

Sheriff to speak at NAACP meeting

The Worcester County NAACP will host Sheriff Matt Crisafulli on Thursday, March 21 at 6:45 p.m. at the Ocean Pines library. Sheriff Crisafulli will discuss the protection and security of the community. A question and answer session will follow his talk. The Executive Board meeting begins at 6 p.m. Call 443-944-6701 for information. Interested persons are encouraged to attend.

Free prostate screening event offered

An estimated one in nine American men will develop prostate cancer in his lifetime, according to the American Cancer Society. While research has shown that some prostate cancers grow slowly and may never cause problems, the disease is the second leading cause of cancer death in men.

Prostate cancer doesn't have symptoms at first, so early detection through screening gives affected men and their health care providers the information they need to make the best decision regarding their health. That's why the physicians at Atlantic General Hospital's John H. 'Jack' Burbage, Jr. Regional Cancer Care Center are holding a free screening event in April for men at increased risk for prostate cancer.

Radiation oncologist Manoj Jain and urologist James Cherry will be on-hand to provide education and conduct digital rectal exams; blood draws will be available to test PSA, or prostate-specific antigen levels. PSA is a substance produced by the prostate gland. Increased amounts of PSA may indicate prostate cancer or other prostate disease.

Men over 50 years of age, those with a family history of the disease, and African American men are at increased risk of developing prostate cancer.

The free prostate cancer screening event will occur April 24 between 5 p.m. and 7 p.m. at the Jack Burbage, Jr. Regional Cancer Care Center located in Berlin.

Pre-registration is required. To pre-register, call 410-629-6288.



Centurion - As a fun and memorable way to celebrate Worcester Prep's 100th day of school, Lower School students dressed up like they were 100-years-old. Above is third grader **Luke Mize**.

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Visit the OP Farmers & Artisans Market Saturdays, 8am -1pm | Golf at OP Golf Club | Visit the Sports Core Pool



fun! St. Patrick's Day Celebration March 16-17, OP Yacht Club
Ocean Pines Seasonal Job Fair March 23, 9am- Noon, Community Center
get your tickets! Dinner Theatre March 23, 5pm, OP Yacht Club
free! Spring Flea Market March 30, 8am-Noon, Community Center

Community Calendar

MARCH



Monday

Ocean Pines Poker Club

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

Delmarva Chorus

The Delmarva Chorus meets every Monday evening at 7PM at the Ocean Pines Community Center in Ocean Pines, Md. Women of all ages are invited to sing with us. Please contact CAROL at 410-641-6876.

Monday/Tuesday

Sanctioned Duplicate Bridge

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

Tuesday

Families Anonymous

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

Tuesday/Thursday

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

Wednesday

Kiwanis Club Meeting

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

Elks Bingo

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

Rotary Club

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

Square Dancing

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

AL-Anon/OP-West OC-Berlin

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

Second Wednesday

The Polish American Club of Delmarva meets at the Columbus Hall, behind St Luke's Church, 100th St & Coastal Hwy, Ocean City, from 2 p.m. to 4 p.m. the second Wednesday of the month. Come join us if you are of Polish or Slavic descent. No meetings.

June, July, August. Call Helen Sobkowiak 410-723-2639 or Maryann Lula 410-250-2548 for more information.

Thursday

Story Time

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

Beach Singles

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

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Friday

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.

for the Ocean Pines Association. "The Ocean Pines Recreation & Parks Department has some fun and exciting day trips planned to regional shows, sports events and they are all at great rates."

Spend the day exploring the beautiful National Mall, enjoying the many museums or visiting the historical monuments in Washington D.C. on Monday, April 22. The bus will drop off participants at the National Mall at approximately 10:30 a.m. and will head back to Ocean Pines at 3 p.m.

On this day in 1969, "The Love Bug," a Walt Disney movie about the adventures of a Volkswagen Beetle named Herbie, opens in theaters across the United States. The film, which was based on a 1961 book called "Car, Boy, Girl" by Gordon Buford, centered around down-on-his-luck auto racer Jim (played by Dean Jones) who goes on a winning streak after teaming up with Herbie. Other characters in the film include the evil Peter Thorndyke (David Tomlinson), Jim's rival on the racetrack; Tennessee Steinmetz (Buddy Hackett), Jim's friend who makes art from used auto parts and Jim's girlfriend Carole (Michele Lee). "The Love Bug" was a box-office success and spawned the cinematic spinoffs "Herbie Rides Again" (1974), "Herbie Goes to Monte Carlo" (1977), "Herbie Goes Bananas" (1980) and "Herbie: Fully Loaded" (2005).



Irish-American heritage presentation offered

In conjunction with Irish-American heritage month, Edmund O'Leary will give a presentation on Tuesday, March 19, at 7 p.m., in Room 302 of the Hazel Center at Wor-Wic Community College in Salisbury. The presentation will include photos of the natural landscape, national monuments and famous institutions, as well as a discussion of how Ireland has changed since he grew up in Kilkenny prior to moving to the U.S. in 1990. The discussion will include the dominant religion, political parties, economy and major industries in the country – then and now.

This event is sponsored by Wor-Wic's cultural diversity committee. For more information, call 410-334-2850.

Business process course set

The continuing education division at Wor-Wic Community College is offering a course for managers called "Business Process Improvement from Review to Implementation," on two Fridays, March 15 and March 22, from 9 a.m. to 11:30 a.m., in Room 204 of Fulton-Owen Hall at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

The course will cover how to document workflow procedures, communicate expectations, support training and build a foundation for continuous monitoring within the company.

For more information about the course or to inquire about customized training for your business, contact Kerry Cleaver, director of continuing education and workforce development, at kcleaver@worwic.edu or 410-334-2815.

Pines announces upcoming bus trips

Enjoy a patriotic performance from several international bands, take a trip to a botanical wonderland, or explore our nation's capital with Ocean Pines as the Recreation and Parks Department takes the wheel for several bus trips this spring.

"We make it easy for you to get away for the day," said Denise Sawyer, director of communications

The fee for transportation only is \$45.

"If you're looking for an unforgettable day trip, look to the Virginia International Tattoo show for an exhibition of military bands, massed pipes and drums, military drill teams, Celtic dancers, and choirs," said Sawyer. A bus departing from the Ocean Pines Community Center at 8 a.m. on Sunday, April 28 will head for Norfolk, Va., where the show will begin at 2:30 p.m.

The visit will include the call of the trumpets, the beat of the drums, the

wail of the pipes– the mighty sound of the Virginia International Tattoo show. The patriotic performance showcases more than 900 international performers, which makes it great for all ages and interests. The cost is \$95 per person, which includes a VIP seat and transportation. A 7:30 p.m. arrival back to the Ocean Pines Community Center is scheduled for the Virginia International Tattoo bus trip.

please see **trips** on page 11



Readers - Berlin Intermediate School welcomed Key Financial Services the school's sponsor of the Prizes for Pages Reading Contest, to celebrate with the school's top readers. Pictured (l to r) **Avery Lorah** (5th grade), **Tyler Kim** (4th grade), **Collin Macomber** of Key Financial Services, **Samantha Ruppert** (5th grade), **Emmlyn Fетters** (6th grade), **Logan Donmoyer** (6th grade) and Principal **Ryan Cowder**.

Homeowners', renters' tax credit applications available

The Maryland Department of Assessments and Taxation (SDAT) announced last week that 2019 Homeowners' and Renters' Tax Credit applications are now available. SDAT strongly recommends that Marylanders consider whether they may be eligible to receive a Homeowners' or Renters' Tax Credit and to submit an application before the deadline on September 3. These two tax credit programs alone saved Maryland taxpayers more than \$65 million in 2018. In addition, SDAT will launch an innovative new online tax credit application system in the coming months; which will expand filing options, drastically reduce application processing times, and improve the service provided to customers.

"Our Department is committed to helping Maryland's hardworking taxpayers save money on their annual property tax bill and strongly encourages all residents to apply for the Homeowners' and Renters' Tax Credits," said SDAT Director Michael Higgs. "We are also looking forward to imminently launching an innovative new online tax credit application system, which will make it faster and easier than ever before for Marylanders to apply for these important tax credits."

The Homeowners' Property Tax Credit Program provides tax relief for eligible homeowners by setting a limit on the amount of property taxes owed based on their income. Applications received and approved by May 1 will be included on the initial July tax bill. If a resident has already paid their property taxes and applies before September 3, any tax credit that the homeowner may be eligible for will be refunded by their county finance office. In FY18, 46,682 eligible homeowners received an average of \$1,329 in tax relief.

The Renters' Property Tax Credit Program similarly provides tax relief for eligible renters who pay high monthly rent relative to their total income. The majority of recipients of this credit are Marylanders age 60 or older, but the program is also available to the 100% disabled and renters under age 60 with at least one dependent child. This credit is issued in the form of a direct check payment of up to \$1,000 a year. In FY18, 7,351 eligible renters received an average of \$424 in tax relief.

All Marylanders who received a Homeowners' or Renters' Tax Credit in 2018 were mailed a complimentary

please see **credit** on page 11

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Wor-Wic to host job fair

The public is invited to attend a free job fair being offered by the career services office at Wor-Wic Community College on Thursday, March 28, from 2 p.m. to 5:30 p.m., in Guerrieri Hall at the college campus in Salisbury.

More than 50 area employers are planning to participate in the fair, including Atlantic General Hospital, the City of Salisbury, Crystal Steel Fabricators, Jubilant Cadista Pharmaceuticals, the Maryland Department of Public Safety and Correctional Services, McCready Health, Mountaire Farms, Peninsula Regional Medical Center, Perdue Farms, the Real Hospitality Group,

Salisbury Police Department, Sharp Energy, Somerset County Public Schools, Sysco Eastern Maryland and Taylor Bank.

Attendees do not need to register to attend, but they should come dressed in interview attire and bring resumes to give to prospective employers. Interpreter services will be available for people who are deaf or hard of hearing.

Job seekers can go to www.collegecentral.com/worwic and submit a resume prior to the job fair for a free critique.

Call 410-334-2903 for more information or a full list of participating employers.



Honored - The American Cancer Society's Relay for Life of North Worcester County was recently honored with a national award for 2018. The Nationwide Per Capita Award is presented to the top 5 per capita counties in one of 16 different population size range categories based on net income from American Cancer Society records and county population of all the Relay events in each county. Displaying the award banner are, left to right, Relay for Life of North Worcester Chair **Dawn Hodge**, ACS Senior Community Development Manager **Debbie White**, PRMC Richard A. Henson Cancer Institute Executive Director **Joan Mischtschuk** and AGH John H. "Jack" Burbage, Jr. Regional Cancer Center Director **Patricia Marks**. PRMC is the Luminaria Sponsor and AGH is the Presenting Survivor Sponsor for Relay for Life of North Worcester.

RWWC to meet

The Republican Women of Worcester County will host its March luncheon meeting on Thursday, March 28 at the Dunes Manor Hotel, located at 2800 Baltimore Ave. in Ocean City. The guest speaker will be Melody Clarke, senior regional coordinator, Heritage Action for America. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. The meeting begins at 11 a.m. To make your reservation and/or for more information, please contact Ann Lutz at annlutz60@gmail.com or at 410-208-9767.

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Homeschool gym offered

Worcester County Recreation & Parks (WCRP) welcomes the return of Homeschool Gym at the Worcester County Recreation Center in Snow Hill on Thursdays, April 4 through May 30, from 1 p.m. to 2 p.m.

This program is open only to homeschool participants ages five to 14 of all skill and fitness levels. Participants will have plenty of opportunities to have fun and keep their bodies moving. Children will improve their physical skills, enjoy fitness in a variety of recreation activities, and build their confidence in a structured, non-competitive environment, all while socializing with peers.

Grace Center to screen documentary

The Grace Center for Maternal and Women's Health will present free the full-length feature documentary "Resilience" at Stevenson United Methodist Church on Thursday, March 14 between 6 p.m. and 8:15 p.m. The film explores the impact of trauma and potential pathways to recovery for families and communities.

To learn more about the film and to reserve tickets, call the center at 443-513-4124. Babysitting services will be offered during the screening.

The church is located at 123 N. Main Street in Berlin.

The cost per child is \$35, and \$30 for each additional child.

For more information on this program, contact Kelly Buchanan at 410-632-2144 extension 2503 or kbuchanan@co.worcester.md.us. Visit our website to view all that we have to offer IN Worcester and register online at www.worcesterrecandparks.org.

Arbor Day ceremony returns

The Ocean Pines Garden Club will host its annual Arbor Day Memorial Tree Planting Ceremony on Thursday, April 11, at 10:30 a.m. in Pintail Park in Ocean Pines. The ceremony is open to all. A tree will be planted in memory of loved ones who passed away during 2018.

A luncheon at The Ocean Pines Yacht Club will follow the ceremony at 11:30 a.m. The cost of the luncheon is \$22 per person. Menu choices are: (1) Grilled Salmon Greek Salad, (2) Chicken Quesadilla & Cup of Tortilla Soup, or (3) Brisket French Dip. The cost includes dessert of cookies & brownies, iced tea, water, coffee, tax, and gratuity.

Mail your check for \$22 to OPGC, c/o Ann Shockley, 273 Windjammer Road, Ocean Pines, MD 21811. Please indicate your menu choice on your check. For more information, call or email Ann at 410-641-5295 or rexerann@gmail.com.

Who's actually driving?

Believe me I know that dogs are pretty smart animals. They are trained as guard dogs. They assist people with handicaps. And they can even sniff out illegal substances. They



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

can even fetch a ball, well, not my dog. She prefers to watch me go after the ball as she rests. Be that as it may, I must say a line needs to be drawn when it comes to allowing dogs to drive cars or for that matter be any-



where near the car's steering wheel or primary controls while it's underway.

Driving to the store not long ago I was following a light blue sedan. There was nothing unusual about this car until I realized that in the driver's seat, sitting on the lap of the driver was a chocolate Labrador Retriever. We're not talking a Miniature Pinscher or Yorkie. No, this was a large Lab sitting with one paw on the wheel and the other resting on the window sill like he was headed out on the town looking for a good time. He was even wearing a green cap which probably had the John Deere logo on the front. The only thing missing was a pack of Marlboros tucked under his T-shirt sleeve.

The owner seemed not to have a care in the world. He was busy talking on his cell phone as Rover navi-

gated traffic and howled at the Poodle walking in the park. In Rover's defense, she was a pretty good looking Poodle.

I don't understand why some people allow their dogs to sit with them in the driver's seat while driving. How often have you seen a Chihuahua poking its head out the driver's side window while traveling along the highway? Is it possible the dog has been trained as a navigation device, sniffing the air to determine how to get to a new restaurant or Aunt Millie's? I just don't know.

Once you start looking you'd be amazed at how many dogs actually sit on the laps or on the shoulders of their owners as they (the owners hopefully) are driving. One morning at a traffic light I looked over at the car next to me and there sat a perfectly coiffed Shih Tzu on the lap of a perfectly coiffed middle aged woman. Both were fixing their hair and applying mascara. The dog looked over at me and gave a look like, "Fella, I'm so far out of your league, don't even try." I recall the same look from a particular cheerleader when I was in high school. When the light changed they sped off. The car's vanity license plate read "Btchonwls." Appropriate.

Some years ago, traveling someplace I don't now recall, I remember seeing an older woman driving a late model Cadillac. She was very well dressed, so well dressed in fact that she was wearing a beige stole around her neck. At least that's what I thought until it moved and yawned. I kid you not, there was a Pomeranian wrapped around her neck. What was even more amazing was the dog pitched the coins into the toll basket. Talk about a stupid pet trick.

I like dogs, even have two. But there's just no circumstance that would prompt me to invite either of my dogs to sit on my lap as I drove. I was somewhat reluctant to allow my children in the driver's seat when they learned to drive. Looking back, given some of the hair raising sessions during that time, maybe having the dog in the driver's seat wouldn't be so bad.

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St Joseph's Festival returns

On Saturday, March 30, OC Sons and Daughters of Italy will again bring the community together to honor St. Joseph, the patron saint of workers and to raise funds for local charities in Maryland and Delaware and for student scholarships.

The festival's venue will be held at St Andrew's Hall located at 144th and Sinepuxent streets in Ocean

Bull, oyster roast returns

The Bishopville Volunteer Fire Department will hold its annual Bull and Oyster Roast on Saturday, March 16 at the main station. Fried, raw and steamed oysters, fried chicken, livers and gizzards, beer and much more will be served. There will be a cash bar, 50/50, music and a gun raffle for a heavy barrel AR-15. The event will occur between 5 p.m. and 9 p.m. Call 410-352-5757 for tickets: \$35 in advance and \$40 at the door.

City. Festivities will be held between 11 a.m. and 6 p.m.

Admission is free and attendees can expect traditional Italian specialties for sale, such as ravioli and meatballs/sausage, subs, salads, minestrone soup, zeppole, cannoli, gelato and fried dough. Homemade bake goods prepared by lodge members can also be bought. This year a new station will be added featuring a cheese and salami tray.

Back by popular demand will be the "Mario Monaldi Band" who will provide a variety of music throughout the day.

The Lodge's popular basket and silent auctions will remain a part of the festivities along with children's games.

Due to the popularity of the event, the Lodge has once again expanded the seating area so attendees can relax, eat and enjoy the music.

Call Al DiOrion at 302-430-1004 with questions and directions.



Artist recognition - Sandra Grzybowski won honorable mention in the "Come Together" group art show that opened on First Friday at the Ocean City Center for the Arts. The show will run through March 30.

Motorcoach tours offered

Take a trip with Worcester County Recreation & Parks (WCRP) this spring. WCRP will host four, diverse motorcoach trips this spring season, and you are invited.

On Thursday, March 28, take in the sights at our nation's capital, Washington D.C. Enjoy time on your own by visiting one of the Smithsonian Museums, or walk around the Tidal Basin to view the monuments and the world famous cherry blossoms. The cost is \$80 per person and includes motorcoach transportation. This trip will be limited to 20 participants.

On Sunday, April 7, take yourself out to the ballgame at Camden Yards in Baltimore to watch the Orioles play the New York Yankees. Grab some popcorn, soda, and enjoy the fun, family-friendly atmosphere. Save the date as trip registrations have not opened yet.

On Saturday, April 27, spend the day in New York City on your own. New York City offers so much from unique restaurants to shows. The

trip allows for eight hours in the city, which gives each participant a full day of exploring and sightseeing.

"Each time I visit I see something new and exciting," Marketing Program Manager Brianna Goddard said. "The big apple is so much fun!"

Enjoy shopping at your favorite stores, visit the Statue of Liberty, see the Rockettes Spring Spectacular, tour the Museum of Modern Art exhibit or the 9/11 Memorial, walk through the Central Park Zoo or across the Brooklyn bridge. The day is all yours, so grab a friend or multiple friends, and join us. The cost is \$70 per person, which includes motorcoach transportation.

As a reminder, all trips fill quickly. To reserve your spot(s), a \$35 deposit per person is required. All trips are first come, first serve. For additional information or to register visit www.worcesterrecand-parks.org. For other questions, contact Goddard at 410-632-2144 ext. 2514 or bgoddard@co.worcester.md.us.

For many years, one of the prevailing stories about St. Patrick involved the patron saint of Ireland driving snakes out of the Emerald Isle. Today, visitors to Ireland likely



will not see a snake while traversing the country's rolling green hills or idyllic countryside. However, that absence of snakes has little to do with St. Patrick and more to do with geography. According to History.com, water has surrounded Ireland since the end of the last glacial period. That water has kept snakes out of the country. And prior to that most recent glacial period, Ireland was covered in ice, making the country uninhabitable for cold-blooded creatures, including snakes. The story of St. Patrick banishing Ireland's snakes into the surrounding seas is likely an allegory that highlights his role in bringing Christianity to Ireland. In that version of events, the "snakes" are actually the pagan ideology that natives to Ireland had embraced for centuries.

Weight management, pre-diabetes classes offered

Get a helping hand on the path to a healthy lifestyle – Peninsula Regional Medical Center Nutrition and Diabetes Education is offering a Weight Management/Pre-Diabetes Program class session on two consecutive Wednesdays starting March 14 from 6 p.m. to 8 p.m. Classes will be held in the Hallowell Conference Center of the Layfield Tower on the Peninsula Regional campus.

Registered dietitians and nurses provide participants with strategies to develop healthy eating habits and lead a more active lifestyle. The fee is \$50.

To register or if you have questions about diabetes, please call the Peninsula Regional Medical Center Nutrition and Diabetes Education at 410-543-7061, or register online at peninsula.org/events.

**The
Courier**

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Celebration - Most Blessed Sacrament Catholic School recently held its 15th Year Gala Celebration Fundraiser at the Residence Inn in Ocean City on March 2. This event, hosted by the Home School Association, included fare from local restaurants, entertainment by "Monkee Paw" and live and silent auctions. All the fundraising proceeds go directly to continuing to provide excellence in education of our students at MBS.

Above: **Melanie Wooldridge**, MBS first grade teacher assistant, is excited to win a three-day pass for six to the Jellyfish Festival during the live auction. Photos by Nichole Barr Photography.

Academy expands to pre-K3

Seaside Christian Academy (SCA) is announced an expansion of its academic program to include high school in addition to its highly successful Pre-K3 through eighth grade classes. SCA has become known on the Eastern Shore for its high academic quality and Christ-centered, traditional approach to education where church, home and school work together.

Seaside's small class sizes, dedicated staff and caring, Christian environment provide opportunities for students to grow and be challenged.

"We are excited to be implementing a long-term vision of partnering with Liberty University Online Academy to offer an exceptional blended learning experience," says Julie DuChene, principal.

Ninth and tenth grade students will enjoy blended learning with a combination of classes taught in a traditional classroom and online courses in the school's new tech lounge. In addition, eleventh and twelfth grade students will have the option of online dual enrollment courses from Liberty University. A variety of diploma options will be available including: an accelerated track that allows a student to earn a

high school diploma and an associate degree from Liberty University simultaneously, an 18-credit hour certificate program in addition to high school diploma, a la carte dual enrollment courses and an advanced high school diploma.

"We are pleased at the strong interest in SCA's high school program and encourage parents interested in exploring enrollment for the 2019-2020 school year to schedule a tour," adds DuChene.

Contact SCA for additional details at: 410-213-9595 or email info@seasidechristian.com.

Groove party scheduled

"Let's Groove Tonight" Dance Party to support the Jesse Klump Suicide Awareness & Prevention Program will take place March 21 between 6 p.m. and 10 p.m. at Sello's Italian Oven and Bar located at 9802 Golf Course Road in West Ocean City. Music will be provided by DJ Wax. There will be small plates by Sello's, desserts by Baked Desserts, a cash bar and disco prizes. Tickets are \$75 per person and are available at www.sell-osoc.com or at Baked Desserts located at 4 Bay Street in Berlin.

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St. Patrick's Parade, festival returns

Ocean City will glisten in green as the annual St. Patrick's Day Parade and Festival, sponsored by the Delmarva Irish-American Club, marches down Coastal Highway on Saturday, March 16. This Ocean City tradition, which began in 1980, has grown to become the second-largest St. Patrick's Day Parade in the state, in addition to becoming a seasonal kick-off for many local businesses.

Leading the parade are Grand Marshals Fran and Michael Patrick Kelly, along with Lillian Farrell, Cultural Affairs Attaché from the Embassy of Ireland. Featuring the Chesapeake Caledonian Pipe Band and the Ocean City Pipe and Drum Band, the St. Patrick's Parade brings the sounds of Ireland to the streets of Ocean City. Also participating are local high school marching bands plus numerous festively decorated floats sponsored by local businesses, groups and organizations.

The procession begins at noon at 57th Street and marches south on Coastal Highway to the 45th Street Shopping Center, where the viewing and judging stands will be located. Trophies will be awarded for best marching band, best commercial float, best non-commercial float, best motorized unit, best adult marching unit, best youth marching unit, special committee award, judges' choice award and best overall entry in the parade.

In addition to the celebration on the street, the 45th Street Shopping Center will be once again be transformed into a spirited Irish festival complete with live entertainment from Kevin O'Brennan and the

"Shoreline Band," Irish apparel and plenty of food and drink. Spectators can enjoy the free-admission festival beginning at 11 a.m. and running until 3 p.m.

To avoid traffic delays, viewers are urged to arrive before 10:30 a.m. and to view the parade from 57th Street south to 45th Street.

For the fourth year in a row, WRDE will broadcast the parade live beginning at 11:30 a.m., with hosts Matt Pencek, Madeleine Overturf and Dean Langrall.

For more information, visit www.delmarvairish.org or contact Buck Mann at 410-289-6156.

Business process course set

The continuing education division at Wor-Wic Community College is offering a course for managers called "Business Process Improvement from Review to Implementation," on two Fridays, March 15 and March 22, from 9 a.m. to 11:30 a.m., in Room 204 of Fulton-Owen Hall at the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

The course will cover how to document workflow procedures, communicate expectations, support training and build a foundation for continuous monitoring within the company.

For more information about the course or to inquire about customized training for your business, contact Kerry Cleaver, director of continuing education and workforce development, at kcleaver@worwic.edu or 410-334-2815.



Recognition - On March 5, the Commissioners presented a proclamation recognizing March as National Social Work Month to Department of Social Services (DSS) professionals striving to improve lives locally. The Commissioners recognized the contributions DSS professionals make each day that enhance the well-being and meet the basic needs of all people, especially the vulnerable, oppressed, and impoverished and that elevate and empower people to solve problems, to cope with personal roadblocks, and to obtain needed resources. Those pictured include **Dawn Blades** (front row, from left), **Tammy Jones, Terry Whitney, Kimberly Linton, Jamie Manning, Terry Edwards, and Brandon Riggin**; and **Latosha Harmon** (second row, from left), **Ashley Collins, Althenia Jolley, Trina Townsend, and Commissioner Joe Mitrecic**; **Kevin Schablein** (third row, from left), **Meg Marcarelli, Felicia Northan, and Commissioners Jim Bunting and Chip Bertino**; and Commissioners **Josh Nordstrom** (fourth row, from left), **Ted Elder and Bud Church**.

Applications available for STEM summer programs

Worcester County Economic Development (WCED) is accepting applications for the 2019 STEM summer enrichment programs. These programs provide exceptional opportunities for Worcester County students ages 12-24 to explore local career paths. Applications are available online at www.chooseworchester.org/STEM and are due no later than March 31.

"This program provides an opportunity for our students to learn from local professionals and businesses in STEM career fields and see the job duties in real time, while allowing em-

ployers to catch a glimpse of the future workforce and their potential," WCED Deputy Director Kathryn Gordon said.

From July 22-26 Reach for the Stars STEM Camp for middle schoolers and the Worcester STEM Leadership Cohort for high schoolers will be hosted at the University of Maryland Eastern Shore's Engineering and Aviation Science department. Transportation will be provided from locations throughout Worcester county.

please see **stem** on page 11

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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

Understanding myths about Irish culture

Ireland garners significant attention each March, when people across the globe don green garb and celebrate St. Patrick's Day. The day pays homage to the patron saint of Ireland and has become a day of celebration for people from all walks of life.

While St. Patrick's Day celebrations are all about fun, festivities may foster some misconceptions about Ireland and Irish culture. Debunking some of those myths may give people an even greater appreciation of the Emerald Isle.

The Irish are not enamored with leprechauns. Come St. Patrick's Day, leprechauns are purported to be mischief makers who can rev-up the fun. But within Ireland, the only places you will find leprechauns is in tourist gift shops. In fact, while the origins of leprechauns may date back to ancient Ireland, many people now believe the image of the fighting, ill-tempered leprechaun is offensive to the Irish people.

Ireland is not a part of the United Kingdom. Many people mistakenly believe that Ireland is part of the United Kingdom. However, this has not been true since the conclusion of the Irish War of Independence. In 1921, the six counties known as Northern Ireland are still part of the UK, but the remainder of the island makes up the Republic of Ireland.

Ireland is a world economic

power. Ireland is one of the richest nations in the European Union. The World Atlas ranks Ireland as the third richest country by GDP. Tourism and the beverage industry help solidify this ranking.

Ireland residents' wardrobes are not exclusively green. Known as the Emerald Isle for its awe-inspiring green countryside, Ireland has long been associated with the color green. As a result, St. Patrick's Day celebrants often wear green clothing on March 17. But the people of Ireland have more diverse sartorial tastes and are just as likely to wear various colors as they are to wear green.

Did you know...

Perhaps in part to its widespread use in St. Patrick's Day decorations and imagery, the shamrock is widely considered the official symbol of Ireland. But while St. Patrick is believed to have used the shamrock to teach the Christian notion of the Holy Trinity, the clover was never an official symbol of Ireland. That designation is held by the harp, which has been featured on the coat of arms of Ireland for centuries. The harp also was adopted as the emblem of the Irish Free State when it separated from the United Kingdom in 1922.

Introduction to Irish dance

Dancing is an expression of emotion that can be perfectly matched to the tonality and sentiments of the musical accompaniment. Modern dancers interpret music and lyrics in ways that can evoke joy or sadness, anguish or contentment. Some of the more vibrant and intoxicating dances to behold are those of Celtic origins.

Irish dance steps and cadences have endured through the years. Today, dance studios around the world specialize in various types of Irish dance. There are a number of notable styles of Irish dance, each boasting its own unique components.

Stepdancing. Irish stepdance is a solo dance, although it can be performed by several soloists in unison. It is characterized by a generally stiff, immobile upper body and quick, precise movements of the feet. It is among the most common dances performed in a

competition called a Feis. Males and females can perform, but it is predominantly female-oriented. Many dancers



wear traditional costumes, curled wigs and poodle socks.

Sean-n-s dancing. Sean-n-s is another traditional form of solo Irish dancing. Unlike stepdance, sean-n-s is a casual dance form. The name means "old style." Dancers perform low-to-the-ground footwork, improvised steps and free movement of the

please see **dance** page 15

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My Backyard... sponsored by Maureen Kennedy

Maintaining bird feeders and bird baths essential to avian health

Bird watching is a pastime enjoyed by people of all ages. While many people trek into the woods to see their favorite birds, homeowners can take steps to entice these fascinating and feathered friends right to their backyards.

Homeowners who want to attract birds to their properties can do so by providing the birds food, shelter and places to wash up or cool off. Installing a bird feeder and a bird bath in your yard is one way to attract a bevy of winged creatures that can provide hours of enjoyment.

Establishing a bird-friendly environment may seem as simple as hanging a feeder on a pole or tree and erecting a bird bath nearby. But a certain level of maintenance is needed to keep birds healthy and happy.

According to the experts at the “Bird Watcher’s Digest,” recent research indicates feeders can sometimes be a source of disease for the birds visiting them. The Audubon Society echoes that warning, saying that bird feeders and baths can serve as transmission stations for diseases such as aspergillosis, avian pox and salmonellosis. Recently, scientists noted that the spread of trichomonad protozoan parasites is on the rise, especially among mourning dove and band-tailed pigeon populations.

Such warnings are not meant to deter budding birding hobbyists. Organizations like the Audubon Society hope that such warnings send the message that disinfection and maintenance is necessary to maintain sanitary environments for birds. Doing so is relatively easy and well worth the time for birding enthusiasts.

The Humane Society of the United States advises cleaning hanging feeders once every two weeks or more often if they are heavily used. Ground-feeding designs should be cleaned every two days. Feeders can be immersed in a very-diluted solution of bleach to water (nine parts water to one part bleach). Let soak for a few minutes, and then scrub the feeder with a stiff brush or scouring pad before rinsing. Allow the feeder to dry completely before refilling it with seed.

Bird baths should be emptied of water each day. Brush or wipe the bath clean, then rinse

and refill with fresh water. Do not leave standing water overnight; otherwise bird baths can easily become a breeding ground for mosquitoes and other parasites.

Frequently collect discarded seed hulls and clean bird droppings from beneath feeders. If the area around the feeder has become especially soiled, relocate the feeder elsewhere and clean its initial location.

Follow proper instructions with regard to seed and other bird food. For example, reduce the amount of suet offered in hot weather. Heat can cause suet to spoil, and sticky suet can become stuck in birds’ feathers and make it hard for them to keep clean.

Try to provide more than one feeder and bird bath to prevent overcrowding. Crowding can contribute to the spread of disease.

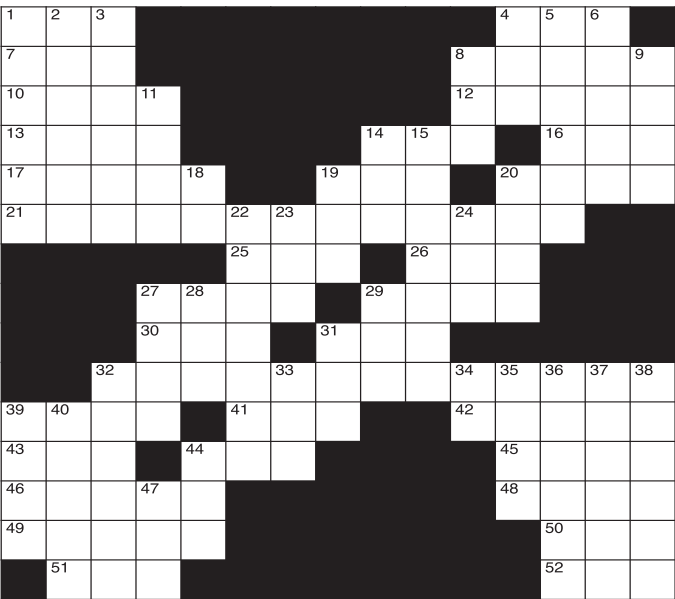
Do not situate feeders and bird baths under perches where they can be soiled by droppings.

If you notice birds look sick or are not acting strangely, halt feeding and bathing to prevent healthy birds from becoming ill. Wait a week before resuming feeding and notify wildlife officials if you find dead or sick birds around your property.

Perhaps counterintuitively, feeders are safest when they’re closest to windows—because if a bird takes off from the feeder and hits the window, it won’t be going at top speed and has a better chance of surviving. Place feeders closer than three feet to a picture window (or even affixed to the glass or window frame), or farther than 30 feet from a window. Window glass kills at least 100 million birds every year in the United States, according to estimates.

Store seed in a dry container with a tight-fitting lid to prevent mold from forming and moisture from getting in.

Creating a thriving habitat for bird watching is easier than one might think. But once birds begin visiting a yard, homeowners must diligently maintain clean feeders and bird baths to ensure the birds stay as healthy as possible. Any questions about wild-bird care can be directed to a local Audubon Society chapter or by visiting a pet store or bird hobby center.



CLUES ACROSS

1. Employ

4. Not a starter

7. Matchstick game

8. One who receives a gift

10. One shows highlights

12. Open sore

13. Within

14. ___ Caesar, comedian

16. Investment account

17. A negatively charged ion

19. Immoral act

20. Cheek

21. Lacking in vigor or vitality

25. Partner to flow

26. Ink

27. “Mad Men” actor

29. A taunt
30. Single

31. A very large body of water

32. A configuration of stars as seen from the earth

39. Herringlike fish

41. No (Scottish)

42. White-breasted N. American auk

43. American time

44. Adult female

45. Singer Horne

46. Pronouncements

48. From a distance

49. Indian term of respect

50. One from Utah

51. Never sleeps

52. Type of bulb

CLUES DOWN

1. Hard to believe

2. Used as a pigment in painting

3. Induces vomiting

4. Fifth note of a major scale

5. Written in a majuscule script

6. Brews

8. Misfire

9. Amounts of time

11. The act of perceiving something visually

14. Female sibling

15. First

18. Sodium

19. Brother or sister

20. Satisfy

22. The lands of an estate
23. Antiballistic missile

24. Taxi

27. Covers the engine

28. Commentator Coulter

29. Mousse

31. Witness

32. Unlikely to be forgotten

33. Bar bill

34. Morning

35. City south of Moscow

36. Highly incensed

37. Intricately decorated

38. Drew closer to

39. Beers

40. Central China city

44. Touch lightly

47. Habitual twitching

P	B	S		P	R	E	S	S		A	B	A	C	A
R	E	C		R	A	N	K	E		R	E	B	U	S
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E	T	U	D	E		S	T	O	A	S		D	R	Y

Answers for March 6



UPCOMING EVENTS

March 23:

Scales & Tales with live Hawks at 1 p.m.

April 6:

Live Owls at 1 p.m.

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stem
from page 8

“Local students, from middle school campers to college interns, will build their resumes and professional network and connect what they are learning in the classroom to their future options in the job market,” STEM Program Manager Fawn Mete said.

The Reach for the Stars STEM Camp, a week-long engineering summer camp offering instruction in engineering, robotics, computer science, and aviation, has expanded, providing opportunities for experienced campers to delve into advanced topics. Level 1 is for first-time campers currently enrolled in grades six to eight. Level II is for those in grades seven to eight who participated in a past camp. There is no cost to participate. Space is limited, and the camp seeks to provide opportunities to students from backgrounds that are traditionally underrepresented in STEM fields.

The Worcester STEM Leadership Cohort is for students currently enrolled in grades nine to 11. Considered a “pre-internship” program, participants will engage in profes-

sional development sessions on a variety of career readiness topics, including resume writing, interview skills, workplace communication, college applications, conflict resolution, leadership, and entrepreneurship. Students will receive mentorship from several STEM workforce partners and earn a \$200 stipend.

The STEP UP Internship Program provides high school seniors, college students, and graduate students with hands-on work experience in local STEM related career fields. The 2019 interns will be given opportunities to work in healthcare settings, tech companies, engineering firms, environmental science agencies, and digital media production companies. Students’ skills and interests will be matched with the needs of the employers, so they are able to apply their classroom studies to real life tasks. Interns work 100 hours total from June 1 to July 26 and earn \$11/hour.

The application process for each program is competitive. For more information, contact Fawn Mete at fawn@sinepuxentgroup.org.

credit
from page 3

2019 application to their home address. To determine whether you are eligible to receive a tax credit, you may visit the links above or call 410-767-4433 or 1-800-944-7403 (toll free within Maryland). To receive an application, please email sdattaxcredittapp@maryland.gov or call 410-767-4238. While completing your tax credit application, please read the instructions carefully, provide all required documentation, and review your application to ensure that all fields have been completed before submitting it to the Department.

Homeowners may also be eligible to receive a Homestead Tax Credit to limit taxable assessment increases on their principal residence. To determine eligibility, homeowners may complete a one-time application online, which is available to complete all year. Many counties and municipalities also offer additional residential tax credits, which provide additional tax relief. If a resident is approved to receive the state homeowners’ credit, they may automatically receive local

supplemental homeowners’ credit for which they are eligible.

As a result of SDAT’s partnership with Benefits Data Trust (BDT), multilingual outreach specialists are readily available to assist individuals during the entire tax credit application process. BDT is a national non-profit committed to transforming how families and individuals in-need access essential benefits and services in Maryland. To receive assistance while completing your tax credit application and to be connected to additional state, local, and community programs that are available to low-income individuals, please contact the Maryland Benefits Center.

In addition, SDAT will be launching a new online tax credit application processing system in 2019. This innovative application system will allow customers to file their Homeowners’, Renters’, and Homestead Tax Credit applications entirely online. Not only will this new online system provide more convenient filing options to customers, but will also drastically reduce application processing times and improve customer service.



Meeting - Worcester County NAACP welcomed Worcester County States Attorney Kris Heiser to its February meeting at Snow Hill library. She discussed current issues and her goals for our county.

Pictured left to right are **Dr. Roxie Dennis Ancholonu**, 2nd vice president, **Kris Heiser**, **Laurie Brittingham**, 1st vice president, **Linda Hilliard**, secretary, and **Ivory Smith**, chapter president.

trips
from page 2

On Saturday, May 4 stroll through more than 245,000 spring bulbs in bloom in the Idea Garden & Flower Garden Walk, then wander through Peirce’s Woods where native azaleas and foam-flowers abound.

“Longwood Gardens Spring Bloom is an incredible sight you will not want to miss,” said Sawyer. “You will have the opportunity to see all the gardens during our guided tour, so be sure to bring your walking shoes and have your camera ready.”

The bus will depart Ocean Pines at 8 a.m. and arrive at Longwood Gar-

dens at 1 p.m. It will depart Kennett Square, Pa. for a 6 p.m. arrival back in Ocean Pines. The fee, which includes transportation and a guided tour, is \$60 for adults.

These trips are open to the public and buses will depart from the Ocean Pines Community Center in Ocean Pines. Reservations are required. Refunds will not be issued for cancellations unless vacant seats can be filled.

Tides for Ocean City (Fishing Pier)

Day		High /Low	Tide Time	Sunrise Sunset
Th	14	High	1:39 AM	7:13 AM
	14	Low	8:13 AM	7:06 PM
	14	High	2:04 PM	
	14	Low	8:17 PM	
F	15	High	2:45 AM	7:12 AM
	15	Low	9:17 AM	7:07 PM
	15	High	3:10 PM	
	15	Low	9:21 PM	
Sa	16	High	3:52 AM	7:10 AM
	16	Low	10:21 AM	7:08 PM
	16	High	4:16 PM	
	16	Low	10:26 PM	
Su	17	High	4:56 AM	7:09 AM
	17	Low	11:23 AM	7:09 PM
	17	High	5:18 PM	
	17	Low	11:29 PM	
M	18	High	5:54 AM	7:07 AM
	18	Low	12:20 PM	7:10 PM
	18	High	6:15 PM	
Tu	19	Low	12:29 AM	7:06 AM
	19	High	6:49 AM	7:11 PM
	19	Low	1:12 PM	
	19	High	7:09 PM	
W	20	Low	1:26 AM	7:04 AM
	20	High	7:42 AM	7:12 PM
	20	Low	2:00 PM	
	20	High	8:01 PM	

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MAYDAY, MAYDAY

How many times in the movies have you heard someone yell “MAYDAY” to announce a pending catastrophe and summon help? This column will discuss the degrees of emergency and when it is appropriate to make a MAYDAY call and other alternative calls for assistance.

First off, the word MAYDAY is derived from the French “m’aider” which

OVER.”

If you hear a MAYDAY and you do not hear the Coast Guard respond in a reasonable time, then you should acknowledge it and relay the mayday message because the distressed vessel may be out of range of the Coast Guard’s receiver. You should then stay engaged until the Coast Guard establishes direct communication.

As a good mariner, you may be tempted to go to the aid of the distressed vessel; however, the most important contribution you are making is that of a relay station. If you move your vessel toward the distressed vessel you may break the tenuous communication path. You should consult with the Coast Guard before moving and/or solicit other nearby boaters to provide on-scene assistance.

Distress warrants a MAYDAY but there are other less stressful events that require assistance or the need to pass on safety information. These are handled with lesser known calls for assistance, “PAN-PAN” and “SECURITE”. Like MAYDAY, both are internationally recognized.

PAN-PAN (pronounced ‘pawn, pawn’) repeated three times is used to alert all to an urgency, but not distress. The subtlety is that MAYDAY is reserved for critical distress situations that require immediate response like the boat is sinking or someone on board is in dire need of medical assistance and may need air lift where PAN-PAN is used to broadcast a very urgent message directly concerning safety related problems like man overboard or lost engine and drifting towards rocks.

One man’s urgency is another man’s distress. Officially, a man over-

*please see **mayday** on page 15*



This is an example of a PAN PAN event. The recreational boater lost his engine in the Ocean City Inlet last summer and was drifting into dangerous breakwaters and the north jetty. The USCG Auxiliary boat held the stranded recreational boater in a side tow until the commercial tow boat could respond. Please note that everyone on the recreational boat is wearing his/her life jacket.

loosely translates as “come help me.” It is universally recognized as a vessel in distress that everyone hearing the message has a responsibility to assist or, at least, assure that others are assisting. Just like depicted by Hollywood, it’s a big deal.

MAYDAY connotes distress that warrants immediate attention, for example, a boat on fire or a boat sinking. A typical mayday message should sound something like this:

“MAYDAY, MAYDAY, MAYDAY, This is HMS Titanic, HMS Titanic, HMS Titanic. MAYDAY. Titanic is at 41 degrees 44 minutes North, and 50 degrees 24 minutes West. Struck an iceberg. Taking on water fast. Estimate cannot stay afloat more than 2 hours. 2224 persons on board. We are a 4 stack ocean liner. We are dead in the water. We are maintaining a watch on channel 16. This is Titanic,



Showing - Audrey Mumford, eighth grader at Most Blessed Sacrament School, displayed her landscape painting at the Ocean City Center for the Arts on First Friday as part of the Shirley Hall Memorial Youth Art Show.

PRMC promotes patient safety awareness

In an effort to raise awareness and encourage the engagement of patients, families, healthcare providers, and the public, the Peninsula Regional Health System (PRHS) and Peninsula Regional Medical Center (PRMC) announced last week its participation in Patient Safety Awareness Week, an annual recognition week led by the Institute for Healthcare Improvement (IHI).

Patient Safety Awareness Week, March 10-16, 2019 is intended to spark dialogue, promote action to improve the safety of the health care system for patients and the workforce, and instill the message that “every day is patient safety day.” During this recognition week, IHI encourages health care organizations around the world to take part by helping to increase awareness among their team and in their community of the importance of patient safety and the prevention of medical harm.

“While there have been improvements in patient safety over the past 20 years, there is still much work to be done,” said Tejal K. Gandhi, MD, MPH, CPPS, Chief Clinical and Safety Officer at IHI.

PRMC is a recent recipient of an “A” from The Leapfrog Group’s Fall 2018 Hospital Safety Grade. Peninsula Regional is among eight hospitals in Maryland to earn the top honor for

patient safety and the only on the Delmarva Peninsula to receive the distinguished A Patient Safety Grade. The designation recognizes PRMC’s efforts in protecting patients from harm and meeting the highest safety standards in the United States.

“I am proud of the work that our team does every day to make all of our Peninsula Regional Health System facilities, including PRMC, the leading healthcare provider in our community,” said Steve Leonard, MBA, FACHE, President/CEO of PRHS and PRMC. “Patient Safety Awareness Week is a time to recognize the work that has been done, reflect, educate and engage. Everyone— from providers to patients and family members - plays a role in ensuring safe care, and by uniting together and sharing that common goal, we can make a difference in patient safety.”

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

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Health fair returns

Peninsula Regional Health System and the Wicomico County Board of Education invite everyone on the Delmarva Peninsula to join them for HealthFest: An event for all ages, on Saturday, March 30.

This year's event, a showcase of healthy exhibits and free health screenings, will be held at James M. Bennett High School on College Avenue in Salisbury. HealthFest: An event for all ages is from 7:30 a.m. to 12:30 p.m.

Over 35 free health screenings, including skin cancer screenings aboard the PRMC Wagner Wellness Van, will be available the day of the event and without pre-registration. The health screenings, performed by Peninsula Regional Medical Center (PRMC) healthcare specialists and other area healthcare providers, will be available to anyone looking to find out how healthy they actually are, and to learn

what they can do to lead an even healthier and more productive lifestyle. Some of the more popular screenings offered at no cost are DermaScan Skin Exams, Bone Density, Blood Pressure, Vision, Hearing, Height, Weight, Stroke and Spine Awareness, Foot Screenings, Aorta and Lower Leg Circulation Screenings.

At this year's HealthFest, PRMC will offer attendees an opportunity to participate in a paper Diabetes screening conducted by the Peninsula Regional Diabetes and Endocrinology Center team. If determined to be at high risk, individuals will be provided education and offered a Hemoglobin A1c (HbA1c) blood draw. The HbA1c test is preferred because it can actually detect Diabetes, and is a much more accurate measure of a person's health risk. Additionally, following a paper

please see **fair** on page 15



Heritage Celebration

In celebration of Irish-American heritage month, "Mike and the Fellow Travelers" (Mike O'Loughlin, Dave Kohut, and Keagan and Mickey Justice) will perform An Evening of Irish Music on Friday, March 22, at 6 p.m., on the first floor of the Hazel Center.

This event is sponsored by Wor-Wic's cultural diversity committee. For more information, call 410-334-2850.

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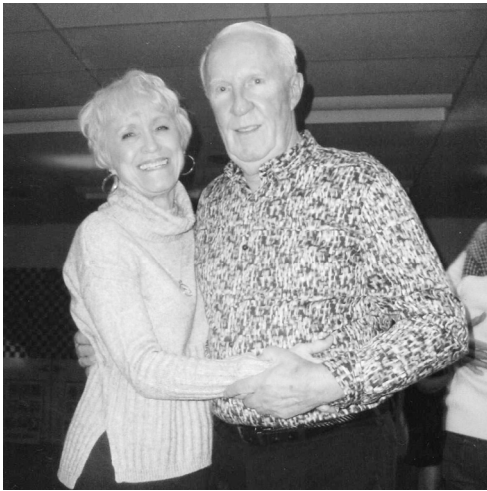


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Enjoyment

Mary Ellen Grazi and retired Ocean Pines Police officer **John Cabala** having a great time dancing at a recent event in the Ocean Pines Community Center. Photo by Anna Foultz.

fair
from page 14

screening, the PRMC Lab team will also be collecting blood samples for the National Kidney Foundation for Creatinine and Random Glucose. Fasting is not required for either test.

New to HealthFest in 2019 is the United Way of the Lower Eastern Shore Opioid Coalition. The Coalition will be inside the Bennett gymnasium with numerous vendors featuring educational and resource information about addiction, as well as informative presentations.

dance
from page 9

arms. This loose style of percussive dance is performed by individuals to their own rhythm — most often by men.

Set dancing. Set dancing is a fresh and vibrant style of dance based on dancing Quadrilles, which originated in France. The Irish modified the dance to make it energetic, rhythmic and fun. It has similar roots to American square dancing, although the Irish sets have a more disciplined structure defined by the music.

C'il' dancing. Cil' dancing is made up of different forms, but also hails from French and English dances of the past. It is a form of old folk dancing in Ireland, and features various pairs of dancers in facing lines. The steps are similar to stepdancing, with dancers traveling sideways, with movement progression and partner switching. These dances are very social and fun in nature. Unlike set dancing, cŽil' dances are performed on the balls of the feet with pointed toes instead of flat feet.

Traditional Irish dancing takes on many forms. It is lively to watch and often great fun for participants.

At various times throughout the morning, participants may enjoy a senior exercise demonstration, cheerleading and majorette performances and dance demonstrations including Indian Classical Dance. Dr. Chris Snyder will answer general medical questions at the "Ask the Doctor" booth, and PRMC pharmacists will be available for medication and medicine reconciliation questions. HealthFest will also offer a health corner for kids, therapy dog demonstrations, a free photo booth, bounce house rock climbing wall and much more!

Participants will also have the opportunity to visit with over 50 exhibitors who are also joining HealthFest with valuable information on their services.

For more information on HealthFest: An event for all ages, a map and a complete list of screenings and demonstrations, please visit the Peninsula Regional Health System website at www.peninsula.org/healthfest.

mayday
from page 12

board is categorized as an urgent event that warrants a PAN-PAN communication. However, if the person in the water is my rich uncle that only moments earlier promised to write me into his will, then I personally would consider it a very distressful situation and would broadcast a MAYDAY.

In the limit, transmitting a MAYDAY instead of a legitimate PAN-PAN will not get you in trouble but transmitting a bogus MAYDAY can get you fined up to \$250,000 and six years in the pokey.

SECURITE (pronounced 'see-cure-it-tay') repeated three times introduces a message concerning the safety of navigation. Typically, the USCG

Sheriff's Office to host to active shooter events training

Sheriff Matthew Crisafulli and the Worcester County Sheriff's Office announced their first Civilian Response to Active Shooter Events (CRASE) training. The training will take place Tuesday, April 9, at 6:30 p.m. at the Worcester County Recreation Center, located at 6030 Public Landing Road in Snow Hill, Maryland. This class is free and open to the public.

The CRASE training is designed to increase your chances of surviving an active shooter event or other critical incident.

The CRASE course is designed and built around the "Avoid, Deny, De-

fend" strategy developed by ALERRT in 2004. This course will provide strategies, guidance, and a proven plan for surviving an active shooter event. Topics include the history and prevalence of active shooter events, civilian response options, medical issues, and considerations for conducting drills.

The class is limited to 50 participants, and reservations are required. Reservations accepted by calling Chief Deputy Mark Titanski at 410-632-1111 or at: mtitanski@co.worcester.md.us.

Reservations must include name and contact information for each person attending.

Health Dept. awarded physical activity funding

The Worcester County Health Department (WCHD) announced new funding awarded through the Maryland Department of Health, Center for Chronic Disease Prevention and Control, to put into action community-based projects that support physical activity in Worcester County. This new grant funding will help WCHD create projects that line up with the Office of Disease Prevention and Health Promotion Healthy People 2020 campaign.

The goal is to prevent chronic disease and injury, improve health, and enhance the quantity and quality of life for county residents. WCHD will achieve this by addressing physical ac-

tivity, specifically by putting forward a community-wide walking action plan. Worcester Health will partner with community stakeholders to: promote culture of physical activity and walking through awareness campaigns; train community partners and stakeholders to conduct walk audits and become walk leaders; promote knowledge of local walking trails (including signage); and, promote community Fun Walks to increase physical activity amongst residents.

"Worcester County Health Department is very grateful for this funding opportunity and is looking forward to beginning project implementation,"

*please see **funding** on page 16*

will announce a SECURITE message on the distress and listening frequency channel 16 (156.8 MHz) and request that all switch to a Coast Guard frequency such as channel 22A where the message is read. The message usually communicates information regarding water hazards like a floating log or temporary no-sail restrictions because of a boat race or air show or a missile launch from Wallops Island. Mariners should listen to the SECURITE message and then return their radios to channel 16.

It should be noted that the SECURITE message is not the exclusive province of the US Coast Guard. Mariners should pass crucial safety info onto the Coast Guard for their broadcast on their much stronger transmitters; however, if the Coast

Guard is not available, a mariner can announce a SECURITE and request all boaters to shift to a working channel such as 68 or 72 to hear it.

By the way, notice that I haven't discussed SOS (save our ship). That's a throwback to the pre-voice time when transmitting Morse code on the carrier frequency was the state of the art. Although still viable, I doubt if many recreational boaters could cope with a dit, dit, dit, dah, dah, dah, dit, dit, dit message except to call the Coast Guard and get out of the way.

Next month I'll discuss digital select calling, radio beacons, the Rescue 21 system and the rest of the USCG Search and Rescue apparatus.

Dan Collins can be reached for comment at dancollins.ocean-pines@gmail.com.

funding

from page 15

said Crystal Bell, Chronic Disease supervisor at the WCHD. "Walking is an excellent way to help people become more active and improve their health. It is an easy way to begin and maintain a physically active lifestyle, and it is the most common form of physical activity for people across the country."

For more information about ways to stay active and upcoming Fun Walks, visit JustWalkWorcester.org or call 410-632-0056.

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to encourage collaborations across communities and sectors, empower individuals toward making informed health decisions and measure the impact of prevention activities.

Learn more about Healthy People 2020 by visiting HealthyPeople.gov.



Surprise visitor - While looking out her window, Ocean Pines resident **Sandy Zitser** saw an otter making its way across her lawn.

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Garden club to meet

The next meeting of the Ocean Pines Garden Club (OPGC) will be Thursday, March 14 at 10 a.m. in the Ocean Pines Community Center. The guest speaker will be Maureen Kennedy, owner of the My Backyard store in Ocean Pines. Kennedy will


speak on encouraging hummingbirds to visit your backyard. The OPGC meets the second Thursday of each month and welcomes visitors and new members.

DWC to meet

The next meeting of the Democratic Women's Club (DWC) of Worcester County will be held on Monday, March 18 at the Ocean Pines Community Center. In celebration of Women's History Month and in preparation next year for celebrating 100 years of women winning the vote, the DWC will welcome Linda Linzey who will discuss the significant contributions made by women throughout history. The meeting begins at 9:30 for coffee and conversation. Linzey's presentation will begin at 10 a.m. and focus on the 2019 National Women's History Alliance Theme, "Visionary Women, Champions of Peace and Nonviolence." All are welcome. Please call Vicky at 410-208-2969 with any questions.

Performance dates change

Due to unforeseen circumstances, the performance of "Annie Jr." has been moved back one week. There will be two performances open to the public on Thursday, March 21 at 6 p.m. and Sunday, March 24 at 2 p.m. The performances are all free of charge. Donations for our performing arts program may be made at the door.



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