

# The Courier

June 17, 2015 Volume 16 Number 42

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## Concert series begins

The Ocean Pines Concerts in the Parks series begins Thursday night at 7 p.m. under the Pavilion in White Horse Park. Performances will be held each Thursday during the summer. Bring the family and your friends for a fun-filled evening of free entertainment. Food will be available for sale. BYOB and picnics are allowed. The schedule for the Ocean Pines Recreation and Parks Summer Concert Series is:

- June 18: "The Honeycombs"
- June 25: 229<sup>th</sup> Army Band
- July 2: "Barren Creek"
- July 9: "Uptown Band"
- July 16: "Tor and Coastal Storm"
- July 23: "Full Circle"
- July 30: "Delmarva Big Band"
- August 6: "Haleytown"
- August 13: Jett Stream
- August 20: JJ Rupp
- August 27: "A Classic Case"

## MSSA to meet

The Atlantic Coast Chapter of the Maryland Saltwater Sportfishing Association will hold its monthly meeting on June 23. The meeting will be held at the Lion's Club on Airport Rd. in West Ocean City. Meeting will officially start at 7:30 p.m., doors to facility open at 7 p.m. Guest are welcome to attend and this month there will be two guest speakers: Dan Collins an instructor from the Coast Guard, DNR and a member of the USCGA; and, a local high school graduate who was awarded a college scholarship from the MSSA Scholarship Program. If you have any questions you can contact Ron Smith at: [smitty3894@aol.com](mailto:smitty3894@aol.com) or 732-779-2441.

## Teach A Kid to Fish event is Saturday

The Ocean Pines Anglers Club will host their Teach A Kid To Fish event on Saturday, June 20 between 9 and 11 a.m. at Veterans Park, South Gate Pond in Ocean Pines. The Anglers Club members will teach kids of all ages fishing skills and techniques as well as the wonders of the sport. Beverages and bait will be provided for those who would like to stay after the event and practice their new skills. Parents and grandparents are invited to assist and learn. A free rod and reel drawing will take place at the conclusion of the event. For more information call Walt Boge at 410-208-2855.



## Scholarships awarded

At its June 11 meeting, Ravens Roost #44 awarded \$15,500 in scholarships to nice local graduating seniors from Indian River, Stephen Decatur and Worcester Preparatory Schools. The majority of the money was raised through the annual golf tournament held in Ocean Pines in June. To date the Roost has donated over \$130,000 in scholarship monies. Above are (front row left to right) Sarah Buchler, Jenna Leitgeb, Jillian Petito, Sophia Brennan, Margaret Allison (back row left to right) Natalie Twilley, Matthe Krall, Keaton Burke, Elisah Stockard.

## OPA Election Committee holds candidates drawing

The candidates' drawing that determines the order of the names on the ballot and order of seating at the Ocean Pines Association (OPA) Forum was conducted on June 11. The order is as follows: Terri Mohr, Cheryl Jacobs, Ray Unger, Thomas Herrick, Bill Zawacki, Carol Ludwig and Slobodan Trendic

Residents are invited to attend the Candidates Forum on Wednesday, June 24, at 6 p.m. at the Ocean Pines Community Center in the Assateague Room. This is an opportunity to meet the candidates who are running for two open seats on the OPA Board of Directors.

The Elections Committee is seeking questions from residents. The length of a question is limited to 75 words or less. Residents are invited to submit questions by calling the Elections Committee Telephone Hotline on 410-208-3989 or sending ques-



Above: Terri Mohr, Cheryl Jacobs, Thomas Herrick, Bill Zawacki, Carol Ludwig and Slobodan Trendic. Ray Unger was not present.

tions by email to Bill Wentworth at [bwentworth104@verizon.net](mailto:bwentworth104@verizon.net). The deadline for submitting questions is June 20.

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## Arts Council awards grants

The Worcester County Arts Council awarded \$10,000 in Community Arts Development Grants program to eight art projects and events to be presented by local nonprofit arts organizations during the granting cycle beginning July 1.

In a press release the Council said funding will support a wide variety of creative and innovative projects that are of outstanding artistic quality and demonstrate community benefit enhancing the lives of everyone living and visiting the Worcester County. Grant projects are evaluated based on overall quality of cultural excellence, community outreach and public impact, and financial/administrative merit.

The following is a list of organizations and their projects that are being awarded a Community Arts Development Grant for the current granting



*Grant Recipients pictured with Arts Council Grant Committee members at the Annual membership meeting held on June 6 From left to right (back row): **Brian Garrett**, Arts Council president; **Lanny Hickman**, **Lisa Stant**, **Nancy Howard**, **Laura Allen**, **Ann Gibbs**. (front row) **Kay Hickman** and **Jan Quick**.*

period:

Art League of Ocean City - various art exhibits

Berlin Heritage Foundation – Berlin Peach Festival

Brown Box Theatre Project – Free Shakespeare Performances: “The Taming of the Shrew”

Mid-Atlantic Symphony Orchestra – various performances

Pine Tones Chorus - Winter Concert Series

Town of Berlin/Berlin Arts & Entertainment - Musicians on Main Street

Town of Snow Hill – First Fridays Celebrations

Town of Snow Hill – Rock the River Music Festival

The Worcester County Arts Council’s Community Arts Development Grants program is designed to assist local community based groups produce and present arts activities in Worcester County and is funded and supported by the Maryland State Arts Council. The next deadline for grants submission is October 15.

For more information about the Community Arts Development Grant program visit our website at [www.worcestercountyartscouncil.org](http://www.worcestercountyartscouncil.org) or call the Arts Council’s office at 410-641-0809.

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### Commencement awards

Top Awards at Worcester Preparatory School's Commencement Exercises were presented to: (l-r) **Mattie Maull**, Best All-Round Student; **Erik Zorn**, Salutatorian; and **Natalie Twilley**, Valedictorian. The awards were announced by Dr. Barry W. Tull, Headmaster.

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## 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

\* Father's Day is celebrated the third Sunday in June in over 50 countries around the world.



\* The first Father's Day celebration was said to be on June 19, 1910 in Spokane, Washington.

\* A woman named Sonora Smart Dodd spearheaded the efforts for fathers to be recognized after hearing a Mother's Day sermon at her church. Dodd's father, a Civil War veteran, had cared for the family after his wife died while giving birth to the couple's sixth child.

\* In 1966, Lyndon Johnson finally made an official proclamation that Father's Day would be recognized on the third Sunday of June.

\* It wasn't until 1972 that Father's Day became a permanent national holiday. (President Nixon signed it into law.)

\* Father's Day is the fourth-largest greeting card occasion of the year.

\* Father's Day is the busiest day of the year for collect phone calls.

Happy Father's Day to all dads!

## Wor-Wic's golf tournament has hole-in-one winner

For the first time in 14 years, the Wor-Wic Community College golf tournament, held recently at the col-



**Bill Rinnier** makes a hole in one to win at the 14th annual Wor-Wic Community College golf tournament held at the college's Ocean Resorts Golf Club in Berlin.

lege's Ocean Resorts Golf Club in Berlin, had a hole-in-one winner. Bill Rinnier of the Rowen's Mill team won \$25,000 toward the purchase or lease of a car from the Pohanka Automotive Group and a Kindle Fire HDX from the Avery Hall Insurance Group.

This year's top team for low gross score was the Eastern Shore Distributing team of Greg Bassett, John "Cakes" Fletcher, John Littleton and Dennis Weller, followed by the Hebron Savings Bank team of Tim Boston, David Leonard, Evan Smith and Henry Tilghman. Third place went to the Whiting-Turner Contracting team of Mark Higdon, Jim Martini, Larry McGuire and Logan Street.

The top team with the lowest net score was the Chesapeake Utilities

team of Dennis Cross, Wyatt Lowe, Dorrie Moore and Jesse Sapp, followed by the Wilfre Company team of Martin Harrison, Steve Kidwell, Tony Pierson and Ray Somers. Third place in net score went to the Wor-Wic team of Rich Disharoon, Cathy Hanssens-Passeri, Nicole Rafer and Larry Sterling.

Longest drive winners were Ralph Holm and Hope Morgan. Winner of the putting contest was Dick Young. Closest to the pin prizes were awarded to John Littleton, Bill Rinnier, Scott Shilling and Deddison Won.

Proceeds from the tournament totaling more than \$36,000 will be used to benefit the college's on-campus child development center.

## Bertino to speak at RWWC luncheon

The Republican Women of Worcester County will hold their June "Red, White and Blue" Luncheon meeting on Thursday, June 25 at Ruth's Chris Steak House. The guest speakers will be Worcester County Commissioner Chip Bertino who will give an update on his first year in office and a representative from Coastal Hospice who will discuss updates on the plans and progress for the Berlin Hospice residence facility. Cost of the luncheon is \$17 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation or for more information, please contact Ann Lutz at 410-208-9767 or annlutz@verizon.net

Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Letters

are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

**thecourier@delmarvacourier.com**



## Scholarship winners

Six Worcester County students have each been awarded a \$1,000 art scholarship from the Worcester County Arts Council in support of their artistic goals.

The students are Fiona O'Brien and MaryJo Wheatley, both graduating Stephen Decatur High School seniors, Rachel Hobbs and Kayla Isaacs, graduating seniors from Snow Hill High School, Kasey Jones, an art major student at Salisbury University and Maggie Winterling, student of music program at the Middle Tennessee State University. Kasey Jones and Maggie Winterling are both previous recipients of Art Scholarship from the Arts Council.

Scholarship awards for MaryJo Wheatley, Fiona O'Brien, and Kayla Isaacs were made possible by a generous contribution provided by John Sisson and his Family in memory of his nephew, John Carroll Sisson III.

All scholarship recipients were recognized at the Annual Membership meeting of the Arts Council held Saturday, June 6.

For more information on the Art Scholarship program visit: [www.worcestercountartscouncil.org](http://www.worcestercountartscouncil.org) or call 410-641-0809.

Pictured from left to right: **Kasey Jones, Sharon Sorrentino**, Scholarship Committee chairperson, **Fiona O'Brien**, and **MaryJo Wheatley** who attended the award recognition held during the annual meeting.

# Father's Day, revolutionaries and questionable dreams

**Author's note:** From time to time I read some of my old columns. I came across this one that I had written in 2002. So much has happened since then. My kids are grown and on their own (for the most part) and my daughter now has children of her own. I hope you enjoy this "classic" column.

Ah, Father's Day. It's a day when children remember their fathers. They thank them for everything they have done throughout the year. It is a very special day. I'm sure for most fathers it will be. I'd like to think it will be a special day around my house but I'm not getting my hopes up too high.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

The other evening I passed my sons' room. A meeting was underway among my three children. Although they were speaking in hushed tones, the conversation was animated. I paused by the slightly open door to eavesdrop. I am not ashamed to say I listened in. I don't believe anyone's rights were violated because I'm the one paying for the house.

My daughter was taking notes. She had a steno pad that appeared to be half full. I could hear my oldest son talking about the time nine months ago when I made him go to bed early because he had not cleaned up the kitchen properly. "A grave injustice was committed that evening," he said with his index finger waving in the air.

"A grave injustice?" What in the world was he talking about? He's lucky I didn't charge him for the stain left on the counter because he did not remove the spaghetti sauce before it dried.

I continued listening at the door to learn what else these little conspirators, I mean children, had to say.

"I'll add your charge to the list under tyrannical tendencies."

My youngest son began to speak. I could not help but think about the day he was born. He was such a cute baby. I was very confident he would come to my defense and combat the inflammatory statements made by his siblings.

"How about the time he made us do yard work when we wanted to play with our friends?"

"Et tu Brutus," I thought.

"And let's not forget having to set the table for dinner every night," my daughter remarked with a tone of disgust.

There I was standing in the darkened hallway listening to my children developing a list of all the "mean things" I had done to them. Now I was getting agitated. Wait till they misbehaved again. I'll show them, I thought.

"Go over the list again," my oldest son said. "Let's make sure it's complete."

My daughter flipped back through several pages to start at the beginning. "Do you want me to start with the tyrannical tendencies list or the unreasonable demands list?"

"Take your pick," my youngest son said.

For the next 25 minutes I stood listening as a list of grievances were read aloud as if to be entered into the official record. They didn't miss any perceived injustice. The list included such things as being made to wash their hands before dinner, told to brush their teeth in the morning, made to use shampoo when washing their hair, made to go to bed on time, told to say "excuse me" after burping at the table and forced to comb their hair before leaving for mass.

As the list was being read, this ungrateful threesome became more animated. It wasn't long before I expected them to don colonial clothes and begin marching around the room with a fife and drum.

I'm not sure which one said it but I heard one of them say "Give me liberty or give me death!"

My daughter finally finished reading from her list. "Does anyone have anything else to add," she asked. No one did. Unless they blamed me for global warming, I don't think there was anything more to add.

I mentally began taking notes of how I was going to strike back at these little revolutionaries. I imagined taking my time to enjoy the process of retaliation. I began to laugh manically.

The alarm clock awakened me. I was perspiring profusely and clenching my pillow. I had dreamt the whole thing. There was no cabal in the other room. My kids weren't conspiring against me. There is hope after all that Father's Day will be remembered in my house.

Wait a minute, what's this fife doing on my bed?

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# Guardianship differs from a power of attorney

By **Mike Mathers**

In several articles I have praised the benefit of a well-drafted power of attorney. Typically I mention in that same column that if you wait until it is too late, the only option left for your family is a guardianship. Today, I want to provide a little more detail on what a guardianship is and how it differs from a power of attorney.

To illustrate, let's imagine a retired couple named Tom and Jane. Tom was the breadwinner and so he

has a lot of assets in his name only, including retirement accounts. Several years ago Tom was diagnosed with the early signs of Alzheimer's, but Jane has been so overwhelmed with her other caretaking duties that she never thought to visit a lawyer for estate planning. Now, Tom has taken a turn for the worse and it's obvious he will need to move to an assisted living home. There is plenty of money available for Tom's care between retirement accounts, life insurance and other investments, but no one will let Jane withdraw anything. Every time she calls to ask questions about his assets, the companies ask her if she has power of attorney; and when

she says no they refuse to tell her anything.

In this scenario, Jane must petition the court to be appointed her husband's guardian. Anything that a power of attorney can do, a guardianship order can do and so getting that order will give Jane all the power she needs to make sure her husband is taken care of. The reason that a judge is involved is because Jane is past the point that Tom can speak for himself. It is a very serious matter that a judge can appoint Jane with power over Tom's assets and the court will be careful to appoint the right person.

Obtaining a guardianship order means proving two things; first, that

Tom has actually become too disabled to make his own decisions, and second, that Jane is the right person to be the guardian. In some cases, multiple people are good candidates to be the guardian and the judge has to decide who the best person is. If Tom had a son named Billy from a previous marriage, Billy would certainly be a part of the guardianship hearing. Billy could agree that Jane should be appointed but he could also tell the judge that he was the best person to take care of his father. In that scenario, Billy and Jane would each make their case and the judge would ultimately decide the best candidate. In some instances, if no one can show that they are equipped to be a guardian, then a state agency may be appointed to make decisions

One of the biggest differences between a power of attorney and guardianship is that a guardianship order can actually overturn a power of attorney. Usually, the court will not be convinced that a guardianship is necessary if the disabled person already signed a power of attorney. However, if they chose poorly and the power of attorney is being abused or used to steal money, the guardianship process can be used to give power to the right person.

Most people would prefer to save their family the time and expense of a guardianship hearing, which is why powers of attorney are popular. However, it should give you comfort that there is a system in place to help make sure that care giving powers end up in the hands of the right person.

Mike Mathers is a local attorney who practices in estate planning and elder law. He can be reached at 410-208-3331 or Mike@mb-matherslaw.com.



Mike Mathers

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## Eco project

As part of their service learning project, students from the Diamondback and Dragon teams at Stephen Decatur Middle School participated in a kayak eco-tour with Ayers Creek Adventures. After researching three types of land erosion plans to determine which is the most environmentally sustainable, the students concluded that a Living Shoreline is the best choice. Students also completed a seining activity to identify "critters" in local waters and participated in a water quality testing activity.

Above are **Nellie DeHart, Eduardo Sanchez-Cruz, Jenna Banks and Tanner Mayhew**

## Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a portfolio review to help you decide if your should make changes to your investments and whether you're on track to reach your goals.

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# Power Squadron blesses fleet

On Sunday, June 7, the Ocean City Power Squadron, held its annual Blessing of the Fleet at the Ocean Pines Marina. The event was attended by about 30 members and non-members and it was followed by a cruise to Seacrets for a lunch and social gathering. The Blessing of the Fleet ceremony has been passed down through generations of sailors, fishermen, merchant mariners and navies around the world and is intended to safeguard crews and ships from the dangers of the seas through a traditional blessing given by a clergyman at the water's edge. Associate Chaplain P/C Wallace J. Stevenson, AP, a member of the OCPs, provided the blessing this year.

The Ocean City Power Squadron, as a part of the United States Power Squadrons, the oldest and largest recreational boater education organi-

zation in the country, provides boating seminars and courses to members and the public throughout the year and conducts free vessel safety checks



to assure that boaters have all the necessary safety equipment on their vessels required by the US Coast Guard and the State of Maryland. For further information on the Power Squadron or its classes or to schedule a free vessel safety check contact Commander Stuart Glassman at 814-322-2120.



## Book program

The Worcester County Commission for Women (WCCW) provides a book bag and books to first through third grade students in seven schools. The book bags are distributed by volunteers and sponsors of the Worcester County literacy program called the McGuffey Bookworm Club. Above is Showell student **Savannah Hallon** with her grandmother **Madalaine Howell**.

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The AMI Open House will be held at the Ocean Pines Community Center, 235 Ocean Pkwy, in the Assateague Meeting Room, Thursday, June 18 from 2:00PM – 6:00PM. We look forward to seeing you!

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## Summer art classes offered

For those wanting to take a break from the beach and boardwalk this summer, the Ocean City Center for the Arts is offering an array of art classes geared to inspire, instruct and encourage creativity.

All classes are taught by professional artists and arts educators in the Art Center's waterfront classrooms located bayside on 94<sup>th</sup> St. in Ocean City.

A complete schedule of classes including class themes, times and prices is available for download at [www.artleague-fofoceancity.org](http://www.artleague-fofoceancity.org).

For children, the Arts Center offers classes for all ages, from toddler to teen.

Four sessions of the "Art Adventure Camp," co-sponsored by the Art League and the Ocean City Parks & Recreation Department, will take place on July 13-16, July 20-23, July 27-30 and August 3-6. The 4-day camps offer a variety of art activities including drawing, painting, pottery, sculpture, jewelry making, mixed media and individual expression. Registrations (for this class only) are being accepted at OC Parks & Rec at 410-250-0125 or at <http://ococean.com/things-to-do/recreational/camps/>.

Ages 11-18 will enjoy Saturday classes where teens produce an acrylic painting of their favorite musician or animal. Geared for children of all ages are "Afternoon Pottery" every Thursday, and "Pizza and Pottery" on June 26 and July 31 featuring pottery and a kids' movie.

"Mommy and Me" on Mondays in June is designed for children ages 2-5. Older children ages 6-13 can participate in the "Kids Get Creative Mixed Media Class" and the "Creative Kids Class."

A "Family Clay Day" on June 20 and July 11 allows kids and an accompanying adult to work together on a clay project in the Art Center's pottery studio.

Experience in art is not required for many adult classes being offered at the Arts Center. "Sip and Ceramics" held on June 17 and July 15, and "Brushes and Bubbly" to be held on July 8 will let friends gather, bring

an adult beverage and create a step-by-step work of art in one night. Adult pottery classes are offered every Tuesday from 10 a.m.-noon and every Thursday from 6-8 p.m. The Arts Center also offers classes in drawing, watercolors, oil painting, silk painting, fused glass, and jewelry making.

The Arts Center is offering several classes for artists wishing to improve their skills. Renowned artist Kevin Fitzgerald will conduct a workshop in oils on July 17-18 for painters of all mediums.

Gerilyn Gaskill will teach "Local Watercolors" on Wednesdays and Thursdays through August. Sonia Hunt will combine pen and ink with watercolors on June 18, July 9 and August 13.

For artists who want an inspiring environment, the Arts Center offers "Watercolor Drop-In" every Tuesday and "Coffee and Canvas" every Thursday with good conversation with fellow artists.

For more information, pricing and registration, please go to [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org) or call 410-524-9433.

## Kiwanis to hold open house

On Tuesday June 23 at Sisters located at 113 N. Main Street in Berlin, the Kiwanis Club of Greater Ocean Pines - Ocean City will hold an open house between 6 and 7 p.m. Complimentary hors d'oeuvres, wine, beer and soft drinks will be served. The purpose is to inform people how they can make a difference as Kiwanis members volunteering to help children and giving back to the community. Volunteers from various backgrounds can make a difference whether working, developing a career, raising a family, being a full-time caregiver, maintaining a home, managing personal finances as well as other pursuits. The "3-2-1 Kiwanis" program will be introduced. It is "1" evening meeting per month, for "2" hours of networking and "3" hours of community service per month fitting the time schedule of a volunteer's lifestyle. Please, RSVP by June 19. Call 215-519-3670 with questions. To learn more about our club, visit [www.kiwanisofopoc.org](http://www.kiwanisofopoc.org).



### Building Robots

Students in Amanda Lynch's Grade 4 class at Worcester Preparatory School video conferenced with the Museum of Flight located in Seattle, WA, where they learned about the history of robots, how robots are used in our everyday lives, and the future of robots.

After conferencing with the scientists, Lynch gave her students a robotics challenge. Their mission was to build a robot that would move forward/backward, left/right, have the ability to pick up an object and then carry that object on itself. Above students **Luke Bunting**, **JR Hamer**, **Timmy Hebert**, and **Logan Ginnavan** show off their robotic creation.



### Garden Clubs winner

**Camden Rayne**, a Grade 5 student at Worcester Preparatory School, was the 2015 first place winner in the annual Garden Club Poetry Competition for the State of Maryland. Her entry has been submitted to Garden Club's Central Atlantic Region Competition to be judged with the winners of seven other states. Camden is the daughter of Daniel and Tonya Rayne of Ocean City. .



### Silver anniversary

The Ocean Pines Boat Club recently celebrated its 25th anniversary. About 80 members attended the anniversary celebration at the Ocean Pines Community Center. Dave Lloyd was made Honorary Commodore of the Boat Club in recognition of his many years of dedication and hard work, ensuring the success of the club.





### Marlin club awards scholarships

The Ocean City Marlin Club Auxilliary presented a total of four \$5,000 Bertha Holloway and Dee Rigsby Scholarships this year to deserving students from Stephen Decatur High School (SDHS) and Worcester Preparatory School. The scholarship fund amounts have grown over the years to this year's high of \$5,000. The auxilliary conducts fundraisers all year in an effort to raise these monies. All Worcester County seniors are welcome to apply. The OCMC scholarship committee has continually been impressed with the quality of applications.

Recipients this year from SDHS are Hannah L. Adkins who is planning to attend Salisbury University with a major in Biology and Animal Science. Hannah is the great-granddaughter of Bertha Holloway in whose name the scholarship fund was originally formed. Also from SDHS is Matthew L. Scott who plans to attend McDaniel College with a major in biology/Pre-Med and Ophthalmology.

Recipients from Worcester Preparatory School in Berlin are Maura Smith who is planning to attend Franklin & Marshall College with a major in Biology/Pre-Med/Pediatrics and Erik Zorn, attending the University of South Carolina with a major in Computer Science.

Above: presenting the scholarships at SDHS from left to right: OCMC scholarship committee **Suzanne Claggett, Matthew Scott, Hannah Adkins and OCMC scholarship committee Margie Gilmore**



**Celebration** - The Atlantic General Hospital Foundation held its Anniversary Celebration on May 21 to celebrate the hospital's 22 years of service to the community. The event raised \$120,000 for the Foundation and Atlantic General Hospital. Above are **Marilyn and Michael James**.



## How to build and maintain strong bones

Osteoporosis, a disease that causes bones to become weakened and brittle over time, affects millions of people across the globe. The International Osteoporosis Foundation says an osteoporosis-related fracture occurs roughly once every 3 seconds, accounting for more than 8.9 million fractures a year.

Younger individuals typically heal from fractures more quickly than older adults, who often discover that fractures greatly impede their mobility and quality of life.

Bone health is important at any age, but it is particularly crucial as a person gets older. Without a strong framework of bones, the body collapses on itself and rates of fracture increase. Fortunately, there are several ways to keep and maintain strong bones.

Bones are largely made up of a protein called collagen, which is bound together by calcium and other trace minerals. Vitamin D and calcium work in concert, with vitamin D helping the body to absorb calcium so it can find its way into bones. Experts advise getting the right ratio of calcium, protein and vitamin D to safeguard against osteoporosis. The Institute of Medicine suggests that adults get between 600 and 800 international units (IUs) of vitamin D every day, and between 1,000 and 1,300 milligrams of calcium daily. Dairy products, such as low- and non-

fat milk, yogurt and cheese, are high in calcium. Dark green vegetables and almonds contain calcium in smaller amounts. Obtaining calcium and vitamin D through natural sources is always preferable, but doctors may suggest supplementation if foods are not providing what a person needs to meet the minimum recommended levels.

Exercise is another important component of building strong bones. The National Osteoporosis Foundation says 30 minutes of exercise each day can help. Higher-intensity exercises should be mixed with lower-intensity workouts for the best results. Weight-bearing exercises, such as hiking, dancing and stair-climbing, can build between 1 and 3 percent of bone. An exercise regimen also should include lifting weights or using resistance bands.

Activities that promote good posture and flexibility can help improve balance and alignment of the body. Perform stretches smoothly and slowly after exercising to maintain your range of motion.

Quitting smoking also can promote strong bones. Smoking has been linked to poor skeletal health in both men and women, and the longer one smokes, the greater one's risk for fracture.

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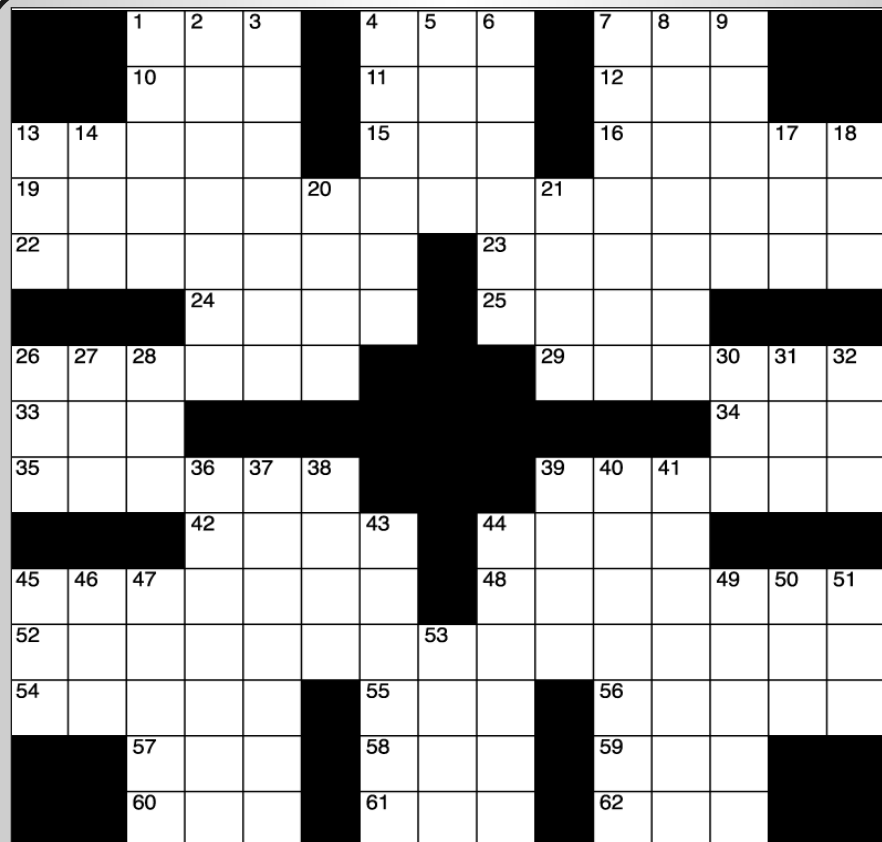
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**ACROSS**

- 1. Sunscreen rating
- 4. Military mailbox
- 7. 12th month (abbr.)
- 10. Sunrise Mount of Shandong
- 11. Escape from the law
- 12. Similar suffix
- 13. Pyrrole
- 15. Anger
- 16. Blue-billed diving ducks
- 19. J.K. Rowling's pseudonym
- 22. Projecting part of a rampart
- 23. What St. Helens did
- 24. Large integers
- 25. Adhesive or digital
- 26. Writing providing information
- 29. Inscribed upright stone slabs
- 33. The night before
- 34. Black tropical American cuckoo
- 35. Heartache from loss
- 39. Hush money payer
- 42. Geological times

- 44. Types of fish eggs
- 45. Young pilchard
- 48. Lack of momentum
- 52. "Blue Bloods" A.D.A. actress
- 54. Rust fungi
- 55. Make lace
- 56. Small larids
- 57. Energy Savings Measure
- 58. Before
- 59. \_\_\_ Lilly, drug company
- 60. Comic book character rooted in Japanese mythology
- 61. Radioactivity unit
- 62. Tear apart

**DOWN**

- 1. Posts or stumps (Scot.)
- 2. Painter's board
- 3. Containing more fire
- 4. In a way, adjusts
- 5. 1/100 Serbian dinar
- 6. Breakfast egg dish
- 7. Throw into disorder
- 8. Prisoner on the

- 9. 1st Hindu month
- 13. Treats high blood pressure (abbr.)
- 14. A plural of zoon
- 17. Ouray Res. Tribe
- 18. Doctor of Philosophy
- 20. Large quantities
- 21. Ladies undergarments
- 26. Foot (Latin)
- 27. Macao monetary unit
- 28. Prefix denoting "in a"
- 30. Research workplace
- 31. Midway between NE and E
- 32. Title of respect
- 36. Somewhat

- crimson
- 37. Folding paper art
- 38. Gradually diminish
- 39. Too osseous
- 40. Go in again
- 41. A citizen of Israel
- 43. Irish, English or Gordon
- 44. Had a wild disturbance
- 45. Helps little firms
- 46. They \_\_\_
- 47. Brown, wild & long-grained
- 49. Thysanopterous insect
- 50. Gandalf actor
- 51. Initials of Danielynn's mother
- 53. "Dragon Tattoo" actress
- Rooney



Answers for June 10



*Captain Ron's*  
**Fish Tales**

By *Ron Fisher*

Sponsored by Peninsula Rehab and Sport Medicine



**Catching big flounder**

Wind and rain have really impacted the early season flounder fishing but the fish are here and when the weather and water conditions permit the fishing is great. Also some really nice rock fish are being reported from the Route 50 Bridge at night. If you really want to catch some nice flounder here is the secret.

**When to fish:** You can spend all day fishing but to really target big flounder you should make it a point to check the tide charts. Flounder fishing is best the last two hours of the incoming tide and the first two hours of the outgoing tide. Also remember the tides flow two hours behind in the bay so if the beach high tide is 1 p.m. the bay high tide is 3 p.m. I have also found over the years that fishing is even better with a mild northeast or easterly wind. A south wind seems to dirty up the south bay and a west wind brings out the biting flies.

**What bait should you use?**

Any good flounder fisherman will tell you that to catch big flounder you will need to fish with big bait. Talk to your tackle shops about bait but when targeting the big fish use frozen smelt 2-3 inches long with a squid strip as an attractor. You can also use big minnows if you can find them and I will still use frozen shiners but will put two on a hook with a squid strip. If you are using frozen shiners hook them through the eyes. Another option is strip bait. This time of year it can be a fillet of a blue fish, sea robin, or flounder-belly cut into strips 3-4 inches long. Taper the strip bait so it moves well through the water. Another hot

bait is 5" Pearl White Swimming Mullet Gulp dressed with a frozen shiner or live minnow.

**What kind of rig should you use?**

There are many options for rigs but the following are what I prefer. A simple rig of a 4 foot 20 or 30 lb. test leader with a three way swivel at the top to which is attached a 2 oz. or 3 oz. bank sinker depending on how fast the tide is moving. At the terminal end use a single wide gap hook dressed with two beads of red or chartreuse. To this hook attach the smelt, minnow, frozen shiner or strip bait along with a strip of squid or if fishing the swimming mullet eliminate the beads. Another option is a plain leader to which is attached a 2 oz. or 3 oz. bucktail. Dress this hook preferably with strip bait described earlier. These are attached to a 4 ft. 20 or 30 lb. test leader with a three way swivel and 2 oz. or 3oz. bank sinker. This time of year the chartreuse and the pink work well. I will dress these with frozen shiners and a squid strip.

**Where should you fish?**

In the south bay from buoy 6-12; from the Route 50 bridge along the bulkhead past the Coast Guard Station to the fishing pier; the inlet along the south jetty and on the inlet side of the West Ocean City Harbor; the east channel buoy 8 to 14 and along the shallows at Bird Island; at Harbor Island along the hard shoal; along the bulkhead where the townhouses jut out; and from the townhouses to the 9th Street fishing pier; In the Thoroughfare, work just

*please see flounder on page11*



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**Rising Stars** — *Rising Stars Awards were presented to Stephen Decatur Middle School students during the Honors Recognition Ceremony. This award recognizes students who have participated in voluntary service activities for their school and local community organizations.*

(Front) **Gabrielle Izzett, Lauren Kennard, Dana Kim, Kaitlyn Peters, Samantha Short, Kersten Paulsen** (Back): **Hanna Beck, Madison Birckett, Damiana Colley, Shannon Gorecki, Meghan Hall**

Also receiving award but not pictured: **Richard Poist, Joseph Beck, Zachary Birckett, Daniel Zehnter, Kaylyn Cobb, Kelsey Birch.**

## AGH wound care center recognized

Atlantic General Hospital physicians, leaders, and clinicians recently celebrated the Robert A. Warriner III, M.D., Center of Excellence award, which was given to the Atlantic General Wound Care Center for meeting the *Center of Excellence* quality standards for Healogics, Inc.

The Atlantic General Wound Care Center has achieved patient satisfaction rates higher than 92 percent and a median healing rate of at least 97 percent in less than 23 days, among other quality standards for a minimum of two consecutive years. The national benchmark for median days to heal is 30 and the healing rate benchmark is 91 percent. "The level of performance the Wound Care Center has achieved is a true testament to the vision of Atlantic General Hospital to be the



Pictured are: back row – **Dr Ceruzzi**, medical director; **Dave Marzullo** Healogics Area vice president; **Jo-Anna Schanno, RN; Chante Walker, MA; Bonnie Bass; Janet Waldman (PA-C)**; front row – **Brenda Marino, RN; Nicole Houseblanc, RN; Geri Rosol, Director; Chuck Gizara** AGH director Clinical Operations; **Colleen Wareing, AGH vice president, Patient Care Services.**

leader in caring for people and advancing the health of the residents of

and visitors to our community. We are very proud of this repeated accomplishment and the Associates in the Wound Care Center who have worked

please see **agh** on page 12

**flounder**  
from page 10

above the bend up against the marsh and drift from 4' of water to the drop off at 25' at the bend and in the north bay from buoy marker 14 at the Convention Center. Drift inside the channel markers to keep clear of the boat traffic.

Now that you have caught that big flounder here is one of my favorite recipes:

### Captain Ron's breaded flounder fillets

Ingredients:

- 2 egg whites
- 1/2 teaspoon paprika
- 4 (6oz.) flounder fillets
- 1/2 teaspoon pepper
- 1/4 cup all-purpose flour
- 1 tablespoon grated Parmesan cheese
- 1/4 cup cornmeal
- dash of garlic powder
- 1 teaspoon salt
- 1/4 cup 2% milk

Directions:

In a bowl combine the flour, cornmeal, salt, pepper, garlic powder and paprika. In a separate bowl beat the egg whites and milk together. Coat the fish fillets with the flour cornmeal mixture, then dip into egg white mixture. Coat the fish again in the flour, cornmeal mixture. Arrange fillets in a baking pan coated with a nonstick cooking spray. Sprinkle fillets with Parmesan cheese and bake uncovered, at 425 degrees for 8-10 minutes or until the fish flakes easily with a fork. Enjoy

*Upcoming event:* The Ocean Pines Angler's Club Teach a Kid to Fish Day will be held at the South Pond on Saturday June 20 from 9-11 a.m. This is a great event so take your children or grandchildren for a great experience in fishing. It's free!

Next time get ready for croaker.

*Remember to take a kid fishing,  
Capt. Ron*

## 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., June 18	9:26 a.m. 9:51 p.m.	3:36 a.m. 3:29 p.m.	5:36 a.m.	8:26 p.m.
Fri., June 19	10:12 a.m. 10:34 p.m.	4:19 a.m. 4:14 p.m.	5:37 a.m.	8:27 p.m.
Sat., June 20	10:57 a.m. 11:17 p.m.	5:03 a.m. 5:01 p.m.	5:37 a.m.	8:27 p.m.
Sun., June 21	11:42 a.m.	5:47 a.m. 5:49 p.m.	5:37 a.m.	8:27 p.m.
Mon., June 22	12:01 a.m. 12:29 p.m.	6:31 a.m. 6:40 p.m.	5:37 a.m.	8:27 p.m.
Tues., June 23	12:47 a.m. 1:19 p.m.	7:15 a.m. 7:32 p.m.	5:37 a.m.	8:28 p.m.
Wed., June 24	1:35 a.m. 2:12 p.m.	7:59 a.m. 8:25 p.m.	5:38 a.m.	8:28 p.m.

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## Worcester County Developmental Center, Inc.

A non-profit agency that provides opportunities to adults with intellectual disabilities is hiring part-time Mentors. Mentors provide 1-on-1 support to individuals in the community providing companionship and access to community events. The incumbent must have a high school diploma or GED and a valid drivers license.

If interested, please contact Nicole by phone or email- 410-632-2382 ext. 122 or [dobelstein@wcdcservices.org](mailto:dobelstein@wcdcservices.org)

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agh

from page 11

hard to achieve it," commented Michael Franklin, FACHE, AGH President & CEO.

The Center was awarded this prestigious honor by Healogics, Inc., the nation's largest provider of advanced wound care services. Out of 155 eligible Centers nationwide, only 88 were honored with this award. Additionally, the Atlantic General Wound Care Center is the only center in the nation to win this award for seven consecutive years. The award is named for Dr. Robert A. Warriner III, a pioneer in wound care and the former Chief Medical Officer for Healogics.

"We are incredibly proud of this achievement and truly appreciate all of the hard work our Associates at the Wound Care Center do to ensure patients are given the quality care they deserve," commented Geri Rosol, MHA Program Director at Atlantic General Hospital Wound Care Center.

The Atlantic General Hospital Wound Center is a member of the Healogics Network of more than 800 Centers, with access to benchmarking data and proven experience treating more than two million chronic wounds. Atlantic General's Wound center offers highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds which have not healed in a reasonable amount of time. Advanced treatments included hyperbaric oxygen therapy, negative pressure wound therapy, bio-engineered skin substitutes, biological and biosynthetic dressings and growth factor therapies.

## AGH receives CTE award

Atlantic General Hospital was presented with a CTE Award of Excellence by the MSDE (Maryland State Department of Education) for their partnership with the Worcester Technical High School on a project to design a personal protective suit with telemedicine capabilities.

The CTE Awards are sponsored by MSDE and recognize business partners, teachers and other organizations that create opportunities for students to learn about and prepare for careers. Recipients provide learning opportunities for students via internships and mentorships where they can participate in real-world projects.

The Atlantic General Hospital project that Worcester Technical High School students participated in offered a solution to utilizing telemedicine equipment where PPE might be required (for example in treating patients with Ebola). Students worked collaboratively



Receiving the award on behalf of Atlantic General Hospital were, **Lou Taylor**, AGH Board of Trustees Chair; **Tracy Hunter**, AGH Health Literacy Liaison; **Michael Franklin**, FACHE, AGH president/CEO and **Valerie Ziglejeva**.

please see **award** on page 15

# 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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](http://www.firststatemarines.org).





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The Blue Angels performed at the Ocean City Air Show this weekend. This photo was taken by Dan Collins of Ocean Pines who was patrolling with the United States Coast Guard Auxiliary.

## Safeguard yourself from summer ailments and accidents

Summer is often marked by vacations, recreational events and relaxing moments spent by the pool or on the beach. But when the weather heats up, so can potential health hazards that can ruin all of the fun. The following are some of the more common summertime ailments and how to avoid them.

**-Lawn and garden injuries:** Lawn and garden injuries may not be common, but men, women and children should exer-

cise caution when using lawn and garden equipment. Wear protective shoes and gloves and safety goggles. Remember to turn off any motorized tools before attempting to repair or unclog the blades.

**-Swimmer's ear:** Water that remains in the ear canal after swimming can make the ear a breeding ground for swimmer's ear, which is a bacterial infection. If water remains in your ear for more than one night, visit an ear, nose and throat specialist.

**-Insect bites and stings:** Insects return when temperatures rise. Mosquitoes may be the biggest nuisance, but biting flies and wasps also make formidable foes. Use insect repellent to keep the bugs away. Wear long pants and check for ticks after hiking.

**-Dehydration:** The body needs extra water on hot days, especially when spending ample time outdoors. Dehydration can cause dizziness and dry mouth and may make you feel faint. Always drink plenty of water and avoid alcoholic beverages and soft drinks, which can contribute to dehydration when consumed in excess.

### award

from page 12

with support of AGH to develop the solution and presented it to leadership this winter.

"We are lucky to have the Worcester County Technical High School so close. Students showed how innovative our future workforce is. They worked collaboratively to solve a real-world problem and then presented it to us. The level of professionalism the students displayed was incredible," Michael Franklin added.

**GOOD FISHING**  
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# Angler's Club

## Teach a Kid to Fish Day

Free Rod and Reel Drawing!

# Saturday June 20 9-11 am

Members of the Ocean Pines Angler's Club will teach kids of all ages fishing skills and techniques as well as the wonders of the sport. Please bring your own rod and reel. We will provide beverages and bait for those who would like to stay after the event and practice their new skills! Although the event is kid-orientated, parents & grandparents are invited to assist/learn! For more information call Walt Boge at (410) 208-2855.

## South Gate Pond at Veteran's Park

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