

Living 50 **PLUS** Feature Inside

## Board mulls controls for new capital fund

The Ocean Pines Board on February 5 agreed to set up a work group to recommend controls related to the new capital reserve fund.

The Board created the fund last year, to set aside money for new capital projects.

In the past, according to Director Larry Perrone, many smaller capital projects “didn’t get done or the purchases didn’t get made” because of the impact on assessments.

“It really wasn’t my main objective, [in] establishing this account, to put a lot of money in there so we could do gigantic projects,” he said. “This is really designed to do smaller-level projects or purchases ... so that they don’t have a direct impact on the assessment.”

According to Resolution F-03, on Financial Reserve Accounts, the total balance of the fund cannot exceed \$1 million.

Association President Doug Parks said he liked the idea of the new capital fund, but added, “we have to have the absolute proper controls.”

“You’ve heard me say before: any four directors can decide they want to build a bowling alley,” he said. “I like the idea of tying these spending initiatives to a strategic plan.”

In order to prevent reckless spending, Parks said, there needs to be a mechanism in place “to make sure that we are addressing the proper authority for how to select a project, transfer monies into the capital reserve fund, and how to approve expenditures.”

Parks said such a mechanism could come in the form of another resolution.

“I would be much more comfortable if we had a very succinct and solid reference,” Parks said. “Until that happens, I’m very uncomfortable.”

Perrone suggested using the Strategic Planning Committee as a review panel for new capital projects.

“I agree we need to [put] a little bit more process behind it,” he said.

However, Perrone said it was the recommendation of Bylaws and Resolutions Committee Chairman Jim Trummel to not include that in a resolution.

“[Doing so] would tie us down to exact compliance,” Perrone said.

“I don’t have a problem with that,” Parks said.

“I think the way that the thing would operate, it could create problems,” Perrone said.

Association Vice President Steve Tuttle suggested instead forming a small work group to continue the discussion.

please see **fund** on page 4



**Reading deeds** - After reading *Kindness is Cooler, Mrs. Ruler* and *Kindness A-Z*, students in Julie Vorsteg’s Kindergarten Class at Ocean City Elementary did kind deeds and recorded them on hearts. The goal was 100 good deeds by the 100th day of school. Pictured are **Chase Harkins, Kendal Gulshen, Lily Tsvetanov, Franny Bergeman** and **Sarah Wall**.

## Promise scholarship information session

An information session for anyone interested in the Maryland Community College Promise Scholarship will be held on Saturday, February 22, at 10 a.m., in Fulton-Owen Hall at Wor-Wic Community College on the corner of Rt. 50 and Walston Switch Road in Salisbury.

High school students who graduated in 2019 or who will graduate in 2020 are invited to attend with their parents. Eligible students include those who enroll within two years of high school graduation or completion of a GED; have a high school grade point average (GPA) of at least 2.3 on a 4.0 scale; enroll full time with at least 12 credits per term in a credit certificate or as-

sociate degree program; are eligible for in-state tuition; have not earned a bachelor’s degree or an associate degree; and have an annual adjusted gross income of not more than \$100,000 for those who are single or living in a single-parent household or \$150,000 for those who are married or living in a two-parent household.

More information will be provided about eligibility and the requirements of the scholarship.

For more information, email [ccooper@wor-wic.edu](mailto:ccooper@wor-wic.edu) or call 410-334-2989.

**WOR-WIC**  
COMMUNITY COLLEGE

# A Time To Remember

The technology that made the modern music business possible came into existence in the New Jersey laboratory where Thomas Alva Edison created the first device to both record sound and play it back. He was awarded U.S. Patent No. 200,521 for his invention—the phonograph—on this day in 1878.



## Women's Club to award scholarships

The Women's Club of Ocean Pines (WCOP) will award scholarships at its May general membership meeting to promising students who are full-time residents of Ocean Pines. These students must graduate from high school in good standing with a minimum grade point average of 2.5 and plan to attend an accredited institution for further education. These awards may be used by the recipient to help defray post-high school expenses at any approved degree of certificate-granting college or university, technical or vocation school.

The WCOP Scholarship committee will consider the applicant's needs, goals, scholarship, citizenship, community service, extra-curricular activities and motivation. The club believes in non-discrimination on the basis of race, gender, national origin or family status, in both principle and practice.

Applications for these scholarships may be found on the Stephen Decatur High School website after January 15. All applications must be returned to a senior counselor at Stephen Decatur High School by March 20. Qualifying applicants who do not attend Stephen Decatur are asked to call 410-641-8046 for information and/or an application.

## World Day of Prayer to be celebrated

World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice. The origins of World Day of Prayer date back to the 19th century when Christian women of United States and Canada initiated a variety of cooperative activities in support of women's involvement in mission at home and in other parts of the world.

Women were encouraged to engage in personal prayer and take leadership in communal prayer within their mission auxiliaries and associations. This emphasis on prayer led to annual days and weeks of prayer. By 1897 the women of six denominations formed a joint committee for a united day of prayer for home missions.

World Day of Prayer came into being in the second half of 1926. The women of North America distributed the worship service to as many countries and partners in mission as they could. The response worldwide was enthusiastic. By the beginning of 1927 the call to prayer that was issued was for a World Day of Prayer for Missions. In 1928, the title of the day was shortened to "The World Day of Prayer."

Community Church at Ocean Pines located at 11227 Racetrack Road in Berlin will hold a World Day of Prayer Service on Friday, March 6 at 1 p.m. Bishop Peggy Johnson will be the guest speaker. Bishop Johnson is a native of Baltimore and serves as the Episcopal leader of the Philadelphia Area of the United Methodist Church, which includes the Eastern Pennsylvania Annual Conference and the Peninsula-Delaware Annual Conference.

Everyone is invited to attend.

# Community Calendar FEBRUARY

## 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

### Quilting Club

Quilters by the Sea meets most Wednesdays at the Ocean Pines Community Center. First Wednesday of the month is Volunteer Day, from 10 a.m. to 3 p.m., when the group sew or tie quilts for charity. The second and fourth Wednesdays are free sewing or workshops from 10 a.m. to 3 p.m. The third Wednesday of the month is the business meeting, followed by Show & Tell, from noon to 3 p.m. Open to the public.

### 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.

### 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.

## NAACP to meet

Worcester County NAACP's February meeting will be held on Thursday, February 20 at North Worcester County MAC Senior Center located at 10129 Old Ocean City Blvd. in Berlin. Executive Board meeting starts at 6 p.m. General meeting will begin at 7 p.m. The guest speaker is Debbie Smullen, of Worcester Goes Purple.

Worcester Goes Purple is an awareness project to engage the community in preventing substance abuse and promoting healthy life choices. Substance abuse treatment and referral services for adults and adolescents are available. Please join us. Phone 443-944-6701 for additional information.

# Pines artist repaints Wood Duck entrance signs

Local painter Jean Frank recently noticed the old entrance signs to the Wood Duck neighborhood were looking a little worn down.

Frank, believing she could lend a hand, or a brush, reached out to Ocean

Frank and her husband moved from Frederick, Maryland to Ocean Pines about three years ago. A self-taught painter, Frank said she's been making art for as long as she can remember.

"My father was a draftsman, so I think I picked some of that up from him," she said. "Around 1993, I started creating works from photos I had been taking, and I entered different art shows and art organizations over the years."

Frank was president of the Frederick County Art Association on two separate occasions. She also worked at the Delaplaine Arts Center for almost two decades, managing their Gift Gallery that showcased roughly 200 visual artists.



Jean Frank

Pines Public Works and volunteered her services to redo the paintings.

"I was tired of looking at it!" she said with a laugh. "I was actually going to do it last spring, and then things got busy and it got very hot, but I had a lull this winter."

Turning her sights to the Wood Duck signs, Frank called Public Works and asked if she could repaint them.

"They were like, 'Oh, OK. Great!'" she said.

Repainting the two signs took about two weeks. While the old images

were fairly simple paintings of a mallard duck floating in a small pond, Frank's update added more color, depth and detail, especially along the breast, flank, wings and crown.

The paintings were sealed with a weatherproof varnish, and Public Works installed the panels and new plexiglass covers on Friday, February 7, Frank said.

"The neighbors are thrilled," she said. "I don't know if other people notice that much outside of our neighborhood, but it means a lot to us."

For more on Frank's artwork, her original jewelry is on display at the Ocean City Center for the Arts on 94th Street, and more of her paintings can be seen on her website, [www.jeanoe-lart.com](http://www.jeanoe-lart.com).

Once the weather warms up, Frank will also return to the Ocean Pines Farmer's Market, where she annually offers face painting for children.

"Certainly, I'll be back face painting in April, and that's a lot of fun. The kids love it!" she said. "It's so cute to see their smiling faces."

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February

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The area's largest farmers market is open year-round! Visit us during our special winter hours for fresh produce, artisan-crafted items & more.

KIDS' CLAY BEAD WORKSHOP

**Sun, Feb 9 11am-1:15pm**  
**OP Community Center**  
**\$10 OP Residents | \$15 Public**  
Learn how to shape and form clay to make beads & create a bracelet!  
Call 410-641-7052 to register.  
For ages 6-12.

KIDS' VALENTINE'S BRACELET WORKSHOP

**Sun, Feb 9 1:30-3pm**  
**OP Community Center**  
**\$10 OP Residents | \$15 Public**  
Kids ages 3-6 can string premade clay beads to make a bracelet.  
Call 410-641-7052 to register.

VALENTINE'S FAMILY NIGHT OUT

**Fri, Feb 14 6-8pm**  
**Sports Core Pool**  
**\$2 OP Swim Members**  
**\$4 OP Residents | \$6 Public**  
Swimming & crafts! Pizza for sale; bring drinks (no glass).  
Call 410-641-5255 for info.

CLAY BEAD MAKING FOR ADULTS

**Tue, Feb 18 7-9:30pm**  
**OP Community Center**  
**\$15 OP Residents | \$20 Public**  
Learn how to shape and form clay to make beads & create a bracelet! Call 410-641-7052 to register.

INTRO TO PHOTOGRAPHY

**Thu, Feb 27-Apr 16 7-8pm**  
**OP Community Center**  
**\$15 Per Person**  
Led by professional photographer Jay Perskie. No camera required! For ages 18+.  
Call 410-641-7052 to register.

OCEANPINES.ORG  
OPEN TO THE PUBLIC!

## Healthy as a Horse program offered

University of Maryland Extension, through a grant from the Maryland Horse Industry Board, is offering a Healthy Horse seminar on Saturday, February 22 from 9:30 a.m. to 3:30 p.m. at the Berlin Lions Club located at 9039 Worcester Highway in Berlin. This program is open to youth and adults. Speakers include Dr. Amy Burk, UMD Horse Extension Specialist, Dr. Amanda Grev, UME Pasture & Forage Specialist, and Equine Veterinarian, Dr. Jessica Yankus from Layfield Veterinary Services. Topics include pasture management, nutri-

tion, dental care, internal parasites, and horse emergencies.

Registration is \$20 for adults and \$10 for youth age 18 and younger, which covers costs of lunch and materials. Please register by Feb. 19 at <https://healthyhorses.eventbrite.com>. Need based youth scholarships are available. For more information or to request special needs accommodation, contact Maegan Perdue at 410-632-1972 or [mperdue@umd.edu](mailto:mperdue@umd.edu). University of Maryland is an Equal Opportunity Employer and Equal Access Programs.

## Community Expo scheduled

On April 25 the Ocean Pines Chamber of Commerce will hold its first annual Community Expo at the Ocean Pines Community Center from 9 a.m. to noon. Over 50 exhibitors will participate. Included will be representatives from industries such as financial, health, beauty, home care, plumbing, HVAC, insurance, home improvements, local government agencies and non-profits, recreation, and much

more.

The event is free to the public, open to all, and Herl's Tile and Bath Solutions is sponsoring refreshments. All attendees will be entered into a drawing for cash prizes.

Anyone interested in reserving an exhibitor space may visit our website at [oceanpineschamber.org](http://oceanpineschamber.org) and click on the Community Expo link under the News & Events tab.

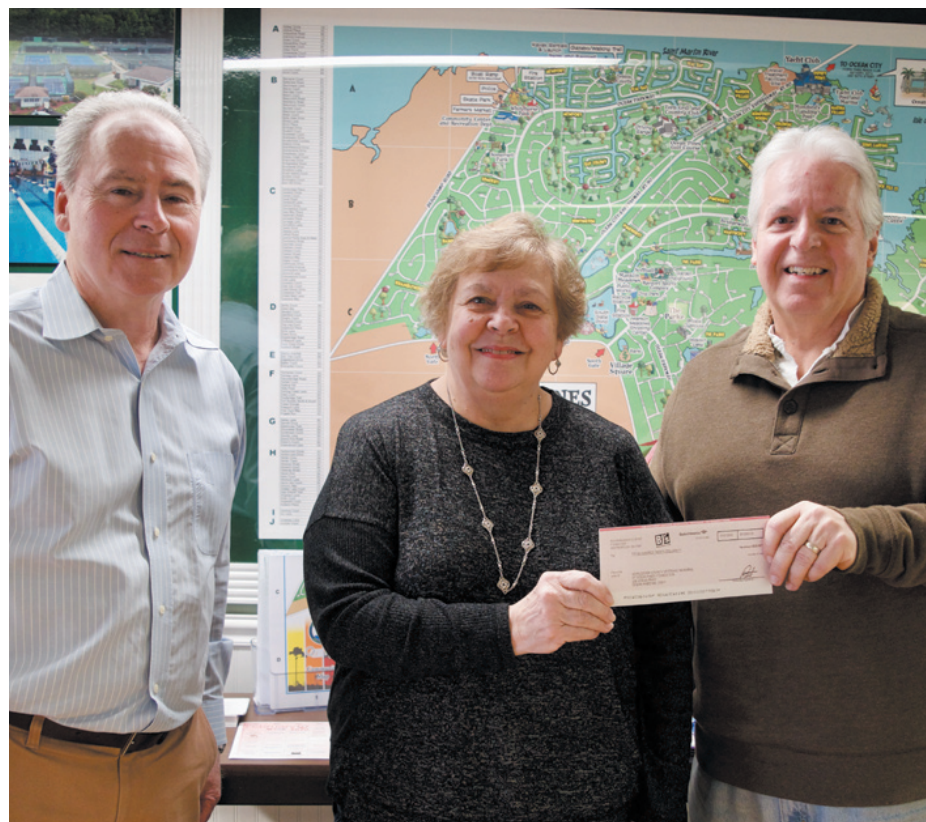
## Brooks celebration set

In honor of African American history month, a celebration of Gwendolyn Brooks will be held on Thursday, February 27, at 7 p.m., in Room 105 of Henson Hall at Wor-Wic Community College in Salisbury.

Brooks was the first African American to win a Pulitzer Prize in poetry.

Adam Tavel, professor of English, will present an overview of her life and career, including a few of her poems, and explain how her legacy is vital and relevant today.

For more information, email [chandy@worwic.edu](mailto:chandy@worwic.edu) or call 410-334-2892.



## BJ's donates to Veterans Memorial

BJ's Wholesale Club, as a part of its fall membership offer and in partnership with the Ocean Pines Association, recently donated \$520 to the Worcester County Veterans Memorial in Ocean Pines.

The nationwide chain donated \$5 to the foundation from each membership fee paid, in addition to offering special benefits for new and renewing members.

Ocean Pines Association General Manager **John Viola** and President **Doug Parks** on February 12 presented the check to **Marie Gilmore**, president of the Worcester County Veterans Memorial Foundation.

The Ocean Pines/BJ's membership promotion is offered twice a year. Area residents who missed the fall BJ's promotion will have the opportunity to take part in the next promotion, April 10-24.

**fund**  
from page 1

"Let Larry lead it and come up with a set of policies or procedures and bring it back to the Board for consideration."

Parks endorsed the idea.

"One of the reasons we want to have these kinds of discussions in public [is] so the membership understands what we're thinking about, and so that when we arrive at a decision we've got the right amount of information before we move forward," he said.

Later, during the meeting, the directors voted 6-0 to set a 6% delinquent fee interest rate for the fiscal 2020/2021 budget and approved a lease agreement with the Pine'er Craft Club. One director, Camilla Rogers, was absent because of an illness.

Also approved 6-0 was a second reading to amend Resolution M-06, related to elections and referendums. Changes in the resolution clarify what constitutes validation of election results and allows the candidate forum moderator to ask questions in a random order, according to Association Vice President Steve Tuttle.

Sugar is a naturally occurring component in many healthy foods, including fruit. But people looking to eat healthy should be wary of foods that contain added sugars, which can pose a significant threat to long-term health. According to the Harvard Medical School, added sugars are not currently listed on Nutrition Facts labels (though the Mayo Clinic expects that to change in the future).



That can make it hard to spot foods that contain substantial amounts of added sugars. However, the HMS recommends looking at the ingredients listings on food labels and keeping an eye out for words ending in "ose." The Mayo Clinic notes that fructose, dextrose, glucose, and maltose are the chemical names for various types of sugar. These ingredients can serve as a red flag that a product contains added sugars that

can be detrimental to your overall health. In addition to words ending in "ose," shoppers can scan ingredients listings for other common types of added sugars, including cane juice, cane syrup, corn sweeteners, high-fructose corn syrup, fruit juice concentrate and nectars, honey, malt or maple syrup, and molasses.

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# In the know

On a morning some time ago, my daughter called me. It's always a pleasure to talk with her. She and I

me of the comedy routines of Flip Wilson, Buddy Hackett, Jonathon Winter and Don Rickles I urged them to watch for their comedic value and how the material was constructed.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

chit chat about various and sundry topics. On this particular morning she called with a purpose. She called to thank me. Thank me? For what I thought. For being a spectacular father? For teaching her how to drive? For being a spectacular father? (Yes, I know I wrote that question twice.)

Although I'm sure she's grateful to me for all that and so much more, she had a different purpose in mind. She was calling to thank me for something that many people may find a little unusual. She thanked me for educating her on television and entertainment trivia. She had recently been watching a show that referenced Johnny Carson and although she understood the reference, those around her had no clue who he was. She had to explain it to them. She was grateful that when she was younger, I exposed her to entertainment greats and "bored" her with all sorts of relatively obscure information.

I've always been intrigued by and interested in television history and performers. When I was a child I maintained an index card catalog of primetime television shows, actors and even the networks on which they appeared. At that time there were only three television networks.

The start of a new television season was always of interest to me: returning shows; new shows; and, ratings. I took more than a passing interest in this information which I guess explains why I was considered a dweeb in school.

Getting back to my conversation with my daughter. She recalled when she and her brothers were little, that I would expound on little known facts of interest (interest at least to me). She conjured up my discussion on the three-camera filming technique inspired by Desi Arnaz. She reminded

Through the years my daughter and I have dissected programs such as "The Dick Van Dyke Show," delving into the writing as well as the everlasting quality of the material. Funny is funny and it doesn't matter if it's from yesterday or sixty years ago. A well-constructed comedy routine endures. "Who's on first?"

On a lark a few years ago, I emailed my children asking them to think about what the curriculum would be if we were to establish Bertino Univer-



sity, a center of learning for the benefit of future family generations, that would "coalesce the vapors of human experience into a viable and meaningful comprehension."

Some of the course offerings would include: "Don Rickles 101: The Art of the Insult;" A Milton Berle instructional on finding jokes before anyone knows they are lost; "Calling it in, The Comedy of Bob Newhart;" "Monology Masters: Jack Benny, Jack Paar, Johnny Carson and Flip Wilson;" "Pushing the Boundaries, a guide to Lenny Bruce, Redd Foxx and Richard Pryor;" "Dynamic Duos: Burns and Allen, Brooks and Reiner, Conway and Korman and Nichols and May;" "A Female Perspective: Fanny Brice, Sophie Tucker, Joan Rivers and Totie Fields;" and, finally "Making it Look Easy: Bob Hope."

Just as an aside, how many of the performers mentioned above do you recognize? During a conversation with a couple of Millennials not long ago a reference I made about George Burns was met with blank stares. Oh, God!

My daughter ended our conversation singing a version of "I'm so glad we had this time together." Putting the phone down, I chuckled. My little girl "can turn the world on with her smile" and has a way of making her father very happy simply by saying hello.



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Inside Ocean Pines  
South Gate

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## SPECIALS

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### Tuesday Night

**Sandwich Night!** ...\$6 with purchase of  
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### Wednesday Night

**Pasta Night!** (selections vary), served with a  
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**Burger Night!** \$4 with purchase of a  
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### Friday Night

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### Saturday Night

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## Choptank to complete line work in Ocean Pines

As of Monday, Choptank Electric Cooperative has announced that crews began working in parts of Ocean Pines to replace and upgrade lines and equipment for two months.

According to the utility, 90% of the improvements will be completed on Ocean Pines Golf Club property. Work trucks will be parked on Brandywine Drive and Hingham Lane.

Contractor Tuckahoe Underground will perform the upgrades on weekdays for the duration of the project. No road closures or detours are planned.

Choptank Electric Cooperative members with questions about this project are encouraged to call 1-877-892-0001 during regular business hours, 8 a.m. to 4:30 p.m.

## Poet's reading to be held

The public is invited to attend a poetry reading with Dr. George David Clark on Thursday, March 12, at 7 p.m., in Room 109 of Shockley Hall at Wor-Wic Community College in Salisbury.

Clark's book, "Reveille," received the 2015 Miller Williams Prize and his recent poems can be found in "AGNI," "The Georgia Review," "The Gettysburg Review," "Ecotone," "The Southern Review" and elsewhere. The editor of "32 Poems," he teaches creative writing and contemporary literature at Washington and Jefferson College in Washington, Pa.

For more information, call 410-334-2866.



**Owl learning** - Students in Ms. Powell's Science Class at Berlin Intermediate School dissected owl pellets to learn about the transfer of energy through a food chain. The owl pellets allowed students to discover the animals that owls consume through the bones that they cannot digest. Pictured are **Kruti Patel** and **Megan Sandt**.

## Lunch & Learn series begins

The Art League of Ocean City is starting a new Lunch & Learn series, beginning on Wednesday, March 4 from 11:30 a.m. to 1 p.m. with TV personality and photographer Charles Paparella as the first speaker. The event will take place at

the Ocean City Center for the Arts, 502 94<sup>th</sup> St. bayside.

Admission is free, but space is limited, and reservations are suggested at <https://artleagueofoceancity.org/event/lunch-learn-with-charlie-paparella/>

A longtime video photographer and reporter for WBOC TV, Paparella is well known for his "Travels with Charlie" segments, now in its "18<sup>th</sup> irreverent year," he said.

Paparella spent most of his adult life "observing the effects that electronic images and sounds have on human beings. The results are not good," he said. "But all bad news has a funny side." He said about himself: "Charlie is a very funny guy. He is also very old, so if you want to catch his act, you should probably come. His 'candle burns at both ends,' as his dear Edna used to say."

Attendees are invited to bring a brown bag lunch or takeout from a local restaurant. More information is available by calling the Arts Center at 410-524-9433 or by e-mailing the volunteer coordinator, Aubrey Sizemore, at [aubrey@artleagueofoceancity.org](mailto:aubrey@artleagueofoceancity.org).

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MAIL to Ocean Pines Chamber 11031 Cathell Road, Berlin, MD 21811 \$10/ticket How many tickets are you purchasing? \_\_\_\_\_

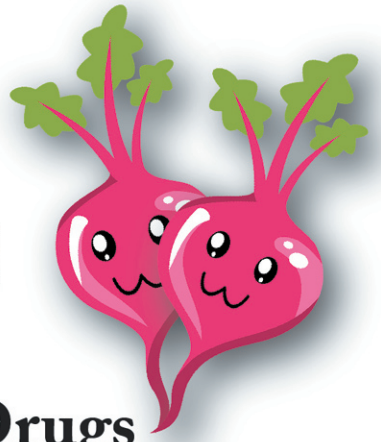
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**Boggs to be honored** - The Worcester County Commission for Women (WCCW) has chosen The Honorable Judy Boggs of Ocean Pines as its Woman of the Year. The WCCW will hold its annual Women's History Luncheon on March 25 at the Clarion Hotel in Ocean City when Mrs. Boggs will be honored for her service to the county and for bringing the idea of forming a Women's Commission to Worcester County 1995. The WCCW will be celebrating its 25th Anniversary at the annual luncheon in March. The public is invited to attend.

Above: WCCW Co-Chair **Tamara White** and **Judy Boggs**.

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**Annual St. Paddy's Day run/walk returns**

Registration is open for the 21st Annual St. Paddy's Day 5K Run/2-Mile Walk, to be held Sunday, March 8, at the Salisbury Elks Lodge. The first 200 to register are guaranteed an event T-shirt.

Special guest this year is Maryland State Delegate Carl Anderton Jr. as the honorary chairman.

New this year: Runners will be timed using electronic chip timing for immediate results and accuracy. This is the same system used for running events such as the Boston Marathon!

The theme of the run/walk is "Racing For a Reason." All proceeds

will support MAC, Inc., programs and services for those living with Alzheimer's Disease and their caregivers.

The scenic 5K course will wind through the Salisbury zoo and park.

Check-in and late registration will begin at 2 p.m.; the run/walk will step off at 3 p.m. The cost is \$25 for walkers; \$30 for runners in advance and \$35 for runners the day of the race.

Online registration (runners only) will close at 11:59 p.m. on Wednesday, March 4. In addition, mail-in registration must be postmarked no later than March 2. No dogs are allowed in the zoo portion of the 5K route.

Overall awards will be presented to the top three male, female and masters finishers; awards also will be presented to the top three male and female finishers in various age divisions.

An awards party following the race is free to registered participants; guests can attend the after-party for \$5, \$15 for families of three or more, and children under age 5 will be admitted to the party free. The party will feature free food, door prizes, a 50/50 raffle and live auction.

For race information, call 410-742-0505, ext. 118; email [cfr@mac-inc.org](mailto:cfr@mac-inc.org); or visit [www.macinc.org/st-paddys](http://www.macinc.org/st-paddys).



**The LORD will surely save me  
So we will play my songs on  
stringed instruments** Isaiah 38:20



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**Free to attend. Open to public.**



Thank you to Herl's Bath and Tile Solutions for sponsoring refreshments for all!

**Attendees will be entered into a drawing for cash prizes!**





### Off to see the Wizard

Tickets are on sale now for the Worcester Prep (WPS) musical, "The Wizard of Oz." The two performances will be on Friday evening, February 28, at 7 p.m., and a Saturday matinee, February 29, at 2 p.m. This event is open to the public. The show will feature an incredibly talented cast of students from the Upper School, and, for the first time, include a troupe of Lower School students as the Munchkins! Doors open a half-hour prior to the start of the musical in the WPS Athletics and Performing Arts Center. Tickets are \$12 in advance or \$15 at the door. To purchase tickets in advance, visit [www.worcesterprep.org](http://www.worcesterprep.org) or call WPS (410) 641-3575.

Above: Some of the Oz Cast rehearses with Director Paulette DeRosa-Matrona and Music Director Christopher Buzby.

### Bingo Night scheduled

The Lioness Club of Berlin will host a Bingo Night on Saturday, March 7 beginning at 6 p.m. The event will occur at the Berlin Fire Company located on Main Street in Berlin. Tickets are \$25. There will be 20 \$100 games and a special \$250 game. Refreshments will be available for sale. All proceeds go to families in need. For information contact Donna at 410-208-6496 or Email [debbiejensen1949@gmail.com](mailto:debbiejensen1949@gmail.com).

### Craft Club to meet

The Pine'er Craft Club meeting will be held February 20 in the Ocean Pines Community Center. Refreshments will be available at 9:45 a.m. The meeting will begin at 10 a.m. All are welcome.

### Germantown School hosts event

Germantown School Community Heritage Center located at 10223 Trappe Rd. in Berlin, is hosting a Black History Month Celebration on Saturday, February 22 from 5 p.m. to 7 p.m. "Our Heritage, Our History, Our Community and Our Faith" features music, dance, art, recitation, poetry and food. All are welcome. Goodwill offering accepted.

### RWWC to meet

The Republican Women of Worcester County has announced their February Luncheon and General Meeting will be held on Thursday, February 27 at the Ocean Pines Yacht Club. The guest speakers will be Corine Frank, executive director, MDGOP and Ed Rodier, president of the Worcester County Board of Elections. Cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. with the meeting beginning at 11 a.m. To make your reservation, please log on to the website [www.gopwomenofworchester.org](http://www.gopwomenofworchester.org). Reservations are due by February 21.

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# Captain Ron's Fish Tales

By Ron Fisher

## Let's talk boating safety

Having been boating for most of my life and like you I have seen many boaters who don't practice safety or good boating manners on the water. We have all seen many boats aground speeding in no wake zones, having boats pull a stern asking what the markers mean or how to get back to where they started from. Since fishing is not the greatest right now and it's the time of year you might be considering buying a boat I thought I would focus on boating safety.

According to the United States Coast Guard in 2015 there were 4,158 boating accidents that resulted in 626 deaths, 2,613 injuries and approximately \$42 million dollars of damage to property as a result of recreational boating accidents.

-Where cause of death was known, 76% of fatal boating accident victims drowned and of those drowning victims 85% were not wearing a life jacket.

-71% of deaths occurred on boats where the operator did not receive boating safety instruction.

-There were 158 accidents in which at least one person was struck by a propeller. Collectively, these accidents resulted in 27 deaths and 150 injuries.

-Alcohol use was listed as the leading factor in 17% of the deaths.

-Twenty-two children under age thirteen lost their lives while boating in 2015. Twelve or 55% died from

drowning. Only two children (17%) were wearing a life jacket.

-Eight out of every ten boaters who drowned were using vessels less than 21 feet in length.

As you are quite aware, we had a number of boating accidents here in the local bays with at least two involving propellers.

According to the Maryland Department of Natural Resources a typical three-blade propeller running at 3,200 rpm can inflict up to 160 impacts in one second and a typical recreational prop can travel from head to toe on an average person in less than one tenth of a second.

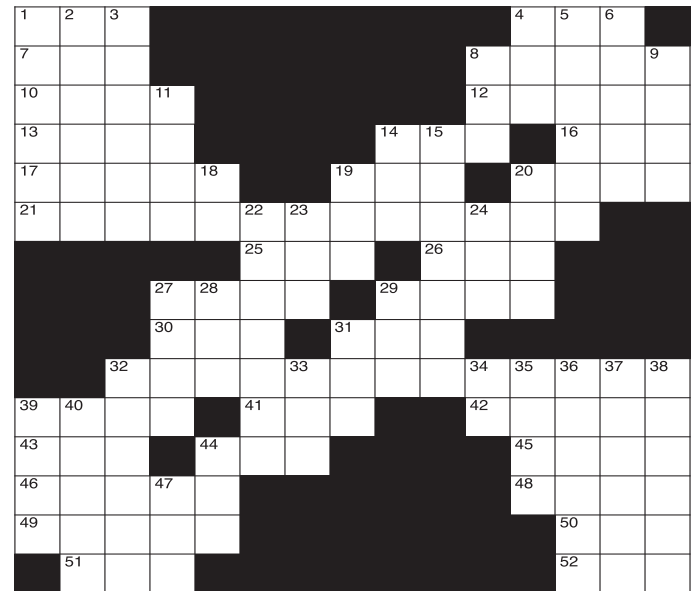
We owe a great deal of credit to the Coast Guard and Department of Natural Resources Police for the great job they do policing our waterways and if you spend any time on the water during the summer months you should be aware that they are always busy.

What can you do to prevent propeller injuries?

Never permit passengers to ride on the bow, gunwale, transom, seat backs, or other locations where they might fall overboard. Note: Bow riding is illegal in the state of Maryland.

Consider taking a safe boating course offered by the Coast Guard Auxiliary or the Power Squadron. Only 15% of boating deaths occurred on vessels where the operator had received a

*please see capt. ron on page 15*

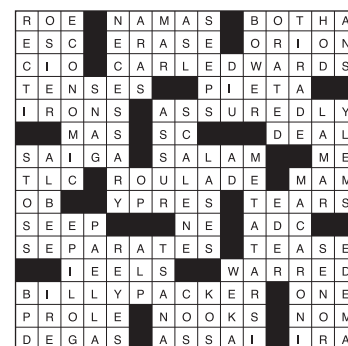


### CLUES ACROSS

- 1. Expression of disgust
- 4. A place to unwind
- 7. A type of cooking range
- 8. Grasp tightly
- 10. Sea eagles
- 12. Carb dish
- 13. Late-night host
- 14. Revolutions per minute
- 16. Indicates odd or erroneous
- 17. FDR's military chief of staff
- 19. Swiss river
- 20. Norwegian district and river
- 21. A form of motivation
- 25. Car mechanics group
- 26. Once a must-have home theater accessory
- 27. Broken branch
- 29. Apple and pumpkin are two
- 30. Skeletal muscle
- 31. Small Eurasian deer
- 32. Tight-lipped fellow
- 39. Comes after a cut
- 41. A place one lives
- 42. Cognizant of
- 43. Albanian monetary unit
- 44. Carrot's partner
- 45. Famed garden
- 46. Chilean seaport
- 48. Days (Spanish)
- 49. Sudden anxiety
- 50. 100 square meters
- 51. A type of beer
- 52. French/Belgian river

### CLUES DOWN

- 1. Spanish dish
- 2. Concurs
- 3. \_\_\_ and her sisters
- 4. Patti Hearst's captors
- 5. Used to refer to cited works
- 6. A state of excited movement
- 8. Advertising term (abbr.)
- 9. Nocturnal S. American rodent
- 11. New York art district
- 14. Bravo! Bravo! Bravo!
- 15. Pre-release viewing
- 18. Northwestern Canadian territory (abbr.)
- 19. Consumed
- 20. Falters
- 22. Radioactive form of an element
- 23. Catch a wrongdoer
- 24. Breeze through
- 27. Thick piece of something
- 28. Yellowish-brown color
- 29. "The Raven" poet
- 31. Rural free delivery (abbr.)
- 32. Creating
- 33. Supervises flying
- 34. Northwestern state
- 35. Was obligated to repay
- 36. Diverging in lines from a common center
- 37. Bleak
- 38. We all have them
- 39. Hit with the palm of one's hand
- 40. Sea that's part of the western Pacific
- 44. Political action committee
- 47. Famed Spanish soldier El \_\_\_



Answers for February 12

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# How aging adults can maintain their mental acuity

Aging is associated with or linked to a host of mental and physical side effects. For example, many adults expect their vision to deteriorate as they grow older. Such a side effect can be combatted with routine eye examinations that may indicate a need for a stronger eyeglass prescription, a relatively simple solution that won't impact adults' daily lives much at all.

While physical side effects like diminished vision might not strike much fear in the hearts of aging men and women, those same people may be concerned and/or frightened by the notion of age-related cognitive decline. Some immediately associate such decline with Alzheimer's disease, an irreversible, progressive brain disorder that gradually destroys memory and cognitive skills, ultimately compromising a person's ability to perform even the simplest of tasks. But age-related cognitive decline is not always symptomatic of Alzheimer's disease. Learning about Alzheimer's and how to maintain mental acuity can help aging men and women better understand the changes their brains might be undergoing as they near or pass retirement age.

Is Alzheimer's disease hereditary? The National Institute on Aging notes that only a very rare form of Alzheimer's disease is inherited. Early-onset familial Alzheimer's disease, or FAD, is caused by mutations in certain genes. If these genes are passed down from parent to child, then the child is likely, but not certain, to get FAD. So, while many adults may be concerned about Alzheimer's because one of their parents had the disease, the NIA notes that the majority of Alzheimer's cases are late-onset, which has no obvious family pattern.

Can Alzheimer's disease be prevented? Studies of Alzheimer's disease are ongoing, but to date there is no definitive way to prevent the onset of the disease.

How can I maintain mental acuity as I age? Researchers have not yet determined a way to prevent Alzheimer's disease, but adults can take certain steps to maintain their mental acuity into retirement.

Exercise regularly. Routine exercise may be most associated with physical benefits, but the NIA notes that such activity has been linked to benefits for the brain as well. For example, a 2011 study published in the journal *Proceedings of the National Academy of Sciences of the United States of America* found that aer-

obic exercise training increases the size of the hippocampus, leading to improvements in spatial memory. The NIA also notes that one study indicated exercise stimulated the brain's ability to maintain old network connections and make new ones vital to cognitive health.

Read more. Avid readers may be happy to learn that one of their favorite pastimes can improve the efficiency of their cognitive systems while delaying such systems' decline. A 2013 study published in the journal *Neurology* by re-

searchers at Chicago's Rush University Medical Center found that mentally active lifestyles may not prevent the for-

that the presence of plaques or tangles will impair cognitive function.

Stay socially connected. Maintaining social connections with family, friends and community members also can help women prevent cognitive decline. Epidemiologist Bryan James of the Rush Alzheimer's Disease Center studied how social activity affected cognitive decline, ultimately noting that the rate of cognitive decline was considerably lower among men and women who maintained social contact than it was among those with low levels of social activity.

The idea of age-related cognitive decline strikes fear in the hearts of many men and women, but there are ways for adults to maintain their mental acuity well into their golden years.



mations of plaques and tangles associated with Alzheimer's disease, but such lifestyles decreases the likelihood



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# Everyday ways to help your elderly neighbors

Thoughtful men, women and children can give back to their communities in various ways. Coaching youth sports, volunteering with local charities and donating to local food or clothing drives are just a few of the ways you can help make your community a better place.

Another way to give back is to help your elderly neighbors who may not be as independent as they once were. Such men and women may have physical limitations that compromise their ability to perform everyday tasks. People in the prime of their life take their ability to perform such tasks for granted. And while these gestures might seem simple, helping your elderly neighbors with their everyday tasks can have a profound impact on their lives.

Ask if a neighbor needs anything from the grocery store. Everyone forgets to buy something at the grocery store

from time to time. That's a minor inconvenience to most people, but it can have a much bigger impact on elderly people who have mobility issues. Before taking trips to the grocery store, make it a habit to call an elderly neighbor and ask if he



or she needs anything.

Invite seniors over for dinner or other gatherings. Many seniors deal with social isolation, which occurs when they lack opportunities to interact with other people. Recent data from the Administration on Aging indicates that 35 percent of women over the age of 65 were widows and almost half of women 75

and older live alone. Inviting elderly neighbors who live alone over for dinners, movie nights or game watches once per week is a great way to help them avoid social isolation and give them something to look forward to.

Help with some weekly chores. Seniors living on fixed incomes may find it difficult to maintain their homes. Relatively simple tasks like mowing the lawn, taking out the garbage and even vacuuming can be difficult for seniors with physical limitations. Pitching in to help with such chores once or twice a week won't require much time on your part and can have a significant impact on the lives of your aging neighbors.

Drive seniors to religious services. Attending religious services is important to many seniors, but those who can no longer drive themselves to weekly services may not be attending them as much as they would like. Whether you attend such services or not, offer to drive an elderly neighbor on Sunday mornings (or whenever weekly services are held). Religious services can help seniors stay connected to their faith and their communities, and driving an elderly neighbor to and from houses of worship once per week won't require a significant commitment of your time.

Helping your elderly neighbors is a great and often simple way to give back to your community.

## Ways to make bathrooms a safer place

Homes should be safe havens. But each year injuries in and around the home contribute to millions of medical visits and many fatalities each year.

Although anywhere in a home can be the scene of an accident, bathrooms tend to be the most dangerous room in the house. Slippery tile, the presence of water, stockpiled medications, and many sharp and hard edges in a small space pose several different hazards in the bathroom, particularly for young children and people age 65 and up. The Centers for Disease Control and Prevention says falls, which can result in serious injuries like hip fractures and head trauma, are the cause of 80 percent of all bathroom accidents.

Many bathroom accidents are preventable with some easy modifications.

please see **safer** on page 14

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# Different generations can learn and benefit from one another

In the not-so-distant past, extended families frequently lived in close proximity to one another. Such families shared meals and experiences and essentially grew up together. Nowadays, families separate for various reasons, such as job opportunities and cost of living concerns.

While there are advantages to spreading out, there are also some disadvantages, namely that grandparents and grandchildren may not see one another frequently enough. Even though people of different age groups may not entirely have the same interests, the interactions between generations can benefit both young people and their aging relatives.

Finding renewed vigor. Senior living and active lifestyle communities provide invaluable care and amenities for seniors. While being around like-minded individuals can be handy, it's also limiting. Seniors who continue to age in place in mixed-age communities can extract joy from watching youthful children and young adults growing up, playing and socializing. Being around multiple generations also can spark interesting conversation, and all parties involved can learn something from one another.

Planning for the future. Younger generations may not understand the concept of "hard times" or "doing without" like a person who has lived through various ups and downs. Passing along ad-

vice about economic cycles, saving for the future and maintaining stability is one area of expertise at which many seniors excel.

Practicing interpersonal skills. All the technological savviness in the world cannot compensate for the power of strong interpersonal skills. Being able to address a group of people or speak one-on-one is essential in the workplace and in life. When younger generations speak to older adults, they may become stronger at verbal discourse and have greater perspective of different points of

conversation.

Learning new technology. Younger generations can impart knowledge of

aren't ready to purchase tablets or smartphones, they may be excited to have their grandchildren teach them about the latest gadgets.

Providing sense of purpose. Both seniors and younger generations can realize a greater sense of purpose when interacting with one another. That person may be the reason the other one greets the day with a smile. Visits from grandchildren can reduce the likelihood of isolation and depression in older adults. And younger generations can discover the benefits of personal social interaction rather than communicating exclusively through social media apps.

Fostering intergenerational connections is a great way to broaden social circles, improve communication and learn new things.



technological devices to older adults. People with skills are usually happy to share their knowledge. Even if seniors



Help your loved one make a safe return home.

## Improve life expectancy with healthy habits

"Who Wants to Live Forever" is a song that appeared on the 1986 album "A Kind of Magic" by the rock band "Queen." The song often sparks conversation about the potential benefits of immortality.

Immortality may not be possible, but many people aspire to improve their chances to live a long and prosperous life. A study published in the journal *Lancet* analyzed data from the 2016 Global Burden of Diseases project to generate life expectancy predictions from 2017 to 2040 for most countries. The United States saw the largest decline in ranking among high-income countries, as life expectancies in the United States are projected to fall from 43rd in 2016 to 64th by 2040, with an

Returning home can leave your loved one in need of additional assistance. Home Instead CAREGivers<sup>SM</sup> can provide the care needed to ensure your senior returns home safely.

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**safer**  
from page 12

Reduce slippery surfaces. Wet tile is a recipe for slick conditions. Bath rugs with rubber backing can provide traction in the bathroom, as can nonslip mats placed on the floor of the bathtub or shower enclosure. Water-resistant flooring made from recycled rubber is an-

other option. It is softer, less slippery and more forgiving than traditional tile flooring.

Install lever-style fixtures. Round knobs in the bathroom can be difficult to grasp, especially for the elderly or those with arthritis. Lever-style fixtures are easier to maneuver and can help alleviate scalding from not being able to adequately adjust the water temperature.

Utilize transfer benches and shower seats. A transfer bench can help reduce injuries that occur when trying to climb over a tub wall. Benches are placed outside of the tub and a person sits and then swings his legs over the ledge. Transfer benches also can be used in conjunction with shower seats. This is a chair or bench that allows people to sit while they shower.

Discard old medications. Clean out the medicine cabinet of old or expired medications, including both prescription and over-the-counter drugs. This reduces the likelihood of medication confusion, and does not put potentially harmful pills and syrups into the hands of children.

Install grab bars. Properly installed

grab bars around the shower and toilet area can provide leverage and stability. AARP says many injuries to seniors occur when they are attempting to sit or get up from the toilet. Grab bars or an elevated toilet seat can help.



Install motion-detecting lights. These lights turn on automatically upon detecting movement, making them beneficial for people who routinely visit the bathroom in the middle of the night. Adequate illumination also can help reduce fall risk.

Bathroom safety should be made a priority. Various modifications can make bathrooms safer for people of all ages.

**health**  
from page 13

average life expectancy of 79.8. Life expectancy in the U.S. has dropped in each of the past two years, according to annual reports by the National Center for Health Statistics.

But there may be hope for Americans yet. Doctors and scientists continually study the lifestyles of people who outlive their life expectancies. While genetics can play a role, so can following healthy habits, which have been identified to promote longevity.

Don't smoke. Many smokers have been told that smoking trims 10 years off their life expectancies, and that statement is corroborated by a study published in 2013 in "The New England

Journal of Medicine" that tracked participants over a span of several years. The good news is people who quit before the age of 35 can usually regain those lost years.

Avoid drug use. Accidental drug overdoses contributed to 63,600 deaths in the United States in 2016, according to the National Center for Health Statistics. Usage of prescription opioids and heroin has skyrocketed in recent years. Drug use also may exacerbate mental illnesses, potentially making drug users more vulnerable to suicide.

Maintain healthy body mass. Moderate to vigorous exercise regimens and diets loaded with healthy foods can keep weight in check. Maintaining a healthy weight has a host of positive side effects, including reduced risk of dying from cardiovascular disease. Cardiovascular disease is a leading killer in North America. According to the National Center for Health Statistics, nearly four in 10 adults and 18.5 percent of children in the United States are obese. According to the 2015 Canadian Health Measures Survey, 30 percent of adults in Canada are obese and may require medical support to manage their disease.

Limit alcohol consumption. Some evidence suggests that light drinking can be good for cardiovascular health. However, a paper published in the "Lancet" suggests every glass of wine or pint of beer over the daily recommended limit will cut half an hour from the expected lifespan of a 40-year-old. The paper says the risks are comparable to smoking.

Simple, healthy lifestyle changes can help people increase their life expectancies.

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**capt. ron**  
from page 10

nationally-approved boating safety education certificate. I took this

Tides for Ocean City Inlet				
Day	High /Low	Tide Time	Height Feet	Sunrise Sunset
Th 20	High	5:44 AM	2.3	6:45 AM
	Low	12:05 PM	0.1	5:43 PM
20	High	5:54 PM	1.7	
	Low	11:48 PM	-0.2	
F 21	High	6:30 AM	2.3	6:44 AM
	Low	12:47 PM	0.0	5:45 PM
21	High	6:38 PM	1.8	
	Low	12:34 AM	-0.3	6:42 AM
Sa 22	High	7:11 AM	2.3	5:46 PM
	Low	1:23 PM	0.0	
22	High	7:19 PM	1.9	
	Low	1:15 AM	-0.4	6:41 AM
Su 23	High	7:50 AM	2.4	5:47 PM
	Low	1:57 PM	0.0	
23	High	7:59 PM	1.9	
	Low	1:54 AM	-0.4	6:40 AM
M 24	High	8:28 AM	2.4	5:48 PM
	Low	2:30 PM	0.0	
24	High	8:38 PM	2.0	
	Low	2:33 AM	-0.3	6:38 AM
Tu 25	High	9:05 AM	2.3	5:49 PM
	Low	3:03 PM	0.0	
25	High	9:17 PM	2.1	
	Low	3:12 AM	-0.2	6:37 AM
W 26	High	9:41 AM	2.3	5:50 PM
	Low	3:37 PM	0.1	
26	High	9:56 PM	2.1	
	Low			

course myself and it is well worth the time. Most of these courses are advertised locally.

Local Boating Safety Courses:  
Coast Guard Auxiliary: March 3, 4, & 5 at the Ocean Pines library. Registration required. Contact Barry Cohen at [cgauxoc@gmail.com](mailto:cgauxoc@gmail.com) or 410-935-4807 Cost \$15.00

Coast Guard Auxiliary: April 21, 22, & 23 same contact information etc.

There is an online course available through the Maryland DNR however I highly recommend the in-person courses as you can ask questions and they will also give you some navigation pointers that you will find very helpful.

Boating safety is very important as many accidents can be prevented if you know the rules of safe boating. Do yourself a favor and take a course you will be surprised at what you don't know about safe boating.

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

## NAACP to meet

Worcester County NAACP's February meeting will be held on Thursday, February 20 at North Worcester County MAC Senior Center located at 10129 Old Ocean City Blvd. in Berlin. Executive Board meeting starts at 6 p.m. General meeting will begin at 7 p.m. The guest speaker is Debbie Smullen, of Worcester Goes Purple.

Worcester Goes Purple is an awareness project to engage the community in preventing substance abuse and promoting healthy life choices. Substance abuse treatment and referral services for adults and adolescents are available. Please join us. Phone 443-944-6701 for additional information.

## Pancake breakfast returns

The annual winter Kiwanis Pancake Breakfast will take place Saturday, February 22 from 8 a.m. to 11 a.m. in the Ocean Pines Community Center Assateague Room. Enjoy great food while supporting the youth of the community. The cost is adults \$7, children under 12 are \$3 and children under age 5 are free. Enjoy pancakes, sausages, scrambled eggs, fruit cup and coffee and tea. Carryout is also available.

## Preparation - The Republican Women of

Worcester County's (RWWC) Literacy Committee spent a busy morning at the Showell Elementary School's Media Center. They were inventorying student's books in preparation for the school's move into the new Showell Elementary School later this year. RWWC committee members spend time each week supporting the students and staff by lending a helping hand where help is needed. Pictured left to right are RWWC member **Marge Matturro** and **Liz Mumford**, RWWC Literary Chair.



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