

# The Courier

March  
27  
2019

Volume 19 Number 31

## 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 144<sup>th</sup> and Sinepuxent streets in Ocean City. Festivities will be held between 11 a.m. and 6 p.m.

Admission is free and attendees can expect traditional Italian specialists 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.

## Pines flea market returns

Bargain shoppers and treasure enthusiasts will soon get a chance to shop at one of the largest seasonal indoor/outdoor flea markets in the area at the Ocean Pines Community Center on Saturday, March 30, from 8 a.m. to noon.

Vendors will set up shop at White Horse Park and in the Community Center to sell gently used clothing, children's items, household items, collectibles, delectable food and much more.

Shoppers are also encouraged to visit the Ocean Pines Farmers and Artisans Market for fresh produce, baked goods, meats and gourmet pantry, and artisan-crafted items.

The farmers and artisans market, which will take place from 8 a.m. to 1 p.m. in conjunction with the indoor/outdoor flea market, is open located at White Horse Park.



## Berlin Historian

The General Levin Winder Chapter of the Daughters of the American Revolution (DAR) celebrated Women in American History month with Berlin Historian Carol Parker Rose who spoke of three Worcester County women who contributed to making a difference in our community. Rose talked about Rozelle Purnell Handy known as "The Friendly Library," Marianne "Anna" Adkins Burbage of the Burbage Funeral Home and Mary Emilie Humphreys who was instrumental in establishing the Berlin Heritage Foundation.

Above: Gail Weldin, regent, Carol Parker Rose and Janet Simpson, vice regent.



**LARGEST YEAR-ROUND  
FARMERS & ARTISANS MARKET**  
239 Ocean Parkway, Ocean Pines, MD 21811  
www.OceanPines.org 410.641.7717 ex. 3006  
**Open to the Public!**

**YOUR LOCAL MARKETPLACE**  
**SATURDAYS 8AM-1PM**  
eggs • produce • cheese • jams • crafts • clothing & more

# 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.



On this day in 1939 the University of Oregon defeated The Ohio State University 46–33 to win the first-ever NCAA men's basketball tournament. "March Madness," as the tournament became known, has grown exponentially in size and popularity since 1939. By 2005, college basketball had become the most popular sporting event among gamblers, after the Super Bowl. The majority of that betting takes place at tournament time, when Las Vegas, the internet and office pools around the country see action from sports enthusiasts and once-a-year gamblers alike.

## Pines to hold town hall meeting

Ocean Pines residents will get a chance to weigh in on current projects and community matters at an upcoming town hall meeting on Saturday, March 30 from 9 a.m. to 11 a.m. in the ballroom of the Ocean Pines Yacht Club, located at 1 Mumford's Landing Road.

The Ocean Pines Communications Advisory Committee, under the guidance of chairwoman Jennifer Cropper-Rines, will host the event.

Residents are encouraged to submit question/s and comment/s to the Ocean Pines Board of Directors and its Communications Advisory Committee in advance via email to [townhall@oceanpines.org](mailto:townhall@oceanpines.org).

The submission period will run until Wednesday, March 27, at 5 p.m.

Director Colette Horn, at the July 27, 2018 Regular Board Meeting, introduced a motion to accept the recommendation from the Ocean Pines Communications Advisory Committee to set a policy for the coming year of holding three Town Hall meetings for the purpose of updating and engaging in question and answer and discussion with the Membership on pending Board business and other topics of concern to the Membership.

Those unable to attend the meeting may view it live at [www.OceanPines.org](http://www.OceanPines.org) or on Mediacom channel 78.

## Fire Dept. to host Quarter Auction

The Ocean Pines Volunteer Fire Department (OPVFD) will host a Quarter Auction on Saturday, April 6. The event will take place at the Ocean Pines Yacht Club. Tickets are \$5 in advance and \$8 at the door. They can be purchased at the OPVFD South Station and the Ocean Pines Farmer's Market. Doors open at 5pm. Food and beverages will be available.

## 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

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.

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 pines on page 11*



**Amazing murals** - Berlin Intermediate School and Beyond After School Academy welcomed parents to Lights on After School during the week of February 25-28. Bob Hulburd has lead students through designing, and painting a new mural in the school. Pictured (l to r) **Estefanie Hernandez Contrerez, Sofia Abu-Zaid, Wendy Nash, Allison Carmack** (parent), **Sir Judah Ponds, Alyssa Monteverde, Mallory Kerrigan, Bob Hulburd, Rachael Plata and Julia Knerr.**

## Taking on Parkinson's

By **June Freeman**

Parkinson's Disease is a devastating neurodegenerative disease where parts of the brain become damaged over time. Parkinson's affects an estimated one million Americans and 10 million people worldwide. This is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease.

The three main symptoms present with this disease are involuntary shaking or tremors, stiff muscles, and gait and balance problems. There are other symptoms that can surface depending on the individual including hunching over, swallowing difficulty, insomnia, lack of facial expression and memory issues.

At this time there is no cure but re-

search has shown ways to combat and to slow the disease's progression. Proper medication and exercise are crucial to managing Parkinson's, known also as PD.

After first being diagnosed with Parkinson's,



**Dee Bohanan** working out

Ocean Pines' resident Dee Bohanan found it difficult to find the appropriate treatment and exercise. Dee commented, "You get a script for physical therapy but when you meet the Medicare

limit, where do you go from there?"

Her extensive internet journey led her to RISE Fitness and Adventure, a

*please see parkinsons on page 11*

When it matters most, trust the healthcare provider with the most experience



*Treating Cancer For More Than 50 Years*

★★★★★  
**Five Stars**  
by Centers for Medicare & Medicaid Services (2018)

**TOP 5%**  
in the Nation  
by Healthgrades (2018)

**PENINSULA REGIONAL MEDICAL CENTER**

**RICHARD A. HENSON CANCER INSTITUTE**  
Salisbury, MD | Ocean Pines, MD

[peninsula.org/cancer](http://peninsula.org/cancer)

## Empty Bowl Soup Dinner is Friday

The Art League of Ocean City and Diakonika have partnered to help fight hunger as the two local nonprofits host the Empty Bowl Soup Dinner at the Ocean City Center for the Arts on Friday, March 29, from 4:30 p.m. to 8:30 p.m.

The cost of the dinner is \$25 and includes soup, bread, soft drink, and a ceramic soup bowl, handcrafted by volunteers at the Arts Center. Seating is continuous from 4:30 p.m. to 8:30 p.m., and reservations are not required. Also featured are a 50/50 raffle and a cash bar.

“Everyone is invited to the soup dinner, even if they didn’t previously make a bowl,” Rina Thaler, executive director of the Art League, said. “We have plenty of beautiful bowls on hand to give to our guests. They can take home a handcrafted ceramic bowl to remind them of all the hungry people in the world. We also welcome back the people who have already made bowls and invite them to enjoy the simple dinner so that others can sim-

ply eat.”

The Empty Bowl Project is an international grassroots effort to fight hunger and a unique opportunity to use art in a way that helps the community. The project — which begins with bowl-making sessions and culminates in the soup dinner — is a collaborative effort of the Art League of Ocean City and Diakonika to raise awareness and funds for hunger through creative engagement.

This is the fifth year for the Soup Dinner, which has raised more than \$39,000 to benefit the two non-profits.

Eight local restaurants will provide the soup: Embers/BLU/MadFish is serving cream of crab and corn chowder; Off the Hook, corn and crab jalapeno bisque; Liquid Assets, Waygu beef chili; Mother’s Cantina, roasted tomato; Ocean 13, chicken and dumpling; The Original Greene Turtle, beef chili; Seacrets, creamy tomato basil; and Sunset Grille, chicken tor-

please see **dinner** on page 11



### Donation

*i.g. Burton of Berlin recently presented a check for \$2,500 to the Worcester County Education Foundation (WCEF). The WCEF was established in August 2013 as a 501(c)3 non-profit to establish a proactive partnership between the community and the public school system by linking community resources with the educational needs of its students to prepare them to succeed. For more information on the Worcester County Education Foundation, please visit our website at [www.wced.foundation](http://www.wced.foundation) or call Hope Palmer at 410-632-5038.*

*Pictured are **Pete Renzi, Wayne Weir, MJ Lofland** all of *i.g. Burton*, **Steve Price**, assistant superintendent of Safety and WCEF Board member, **Charles Burton**, owner of *i.g. Burton*, Worcester County Public Schools Superintendent **Lou Taylor** and **Ray Thompson**, Worcester County Education Foundation chair.*

## History luncheon scheduled

The Women’s History monthly luncheon will be held March 30 between 11 a.m. and 2 p.m. at Tyree A.M.E. Church located at 9004 Germantown Rd. in Berlin. The cost is free, but donations will be accepted. Phone Worcester County NAACP President Ivory Smith for information at 443-944-6701.

The keynote speaker will be Mayor Victoria Jackson-Stanley, mayor of Cambridge, MD. Other speakers include Karen Holland, Worcester County 2018 Teacher of the Year, Dr. Annette Wallace Assistant Superintendent for Worcester County Public Schools, Kristin Heiser, State’s Attorney for Worcester County, Dr. Rev. Roxie Dennis-Acholonu, Pastor Ambassador for Christ International Ministries in Berlin and Dr. Barbra Dezmon, Maryland State Conference NAACP Education Chair.

## 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](http://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.



### QUARTER AUCTION

HOSTED BY THE AUXILIARY to BENEFIT THE  
**OCEAN PINES VOLUNTEER FIRE DEPARTMENT**



SATURDAY APRIL 6<sup>TH</sup>  
OCEAN PINES YACHT CLUB  
1 MUMFORDS LANDING RD. OPMD  
DOORS OPEN AT 5pm  
FOOD & BEVERAGES AVAILABLE  
BIG TICKET BOARDS ~ 50/50 ~ CHINESE AUCTION

TICKETS AVAILABLE AT  
THE OPVFD  
SOUTH STATION AND SATURDAYS  
AT THE OCEAN PINES  
FARMERS MARKET  
TICKETS ARE \$5  
\$8 AT THE DOOR



# Secondhand stories

When you're in the throes of child-rearing, it's hard sometimes to appreciate how fleeting that time really is, especially when you're trying to ensure homework gets done, baths are

Now I listen with great interest as my daughter relates stories about what her kids have said or done.

Case in point. A couple weeks ago my daughter and her daughter who is six had a difference of opinion on something, I don't remember what. After a couple minutes of telling her daughter what was expected of her, my daughter asked, "Are we on the same page?" to which my granddaughter replied,



**It's All About. . .**  
By **Chip Bertino**

chipbertino@delmarvacourier.com

taken and school lunches are made. But the time together as a nuclear family goes by quickly and before you realize it, your kids get married and/or move out of the house to live their own lives. And you're left with empty chairs around the dinner table and considerably more free time; no longer taking a van full of kids to little league.



My daughter and I talk quite a bit so she tells me about her trials and tribulations raising her two children, my grandchildren. On those days when parenthood is challenging she'll quote back to me something I often said (through clenched teeth) when she and her brothers were younger and driving me to distraction: "These are the happiest years of my life." I look back now, especially when I listen to my daughter talk about parenting her kids, and truth be told, those days really were the happiest years.

No longer are toys strewn around my living room or lights left on in empty rooms. No one is opening and closing the refrigerator door just to see if maybe there's something to snack on. Back in the day those situations frustrated me to no end. But there were also times, many times, when I enjoyed very much reading a bedtime story or sitting at the dinner table listening to the kids tell their Mom and me about their day. And then there were those quiet times when one of the kids would say or do something that would either make me laugh hysterically or make me sit back and wonder how they got so smart.

"Are you on page six?" That was the end of that conversation because my daughter had to leave the room holding back laughter.

Another little story I heard secondhand. The other day my granddaughter and grandson came in from playing outside. My granddaughter asked her father if she could read to him. He said yes, so the whole family, mother, father, brother and sister sat on the sofa. While my granddaughter was reading, my grandson, who was three at the time, leaned over to his mother and said, "I peed outside." My daughter asked, as all mothers would, "Why didn't you come inside to do that?" The innocent response: "Because we needed it to make the mud pies." Story reading stopped abruptly as both kids were marched into the bathroom to wash their hands.

These are the types of stories that will be retold through the years at family gatherings. I know this because I'll be the one retelling them. And, hopefully when I'm no longer around, they will still be told.

It can be very challenging to really appreciate the time we spend with our children especially when they are small and running around the house not doing what they've been asked to do, evading bedtime or creating violent wave action in the bathtub. But, there is an opportunity to relive those times, albeit from a changed vantage point, when we have grandchildren. Once we get to that point, all we have to do is enjoy the ride and watch our kids get frazzled dealing with the situations that once drove us nuts.

There is justice.

## STEVEN W. RAKOW

Attorney at Law

General Practice / Civil Litigation / Criminal Defense  
Contracts / Construction Law / Traffic

- President, Worcester County Bar Association
- Former Assistant State's Attorney, Worcester County
- Retired Marine Officer • 21 Years Legal Experience

**410-600-3075**

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

All Major Credit Cards Accepted



# A BAGEL and...

**410-208-0707**

Open 6 a.m. - 2 p.m. Daily

Free  
Wireless  
Internet

## Serving Breakfast and Lunch

Pastries and Cookie Trays

Boar's Head Meats

RTE. 589	
Manklin Creek	O.P. South Gate Entrance
OCEAN PKWY	
A Bagel and..	

Southgate - Ocean Pines  
(Manklin Creek & Ocean Pkwy)

**Apple Pax and Apple MedSync** make medication time worry-free. All you have to do is . .



just  
add  
water.



With **Apple Pax**, your medications come organized by date and time, securely sealed in individual, easy-open packages.

**Apple MedSync** is a prescription service that synchronizes all of your routine medication refills to one day per month - ready for pick-up or delivery within Apple's free delivery area

Managing your medications has never been easier with **Apple Pax** and **Apple MedSync**. For details, call or stop in your Local Apple Drugs.

Route 13 South and Cedar Lane  
**FRUITLAND • 410-749-8401**  
314 Franklin Avenue  
**BERLIN • 410-641-3130**  
1210 Nanticoke Road, Pecan Sq.  
**SALISBURY • 410-543-8401**



# APPLE DISCOUNT DRUGS

# Things are happening

Commentary by **Joe Reynolds**

## Pool Card Debacle

Association members who bought reloadable swimming pool cards thinking they could be used at any time are in for a shock. The OPA board, in its infinite wisdom, decided to have all card monies expire at the end of the fiscal year, including any cards you now possess. Kiss that money goodbye unless you use the money before May 1, 2020. In the future, all cards expire at the end of the fiscal year, and OPA confiscates any of your unspent dollars.

Why do this? Apparently, it is to make the Aquatics bottom line look better in the accounting process. It surely is not necessary to take your money to fix a paper problem.

Association members on *OceanPinesForum.com* are saying they pur-

According to the National Highway Traffic Safety Administration (NHTSA), in 2016, the most recent year for which the organization has statistics, more than 3,400 people were killed in motor vehicle accidents that involved a distracted driver. NHTSA estimates suggest that as many as 481,000 drivers are using mobile phones while driving during the day, greatly increasing their own risk of accident as well as the risk that their fellow motorists will be involved in an accident. The threat posed by distracted driving is not exclusive to the United States, as the World Health Organization notes that drivers using mobile phones are approximately four times more likely to be involved in motor vehicle accidents than drivers who are not using mobile phones. The WHO even notes that hands-free phones are not considerably safer than handheld phone sets, emphasizing the need for drivers to simply forget about their phones the moment they get behind the wheel.



According to the National Highway Traffic Safety Administration (NHTSA), in 2016, the most recent year for which the organization has statistics, more than 3,400 people were killed in motor vehicle accidents that involved a distracted driver. NHTSA estimates suggest that as many as 481,000 drivers are using mobile phones while driving during the day, greatly increasing their own risk of accident as well as the risk that their fellow motorists will be involved in an accident. The threat posed by distracted driving is not exclusive to the United States, as the World Health Organization notes that drivers using mobile phones are approximately four times more likely to be involved in motor vehicle accidents than drivers who are not using mobile phones. The WHO even notes that hands-free phones are not considerably safer than handheld phone sets, emphasizing the need for drivers to simply forget about their phones the moment they get behind the wheel.

chased cards with the understanding they would not expire, and now feel betrayed. Association member Nancy Weber said simply, "This is NOT fair!" Association member Ken Koroknay wrote, "Expiration dates punish cardholders who forget to use all the passes before April 30 and that, in my opinion, is a lousy customer experience. It may also lead to lower overall sales as people buy fewer passes knowing the expiration risk and opt to pay cash at the door instead."

## Director Moroney Resigns

Citing family issues, OPA board member Ted Moroney resigned last Saturday in an email to his fellow board members. He also wrote, "My recommendation is that you ask John Viola to fill the position until the election." The board will schedule a special meeting to select someone to take Moroney's place until the election in August to fill three spots currently held by Slobodan Trendic, Ted Moroney, and Esther Diller. There is also

## Fashion Show scheduled

Celebrate spring at a fashion show luncheon fundraiser to be held on Thursday, April 4 from 11:30 a.m. to 2 p.m. at The Bayside Skillet located at 7701 Coastal Highway in Ocean City. For \$35 per person, enjoy a lunch, fashions by Chico's of West Ocean City and raffles. Price includes soda, coffee, tea, a dessert, tax and gratuities.

For reservations, contact Event Coordinator Kay Hickman at 410-600-0552, or soonerkay@gmail.com no later than March 29. There are three choices of entrées: (1) Salmon with vegetable medley, (2) Caesar salad with grilled chicken or (3) Tuna melt with side salad. All proceeds will benefit the Women's Club of Ocean Pines scholarship program and community donations.

talk that the board may consider Jeff Knepper for the temporary position.

## Directors Running Departments?

OPA's so-called Transition Management Team approach after the departure of GM John Bailey is nowhere to be found in the OPA by-laws. In fact, involving board members in the day-to-day management of various OPA departments is likely a violation of the by-laws. The by-laws forbid directors from issuing orders to employees, but the reality is this transition team approach results in just that, as a practical matter.

With no GM and some board member sitting in on department meetings and offering advice, it is de-facto board interference in OPA employee operations. Even Director Frank Daly, quoted in a local news-

## Nine-week CERT training offered

Ocean City and Worcester County Emergency Services personnel are teaming up to offer a community-wide training course to residents. The Community Emergency Response Team (CERT) basic training program will be offered for approximately nine weeks in the spring at the Ocean City Public Safety Building.

Designed as a grassroots initiative, the CERT program educates community volunteers about disaster preparedness for the hazards that may impact their area. CERT is specifically structured to allow local and state program managers to have the flexibility to form their programs in the way that best suits their community by training participants in basic disaster response skills. CERT volunteers are trained to respond safely, responsibly, and effectively to emergency situations, but they can also support their community in non-emergency events as well.

"The program began in 1993 and has since impacted communities across the country, in all 50 states with over 2,700 local CERT programs nationwide and 600,000 individuals trained in the program," Ocean City Emergency Services Director Joseph

paper article titled "Board assumes operational oversight over departments after Bailey departure," says this board interference in operations may require a referendum to change the by-laws. If there was a list of all-time management blunders by OPA boards, this would be at the top of the list.

Bylaws & Resolutions Committee member Jim Trummel also points out on *OceanPinesFoum.com* that Maryland law (§ 21-806. Ocean Pines Police Department) states, "The Chief of Police shall be responsible directly to the General Manager." OPA has no General Manager.

What we have going on is a board amateur hour. The board needs to appoint a General Manager, and hopefully, it will not be rotating board members as GM, as one board member suggested.

Theobald said. "CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks. Through CERT, the capabilities to prepare for, respond to, and recover from disasters is built and enhanced."

Most sessions will take place on Thursdays, beginning April 11, with Disaster Preparedness. Session II will include disaster fire safety/suppression. Session III is Disaster Medical Operations I, which will include the ABCs and Check, Call, Care for emergencies; rescue breathing and choking for the conscious and unconscious; Adult CPR and Automatic External Defibrillator (AED); and primary and secondary surveys. Session IV is Disaster Medical Operations II, where participants will learn basic triage information, controlling bleeding and wound care, splinting, burns, fractures, sprains and strains, and sudden illnesses, hypothermia and frostbite. Session V is light search and rescue/hazmat.

Session VI on May 16 will include

*please see cert on page 12*

# The Courier

**Chip Bertino** Publisher/Editor

**Mary Adair** Comptroller **Linda Knight** Advertising Representative

**Contributing Writers**

Dan Collins, Ron Fisher, June Freeman, Douglas Hemmick, Jean Marx, Kelly Marx, and Bev Wisch  
Robert B. Adair 1938-2007

P.O. Box 1326 Ocean Pines, MD 21811  
410-641-6695 • fax: 410-641-6688  
thecourier@delmarvacourier.com  
www.delmarvacourier.com

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2019. 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

## 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, Defend" 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 re-

quired. Reservations accepted by calling Chief Deputy Mark Titanski at 410-632-1111 or at: [mtitanski@co.worcester.md.us](mailto:mtitanski@co.worcester.md.us).

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

## Kiwanis Italian dinner returns

Kiwanis Club of Ocean Pines-Ocean City will host its 2019 Italian Dinner Fundraiser at DeNovo's Trattoria in Ocean Pines on Sunday, May 5.

There will be two seatings: 5 p.m. and 6 p.m. For reservations contact Ralph Chinn at 410-208-6719. Walk-ins will be welcomed, space permitting. Carryout also available. The cost is \$12 for adults and \$5 for children under age 12.



### Success

The Worcester County Humane Society held its 2nd Annual Bingo fundraiser on March 2. Funds raised benefited the homeless cats and dogs at the no-kill shelter.

Above are **Mary Martinez** (co-chair of the event) and **Diana Snyder** (chair of the event).

# D.A. Kozma Jewelers

## Prompt, friendly & Affordable Service

*Watch Batteries  
Custom Designs  
Personalized Service  
Bridal Consultation*



*We buy Gold  
and Silver  
Coins*

**410-213-7505 410-524-GOLD**  
**[www.dakozmajewelers.com](http://www.dakozmajewelers.com)**

on Route 611 at Route 50  
in the Food Lion Shopping Center

# Taste of Finer Things returns

The annual Taste of Finer Things, a “pearing” of fine food and fine wine from 16 local chefs, will take place on Wednesday, April 3 at 6:30 p.m. at Harrison’s Harbor Watch in Ocean City, and reservations are now being accepted.

Participating restaurants include Atlantic Hotel, Barn 34, Captain’s Table, Crabs to Go, Desserts by Rita, Embers/Blu/Mad Fish, Harrison’s Harbor Watch, Hooked, Macky’s Bayside Bar & Grill, OC Wasabi, Red Red Wine, Seacrets, Sunset Grille, Sweet Disposition, Touch of Italy and Wockenfuss.

“This wonderful evening is a chance for lovers of fine food and fine wine to sample some of the best the Ocean City area has to offer,” Stephanie Meehan, chairperson for the event, said. “The setting overlooking the Ocean City inlet at sunset couldn’t be more perfect, and it’s for a very good cause.”

The event raises funds for the capital campaign to build the Macky & Pam Stansell House, a hospice residence and outreach center that will serve the Lower Shore. This

home is for hospice patients who can no longer manage safely at home and will open to patients later this year.

Reservations are \$100 per person and can be made at CoastalHospice.org/taste or by calling 410-742-8732. The event is typically a sellout, so early reservations are encouraged.

Lauren Glick will provide entertainment. The Taste of Finer Things committee members are Meehan, Macky Stansell, Pam Buckley, Karen Cramer, Madalaine How, Marsha Howarth, Donna Leiner and Gayle Widdowson.

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



## Presentation

**Rob Hart**, executive director of Community for Life, presented information at the March meeting of the Women’s Club of Ocean Pines on the state-wide program designed to help seniors age in place and remain active and healthy. Photo by Diane McGraw.

## Art League sponsors bus trip

The Art League of Ocean City is sponsoring a bus trip to the Brandywine River Museum in Chadds Ford, PA. on Monday, April 22. The public is invited.

The bus will depart the Ocean City Center for the Arts, 94<sup>th</sup> St. bayside, at 8:30 a.m. and stop in Lewes, DE. for a second pickup at 9:15 a.m. at the Lowe’s parking lot on Route 1. On the return home, the bus will make a one-hour stop in Newark, DE., and guests

can choose shopping at Jerry’s Artarama or eating dinner. The bus will arrive back at the Arts Center at approximately 8 p.m.

The cost of the trip is \$70 per person and includes the bus, admission to the museum, plus water and snacks. Lunch is available at the museum, or visitors may bring their own.

The Brandywine River Museum is housed in a converted 19<sup>th</sup>-century mill overlooking the banks of the Brandywine River and features galleries dedicated to the works of N. C. Wyeth, Andrew Wyeth, and Jamie Wyeth. Those on the bus trip will also view current exhibits by Phyllis Mills Wyeth, the late wife of Jamie Wyeth, and American Beauty: Highlights from the Richard M. Scaife Bequest.

More information is available at [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org) or by calling 410-524-9433.

## DPI rep to speak at Dem meeting

On Thursday, March 28, beginning at 6:30 p.m., the Worcester County Democratic Club will hear from James Fisher, communication director for the 1,800-member Delmarva Poultry Industry association. Fisher will address the importance and impacts of the poultry industry on the local economy. The meeting will be held in the Assateague Room of the Ocean Pines Community Center. The public is welcome to attend.

*If you live in Ocean Pines, be sure to contact The Courier if you want the paper each week in your driveway.  
Call 410-641-6695*

## Obituaries

### Robert John Bigler

Ocean Pines

Robert John Bigler “Bob”, age 71, died on Thursday, March 14, 2019 at Peninsula Regional Medical Center in Salisbury. Born in Philadelphia, PA he was the son of the late Cloyd M. and Hazel Rickards Bigler. He is survived by his wife of 50 years, Beverly Lawton Bigler. Also surviving is a brother Roland Allen and several nieces and nephews.

After college graduation, Mr. Bigler was employed as an Audit Supervisor for the Department of Defense. (DCAA). Drafted in 1969, he joined the Air Force, and was stationed at four different bases all over the US. After four years of service, he returned to his job at DCAA until he retired. During his years there he and his family lived in Crofton where he and a friend established the Crofton Jaycees and staged many events throughout the years, notably, bathtub races, and softball games on old Hardy Field. He was also an avid bowler. After retiring, he and Beverly moved to Ocean Pines, where he enjoyed working in his yard and gardens.

A funeral service will be held on March 29 at 2 p.m. at St. Paul’s Episcopal Church in Berlin. Rev. Michael Moyer will officiate. Interment will follow in the Churchyard. A donation in his memory may be made to: Worcester County Veteran’s Memorial Fund, 11144 Cathell Rd., Berlin, MD 21811. Letters of condolence may be sent via: [www.burbagefuneralhome.com](http://www.burbagefuneralhome.com). Arrangements are in the care of the Burbage Funeral Home in Berlin.



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](mailto:thecourier@delmarvacourier.com)





### Collection success

The Stephen Decatur High School Kids Against Animal Abuse and Testing (KAAAT) club sponsored its annual pet food drive benefitting animals at the Worcester County Humane Society and Kenille's Kupboard and collected over 600 pounds of pet food. Pictured: **Hanna Beck, Julissa Astudillo-Cuevas, Seth Zamm, Nicole Kornetti, and Nate Bradford.**

## Dean's list announced

A total of 440 Wor-Wic Community College students have been recognized for superior performance by being named to the dean's list for the recently-completed fall semester.

Area students who maintained a grade point average of 3.5 or higher while taking six or more credit hours during the fall semester include:

**Berlin:** Deborah Aperance, Alexander Apodaca, Esperanza Berduo-Roblero, Mathew Boland, Lindsay Brittingham, Christopher Buhrt, Rolando Butler, Cameron Campbell, Judith Celozzi, Tyler Cook, Olivia Dehuarte, Daniel Dell'orso, Kasey Donaway, George Eppard-Annis, Marissa Fatzinger, Alec Foote, Sandra Garcia Moreno, Mary Garwood, Rachel Gillin, Danee Glass, John Good Jr., Isabella Gordon, Mary Helmuth, Samantha Hill, Jocelyn Holland, Kristan Hunchuck, Christopher Jackson, Amanda Jones, Mary Jones, Paul Jordan III, Barbara Kaloroumakis, Erin Kemp, Carrie Kilgore, Valerie Kim, James Kvarda, Marley Listmann, Kai McGovern, Jacqueline McGuire, Madison McLain, Kathleen Mills, Rachel Murphy, Claire Nelson, Holly Nicolle, Colin O'Donnell, Kayla Parsons, Jainita Patel, Adeline Rager, Jennifer Rogers, Judith Sieg, Kira Solomon, Madison Thumma, Taylor Tilghman, Pastina Tingle, Logan Townsend, Daniel Tyn-

dall, Dennis Watson and Austin White  
**Bishopville:** Brett Berquist, Tara Flanagan, Sofia Gordy, Jacob Orash and Jamie Walsh

**Girdletree:** Jung An  
**Newark:** Gregory Jackson  
**Ocean City:** Courtney Blumenthal, Carly Bodolus, Allison Cordial, Kennedy Duke, Alexander Dunstan, Thomas Fowler, Halle Friedman, Michael Fritz, Diana Grechukhina, Samuel Ingersoll, Nolan Kilchenstein, Kristen Meehan, David Mitchell III, Emily Poloney, Ilona Randolph, Amanda Strayer, Ava VanDornick and Kathryn Wolfe

**Pocomoke City:** Katie Bodley, Sara Boufalla, Alison Bowden, Jason Dennis, Jensen Dennis, Tyler Krebs, Mitchell Krystofiak, Abby Matthews, Laura Melton, Ashley Miles, McCammon Mottley, Diana Payne, Courtney Quillen, Chad Savage, Dustin Walker and Amanda Wright

**Snow Hill:** Amber Bailey, Kayla Baumgartner, Mary Chaney, Benjamin Coleman, Chloe Goddard, Drew Harper, Yasmine Jenkins, Amira Kahala, Danielle Kuscavage, Tesman Morris, Kayla Purnell, Tammy Simpson and Taylor Waidner

**Stockton:** Maranda Makuchal and Skylar Nock

**Whaleyville:** Geoffrey Failla Jr. and Jeremiah Failla

## 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.chooseworcester.org/STEM](http://www.chooseworcester.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 employers 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.

"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

*please see stem page 12*

## Kiwanis Annual Italian Dinner Fundraiser

at DeNovo's Trattoria



**Sunday, May 5, 2019**  
**5:00 and 6:00 p.m. seatings**  
**Reservations recommended**

**Walk-ins welcome - space permitting - Carry-outs**

**Adults: \$12 - Children 12 and under: \$5.00**

**For tickets and information, please call**  
**Ralph Chinn**  
**410-208-6719**

## For the Love of Travel

# Preparing for Cambodia

By **Kelly Marx**

The Courier's *travel columnist is preparing for a fifteen-day trip to Cambodia. This month she shares the second part of her itinerary.*

April 21: We will travel from Battambang, home of the bamboo train, to the Mondulkiri Province. As it will be at least a thirteen-hour trip, we decided to spring for the VIP Van with Virak Buntham Express... it remains to be seen what VIP will actually entail... my guess is very little. The total for two tickets in luxury is \$25. The trip will supposedly leave at 7:30 a.m. and arrive at 8:30 p.m. The general rules of a road trip in Cambodia are to add at least three hours to the time you are expecting a journey to take. Two



weekends ago, we had the day off for International Women's Day (United States, please take note). Co-workers and I decided to make a trip to Kam-pot for a three-day weekend. I asked a friend who has been in the country for a year approximately how long the journey would take. She replied, "Between two and seven hours." I laughed and thought she was exaggerating. On the trip there, it took us six hours. On the way back, it took us less than three. Nothing is ever a guarantee in the Kingdom of Wonder. After what I am sure will be a bumpy, grueling journey over unpaved roads, we will arrive in Sen Monorom. We are staying at the Nature Lodge. The cost for a private room is \$15 per night.

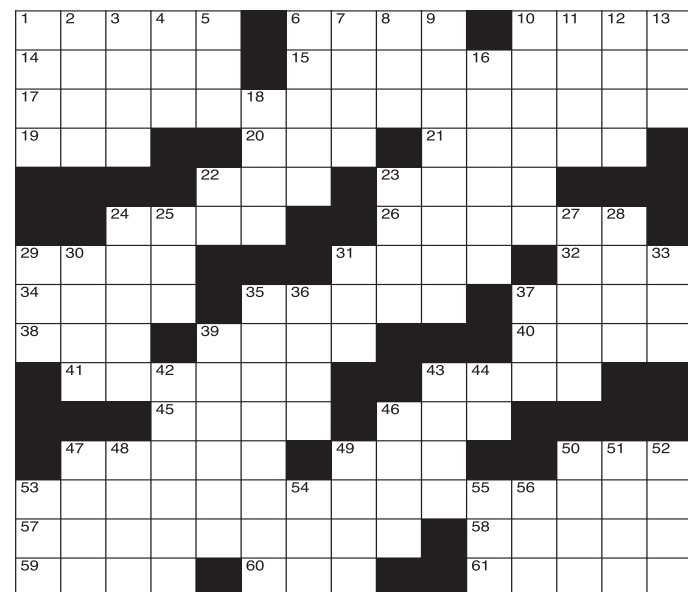
April 22: The tour company, LEAF Cambodia, also operates the Nature Lodge. LEAF Cambodia describes themselves as a, "local environmental protection NGO." They help to sponsor the Mondulkiri Elephant and Wildlife Sanctuary, "a protected forest area and eco-tourism wildlife conservation center." Providing livelihoods for local indigenous people, the Bunong, and providing sanctuary for five elephants rescued from illegal logging and the tourist elephant-riding industry is at the heart of their community conservation mission. We are doing a two-day, one-night tour which includes hiking through protected

community forests, visiting the elephants, and staying at a rainforest lodge. The suggested contribution amount is \$80. The tour will end around 5 p.m. on April 23.

April 23: Day two of the tour ends. We will spend another night at the Nature Lodge before leaving the next morning.

April 24: We will travel from Sen Monorom to Kratie. Our bus (there was no luxury VIP Van option) will leave around 8 a.m., which could easily mean well past 9 a.m. The estimated arrival time in Kratie is noon. The bus is \$7 per person. We are staying at the Le Tonle Guesthouse. It has been in operation since 2007 and also includes a restaurant. Both the restaurant and guesthouse are part of a training program to empower youth from the Kratie region with the goal of promoting sustainable tourism. We are planning to visit a turtle conservation center here, set up by Conservation International. The admission fee is \$4. The main purpose of the center is to breed different species of turtles, with the goal of releasing them into the wild. The center is technically in Sambar, north of Kratie, which is also home to the 100-Pillar Pagoda.

April 25: We have scheduled a kayaking tour through Sorya Kayaking Adventures, owned and operated by Pete Johannink. The tour includes breakfast at the accompanying Pete's Pizza Café & Rooftop Bar, surprisingly enough, also owned by Pete. I have been assured that pumpkin bread will be served for breakfast instead of pizza, but I have my doubts. The price of the tour depends on the number of people who go. If it turns out to just be Carrie and me, the tour will be \$20 per person. The tour begins at 7 a.m. and will return around midday. The trip is 11 kilometers along the Mekong River, with the hope of sighting the extremely rare Irrawaddy Dolphin. According to World Wildlife Fund, there are only an estimated 92 remaining dolphins found in the 118 mile stretch between

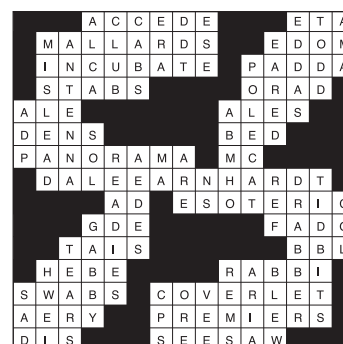


### CLUES ACROSS

- 1. Joint
- 6. A group of countries in special alliance
- 10. Stone
- 14. Move with a splashing sound
- 15. Can be fixed
- 17. Giving human characteristics to the nonhuman
- 19. Other side of yang (Chinese)
- 20. Consume
- 21. Gave it a go
- 22. One point north of due east
- 23. Fat used to make puddings
- 24. Turfs
- 26. Not awake
- 29. Not nice
- 31. Frighten
- 32. Political action committee
- 34. Skin problem
- 35. Type of music
- 37. Intestinal pouches
- 38. Eight
- 39. Emerald Isle
- 40. Interpret characters
- 41. Abandon
- 43. Felines
- 45. Energy and enthusiasm
- 46. Resembles a pouch
- 47. Relating to sense of smell
- 49. Swiss river
- 50. Bradley Int'l Airport
- 53. \_\_\_ \_\_\_ \_\_\_ yonder
- 57. Tarred and \_\_\_
- 58. Boyish
- 59. This (Spanish)
- 60. Male parent
- 61. Lounge chair

### CLUES DOWN

- 1. Sports award
- 2. Monetary unit of Angola
- 3. Some animals live here
- 4. Former CIA
- 5. Global health group
- 6. Male given name
- 7. Opposite of right
- 8. Open Payment Initiative
- 9. Desert plants
- 10. A bird that cannot fly
- 11. Off-Broadway theater award
- 12. Lump of clay
- 13. Barbie's pal
- 16. Seldom
- 18. Noses
- 22. Denotes past
- 23. Selling at specially reduced prices
- 24. \_\_\_ Claus
- 25. Comes before two
- 27. Fencing swords
- 28. Nocturnal rodent
- 29. Chinese revolutionary
- 30. Electronic counter-countermeasures
- 31. Enjoyable
- 33. Villain
- 35. Discussed
- 36. Waterfall (Scottish)
- 37. Old television part (abbr.)
- 39. Roughly chipped flint
- 42. Helps change channels
- 43. \_\_\_ Sagan, astronomer
- 44. Cooling unit
- 46. Uttered words
- 47. Small integers
- 48. Type of data
- 49. Inspired
- 50. France's first Jewish PM
- 51. Famed sci-fi novel
- 52. Body parts
- 53. Nigerian City
- 54. Amount of time
- 55. Coloring material
- 56. Type of constrictor snake



Answers for March 20

**parkinsons**  
from page 3

gym located in Rehoboth, DE. Previously an airplane hangar, the fitness center is boasts state-of-the-art equipment, including a full wall for rock climbing. The fitness center attracts patients regardless of age.

When the RISE Fitness and Adventure first opened, the owners contacted Kelley Harp from The Parkinson's Education and Support Group of Sussex County. RISE wanted to team up with the group to help those afflicted with the disease

Kelley stated, "There are lots of individual and different programs out there. We started out by saying why don't we try pulling all the components together in a group atmosphere. So that's what we did and it was just crazy. It really worked."

Currently, the support group has about 250 members and fifty members come in and out on a regular basis. Although exercise is the biggest component of the program, other needs are addressed with their PD members.

Monthly sessions include a variety of services such as medical seminars, meditation, therapy, quality of life improvement, a webinar, monthly support groups, PD discussion groups and caregivers' meetings.

Dee Bohanan, who is a member of both RISE Fitness and Adventure and the non-profit organization said, "They are doing it for our needs. All the members with Parkinson's only pay 50% of the membership cost, we do not have to sign a yearly contract, and the all the classes are free."

For those with Parkinson's, exercise is vital to maintain balance, mobility and performing daily activities. Kelley Harp asserted, "You have to manage the disease. Establishing

early exercise habits is important."

The RISE program started with one class and one instructor. It has since grown to include three additional Parkinson's trained instructors and exercise classes that are held every day Monday through Friday. Group classes include non-contact rock steady boxing, yoga, balance, weight training, meditation, station circuit, cycling, dance and Tai chi.

Recent studies have shown that just two and half hours of weekly exercise benefits people with PD. Bohanan has gone above and beyond. She spends an average of three to four hours a day working out explaining, "I am not defined by Parkinson's. I'm making choices. I am going to fight this with everything I have, with my being. There may be times when I don't want to get out of bed but I force myself. Once I get moving, I'm good."

Exercise also makes a difference when it comes to quality of life. Trainer Kelley Harp said, "There's anxiety with this disease, there's depression. You have to have a good attitude and exercise to manage this disease. It's always nice when the lightbulb goes off. People with Parkinson's come into a class with a group of other people who have many of the same symptoms. They go OK, I can do this. They come in and are stiff and rigid. We laugh, we talk, we exercise, we sing because they need to work on their voices with this disease. When I see them leave, they are a little taller, they've made friends, there's a little spring in their step."

**Editor's note:** Some of the above information was obtained from Parkinson's Foundation at parkinson.org and The Parkinson's Education and Support Group of Sussex County Delaware at sussexdeparkinsons.com.



**Check presentation**

The Hospital's Junior Auxiliary Group (JAG) presented a check to Atlantic General Hospital at their recent new member social at Marlin Moon restaurant as a pledge toward the Atlantic General Hospital Foundation's Campaign for the Future. Members of the Junior Auxiliary Group, along with family and friends, joined together at Marlin Moon to recognize the group's significant contribution to the hospital's \$10 million philanthropic community support initiative. This was the group's third installment towards their \$25,000 pledge.

The Campaign for the Future will allow Atlantic General Hospital to complete \$35 million in capital projects planned under the organization's 2020 Vision five-year strategic plan. Among them is construction of the new 18,000-square-foot full-service John H. "Jack" Burbage, Jr. Regional Cancer Care Center, the completion of the women's health center in West Ocean City, renovation of existing surgical facilities and expansion of emergency services within Atlantic General Hospital as well as improvements to inpatient care areas.

Jill Ferrante, JAG President (left) presented the check along with members of the JAG Executive Committee to Michael Franklin, FACHE, AGH President and CEO; Todd Ferrante, chair of the Atlantic General Hospital Foundation; Greg Shockley, chair of the Board of Trustees and Toni Keiser, AGH vice president of Public Relations.

**dinner**  
from page 4

tilla.

The Soup Dinner will feature live music by artists who perform during the Art Center's Originals Only monthly event: Lily Carolina, Domthegonzo, Josh Miller, Sad Napkin, and EyeCan'tSeeI'mDeaf.

"Both the Art League and Diakonias

would like to thank all of our generous sponsors," Thaler said. "Their continued support of the Empty Bowl Project is the foundation of our success."

**pinos**  
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 Gardens 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 cancelations unless vacant seats can be filled.

**Tides for Ocean City (Fishing Pier)**

Day	High /Low	Tide Time	Sunrise Sunset
Th	28 High	2:01 AM	6:52 AM
	28 Low	8:41 AM	7:19 PM
	28 High	2:26 PM	
	28 Low	8:37 PM	
F	29 High	3:06 AM	6:50 AM
	29 Low	9:42 AM	7:20 PM
	29 High	3:31 PM	
	29 Low	9:37 PM	
Sa	30 High	4:10 AM	6:49 AM
	30 Low	10:41 AM	7:21 PM
	30 High	4:30 PM	
	30 Low	10:35 PM	
Su	31 High	5:05 AM	6:47 AM
	31 Low	11:31 AM	7:22 PM
	31 High	5:20 PM	
	31 Low	11:29 PM	
M	1 High	5:51 AM	6:46 AM
	1 Low	12:13 PM	7:23 PM
	1 High	6:04 PM	
Tu	2 Low	12:16 AM	6:44 AM
	2 High	6:32 AM	7:24 PM
	2 Low	12:50 PM	
	2 High	6:45 PM	
W	3 Low	12:59 AM	6:42 AM
	3 High	7:11 AM	7:25 PM
	3 Low	1:24 PM	
	3 High	7:25 PM	

## PRMC recognized for opioid exposure care

Vermont Oxford Network has awarded a “Center of Excellence in Education and Training for Infants and Families Affected by Neonatal Abstinence Syndrome” designation to Peninsula Regional Medical Center.

The award recognizes that at least 85 percent of the multidisciplinary care teams participating in the Maryland Patient Safety Center’s “Neonatal Abstinence Syndrome Collaborative: Improving Care to Improve Outcomes” completed universal training for care of neonatal abstinence syndrome (NAS).

Neonatal abstinence syndrome is drug withdrawal syndrome experienced by infants exposed to opioids while in utero. Infants born with NAS are more likely to have respiratory complications, feeding difficulty, low birthweights, and extended hospital stays.

“By providing our NAS caregivers quality, evidence-based education, we help our community in several ways, including improving the health of infants affected by NAS, reducing associated health care costs, and most importantly, improving the patient and family experience,” said Angela Houck, DNP, RNC-NIC, clinical supervisor of PRMC’s Special Care Nursery. “Our overall goal is to reduce total length of stay, while empowering families to be active providers in their child’s transition to home.”

Maryland Patient Safety Center partnered with VON to provide 32

hospitals in the state universal training designed to standardize care policies. The collaborative approach to universal training included rapid-cycle distribution of current evidence-based practices to the entire interdisciplinary workforce engaged in caring for substance-exposed infants and families. This approach has been proven to reduce length of hospital stay and length of pharmacologic treatment while increasing family satisfaction. Peninsula Regional Medical Center is one of the 27 hospitals in the state that achieved the excellence designation from VON and contributed to the first statewide recognition of excellence in education and training that VON has awarded.

“The collective dedication of entire teams – including physicians, bedside nurses, social workers, and other healthcare professionals – make improvement possible,” said Bonnie DiPietro, Director of Operations for the Maryland Patient Safety Center. “We are already seeing fewer transports of infants, which means families get to stay closer to their local support system, and we expect to see outcomes improve even more over time.”

“Congratulations to all the care teams across the state of Maryland who have shown how dedicated the state is to caring for this vulnerable population affected by the national opioid epidemic,” said Jeffrey Horbar, Chief Executive and Scientific Officer of VON.



**Backyard talk** - Maureen Kennedy, of My Backyard in Ocean Pines, gave a presentation on attracting hummingbirds to your backyard at the March 14 meeting of the Ocean Pines Garden Club (OPGC). The OPGC’s next gathering will be at the club’s Arbor Day Memorial Tree Planting Ceremony on April 11 in Pintail Park in Ocean Pines. Pictured above are (l to r), **Maureen Kennedy** and **Linda Baker**, OPGC president.

## Arbor day ceremony returns

The Ocean Pines Garden Club (OPGC) will hold its annual Arbor Day Memorial Tree Planting Ceremony on Thursday, April 11 at 10:30 a.m. at Pintail Park in Ocean Pines. The ceremony honors OPGC members or relatives and friends who have passed away in the previous year. It is a moving ceremony which will include a bagpipe musician, chorus, poems, proclamations, and the tolling of a bell as each loved one’s name is recited and soil placed around the memorial tree being planted. A luncheon at the Ocean Pines Yacht Club follows the ceremony. For more information, please contact Ann Shockley at 410-641-5295 or rexrann@gmail.com.



**cert**

from page 6

organization, disaster psychology, and a program wrap up, with CERT Team well-being and working with survivors’ trauma, utilities hazards, precautions and safe operations, practical application discussion, and take-home review materials.

Session VI and VII will be combined for Practical Work Stations and take place on Saturday, May 18, from 8:30 a.m. to 1 p.m. at the Worcester County Fire Training Center on Central Site Lane in Newark and include a decontamination unit demonstration, practical work stations with simulated disaster scenarios, and communications and inner operability.

The final session, Session IX, will include testing and graduation on Wednesday, May 22, beginning at 6 p.m. at the Ocean City Town Hall in the Mayor and Council Chambers on 3<sup>rd</sup> Street and Baltimore Avenue.

To register for the training or to learn more, contact Amanda Lewis at 410.723.6616 or email alewis@oceancitymd.gov or visit www.ocmdemergency.com; or Worcester County Emergency Planner Tina Vickers at tvickers@co.worcester.md.us.

**stem**

from page 9

a “pre-internship” program, participants will engage in professional 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.

# 2019 Fee FREE Raffle

You could win...\$1,000 CASH  
**OR**



Your OPA Basic Homeowners  
Assessment fee (non waterfront)

**PLUS \$200 toward your Choptank  
Electric bill PLUS your Republic  
Service trash collection annual fee!**

Need not be present to win. 18 years or older to win.

**Tickets are \$10 each \* Drawing April 1**

Purchase tickets at the OP Chamber Office,  
OPA Admin Building, Bank of Ocean City (Ocean  
Pines Branch) or First Shore Federal Bank  
(Ocean Pines Branch)

All proceeds benefit the Ocean Pines Chamber of Commerce



## Toddler gym and little all-stars registration open

Worcester County Recreation and Parks (WCRP) is offering Toddler Gym and Little All-Stars this spring at the Worcester County Recreation Center in Snow Hill, and registration is now open.

Toddler Gym provides those ages 18 months to five years old with opportunities to exercise, practice social interaction, and play stimulating games in a safe environment. A variety of age-appropriate games, exercises, songs, and group activities will be provided for parents and children to enjoy together to encourage young ones to explore their environment, enhance their learning through play, and meet new friends. This program will take place on Tuesdays, April 2 to June 5 from 10 a.m. to 11 a.m.

Little All-Stars is open to those ages two to five years old. This pro-

gram will get children active while they learn the key elements involved in a variety of sports and activities. Each class will focus on fundamental sports skills, including soccer, t-ball, basketball, volleyball, and more. This program will introduce and encourage skill development and teamwork, while also enhancing self confidence and social interaction. This program will take place on Fridays, April 5 to June 7, from 10 a.m. to 11 a.m.

Program costs are \$35 for participation in all 12 weeks, and \$30 for any additional child. Families are now asked to register online through [www.worcesterrecandparks.org](http://www.worcesterrecandparks.org).

For more information, contact Kelly Buchanan at 410-632-2144, ext. 2503 or [kbuchanan@co.worcester.md.us](mailto:kbuchanan@co.worcester.md.us).



**Serviceman adoption - Berlin Intermediate School fifth grade Girl's Kindness Club** recently adopted Isabella Candeloro a fourth-grade student's father, Frank Candeloro of the U.S. Air Force and his platoon. The group collected a variety of items (Fisher's Popcorn, cookies, trail mix, playing cards, etc.) and made cards for the platoon and mailed them to Kuwait, Ali Ai Salem Air Base where they are currently stationed. Pictured are (first row) **Emma Walsh, Isabelle Candeloro, Lexi Ruppel, Ellie Cheynet**, (second row) **Megan Kiser, Gigi Sallah, Madison Donaway, Aubrey Cooper and Michelle Bankert**, school counselor.

# Service

# DIRECTORY

**To place your business card call**  
410-641-6695

ATTORNEYS	ELECTRICIAN	HOME IMPROVEMENT
<p style="text-align: center; font-weight: bold; font-size: 1.2em;">STEVEN W. RAKOW</p> <p style="text-align: center;">Attorney at Law</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">410-600-3075</p> <p style="text-align: center; font-size: 0.8em;">STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM</p>	<p style="text-align: center; font-size: 0.8em;">Waterfront Electrical Service • Hot Tubs &amp; Spas Residential • Commercial • Interior &amp; Exterior Lighting Service Upgrades • Phone/Data/TV Lines • Ceiling Fans</p> <p style="text-align: center; font-weight: bold; color: red;">J.T. Novak, LLC</p> <p style="text-align: center; font-weight: bold;">Electrical Contracting</p> <p style="text-align: center; font-weight: bold;">Prompt Service at Reasonable Rates</p> <p style="font-size: 0.7em;">P.O. Box 1464 Phone: 410-208-3052 Berlin, MD 21811 Mobile: 443-235-5544</p> <p style="text-align: center; font-weight: bold;">Master Electrician MD • VA • DE • PA</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">PAUL'S HOME IMPROVEMENTS</p> <p style="text-align: center; font-size: 0.8em;">All phases of home improvements No job too small - No job too large Handyman Home Services Over 40 years experience</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">410-641-7548</p> <p style="text-align: center; font-size: 0.7em;">MHIC #83501 Free Estimates</p>
DENTISTRY	FINANCIAL ADVISOR	TITLE SERVICES
<p style="text-align: center; font-weight: bold;">Gerard Ott, D.M.D., PA Jeremy Masenior, D.D.S.</p> <p style="text-align: center; font-weight: bold;">Family Dentistry</p> <p style="text-align: center; font-size: 0.8em;">1 Pitts Street Berlin, Maryland 21811</p> <p style="text-align: center; font-weight: bold;">(410) 641-3490</p>	<p style="font-weight: bold;">CARRIE DUPUIE, AAMS</p> <p style="font-size: 0.7em;">Financial Advisor</p> <p style="font-size: 0.7em;">215 North Main Street Berlin, MD 21811</p> <p style="font-size: 0.7em;">O: 410-208-1704 Carrie.Dupuie@RaymondJames.com</p> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">RAYMOND JAMES</p> <p style="font-size: 0.6em;">Raymond James Financial Services Inc., Member FINRA/SIPC</p>	<p style="text-align: center; font-weight: bold; font-size: 1.5em;">ACQUEST</p> <p style="text-align: center; font-size: 0.7em;">TITLE SERVICES INC</p> <p style="text-align: center; font-size: 0.8em;">Gwen Cordner President</p> <p style="text-align: center; font-size: 0.7em;">9748 Stephen Decatur Highway, Unit 113 Ocean City, Maryland 21842 410-213-7741 / 410-213-7742 fax email <a href="mailto:AcquestTitle@comcast.net">AcquestTitle@comcast.net</a> / <a href="http://Acquest-Title.com">Acquest-Title.com</a></p>
JEWELER	WRITING SERVICES	
<p style="text-align: center; font-weight: bold; font-size: 1.5em;">D.A. Kozma Jewelers</p> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">410-213-7505 410-524-GOLD</p> <p style="text-align: center; font-weight: bold;">www.dakozmajewelers.com</p> <p style="font-size: 0.7em;">on Route 611 at Route 50 in the Food Lion Shopping Center</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">Publishing, Memoirs &amp; More!</p> <p style="font-size: 0.7em;">Jean Marx 443-880-0045 <a href="mailto:jmarx.timeflys@gmail.com">jmarx.timeflys@gmail.com</a> <a href="http://www.timeflysbooks.com">www.timeflysbooks.com</a></p>	

DePalma Dental, LLC

D

Michael DePalma, D.D.S.  
Errin DePalma, D.D.S.

500 Franklin Avenue, Unit 3 Phone: 410-641-3222  
Berlin, Maryland 21811 [www.depalmadental.com](http://www.depalmadental.com)



# Prevent lost pets with these simple tips

No pet parent wants their pets to escape the house, car or yard and become lost. But curious pets have a way of getting out on their own, which not even the most watchful pet owners can always prevent.

The American Humane Association estimates that more than 10 million dogs and cats are lost or stolen in the United States every year. One in three pets will become lost at some point during its life. While it is impossible to prevent every situation that may lead to a lost pet, pet owners can take some simple preventative steps to keep pets from becoming lost.

**Identify the pet.** Pets should wear some form of identification, which will differ based on the animal. For example, a dog can wear a collar and a name tag. A homing pigeon or other bird may have a numbered ankle band. Many pet owners choose to microchip their pets. These small devices are implanted under the skin and can be read by a special elec-

tronic wand. If you microchip your pet, it is essential to keep your contact information associated with the chip updated.

**Track the pet.** GPS-based devices can be used to locate a pet if it gets out of the house. Much like the tracking devices in phones and watches, small tags can be placed on the pet's collar and be tracked through an app on the owner's phone or another device.

**Provide a secure space.** Pets need a secure, supervised area to exercise. Fencing needs to be tall enough to prevent pets from jumping over it. Make sure pets cannot dig under the fence and that fence gates are always



latched tightly. Self-latching fence gates can be handy.

Indoors, be sure to close doors promptly when exiting and entering the house. Be mindful of pets trying to es-

cape.

**Use a leash or carrier.** When the pet is taken out of the house, he or she should be leashed or secured in an animal carrier. Many pets have a strong prey instinct and love to chase animals. Keeping pets close by can keep them from getting lost or injured.

**Spay and neuter.** According to the Animal Humane Society, studies indicate that sterilized animals are less likely to roam than unsterilized animals. Many clinics will perform the surgery for a discount; some may even do it free.

**Obedience training and keeping a watchful eye on pets** also can prevent them from getting lost. keeping pets from wandering off and getting lost.

## Signs your pet has fleas

Fleas are something no pet parent wants to encounter, but they are all too common among companion animals. Unfortunately, once fleas are in the house, they can affect everyone in the household, including people.

The following six signs of flea infestations are not always apparent, especially when they are not in abundance, but they are something pet owners can watch out for.

**1. Scratching, licking and biting:** Fleas set up residence in hard-to-reach places, says PetMD. The head, neck and tail of a pet are common areas where flea infestations occur. An animal that is consistently picking at these areas may have fleas.

**2. Restlessness:** Fleas are uncomfortable

and can upset pets. If your dog or cat is acting out of sorts, fleas could be to blame.

**3. The presence of "flea dirt":** Black deposits within the fur near the skin are often flea droppings. If you are unsure, drop a little into

water and see if they turn it reddish-brown. If so, this is indicative of fleas.

**4. Raised bumps or welts:** Fleas can irritate the skin, causing raised welts on pets and people. People are often affected near the ankles when fleas jump from the carpet onto human skin.

**5. Fur loss:** A flea infestation can cause constant scratching and biting, which may eventually contribute to the loss of fur.

**6. Pale gums:** Pale gums are a sign of anemia and indicate that a pet has a severe flea infestation. The dog or cat simply cannot reproduce red blood cells as fast as they are drained by voracious fleas.

Sometimes it is possible to see fleas in action, but they tend to jump and scurry so fast that they can be hard

to detect. Pet owners who suspect their pets are dealing with flea infestations should consult a vet. He or she will likely recommend a flea shampoo and preventative treatments to stop future outbreaks.







## Everything your pet needs and more

The healthiest food & treats for your pets. Large selection of Toys, Collars, Leashes, Beds, Crates, Clothing, Health & Grooming Supplies



*Well trained staff to answers all your pet questions*

11934 Ocean Gateway (Route 50 East) West Ocean City



[www.pawsandclawsetc.com](http://www.pawsandclawsetc.com)

**410-213-7490**

———— OPEN 7 DAYS A WEEK ————



**Getting together** - Nancy Engelke (standing) recently got together at the Yacht Club with friends visiting from Philadelphia. (L-R) Ralph and Ann Bianco, Carmela Affatato and Ange Brooks. Photo by Anna Foutlz.

## Wor-Wic offers summer courses for gifted and talented students

Parents of gifted and talented children entering the third through ninth grades in the fall of 2019 can register their children for Summer Scholars courses being offered at Wor-Wic Community College this summer.

New courses being offered include "Become a Junior Journalist," "Jaws and Claws: the Science of Jurassic Park," "Power of Music," "Superheroes, Side-kicks and Villians" and "What's in Your Food?" Other courses focus on 3-D printing, acoustic engineering, acting, animals, computer repair, cooking, crime scene investigation, movie making, muggles, photography, rockets and robots, stained glass, "Star Wars" and website building.

"Each year, we offer new courses and bring back some of the old favorites," said Kerry Cleaver, director of continuing education and workforce development at Wor-Wic.

The one-week courses are offered on campus Monday through Friday, beginning July 8 and ending August 2. Students can take full- or half-day courses. Full-day courses are held from 9 a.m. to 4 p.m. with a one-hour lunch. Half-day

courses, which are offered from 9 a.m. to noon or 1 p.m. to 4 p.m., can also be taken back-to-back to create a full-day schedule. Before and after care is available at the college's on-campus child development center.

The courses are designed for public, private and home-schooled gifted and talented students.

A student's gifted and talented status is determined by the school they attend, based on the student's abilities in the areas of general intellectual capabilities, specific academic aptitudes, or the creative, visual or performing arts.

Space is limited. For the best selection of classes, registrations should be submitted prior to March 31. For more information, visit [www.worwic.edu/SummerScholars](http://www.worwic.edu/SummerScholars) or call 410-334-2815.

*trip*  
from page 10

Laos and Cambodia in the Mekong River. They are also found in other areas in Southeast Asia, including Indonesian Borneo and Myanmar. After returning from kayaking, we will head to the island of Koh Trong, only a short boat ride across the river from Kratie Town. There is a nine-kilometer bike loop around the island, where you can enjoy the sights of Khmer-style wooden houses and rice paddies. We will spend another night at the Le Tonle Guesthouse.

April 26: We will catch the bus back to Phnom Penh at 7 a.m. and return to the capital around 1 p.m. The ride is \$8 per person. I will show Carrie around my new home.

April 27: I will load Carrie and her stuff into a tuk-tuk and send her off to the airport to catch her flight home at 3:30 p.m.

Next month: I will catch you up on how the trip went!

*Until then,  
Kelly*

**SANDPIPER ENERGY**

**BRINGING NATURAL GAS TO WORCESTER COUNTY**

**Over 4,000 New Natural Gas Customers and Growing!**

**800-427-0015**

[www.sandpiper-energy.com](http://www.sandpiper-energy.com)

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

**We do that!**

[www.FellowshipAlliance.com](http://www.FellowshipAlliance.com)  
Church  
Come join us this  
**Sunday 9:00AM**  
Showell Elementary School - Route 589  
410-641-6000