the country shares the same latitude with the Arctic Circle, the decision was easy. As we gazed at the map, we saw how close Copenhagen, Denmark was and thus this city was quickly added to our itinerary.

Finding the First Hotel of Linkoping was a bit of a challenge as the street names were quite long and sounded similar. We couldn't seem to master the



Jean with her daughter Kelly in Copenhagen

GPS, and so after looping around the downtown streets several times, we finally spotted the hotel. Our cell phone was also not working as expected but

please see **europe** on page 12

First female Blue Angels pilot to perform

The first female pilot ever to fly with the U.S. Navy Blue Angels will be flying for hometown fans at the OC Air Show on June 13-14 in Ocean City.

Marine Capt. Katie Higgins, a third generation military aviator, is originally from Severna Park, MD, and she is a graduate of the U.S. Naval Academy. She then went to Georgetown University for a Masters in International Security and later started flight school training in Pensacola, FL., in 2009.

She is one of three Blue Angel pilots who fly the C-130 Hercules, known as "Fat Albert," and Higgins



Capt. Katie Higgins

will be taking the controls during the Ocean City show. The cargo plane carries all the necessary personnel and supplies for the Blue Angels performance and performs a demonstration for the crowd on Saturday and Sunday during the air show

as well.

Katie has flown almost 400 combat hours in support of numerous operations and exercises in Afghanistan, Djibouti, France, Greece, South Sudan, Spain, and Uganda. Katie joined the Blue Angels in September 2014. She has accumulated more than 1,000 flight hours. Her decorations include five Air Medals, and various unit and personal awards.

"We are excited to welcome Katie to Ocean City and we know all of Maryland is proud of her," said Bryan Lilley, president of the OC Air Show. "She will add even more excitement to this amazing lineup with the U.S. Navy Blue Angels, the Breitling Jet Team, and the F-22 Raptor Demo Team. Those are three of the biggest acts in the air show industry, all performing in the same year."

Save 25 percent off day-of admission pricing by purchasing in advance through May 15. Saturday's VIP Penthouse tickets are already sold out so please hurry and buy your tickets today. For more information and to purchase tickets visit www.ocairshow.com or call (877) 722-2927.



Pictured are the 2014-2015 Key Club officers with their Kiwanis Liaison (L-R) **Roy Foreman**, Secretary **Olivia Kurtz**, Editor **Rebekah Nesbit**, Vice President **Jannah Lupiwok**, President **Emily Cashman**, and Treasurer **Mallory Rolleston**.

Key Club hosts Kiwanis Club

Every spring the Stephen Decatur High School Key Club hosts its parent sponsoring club, the Kiwanis Club of Greater Ocean Pines- Ocean City, for a breakfast in the school's cafeteria. Everyone enjoyed a hearty breakfast before the meeting on April 22 while the school's Jazz Combo played great music in the background.

Some of the projects the Key Club undertook this year are:

- Kiwanis Project Eliminate fundraiser at Homecoming in support of the Kiwanis International's program to eliminate maternal pre-natal tetanus.
- Running their Annual Blood Drives at the high school.
- Ringing the bell for the Salvation Army Red Kettle Drive at Christmas at the Walmart on Route 50 with Kiwanis members.

-Making Christmas Cards for patients at the Berlin Nursing Home.

-Tending the refreshment stand at the Ocean City Winterfest of Lights with Kiwanis members.

-Serving at the three Kiwanis Pancake Breakfasts and the Annual Germanfest and Italian Dinners.

-"Teens for Jeans": collecting jeans with the help of the Aeropostle store in the local White Marlin Mall. Vice President Jannah Lupiwok organized this new event and was recognized for her program by the Kiwanis Capital District, which includes Maryland, Delaware, Virginia and Washington, DC.

Members of the Worcester County Board of Education, Superintendent of Schools Jerry Wilson, PhD, and Chief Operating Office and former Principal of Stephen Decatur High School Louis Taylor were in attendance in support of the Key Club, Kiwanis and their service to the community.

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Rotary speakers - Ocean City/Berlin Rotary Club President **Kenneth Bates** welcomes Worcester County Deputy Sheriff **Dale Trotter**, left, and **Cindi Verges** of the Department of Social Services Worcester County as featured speakers on the subject of elder abuse in the community. Ocean City/Berlin Rotary Club meetings are held Wednesdays, 6 p.m. at the Captain's Table Restaurant in the Courtyard by Marriott on 15th Street.

Rotary donates beach wheel chair

On April 22 the Ocean City-Berlin Rotary Club donated a beach wheelchair to the Town of Ocean City and the Ocean City Beach Patrol. The wheelchair, which is lightweight and has large tires, will allow handicapped visitors and residents access to the beach. Each wheelchair costs approximately \$2500. Currently, the town has 26 beach wheelchairs, located on the beach, at Convention Center and at the Public Works building. This is the second wheelchair the club has donated. Mayor Rick Meehan and Ward Kovacs of the Beach Patrol were on hand to accept the wheelchair, on behalf of the town.

The Ocean City-Berlin Rotary Club has been active since 1953. The club's various fundraisers include

Christmas tree sales, an all you can eat dinner and silent auction at the Abbey Burger Bistro, a miniature golf tournament, and a yard sale which will be held this year on July 18. The club is also sponsoring Francesco Attesti, a concert pianist at the Ocean City Performing Arts Center at the Convention Center on Sunday, May 24. Proceeds from all these events go back to the community, in the form of scholarships and other local projects, charitable organizations and worthy causes.

The club meets Wednesdays at 6 p.m. at the Captain's Table Restaurant in the Courtyard by Marriott Hotel, on 15th Street in Ocean City. For more information, contact the club's president, Ken Bates, at 410-641-1700.

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Robert B. Adair 1938-2007

2012 Business of the Year

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2015. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com



Pollen is very fine powder that comes from trees, grasses, flowers and weeds. Wind and birds carry this pollen from plant to plant to fertilize them. When people who have a pollen allergy inhale the pollen, they get allergy symptoms. People can be allergic to different types of pollen. For instance, some are allergic to pollen from only beech trees; others are allergic to pollen from only certain kinds of grasses.

Did you know... Plants with brightly colored flowers and sweet smells rarely cause allergy symptoms? That's because insects and birds rather than wind usually carry the pollen from these plants.

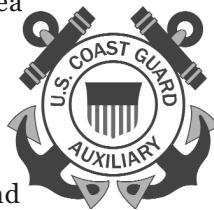
Mold is a fungus, which makes spores. These spores float in the air like pollen. When people who have a mold allergy inhale the spores, they get allergy symptoms. Molds live indoors (especially in moist places like bathrooms, kitchens, and basements) and outdoors (on rotting logs and fallen leaves).



Pictured are **Bill and Joyce Glock, Norm and Connor Carpenter, Mike Winaker, Carson and Bob Watts, Ed Hartwell, Auxiliary vice flotilla commander Art Flora, Danny Miller, Tina and Jeff Auer, Mike Ringer and senior instructor Bob Cooke.**

Auxiliary graduates second boater class

With the boating seasons rapidly approaching, the USCG Auxiliary graduated its second Safe Boating Class of 2015 at the Ocean Pines library on April 9. Fourteen more area boaters know the meaning of 'Red, Right, Returning', when they are the 'give way' versus 'stand on' boat in passing situations and the hyper-critical importance of a designated driver on the water.



The State of Maryland requires that everyone born after 1 July, 1972, needs to pass the Maryland Safe Boating Class and have their certificate with them when operating a powerboat; however, it's highly recommended that everyone who wants to be informed about safe boating regardless of their age or experience take the class. Besides the state mandated material,

legal responsibilities, safety equipment, navigation, good boating practices, the class covers other pertinent subjects like marlinspike (knots and lines handling), local Ocean City water knowledge, a virtual boat ride to practice emergency reactions, ditch bag content analysis, marine radio protocols and, of course, a couple of sea stories.

Taught by Maryland and USCG Auxiliary certified instructors, the class is a fun and relaxing three night event culminating in the ad-

ministration of the Maryland Department of Natural Resources (DNR) test and awarding of the Safe Boating Certificate.

Future Safe Boating Classes are scheduled at the Ocean Pines library for May 5 through 7, June 9 through 11, July 7 through 9. Class size is limited. Class fee is \$15 per student which includes study guide.

For more information or to register, please contact Barry Cohen at 410-935-4807 or E-mail CGAUXOC@Gmail.com.

Hospice training to be offered

Coastal Hospice & Palliative Care is offering an introduction and training course for anyone interested in volunteering at the non-profit organization that serves Dorchester, Somerset, Wicomico and Worcester counties.

Coastal Hospice depends on a dedicated staff of volunteers to fulfill its mission. Patient volunteers offer comfort and companionship to patients and their families, provide transportation and deliver supplies. Other volunteers support the staff with office work or assist at the Coastal Hospice Thrift Shop in Berlin.

Those interested in volunteering for patient visits are invited to attend the training course on two Saturdays, May 2 and May 9 from 9 a.m. to 5 p.m. at the Coastal Hospice Volunteer Offices, Philmore Commons, 224 Phillip Morris Drive, Suite 102, Salisbury.

Persons interested in volunteering for office or thrift shop work are

invited to attend Saturday, May 2 from 9 a.m. to 1 p.m., but are also invited to attend both days.

Along with information about opportunities for volunteering with Coastal Hospice, the course will include discussions about end-of-life changes, the hospice philosophy, admission criteria, and patient rights.

The course is open to anyone, and attendees are not required to commit to volunteering. There is no cost to attend.

For more information or to register for the course, call Judy Hunt-Harris, manager of volunteer services, at 410-543-2590.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as possible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake.

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



A ruff world

It happens from time to time that my wife and I will get into a conversation about dogs. Yes, I know, it could be said our conversation “goes to the dogs” from time to time. But after being together for so long how much is there really to talk about? Usually something on television or encountering a particular breed will trigger a conversation. We’ll remember

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

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

As anyone who has purchased a full bred dog can attest, the cost of such an animal can sometimes be as high as a mortgage payment or two. But hey, if it’s what you want why not? As attractive as a particular breed can be in terms of looks and disposition, there’s no denying the charm of a mixed breed dog. Our dog now is a cross between a Collie and Golden Retriever, we think.

We adopted her from Animal Control when she was a puppy. She has been an excellent addition to the family. She’s the little sister our kids never had. Truth be told, she’s often been better behaved than our children.

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

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

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



It’s All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

dogs we had growing up or ones we’ve had since we were married. We’ll discuss breeds we like and we’ll talk about how some of the best dogs we’ve had have been rescue adoptions.

We enjoy watching the Westminster Dog Show, rooting for our favorite breeds and voicing incredulity when a breed we don’t care for wins Best in Group or Best in Show. It truly defies logic that a judge would pass over the Border Collie or Golden Retriever as the best in their respective groups.

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

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



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County honors alcohol licensees who refuse to sell to minors

Under the leadership of Health Department Prevention Director Marty Pusey, Worcester County Drug and Alcohol Council members hosted the 14th Annual Alcohol Licensee Recognition Breakfast at The Restaurant at Lighthouse Sound on March 12 to honor bar and restaurant owners who, during random compliance checks, refused to sell alcohol to minors. Maryland Highway Safety Office representatives, area police agencies and elected officials were in attendance as well to say thank you to those who are dedicated to preventing youth from obtaining alcohol.

“This is a community approach, and everyone needs to take responsibility for protecting our youth, including the parents, law enforcement and the retailers,” Pusey said. “We appreciate the efforts of the licensees to be vigilant and to continually train their employees to avoid underage sales.”

Reducing underage drinking requires a community-based effort. The relationship that exists between the alcohol licensees and local and state agencies is just such a partnership, and it was formed to protect youth from suffering any number of the unintended consequences that come with underage drinking. Just a few of the risks to young people who drink alcohol include brain development problems, increased risk for physical and sexual assault, impaired judgment, serious injuries, and death from alcohol poisoning, car crashes or other unintended accidents. Worcester County averages one underage driving fatality each year.

Protecting young lives from the unintended consequences of alcohol is critical, and that is why the bar and restaurant owners who refuse to sell alcohol to minors are to be publicly

commended. During the past year, local officials conducted 236 compliance checks at 146 of the 304 businesses licensed to sell alcohol in Worcester County. The businesses were chosen at random, and of them 107 businesses refused to sell alcohol to underage law enforcement cadets.

The Worcester County Commissioners extend a hearty thank you to the bar and restaurant owner as well as those working behind the scenes to protect not only area youth but also youth who visit our shores to recreate each year. Your efforts save lives.

Mountain biking day offered

Ocean Pines may be flat, but local kids can still get a taste of mountain biking at the community’s “Take a Kid Mountain Biking” day on Saturday, May 9 from noon to 2 p.m. in Bainbridge Park.

This free event will offer children ages 8 and up and their parents the opportunity to ride bikes off-road in a fun, non-competitive environment. It is presented by the Ocean Pines Recreation and Parks Department and the Eastern Shore International Mountain Biking Association.

Participants will learn the ABCs, air, breaks and chain, of bike riding. They will also get to try a basic skills course and then ride the bike trails that weave through Bainbridge Park in Ocean Pines.

Tres Denk and other members of the Eastern Shore International Mountain Biking Association will be on hand to offer helmet checks and instruction. Snacks will also be provided.

Children and parents riding should bring helmets, bikes, gloves and closed-toe shoes. A limited number of bikes and helmets will also be available for use. Bikes with training wheels will not be permitted.

Bainbridge Park is located off of Pinehurst Road near Ocean Pines’ north gate. Registration for the event is not required.

For more information about this and other programs offered by the Ocean Pines Recreation and Parks Department, call 410-641-7052 or visit www.OceanPines.org.



Educational fun - Students at Ocean City Elementary School recently enjoyed a fun, educational and interactive presentation, “Oceans Alive.” Students had the opportunity to see and touch many modern day sea creatures as well as fossil specimens up to a half a billion years old. At the end of the assembly, each student was able to take home a bag of seashells and sea glass collected from around the world. Pictured are third graders **TJ Curry** and **Gavin Solito**, presenter, **Neil Brown** and 4th grader **Angelina Zheng**.



Appreciation

Lisa Brown, Sue Vickers and Genevieve Bauer, the administrative assistants at Ocean City Elementary School, were honored on Administrative Professionals’ Day with flowers, cards, signs and many other special treats from OCES faculty, staff and students.



Junior finance - Third grade students at Showell Elementary School learn important information about finance from Junior Achievement volunteers. From left, students **Breandan Foley, Kiley Kauefer, and Maddie Shirk** receive a lesson from **Margaret Mudron**.

MBS to present production

Most Blessed Sacrament Catholic School in Berlin will present a musical production of “Aladdin Junior” on Friday, May 1 and Saturday, May 2 at 7 p.m. and Sunday May 3 at 3 p.m. Tickets are \$5 for adults and \$2 for students.

Assateague Island boosts local economy

A new National Park Service (NPS) report shows that 2,170,681 visitors to Assateague Island National Seashore in 2014 spent \$90,417,200 in communities near the park. That spending supported 1,241 jobs in the local area and had a cumulative benefit to the local economy of \$102,346,900.

“Assateague Island National Seashore welcomes visitors from across the country and around the world,” said Superintendent Debbie Darden. “We are delighted to share the story of this place and the experiences it provides. We also feature the park as a way to introduce our visitors to this part of the country and all that it offers. National park tourism is a significant driver in the national economy, returning \$10 for every \$1 invested in the National Park Service, and it’s a big factor in our local economy as well. We appreciate the partnership and support of our neighbors and are glad to be able to give back by helping to sustain local communities.”

The peer-reviewed visitor spending analysis was conducted by U.S. Geological Survey economists Catherine Cullinane Thomas and Christopher Huber and National Park Service economist Lynne Koontz. The report shows \$15.7 billion of direct spending by 292.8 million park visitors in communities within 60 miles of a national

park. This spending supported 277,000 jobs nationally; 235,600 of those jobs are found in these gateway communities. The cumulative benefit to the U.S. economy was \$29.7 billion.

According to the 2014 report, most park visitor spending was for lodging (30.6 percent) followed by food and beverages (20.3 percent), gas and oil (11.9 percent), admissions and fees (10.2 percent) and souvenirs and other expenses (9.9 percent).

To download the report visit <http://www.nature.nps.gov/socialscience/economics.cfm>

The report includes information for visitor spending at individual parks and by state.

To learn more about national parks in Maryland and Virginia and how the National Park Service works with Maryland and Virginia communities to help preserve local history, conserve the environment, and provide outdoor recreation, go to www.nps.gov/Maryland and www.nps.gov/Virginia.

Performing arts fundraiser set

The Pointe Performing Arts Center will host a fundraiser event on Thursday, May 21, at 5 p.m. to 9 p.m., to be held at the Globe Restaurant, 12 Broad Street in Berlin. No reservations are necessary seating begins at 5 p.m. This event is open to the public.

While dining at the Globe Restaurant patrons can enjoy a free viewing of the Movie Musical “Annie” on the big screen along with a performance of “It’s a Hard Knock Life” performed on stage by The Pointe Dance Theatre.

A percentage of the dining proceeds will go towards The Pointe Dance Theatre’s production of this year’s annual production of the beloved musical “Annie”, to be held in June.

For more information please call 209-277-0001.

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PRMC to offer basic chaplain course

Peninsula Regional Medical Center is pleased to offer a program for training community clergy and lay persons in the tools needed for effective ministry to the sick. The program is built around 10 weeks of clinical and classroom learning, beginning Tuesday, May 12, from 6 to 9 p.m., and meeting each Tuesday through July 14.

Classes are taught by Chaplain Jana Long. The initial meeting will focus on introductions/orientation to the Medical Center. Consecutive meetings will include lectures and presentations. There is also a 20 hour patient visitation experience in addition to the 30 hours of classroom time. The course includes required readings as well as some written assignments.

Students will share in group and individual supervision as part of their experience. At the conclusion of the experience, they will receive a certificate of completion. This training is the first step for chaplaincy,

and will open other options for additional training.

To enroll in the program, those interested may obtain a packet at the Volunteer Office at PRMC or from the hospital web site (www.peninsula.org). Under the careers tab at the top of the homepage, select PLUS Volunteers, then Basic Chaplain Course and the application. Application forms must be mailed in or returned to the PLUS Volunteers office, and please check "Basic Chaplain Program" on the form. If selected, you'll be contacted by PRMC inviting you to join the class.

There is a fee of \$100 for the 10 week program which covers handouts, textbooks, snacks and a graduation meal. Those completing the course will also be eligible to join the volunteer clergy at PRMC through the Pastoral Care Department.

If you have questions, please call Joyce LeCates or Debora Musser in the Pastoral Care office at PRMC at 410-543-7202.



SDHS induction

Forty-one Stephen Decatur High School students were inducted into the Mu Alpha Theta chapter of the Math Honor Society on April 14.

Stephen Decatur High School juniors **Peyton Townsend, Hunter Ulrich, Summer Vinson, Matson Waterman, Catherine Withers, and Hannah Watsky** pose prior to their induction into the Mu Alpha Theta Honor Society.

AGH, partners to hold health fair

Atlantic General Hospital, the town of Ocean City, AARP Ocean City Chapter #1917 and the Blood Bank of Delmarva will be holding a free Community Health Fair on May 5 from 8 a.m. to 1:30 p.m. at the Roland E. Powell Convention Center in Ocean City.

This free health fair is open to the public and will offer free screenings including carotid, skin, respiratory, bone density, foot checks, hearing, and blood pressure. Free lipid panel and blood glucose lab

draws will also be offered (a 12 hour fast is required).

The Blood Bank of Delmarva will be holding a blood drive throughout the event as well. To make an appointment with the Blood Bank call, 888-8BLOOD (888-825-6638).

For more information, call the Atlantic General Hospital Community Education office at 410-641-9268 or email ddenton@atlanticgeneral.org

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Earth Day lesson - Mrs. Mendy Fiori's first grade class at Ocean City Elementary School created projects for their Trash to Treasure Environmental unit of study. Students presented these projects on Earth Day to show how they can reduce, reuse, and recycle waste in their homes.



Excellence

Worcester County Sheriff's Deputy First Class **Jennifer Hall** and Maryland State Police Trooper **Nicholas Hager** are recognized for law enforcement excellence during the 24th annual Worcester County Drug and Alcohol Abuse Council awards reception at Worcester Technical High School.

Arts Camp registration begins

The Worcester County Arts Council is now accepting registrations for the annual Summer Arts Camp for children to be held June 22 through June 26 at Most Blessed Sacrament school in Berlin.

This camp is designed for students entering third through eighth grades in fall 2015 and last year over 120 children attended.

The cost is \$95 for the week long camp which is held from 9 a.m. to 2:30 p.m. Bus transportation from Pocomoke and Snow Hill for an additional \$15 for the week will be offered.

Registration form, including selection of various visual and performing art workshops offered this year, is available on the website www.worces-

tercountyartscouncil.org and the Arts Council's office, located at 6 Jefferson Street in Berlin. Deadline for registration is June 8.

The Worcester County Arts Council is grateful to Most Blessed Sacrament School for providing their facility to this program. Financial support provided by Berlin/Ocean City Optimist Club, Ocean City Elks Club, and patrons of the Council will allow for offering limited financial assistance. For details how to apply, please call our office at 410-641-0809.

For volunteering opportunities at the Arts Camp please contact Anna Mullis at 410-641-0809 or curator@worcestercountyartscouncil.org

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Tips for grandparents helping to raise children

As retirement age approaches, many older adults envision themselves downsizing and moving to a quaint community to enjoy their golden years in as relaxing a fashion as possible. However, for a growing number of seniors, their retirement years are being spent helping to raise grandchildren.

United States Census data from 2010 indicates 4.9 million American children are being raised solely by their grandparents. Many grandparents provide part-time care when their older children have to move back home with their families, as roughly 13 million children are now living in homes with their grandparents.

Although being raised by grandparents may not be the ideal situation for all parties involved, such situations are a necessity for many families. Seniors who are once again thrown into the caregiver arena may need a crash course in childcare or a few pointers on parenting in the modern age.

Get the right equipment. Children certainly require a lot of gear, more than grandparents likely used when raising their own children. Certain safety requirements are in place to safeguard young children, and that often means investing in new cribs, car seats, high chairs, and other items. Grandparents should resist the temptation to use old items they may have kept in storage, as such items may no longer be safe and could put grandchildren at risk for injury.

Gather important documents. Grandparents should keep pertinent documents in one easily accessible place in their homes should an emergency arise. These include birth certificates, health immunization records, death certificates (if the child's parents are deceased), dental records, school papers, citizenship papers, and proof of income and assets.

Speak with an attorney. Lawyers can help grandparents wade through legal arrangements, such as filing for custody, guardianship or adoption. Options vary

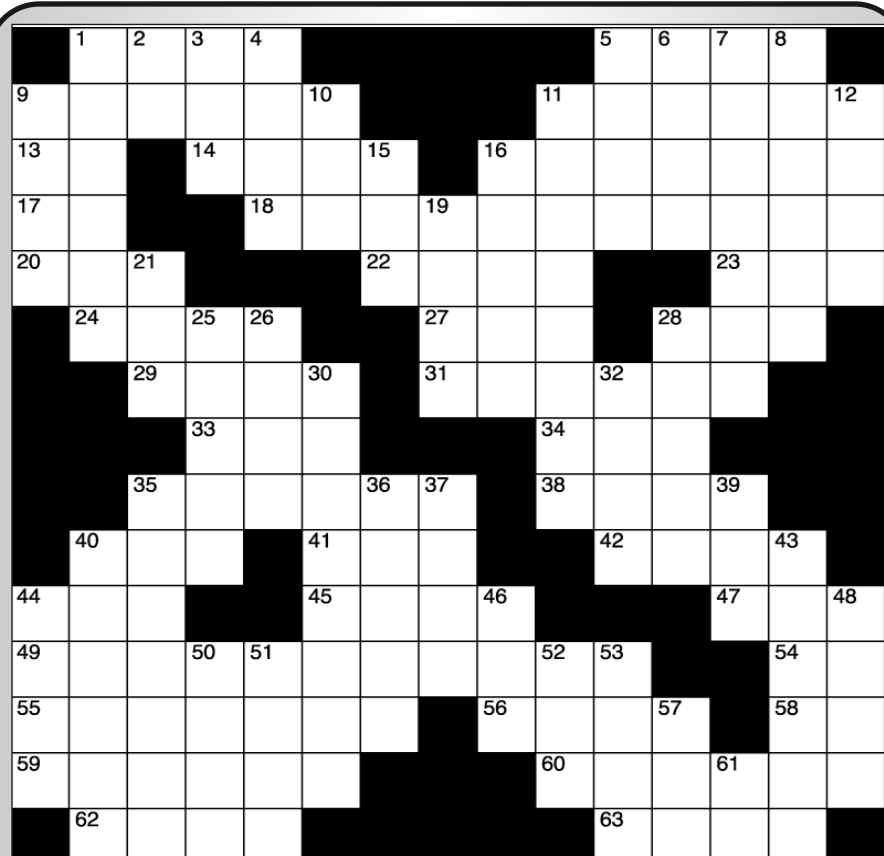
depending on where petitioners live, but lawyers can provide peace of mind to grandparents concerned about their grandkids' futures.

Investigate financial assistance. Seniors may not earn the income they once did and may be on assistance programs or living off of retirement savings. Grandparents who find themselves caring for a child may be eligible for financial assistance. The Temporary Assistance for Needy Families is a joint federal and state program that can provide need-based financial assistance. The AARP or the organization Grand Families may be able to put grandparents in touch with financial advisors in their areas.

Contact schools and daycare centers. School-aged children will need to be enrolled in school. Grandparents should contact the department of education where they live to learn about local school systems, especially when grandkids are moving in with their grandparents. Some grandparents can qualify for free or low-cost daycare, and such programs can be discussed with local Social Services offices. Enrollment in school or daycare can provide grandparents with much-needed free time during the day.

Find emotional support. Taking care of grandchildren is a full-time job. At times, grandparents may feel stressed or out of sorts. Having a strong support system available can help grandparents work through the peaks and valleys of this new and unexpected stage in life. Church- or community center-based counseling services may be available. Grandparents also can check with their healthcare providers to determine if counseling or therapy sessions are covered under their plans.

Caring for grandchildren is a life-changing event. Although it can be fulfilling, it also requires a lot of energy and commitment. But grandparents needn't go it alone, as there are numerous resources available to seniors who suddenly find themselves caring for their grandchildren.



ACROSS

- 1. William the Conqueror's birth city
- 5. Expired
- 9. Muslim greeting
- 11. Hangs cloth in loose folds
- 13. - __, denotes past
- 14. Jog
- 16. Ocean shore
- 17. Promotion of a product
- 18. The Constitution State
- 20. Russian space station
- 22. Paper mulberry bark cloth
- 23. Fiddler crabs
- 24. Drunkards
- 27. Domestic hog
- 28. Before
- 29. Papua New Guinea monetary unit
- 31. Existentialist philosopher Jean-Paul
- 33. V.P. Quayle
- 34. Expression of surprise
- 35. Declares untrue
- 38. Corn dough
- 40. Ocean

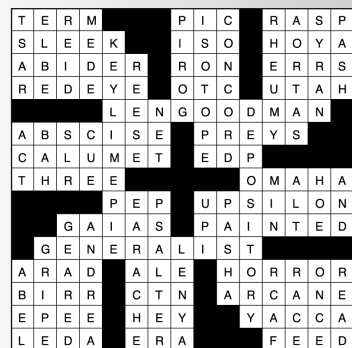
- 41. Supply with men
- 42. Spring tides
- 44. Spooky month
- 45. To tie in Spanish
- 47. Possessed
- 49. Br. Architect Wren
- 54. Prosecutor for a district
- 55. Tribal chieftains
- 56. Fulfill a command
- 58. Location of White House
- 59. Happy facial gestures
- 60. Cheap showy jewelry or ornament
- 62. Over again
- 63. Inhabitants of ancient Media

DOWN

- 1. Coarse woolen braid
- 2. Gangster Capone
- 3. Ingest
- 4. Drug enforcement officer (slang)
- 5. Expression of annoyance
- 6. Romanian capital until 1861

- 7. A person who enjoys good food and drink
- 8. A way to reason
- 9. Sewing junction
- 10. Sound of bovines
- 11. Metric weight unit
- 12. Stalk of a moss capsule
- 15. Explosive brown
- 16. Reddish brown
- 19. Short sleeps
- 21. Decay
- 25. Crepe fern genus
- 26. Actor Connery
- 28. Wipe out recorded information
- 30. Imparts motion to
- 32. Compared to

- 35. Alight from train
- 36. N.H. 03832
- 37. 2 piece clothing fastener
- 39. Express pleasure
- 40. A plan, outline or model
- 43. Give a spanking to
- 44. NY Times publisher Adolph Simon
- 46. 17th Greek letter
- 48. Small, stout cyprinid fish
- 50. Lazy
- 51. Merganser
- 52. Fall back from
- 53. Enlarge hole
- 57. Hong Kong dialect
- 61. Initials of "10" actress



Answers for April 22

Natural ways to beat seasonal allergies

The arrival of warmer weather changes the landscape completely. Animals come out of hiding and hibernation while trees and flowers bloom anew. The spring season can be an exciting time for naturalists and lovers of the great outdoors because they can immerse themselves in the sights, sounds and smells of nature. But for many people, spring also marks the start of allergy season and spending time outdoors can become downright uncomfortable for them.

The American College of Allergy, Asthma & Immunology says nasal allergies affect approximately 50 million people in the United States. Allergic diseases, including asthma, are the fifth most prevalent chronic diseases among people of all ages and the third most common in children. Allergic rhinitis, or hay fever, can occur in spring, summer and/or early fall. People who experience hay fever often can attribute their symptoms to sensitivity to pollens from trees, grasses, weeds, or airborne mold spores.

No two allergy sufferers are alike, so medications that may work for one person may be only mildly effective for another. Many medications can cause side effects, which may be just as frustrating as the initial allergy symptoms. Treatments may target sneezing and itching but fail to clear up congestion. Drowsiness, dry mouth and nasal irritation may be side effects of common allergy drugs.

People who want to avoid allergy medication can look to nat-

ural remedies to alleviate their symptoms. Whether used alone or in concert with traditional medicine, these remedies may make spending time outdoors more pleasant.

- Try probiotics. Probiotics, those friendly bacteria that reside in the digestive system, can do more than just treat an upset stomach. Naturopathic doctors say that probiotics also can influence the immune system and may help strengthen its response to common allergens. Since probiotics are good for replenishing healthy bacteria in the body anyway, many people may want to keep taking them once their allergy symptoms have come and gone.

- Use neti pots or saline sprays. A small amount of saltwater can rinse away allergens, such as pollen, that get lodged in the nose. These rinses also can help clear up congestion and flush out any other irritants.

- Load up on omega-3s. A German study published in the journal "Allergy" found that participants who ate foods rich in omega-3 fatty acids were less likely to suffer allergy symptoms than those who didn't regularly eat these foods. Omega-3s can help fight inflammation. Drinking more fluids and using spices in cooking can help flush out allergens as well.

- Don't forget vitamin C. Vitamin C is an immune-system booster and may help prevent the formation of histamine in the body, a substance responsible for many allergy symptoms.



Students get writing lessons from down under

Stephen Decatur High School students and teachers cried, laughed, and listened in awe as renowned Australian author Susanne Gervay spoke to the group about her life challenges, experiences, inspirations, and her techniques in storytelling on April 13. Gervay has written numerous short story collections and novels including the "I am Jack" series, *The Cave*, and *Butterflies*. Gervay was also in attendance at the 2015 Salisbury University Children's and Young Adult Literature Festival.

Pictured are **Patrick Reid, Barrett Moncure, Reagan Dunham**, Australian author **Susanne Gervay, Alea Aul, and Monica McInerney**.



Orchestral excellence

On March 24, the Berlin Intermediate School 6th grade Festival Orchestra, under the direction of Lisa Adams, attended the Eastern Shore Orchestra Director's District V festival. The students performed three prepared pieces and sight-reading for the judges. The group received an "excellent" rating.

Pictured are (back): **Luke Davis, Lisa Adams, Erika Holdren, Amica Shrestha, Samantha Harold** (Middle): **Jacob Thompson, Katie Ferguson, Adham Labwam, G. Cascio** (front) **Rosabianca Corbetl, Sangwuk Han, Reagan Cheung**.



Tech awards

During the 24th annual Worcester County Drug and Alcohol Abuse Council awards reception at Worcester Technical High School, public school students **Christopher Johnson, Dai'Ondra Dale, and Brittany McTernan** take third, first and second place, respectively, in the 9-12th Grade Division for the 2015 Say No to Drugs and Alcohol Poster Contest.

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., April 30	5:42 a.m. 6:03 p.m.	11:52 a.m.	6:05 a.m.	7:51 p.m.
Fri., May 1	6:24 a.m. 6:44 p.m.	12:23 a.m. 12:32 p.m.	6:04 a.m.	7:51 p.m.
Sat., May 2	7:05 a.m. 7:24 p.m.	1:06 a.m. 1:10 p.m.	6:03 a.m.	7:52 p.m.
Sun., May 3	7:45 a.m. 8:05 p.m.	1:46 a.m. 1:49 p.m.	6:01 a.m.	7:53 p.m.
Mon., May 4	8:26 a.m. 8:46 p.m.	2:27 a.m. 2:27 p.m.	6:00 a.m.	7:54 p.m.
Tues., May 5	9:08 a.m. 9:27 p.m.	3:08 a.m. 3:07 p.m.	5:59 a.m.	7:55 p.m.
Wed., May 6	9:50 a.m. 10:10 p.m.	3:50 a.m. 3:49 p.m.	5:58 a.m.	7:56 p.m.

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europa

from page 1

fortunately the hotel clerk allowed me to call Kelly to let her know we had arrived. She met us at the hotel a short time later and the reunion was tearful and all-around fabulous.

Through the week, we worked our way south and west. The southernmost city we visited was Malmö where we visited Malmöhus Castle — formerly a castle complete with a moat and later a prison. There were several small museums on-site. The museum that was dedicated to the castle's artwork and décor touted the city's heyday in May 1914 when it hosted the Baltic Exhibition; hopes for a bright future were high. No one could have foreseen that these hopes would be dashed as World War I broke out that summer. The prison museum was also fascinating especially learning about the ongoing wars between Sweden and Denmark during the 16th and 17th centuries as each vied for dominion over the other.

Due west of Malmö was our next destination, Copenhagen. Despite the blustery weather that included a wintry mix, Copenhagen turned out to be our favorite city. Its beauty and friendly people outshone the dreary skies. We took a tour of the famous Carlsberg brewery and even managed to hitch a ride on a cart pulled by their indigenous Jutland horses (similar to Budweiser's Clydesdales) along the cobblestone streets around the brewery. We loved the boat ride through Nyhaven to see the Little Mermaid statue (in tribute to Hans Christian Andersen's fairy tale) as well as the charming multi-colored buildings along the harbor. We also enjoyed strolling on one of Europe's longest pedestrian malls, the Strøget.

Gothenburg along Sweden's west coast was our next major city. In the pretty downtown area was a stirring monument dedicated to Raoul Wallenberg, a Swedish diplomat in Hungary who rescued thousands of Jews during World War II by helping them secure false pa-

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pers to escape the Nazis. On another day we toured Linköping's sister city, Norrköping. There we visited a museum chronicling the city's ups and downs. That evening we visited the Water Tower bar that included going to the rooftop to look out at the twinkling lights of the city.

Sweden's capital city of Stockholm has a famous and enchanting old town district called Gamla Stan. The cobblestone streets, old churches, wealth of restaurants, and of course the royal palace, make for a must-do stop when visiting Sweden. Stockholm is comprised of fourteen islands where Lake Mälaren flows into the Baltic

By any measure, Sweden is one of the world's most innovative nations, and it has been called the most digitally connected economy. Swedes are early adopters of new technology and the country's non-hierarchical society creates a fertile environment for new ideas. The Swedish government invests a higher proportion of GDP in R&D than most other nations. Generations of innovativeness have led to a long list of world-changing inventions like the three-point seatbelt, the pacemaker, the adjustable wrench and safety matches. More recent Swedish inventions include Spotify and Skype.

Sea. We took a hop-on/hop-off boat ride to see some of these islands. We hopped off at Djurgården that houses the renowned Vasa Museum. The Vasa was a warship built in the early 1600s when Sweden was at war with Poland, and the ship sank just fifteen minutes into its maiden voyage. Amazingly, the ship was successfully salvaged in 1961. I highly recommend a visit to this outstanding museum.

Later in the day we walked over the bridge connecting Gamla Stan to the Ostermalm district of Stockholm so that we could watch the sunset from Monteliusvagen overlooking the skyline of Gamla Stan. The sunset as well as sipping a "Swedish hot wine" toddy after our long day spent in the chilly weather beautifully capped off our last full day in Sweden. It was definitely a trip to remember — full of adventure, cold, a bit of fumbling around, and lots of laughter.

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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

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** 7:30 p.m. 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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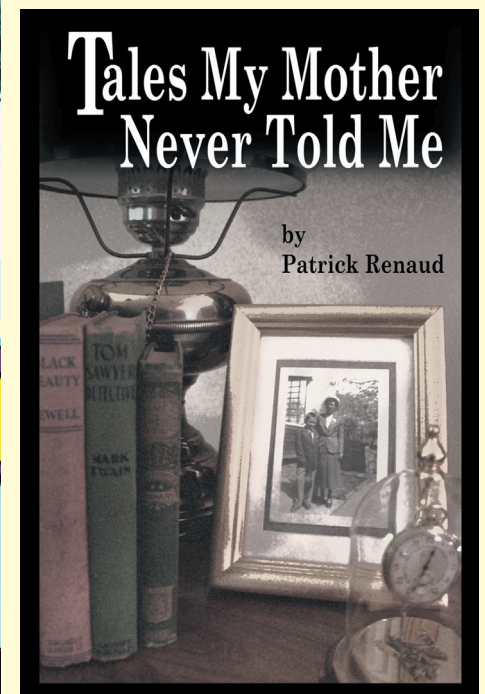
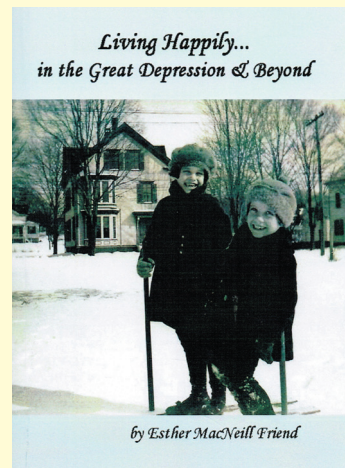
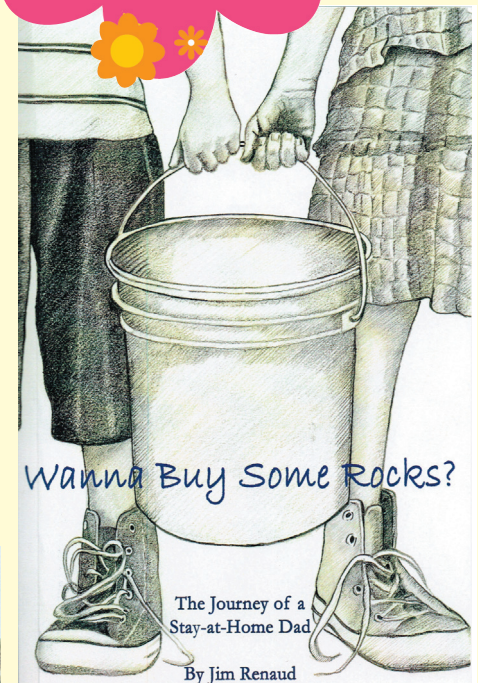
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