

Pickleball clinics offered

Ocean Pines will offer indoor pickleball clinics for beginners and advanced beginners. Pickleball combines the elements of badminton, tennis and ping pong.

There are two clinic options: April 15 and 22 between 2:30 p.m. and 3:30 p.m. and May 13 and 20 between 2:30 p.m. and 3:30 p.m. The cost is \$10. No racquet sport experience is required. Registration at Community Center required. White Horse Park, Ocean Pines 21811, 410-641-7052, www.oceanpines.org

Tennis Play Day rescheduled

The Ocean Pines Recreation and Parks Department and Delmarva Beach Tennis have rescheduled their family tennis play day for Sunday, April 3 from noon to 2 p.m. at the Manklin Meadows Racquet Sports Complex. The event was originally scheduled for March 20 but was canceled due to inclement weather.

At this fun outdoor event, participants will learn or refresh the basic skills of tennis. It is designed for all ages and is open to the public.

Players should bring their own racquets. Tennis balls, snacks and prizes will be provided.

The cost to attend is \$10 per player, which is due the day of the event. Preregistration at delmarvabeachtennis.com is required.

For more information, call the Ocean Pines Recreation and Parks Department at 410-641-7052.

Pines offers D.C. trip

Spaces are still available for the Ocean Pines Recreation and Parks Department's bus trip to Washington D.C. on Friday, April 8.

The bus will depart the Ocean Pines Community Center at 7 a.m. and arrive at the National Mall at 10:30 a.m. It will head back to Ocean Pines at 3 p.m. and will arrive at the community center at approximately 6 p.m.

Passengers will have the day on their own to view cherry blossoms, visit museums and explore the nation's capital.

The price for the trip is \$45 per person, which includes bus transportation only.

This trip is open to the public and reservations are required. Refunds will not be issued for cancellations unless vacant seats can be filled.

For more information or to reserve a spot, call the Ocean Pines Recreation and Parks Department at 410-641-7052.



SDHS sumo

Stephen Decatur High School Principal **Tom Zimmer** poses with a few yearbook students in his sumo wrestling suit. Zimmer agreed to don the suit if students raised \$1,000 in one day for a local needy family.

True Value.
BARGAINS of the MONTH®

True Value.
SAVE 35% or more
YOUR CHOICE
4.99

10-Lb. Black Oil Sunflower Bird Seed L 106 118 1 While supplies last.
20-Lb. Wild Bird Food L 501 272 1 While supplies last.

RAYZ
HOT DEAL!
19.99

1,000-Lumen LED Flashlight Includes 9 AA batteries. E 180 900 B6 While supplies last.

RACOVA
HOT DEAL!
7.99

18-In. x 30-In. Rubber Trellis Scraper Mat W 172 167 B4 While supplies last. Boots not included.

Castrol
SAVE 35% or more
YOUR CHOICE
3.49

Qt. Motor Oil Choose from SAE 5W-30, SAE 5W-20, SAE 10W-30 or SAE 10W-40. H 161 649, 776, 780, 761 F6 While supplies last.

IRWIN
SPECIAL PURCHASE
8.97

2-Pk., 7¼-In. Marathon® Saw Blades R 205 673 B10 While supplies last.

LED soft white
4-Pk., 10.5W LED Dimmable Bulbs E 199 040 B4 While supplies last.

Only \$4 per bulb
15.99

March 2016



Hall Speaks to Kiwanis Club

The guest speaker at the March 9 meeting of the Kiwanis Club of Greater Ocean Pines - Ocean City was the Executive Vice President of Peninsula Regional Medical Center, Chris Hall. Above: **Chris Hall** (R) is pictured with (L) Kiwanis Club President **Mark Joseph** receiving the traditional Kiwanis Pen presented to guest speakers.

The Adkins Company
3 Harrison Ave
Berlin, MD 21811

The Adkins Company
11048 Cathell Rd
Ocean Pines, MD 21811

BEHIND EVERY PROJECT IS A
True Value.

Sale ends 3/31/2016

©2016 True Value® Company. All rights reserved.

Find the right products for your project and expert advice at True Value®.

D.A. Kozma Jewelers

In-house jewelry service include:

Watch Battery Replacement	Jewelry Repair
Watch Band Link Adjustments	Ring Sizing
Jewelry Reconditioning & Cleaning	Stone Setting
	Custom Jewelry Design
	Bridal Consultation

Prompt, friendly & Affordable Service

410-213-7505 410-524-GOLD

www.dakozmajewelers.com

at our new address on Route 611 at Route 50 in the Food Lion Shopping Center MD #2294

Artists exhibit at library

The Friends of Ocean Pines Library are pleased to present the work of two new artists that will be on display in April and May in the Ocean Pines Branch.

During April and May, artist Don W. Grafer will be featured in the main common areas of the library.

Working primarily in acrylics, and producing both realistic and abstract expressionist art, Don's specialty is a vibrant and sometimes explosive use of color. His realistic paintings include renderings of people and landscapes and flowers of all kinds, along with creations depicting lions, birds and other animals, both real and fanciful. In his drip paintings and other abstract works from 2000 to 2012, influences from Jackson Pollock are apparent. Most

recently, Don has been inspired to create brilliantly colored dreamscapes and imaginings in a new, smooth, visionary style. Don is a largely self-taught artist, but also studied briefly with the artists Irma Ostroff and Enrique Flores Gables and the late watercolorist Nicholas Simmons.

Artist Valerie Evans Coleburn will be featured as the Artist Spotlight exhibitor in the computer rooms.

Valerie started painting a few years ago. She developed her love of the arts and took classes with Painting With a Twist in Pennsylvania. Her work reflects a rich love of color.

WCHS dinner nears

The Worcester County Historical Society is having its Chicken and Dumpings dinner Friday evening, April 8, (deadline for tickets is April 1) at the Pocomoke Fire Hall, Market and 14th Street. Gordon E. Katz, an award winning local author, will speak about the history of West Ocean City. Doors will open at 5:30 p.m. buffet dinner at 6:30 p.m. Tickets are \$22 per person and can be purchased by sending a check to Robert Fisher, WCHS Treasurer, 230 South Washington St., Snow Hill, MD 21863. The dinner is open to the public.

Library Board to meet

The Worcester County Library Board of Trustees has changed their regular board meeting from Tuesday, April 12 to Tuesday, April 19 at 9:30 a.m. The Board will meet at the Ocean City Branch library located at 10003 Coastal Highway, Ocean City. All meetings are open to the public.

OPA boat meets, projects discussed

By **Kelsey Reichenberg**

On Thursday, March 24, the Ocean Pines Association (OPA) board of directors held their public monthly meeting at the Ocean Pines Community Center. Board member Bill Cordwell participated via speaker phone and Dave Stevens was unable to attend. General Manager Bob Thompson began the meeting by delivering his report which addressed the financial standings of Ocean Pines major amenities and updates on capital projects underway in Ocean Pines.

Golf closed out the month \$20,306 ahead of budget. Overall, the amenity is currently \$19,889 behind budget; however, year-over-year comparison reveals it is \$8,081 ahead of last year for the same time period. The Yacht Club net revenues were \$5,308 behind

budget, and expenses were higher than budget by \$14,705 for the month. However, there is a \$136,320 improvement over last year for the same time period. The last major amenity, aquatics, came out ahead as net results ended \$812 ahead of budget for the month. Aquatics is \$95,522 ahead of budget and \$158,679 better than last year.

Following updates on the financial standing of Ocean Pines major amenities, Thompson went on to discuss several projects underway in the community. First, he gave updates on the Manklin Meadows project, which refers to the addition of two paddle ball courts now, with the design including the addition of two more courts in the future; the relocation of the existing playground; a realignment

of the existing playground parking lot; and the addition of four new pickle ball courts now, with the design including the addition of four more courts in the future. Thompson explained that the most convenient way to complete the project would be to divide it into two phases.

Thompson explained that the first phase of the project would be limited to the site east of the existing Manklin Meadows entrance road and south of the existing asphalt parking lots where the playground is located. The site work would include clearing, earthwork, erosion and sediment control, storm drainage structures and appurtenances. The first phase would also include the construction of four pickle ball courts, revision of the community parking lot location and playground reconstruction. Thompson explained that this approach would allow for maximum impact providing room for more parking, dedicated courts for pickleball use, tennis court use as originally intended and a safer playground for the children to use. The budget for the first phase of the project is

\$215,000.

The second phase of the project will include the addition of platform tennis courts, paved parking lot re-configuration and storm water mitigation. Alternative solutions are also being looked into as a possible way to reduce storm water mitigation requirements, which should help reduce the overall costs of phase two of the project. Alternatives include but are not limited to: redesign of proposed stormwater retention ponds and potential purchase of raised platform tennis courts that may not require the same level of mitigation efforts. 2 bids have been received and leveled for phase 1 of the project. The total bid for the work is \$207,000.

As Thompson explained the Manklin Meadows project, the board expressed their concerns regarding its cost. Several board members claimed that the project is now projected to be significantly more expensive than what they had discussed and agreed upon in the past. The board discussed alternative options for a while before

please see opa on page 17

Palmer inducted into radio Hall of Fame

The Rhode Island Radio Hall of Fame recently announced its class of inductees for 2016. Among those inducted was Bruce Palmer. Bruce Palmer,



Bruce Palmer

the son of Bill and Dolores Pike, grew up in suburban Philadelphia and went to Rhode Island radio in the late 1980s for a tenure which would last nearly 20 years on WWBB (B101) and WPRV (the since-defunct True Oldies 790). At B101 he hosted afternoons and the iconic "All-Request Saturday Night." And while he now hosts weekday mornings with Classic Hits in Worcester, "Cruisin" Bruce remains active in the Ocean State, hosting car shows & charitable events each summer all across Little Rhody. In fact, the northern half of RI can still listen in to the Bruce Palmer Show every morning on 100 FM "the Pike." He can also be heard on the Westwood One Radio network's "Goodtime Oldies"

channel on nearly 100 stations nationwide. Bruce also writes the "In the Rear View Mirror" classic car column for *The Courier*.



A BAGEL and...

Free Wireless Internet

Serving Breakfast and Lunch

410-208-0707

Winter Hours (Feb & Mar)
Open 6 a.m. - 2 p.m. Daily

Pastries and Cookie Trays

Boar's Head Meats

We Now Sell ICE!



RTE. 589

O.P. South Gate Entrance

Manklin Creek

OCEAN PKWY

A Bagel and... →

Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

Mon., Wed., Thurs., Fri: 6 a.m.- 4 p.m.; Tues, Sat. and Sun: 6 a.m.- 2 p.m.



SPRUCE UP FOR SPRING GIVEAWAY

Win \$7,500 Gift Card to Home Depot®

OR CHOOSE \$10,000 IN SLOT DOLLARS!

GRAND PRIZE DRAWING

Friday, April 22 at 8pm • Must be present to win.

EARN ENTRIES NOW - APRIL 21

Every 30 points = 1 entry.

See the Players Reward Club for details.

10 minutes from Ocean City, MD
Route 589, Racetrack Rd, Berlin, MD
410.641.0600 OCEANDOWNS.COM

CASINO OCEAN DOWNS

Where the Fun Shines!

Must be 21 years of age • Please play responsibly, for help visit mdgamblinghelp.org or call 1-800-GAMBLER

The Courier

Independently Owned

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

Chip Bertino
 Publisher/Editor
chipbertino@delmarvacourier.com

Susan Bertino
 General Manager

Mary Adair / Comptroller

Contributing Writers
 Betty Cianci, Ron Fisher, Steve Habeger
 Douglas Hemmick, Jean Marx,
 Betty McDermott, Dolores Pike,
 Kelsey Reichenberg and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2016. 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

The First K9 Police Dogs Were German Shepherds

German Shepherds were used in World War I, World War II, The Korean War, and the Vietnam War. They are a historical breed and are well known for their size, superior intelligence, and work ethic.



The second most common breed of police dog is a Belgian Malinois. They are similar to German Shepherds, but are smaller and more sleek. They are all imported from Europe, where they're used for herding sheep. These dogs are well known for their endurance, speed, intelligence, and high intensity.

K9 Officers Can Differentiate Between Identical Twins
 Identical twins are pretty hard to tell apart, even for parents! Although "identical" may not be the appropriate term. They differ slightly in their genes, allowing them to have different fingerprints. It is hard for humans to see these little differences, because we use our eyes. Researches have found that trained dogs are able to use their noses to tell the difference between identical twins!

K9 Officers Keep Billions Of Dollars Of Drugs Off Our Streets

On June 25, 2011 AOL News reported that one of the biggest drug busts of all time was performed by a K9 Unit. Using the dogs, officials were led to a huge drug laboratory that contained over 10 Billion dollars worth of heroin. These dogs are true crime fighters.

K9 Officers Keep Billions Of Dollars Of Drugs Off Our Streets

On June 25, 2011 AOL News reported that one of the biggest drug busts of all time was performed by a K9 Unit. Using the dogs, officials were led to a huge drug laboratory that contained over 10 Billion dollars worth of heroin. These dogs are true crime fighters.

Attitudes toward mental health are changing

By **Ron Pilling**

National attitudes toward mental health are shifting, a report co-sponsored by three mental health and suicide prevention organizations concludes. The stigma surrounding seeking care for behavioral disorders is lessening, most Americans value mental and physical health equally, and the vast majority of survey respondents thought that suicide was nearly always preventable.

This is good news on many fronts, and has implications for those of us who call the lower Eastern Shore home. As more people feel comfortable asking for professional help for mental health challenges, demand for therapists, clinicians, and doctors will grow. Local medical and therapeutic communities, and outreach and education organizations, have already begun to address this welcome change of attitude.

The American Foundation for Suicide Prevention, the Anxiety and Depression Association of America and

the National Action Alliance for Suicide Prevention joined forces to survey Americans ages 18 and older in a study launched last August. While the suicide rate in America has climbed 20% since 1999, 94% of those who responded thought that early diagnosis and treatment for mental illness could prevent suicides.

Young Americans in particular believed that turning to a mental health professional in times of stress was a sign of personal strength. "Progress is being made in how American adults view mental health...People see connection between mental health and overall well-being, and our ability to function at work and at home," said Dr. Christine Moutier, chief medical officer of the American Foundation for Suicide Prevention.

A partnership of local health departments, nonprofit suicide prevention and crisis response groups, counseling services, schools and hospitals launched the *Mental Health: Know the Facts, No Stigma* campaign

in 2015. That partnership continues to spread the mission that there is nothing shameful about seeking help for mental illness. The campaign follows years of efforts to improve access to mental health services on the lower shore.

Gaps in service remain, of course, and barriers to access mental health care, some the result simply of geography, others erected by insurers that fail to honor the Mental Health Parity and Addiction Equity Act of 2008, persist. The study pointed out that there is a need for more "trained mental health professionals, proper facilities and first-response support." In Worcester County, a tele-psychiatry arrangement with Sheppard-Pratt Hospital, created by the health department, has increased care available to residents.

In 2005 the Worcester County Health Department was instrumental in partnering with Atlantic General Hospital to add a psychiatrist to the staffs of both agencies. The same health department, through its Crisis Intervention Team, has enabled countless first responders to deal with mental health crises sensitively, defusing potentially dangerous situations and enhancing the safety of patients, their families, and the responders.

At the Peninsula Regional Medical Center, the Behavioral Health Campaign is working to expand the number of adult inpatient beds. PRMC has also entered into an agreement with Adventist Health Care Behavioral Health & Wellness Service which will provide three child psychiatrists on site.

Somerset County recently received a grant from the Substance Abuse and Mental Health Services Administration that places a fulltime behavioral health therapist in the county's public schools. This comes in recognition of the fact that suicide is the second leading cause of death for adolescents nationwide.

Nonprofit agencies like the Jesse Klump Memorial Fund and Salisbury's Life Crisis Center have expanded classes in suicide prevention and mental health first aid. "The demand for our suicide prevention workshops and classes has grown dramatically," said JKMF President Kim Klump. "Our newest effort addresses the epidemic of suicide among American military veterans."

AGH renames golf tournament

The Atlantic General Hospital Foundation is honored to share in recognizing the generous commitment and loyal service of the late Robert E. Warfield, Sr. through the establishment of the Robert E. Warfield Memorial Fall Golf Classic to benefit Atlantic General Hospital (AGH). The tournament, formerly known as the AGH Annual Fall Golf Classic, will celebrate twenty-three years on Thursday, September 22 at the Ocean City Golf Club.

An alumnus of Montgomery Blair High School in Silver Spring, MD and Western Maryland College (McDaniel College) in Westminster, "Bob" dedicated

his busy life to giving to others in service and in spirit. A veteran of the United States Army, Bob served as a second lieutenant in the Army's 29th Division in Korea before moving to Ocean City and co-founding Moore, Warfield & Glick Realtors.

A Trustee at McDaniel College, Bob and his wife of 47 years, Margaret "Peggy" Warfield, endowed an undergraduate scholarship for students from Worcester County who major in economics or business. An avid sportsman, Bob also donated a set of tennis courts on the campus and has been an integral member of the AGH Fall Golf Classic Committee since he joined the Foundation's Board of Directors in 1999. A founding member of the hospital's Board of Trustees, former Chairman of the Board of Directors for the AGH Foundation, he was also a member and served on the board of directors for the Ocean City Golf and Yacht Club and on the board of directors for the Maryland Economic Development Corporation and Chesapeake Bay Restoration Fund.

For information on the Robert E. Warfield Memorial Fall Golf Classic to benefit Atlantic General Hospital, please contact the AGH Foundation Office at 410-641-9671 or email Alli Justice Hudson at ajustice@atlanticgeneral.org.

The Courier welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication.



Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words.

E-mail letters to:
thecourier@delmarvacourier.com

This place I now find myself

I've gotten older. And the indications of that realization, both subtle and obvious, are all around me. From my once black to now silver

that my experiences, both good and bad, can be of help to them even though they won't come right out and admit it. I'm sure they'll show their appreciation on Father's Day which in case anyone is wondering is June 19 this year.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Now probably the most enjoyable aspect of having reached this stage of my life is grandchildren: a little blue-eyed girl who just turned four years old and

hair to my earlier and earlier bedtime, I'm regularly reminded that there is more wear on my treads and a little less giddyup in my get up and go. Believe me though when I write I have absolutely no complaints about this natural occurrence even if I do have to keep a pair of reading glasses in each room of the house. In many ways I'm enjoying what is fast becoming the happiest phase of my life despite the fact that reaching down to pull up my socks requires more concentration than was once necessary to avoid somersaulting off the bed into the dresser.

her sidekick, year-and-half-old brother who exudes charm and personality. That fact has, on many levels, given me peace of mind that every day evolves and deepens. Becoming a father was special in its own way to be sure but when I officially became a grandfather well, I just can't underscore enough how warm and satisfied that made me feel. I'm sure all grandparents know what I mean. There's just something wonderfully enjoyable about experiencing the arrival of the next generation and being able to take part in the fascination of a child growing up without the crush of responsibility and frustration that sometimes occurs as a parent. I like it, a lot.

Why am I finding contentment even though I'm not in the physical shape I once was and the pretty young check-out girls call me "sir?" Well, there are many overlapping reasons for this I guess. My wife and I are spending more time together, just she and I, without being pulled hither and yon by the demands of young children and their often conflicting schedules. It's nice that after more than a quarter century of marriage we still enjoy each other's company and can make the other laugh. Truthfully I was a little concerned that once the kids were grown and we found ourselves more often by ourselves we might have discovered that we had grown apart and forgotten the reasons we clicked in the first place. Fortunately we haven't: my wife still thinks I'm wonderful and I still agree.

To be sure there are some things I'm not wild about as I stroll casually through what I will refer to as my mid-summer years. For instance it's quite bothersome to be awakened routinely each early morning around 3 a.m. to answer a call of nature. And despite the fact I'm too old to be carded when I purchase liquor, I'm not yet old enough to benefit from senior citizen discounts when I purchase movie theater tickets.

Another nice consequence of being at this stage of my life is that my children are beginning to comprehend just how marvelous their parents are. Maybe I'm overstating that just a bit. Let me express that thought another way. It's nice to get phone calls from my oldest son and daughter who have left the nest, just wanting to talk about things with Dear Old Dad. It makes me feel good

In my early adult years I often chased into the wind trying to get where I hadn't yet been and fought rivals that weren't always there. A lot of time was wasted and sometimes unfortunately I didn't fully appreciate what I had accomplished or those I was lucky to have around me. It's rather nice to have endured all that has come before and arrived at this place where I now find myself.

I'm not as young as I once was but the view from where I now stand is quite extraordinary. And there's so much yet to be done.

Did I mention Father's Day is June 19?

APPLE HAS GONE MOBILE!

WE KNOW YOU'RE BUSY!



Apple's new mobile app can help. It is convenient and easy to use.

- 📱 Order prescription refills
- 📱 Find information on medications
- 📱 Contact Apple
- 📱 And much, much more!

Our mobile app is now available for free download from the Apple & Google Play stores.

Go to the Apple or Google Play store and search for "Apple Discount - Salisbury"

Not tech savvy See an Apple associate for help downloading the app.

Route 13 South & Cedar Lane

FRUITLAND
410-749-8401

1210 Nanticoke Rd. Pecan Sq.

SALISBURY
410-543-8401

314 Franklin Ave. Berlin Prof. Ctr.

BERLIN
410-641-3130



APPLE
DISCOUNT
DRUGS

AGH New Direction Medical Weight Loss Program

AGH New Direction, a service of Atlantic General Bariatric Center, is a proven program to help you successfully lose weight and live a healthier, more active life.

Whether you want to lose a lot of weight – or just those last ten pounds – let our expert medical staff help you reach your goal with a customized diet, weekly monitoring of your progress, and always-caring support.

Now is the time to take charge of your life. Today is the day to begin! To learn more about AGH New Direction, contact Angela Simmons at **410-641-9568** or asimmons@atlanticgeneral.org.

● atlanticgeneral.org/newdirection

Atlantic General Bariatric Center
10231 Old Ocean City Blvd., Suite 207
Berlin, MD • **410-641-9568**



Empowering Women scholarship offered

The Worcester County Commission for Women is sponsoring the Empowering Women Scholarship for a female resident of Worcester County. A scholarship of \$500 will be given to the deserving candidate who anticipates enrollment at an accredited college or university pursuing an undergraduate degree in the fall of 2016. Applicants will be judged primarily on their educational goals.

To apply, the candidate must fill out the application form. The forms can be picked up at the Worcester County High School Counselor's office or a local Worcester County Library, Worcester County Health

Department or Worcester Youth and Family Counseling Offices. The form is available under Events at www.fwccw.org/.

The application along with the supporting documents should be mailed to the Worcester County Commission for Women, Attention: Michelle Bankert, 12626 Selsey Road, Ocean City MD 21842 no later than Friday, April 1st. For more information, contact Michelle Bankert at 410-213-1162.

5K run scheduled

The 19th Annual "Tortoise & the Hare Dare," a 5K walk/run, will be held on Saturday, April 2 at 9 a.m. at Pocomoke River State Park-Shad Landing, Snow Hill, Maryland. Registration begins at 8:30 a.m. This is a free event and participants will receive T-shirts. The walk is co-sponsored by the Worcester County Health Department, Worcester County Department of Recreation & Parks, and Pocomoke River State Park.

After the walk, participants can visit featured local health, recreation, and community exhibits from 9:30 a.m. to 11 a.m. They can also attend a family yoga demonstration provided by Carol Jenkins-Pike at 10:15 a.m., all at the site of the walk. This is a great opportunity to enjoy the outdoors while getting some physical activity with friends, family, and other community residents. Pre-registration is encouraged and participants can register by calling 410-632-0056 or emailing regina.mason@maryland.gov.



DAR Holds State Conference

The Maryland State Society of the Daughters of the American Revolution (DAR) recently held its 111th State Conference in Ellicott City. Chapter Regents and State committee chairmen reported on their accomplishments in 2015, World War II veterans were honored at a luncheon, and Annie Oakley and Mason Dixon Square Dancers provided entertainment during evening banquets. Other highlights included a genealogy/DNA presentation by Registrar General Sharon Withers and a Women's Exchange program given by Samuel Chase Chapter member Eleanor Mulligan. Attending from the area were General Levin Winder Chapter Regent Barbara May and Treasurer Pat Arata, Nanticoke Chapter Associate Member Suzanne Smith, and Samuel Chase Chapter Regent Mary Anne Adkins, Vice Regent Lee Ellen Griffith, and Eleanor Mulligan.

Above are (seated, l-r) **Barbara May, Suzanne Smith, Pat Arata and Mary Anne Adkins;** (standing, l-r) **Maryland State Vice Regent Maureen Tipton, Lee Ellen Griffith, Eleanor Mulligan.**

Clean-up day set for April 9

Maryland Coastal Bays, Town of Ocean City and the Ocean City Surf Club are hosting their 7th annual Earth Day clean up, Saturday, April 9.

Last year more than 100 volunteers joined forces and helped the town and coastal protection agencies pick up trash in the wetlands and sand dunes.

Volunteers are encouraged to pre-register with Coastal Bays in advance so there will be plenty of supplies and assignments. Garbage bags, gloves and a commemorative tee shirt are

provided to all volunteers while supplies last. Register your team by either emailing sandis@mdcoastalbays.org or calling 410-213-2297 ext. 106.

You can also register the day of this clean up. Check in and registration on Saturday will be held in the Gazebo on 3rd Street at the city town hall beginning 10 a.m. A clean up area will be assigned to you at registration unless you have an area of preference.

Maryland Coastal Bays Program is also seeking sponsors for this event to help fund the commemorative T-shirt. Students participating in this event receive community service credits.

Southgate
Ocean Pines

DeNovo's
trattoria

Catering Available

THE GATHERING ROOM BAR

OPEN Mon-Sat at 7:30 a.m.
Breakfast Lunch Dinner
410-208-2782

Featured Beer Selection
Keegans Ales \$4.95
Mother's Milk, Old Capital
Bine Climber

Apple Pie Martini
Martini of the Month
\$7

Drink of the Month
Dublin Handshake \$7
Bailey's Irish Whiskey & Sloe Gin

Dinner Specials
Monday: Spaghetti & Meatballs \$6.95
Tuesday: Burger Night \$6
Wednesday: Pasta Night \$9.95
Thursday: Meatloaf Platter \$9.95
Friday: Fried Shrimp \$14.75
Saturday: Crab Cake Platter \$15

Like us on Facebook!

Michael B. Mathers, P.A.
Estates, Trusts & Elder Law
11107 Manklin Meadows Ln. Suite 1A Ocean Pines

Wills Probate
Medicaid VA Benefits

mike@mbmatherslaw.com
www.mbmatherslaw.com

Call today to make an appointment
410-208-3331

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

We do that!
www.FellowshipAlliance.com
Church
Come join us this
Sunday 9:00AM
Showell Elementary School - Route 589
410-641-6000

Spring is in the Air & So are Our Roofers.[®] GET YOUR **FREE** ESTIMATE NOW!



ROOFING • SKYLIGHTS • SIDING • GUTTERS • WINDOWS
ALL UNDER ONE ROOF - ROOFERS.org

Call Today for a **FREE Estimate**

GAF

Award Winning Service

President's Club

AWARD WINNER

All American Roofing has won the 2015

GAF President's Club Award

for providing an exceptional level of:

- **Installation Excellence**
- **Consumer Protection**
- **Installer Training**

Put us to the test - **Call Today!**



QUALITY ABOVE THE REST

- **Fully Insured & Licensed**
- **References & Financing Available**
- **Locally Owned & Trusted Since 1989**

410-713-4593

MHIC#94904

www.roofers.org



\$500 off

Whole Roof Installation OR **Replacement Windows**
Jobs \$5,000 & up | 5 Windows or more

Must present at time of Estimate.
Not valid with other offers or previously contracted work.

Expires April 30th, 2016



0%

Interest Financing*

**For Qualified Applicants. Ask your Estimator for details.*

Lifetime Warranty On All Whole Roof System Installations



Tourism officials seek Green nominations

Worcester County Tourism is accepting nominations through April 8 for the 5th annual Worcester Green Awards. Worcester Green celebrates excellence in promoting environmentally friendly practices, strategies and products.

“Our county is fortunate to have so many who are dedicated to cultivating a more sustainable tomorrow by instituting best practices today,” Worcester County Tourism Director Lisa Chalenger said.

THINK GREEN

Awards will be granted to Worcester County businesses that demonstrate extraordinary performance related to sustainable environmental practices, such as water conservation, wastewater management, the promotion of alternative transportation and transit, recycling, energy conservation, on-site renewable energy production, use of local products and food sources and the purchase of renewable energy. Nominations are being accepted in the following five categories:

Community Leader- Business Person or Organization - This award will recognize a long term contribution to the environment by an individual, volunteer or an organization. Efforts should engage community building or conservation.

Business - This award will recognize a positive ecological footprint in some or all of these areas: storm water, recycling, sedimentation and erosion controls, construction debris reuse, and energy innovation.

Lodging - This award will recognize a lodging partner who includes some or all of these practices: recycles, use of organic cleaning supplies, reduction of water consumption and use of alternative energy sources.

Restaurant - This award will recognize a restaurant that has made a concerted effort to buy local, recycle, reduce waste and energy consumption and involve staff and community.

Teacher - The recipient of this award will have demonstrated leadership in teaching others about the envi-

ronment.

Applicants will be judged on their overall level of commitment, measurable environmental benefits or progress, cost savings, and customer outreach and engagement. To qualify, applicants must reside or operate businesses in Worcester County. Awards will be announced during the Ocean City Hotel-Motel-Restaurant Association dinner meeting on April 14 in Ocean City.

Last year, the Community Leader award went to Green Team chair Bill Killinger, of the Community Church at Ocean Pines, for instituting a recycling program at the church and hosting highway cleanup projects. Plak That earned the Business award for using power generated with wind energy through a Delmarva Power supplier and utilizing UPS's carbon neutral shipping program, and for participating in the 1% for the Planet program.

The River Gem B&B at The Littleton T. Clarke House in Pocomoke, a Maryland Green Travel Partner, won the Lodging award for serving organic coffee and fresh, local produce and hosting recycling and low energy projects.

The Blacksmith in Berlin received the Restaurant award for serving fresh seafood from West Ocean City and Crisfield, produce from local farmers, bakeries and breweries and utilizing reusable rather than disposable products.

Mendy Stover-Fiori, a first grade teacher at Ocean City Elementary School, won the Teacher award for demonstrating sustainable gardening in the classroom, where they manage a worm farm/compost project and a Trash to Treasure project.

Worcester Green is sponsored by Worcester County Tourism, Comcast Spotlight, OceanCity.com, OC Hotel-Motel-Restaurant Association, and Maryland Green Travel. The purpose of the program is to encourage Worcester County businesses and community leaders to engage in environmentally sustainable practices, learn more about such practices and grow their businesses at the same time.

For more information about the Worcester Green Awards, visit www.visitworcester.org.

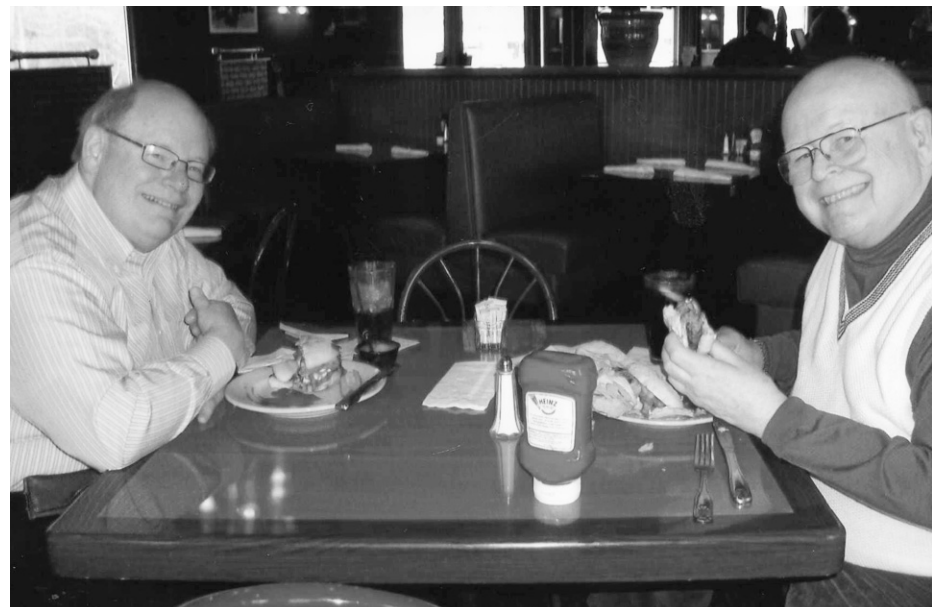


Reading Day - Ocean City Elementary kindergarten students from Christine Lieb's class enjoyed a morning of reading with their parents in celebration of Read Across America Day which is held on Dr. Seuss's Birthday each year.



SDHS students seek communication with Cuba

Stephen Decatur High School Spanish teacher **Brian Phillips** (far right) poses with his Spanish I students after sending a video question to First Lady Michelle Obama, who is initiating communication with Cuban students.



Lunch time - Taking a break to enjoy lunch at Taylor's Restaurant in Ocean Pines on March 14 are (L-R) Treasurer of the Ocean Pines Board **Tom Terry** and President of the Ocean Pines Board **Pat Renaud**. Photo by Anna Foulz.

Living 50 *Plus*

A Special Supplement to

The Courier



Memory loss is not an automatic side effect of aging



No one, regardless of age, is immune to random bouts of memory loss. While misplaced car keys or forgetting items on your grocery list are nothing to get worked up over, many men and women over 50 do start to worry about memory lapses, especially when they start to occur with more frequency than they might have just a few years ago. But while memory loss might be quickly associated with aging, increased forgetfulness is not an inevitable side effect of getting older, a fact that those at or approaching retirement age should find comforting.

When considering the relationship between memory and aging, it's important that men and women recognize the distinction between memory lapses and dementia, as the two are not one and the same. As a person ages, his or her hippocampus, the region of the brain involved in the formation and retrieval of memories, often deteriorates. This can affect how long it takes to learn and recall information. But just because this process is slower does not mean it's a warning sign of dementia, which is the loss of certain mental functions, including memory. Though taking longer to recall information can be frustrating, many people still retain their ability to recall information. In addition, while dementia brought on by conditions such as Alzheimer's disease or Parkinson's disease is untreatable, there are things men and women can do to strengthen their memories and reduce their momentary lapses in memory.

-Start playing games. Games that

test the mind have long been believed to benefit the brain, though some remain skeptical about the true impact of brain games. However, a University of Iowa study funded by the National Institute on Aging found that brain games may in fact pay numerous and long-term dividends. In the study, 681 healthy volunteers over the age of 40 were divided into four groups. One group played computerized crossword puzzles, and three other groups played a brain training video game from Posit Science designed specifically to enhance the speed and accuracy of visual processing. The volunteers showed less decline in visual processing as well as in other tests that measured concentration, memory and the ability to shift quickly between tasks, and the benefits from the training games lasted as long as seven years after training. Brain games are now more accessible than ever before, as players can access such games on their smartphones, tablets, Ereaders, and computers. And in addition to being effective, the games also provide entertainment value.

-Alter your routine. Many working professionals recognize that each day tends to have its mundane moments. The brain can grow accustomed to these moments, which tend to be a routine part of the day. But altering your daily routine can jar the brain awake, forcing it to focus during those times that had become mundane but now present new challenges. Something as simple as alternating driving routes to work from day to day or preparing some new, yet healthy,

breakfast each morning can help the brain stay alert and sharp.

-Become a social butterfly. Maintaining a social life as you age is a great way to keep in touch with friends and family. But there's another reason to continue to be socially engaged. A

Staying socially active after 50 can benefit the brain and even reduce a person's risk of dementia.

2008 study spearheaded by the clinical trials administrative director at Southern California Kaiser Permanente Medical Group and published in the American Journal of Public Health found that older women who maintained large social networks were 26 percent less likely to develop dementia than women with smaller social networks. In addition, those who had daily contact with friends and family cut their

risk of dementia by nearly half. The study also noted that regular social interaction can delay or possibly even prevent cognitive impairment.

-Continue your career. While the idea of retiring poolside and watching the world go by might seem nice, such a scenario is not necessarily good for your brain. Numerous studies have shown the benefits that staying engaged in professional activities can have on brain health. The brain does not thrive if it's sitting on the sideline. Staying active in your career will continue to provide the challenges your brain needs to stay sharp and avoid memory loss and struggles with concentration. Men and women who want to leave office life behind can branch out on their own and work as consultants or put their years of experience to use by teaching at a nearby university or secondary school. But heading off for the hammock once you have hung up your briefcase can prove troublesome for your brain.

The best (and worst) foods for heart health

No one wants to hear from their doctors that they have joined the millions of people across the globe to be diagnosed with heart disease. The Heart Foundation reports that heart disease, which includes diseases of the heart and cardiovascular system and stroke, is the No. 1 cause of death in the United States, affecting both men and women and most racial/ethnic groups. Heart disease also is one of the leading causes of death in Canada, claiming more than 33,000 lives per year.

Many factors contribute to the development of heart disease, including smoking, lack of exercise and stress. Diet and whether a person is overweight or obese also can have a direct link to heart health. Diet, particularly for those with diabetes and poorly controlled blood sugar levels, is a major concern.

A variety of foods are considered helpful for maintaining a strong and healthy heart and cardiovascular system, while others can contribute to conditions that may eventually lead to cardiovascular disease or cardiac arrest. Moderation enables a person to sample a little of everything, but not to

make any one food a habit. The following are some foods to promote heart health and some foods you might want to avoid.

Good

-Tree nuts: Tree nuts contain unsaturated fats that can help lower LDL cholesterol (the bad stuff) and improve HDL (the good stuff). Nuts also are a filling source of protein and other healthy nutrients.

-Whole grains: Whole grains contain complex carbohydrates for energy, as well as protein and fiber. Fiber can help scrub cholesterol from the blood, lowering bad cholesterol levels.

-Fatty fish: Many cold-water, fatty fish, such as halibut, herring and salmon, contain omega-3 fatty acids, which are heart-healthy. Omega-3s also can be found in walnuts, flaxseed and some soy products.

-Beans: Beans and other legumes are an excellent source of protein and can be a stand-in for meats that are high in saturated fat. Beans also contain cholesterol-lowering soluble fiber and folate, which can reduce blood homocystein levels. The Bean Institute

please see foods on page L-6

Starting your second act: *How to choose your next career*

The days when professionals would spend their entire professional lives with a single firm are largely a thing of the past. In fact, many people not only switch companies multiple times before retirement, but some even switch professions before retiring.

people switch jobs or even careers because they find their current careers too demanding, leaving little time for family or hobbies that have nothing to do with work. If what you really want is more time at home or more time to pursue a particular hobby, then keep this in mind when looking for a second career, and make sure that career won't demand too much of your time. For example, if your goal in finding a new career is to get more work-life balance, then starting your own business, which can require long hours at the



Many men and women over 50 have turned their personal passions into successful second careers.

outset and even after the business has established itself, might not be for you. But if what you want is a more challenging career and to be your own boss, then you will likely find the cost of achieving that goal, even if that cost is more demands on your

As exciting as it can be to pursue a new career, men and women over 50 know that such a decision is not without risk. While younger professionals with few obligations can often handle bumps in the road on their way to a second career, older professionals making a similar move often must consider the potential effects such a pursuit might have on their families, finances and futures, including their retirements. But as difficult as it may seem to pursue a second career after your fiftieth birthday, there are steps men and women over 50 can take when pursuing a new career to ensure their second act is as successful as the first.

- Decide what you want, and not just what you want to do. The desire to pursue a second career no doubt stems from more than just dissatisfaction with a current profession. Many

time, is worth it.

-Assess your skill set. Professionals over 50 have lots to offer, but it's still important for such men and women to make an honest assessment of their skill set and find a career in which those skills are transferable. Some men and women might want to pursue a second career that will make little to no use of their skill set, and that's perfectly alright. But extra schooling might be necessary in such situations, and going back to school oftentimes requires a considerable commitment of both time and money. For those who simply want to put their existing skills to use in a different field or environment, assess those skills and look for lines of work in which they figure to be especially valuable. If there are any particular aspects of your current job that you want to avoid in the future, consider that when as-

sessing your skills and choosing a second career. Even if they don't know it, established professionals over 50 have many transferable skills, and such skills can be a considerable asset when pursuing a second career, especially when those skills have been assessed and can be applied to a new profession.

-Make a trial run. Nowhere does it say that professionals can't take a trial run at a second career while still fully engaged in their first career. In fact, testing the waters before you jump in is a good way to gauge your interest in a potential second career and how well your skillset applies to that field. A trial run, which can be conducted by volunteering with a nonprofit organization or through a part-time job or simply offering your services

to a company free of charge in exchange for a chance to learn how the business operates, can shed light on the inner workings of a particular industry, showing you how things work behind the curtain. Testing the waters may reaffirm your belief that a certain line

of work is for you, or it might send you back to the drawing board. Either way, it's valuable experience that may reassure you that whatever decision you ultimately make is the right one.

-Don't go it alone. Switching careers after 50 carries some risk, but it's certainly a risk that many before you have been willing to take. If you know any people, be it a friend, family member or former or even current colleague, who has reinvented themselves professionally, then speak with these people and ask for any advice they might have. If you know you want out of your current career but aren't quite sure of what you want to do next, those who have faced a similar fork in the road may be able to help you narrow down your options. The notion of changing careers is exciting, and you can expect your personal and professional confidantes to share your excitement and be willing to help you in any way they can.

Making a career change after 50 can be a risky yet ultimately rewarding move, especially for those men and women who take a thoughtful approach to finding their second careers.



CONTINUING EDUCATION

WOR-WIC
COMMUNITY COLLEGE

Start Here...Go Anywhere!

Prepare for a new position or gain the skills to take your career to the next level by taking non-credit courses offered by Wor-Wic Community College. Classes are starting soon in:

- Business & Leadership
- Child Care
- Computers & Technology
- Health & Safety
- Hospitality & Culinary
- Industry, Trades & Manufacturing
- Personal Enrichment
- Real Estate
- Transportation

Continuing Education & Workforce Development
www.worwic.edu
(410) 334-2815

Healthy habits to combat stress

Stress has an immediate and potentially long-term effect on the human body. Though it's a natural response to both good and bad experiences, stress, when chronic, can produce a host of negative consequences that greatly diminish one's quality of life.

Combating stress can sometimes be difficult, as the causes of stress are never too far away for many adults. In

its 2015 "Stress in America: Paying with Our Health" survey, the American Psychological Association found that money is the top cause of stress for Americans. The survey was conducted on behalf of the APA by Harris Poll, which asked more than 3,000 participants about their issues with stress. Sixty-four percent said money was a somewhat or very significant

source of stress, and that number was even higher for parents (77 percent). Survey respondents also noted that work is a significant source of stress.

Few adults can imagine a life that does not include financial- or work-related stress. But there are ways to combat stress that can benefit people's long-term health and improve their present-day quality of life.

-Develop a support network. Speaking about problems with trusted friends and family members can be an effective way to combat stress. The APA study found that participants who reported having an emotional support network reported lower stress levels than those who had no such networks to rely on. Try to overcome any reticence you might have about speaking about your stress to a close friend or trusted relative on those days when stress seems overwhelming.

-Get more exercise. Routine exercise is another healthy way to combat stress. According to the Anxiety and Depression Association of America, studies have shown that exercise can reduce fatigue, improve alertness and concentration and enhance overall cognitive function. Those are considerable benefits to people dealing with elevated levels of stress, which can contribute to both physical and mental fatigue and negatively impact one's ability to concentrate. Studies also have shown that regular exercise can decrease tension, which tends to increase as stress levels rise, and elevate and help to stabilize mood, which often decreases as stress levels increase.

-Don't lean on alcohol after stressful days. Many people respond to stressful days by consuming alcohol. While alcohol helps some people forget a stressful day, it also produces psychological and physiological side effects that can compound the effects of the very stress drinkers are looking



to relieve. People who drink to alleviate stress may only be doing more harm with each drink, so find a way to cope with stress that has a more positive impact on both your body and mind than that produced by alcohol.

-Breathe deeply. The American Institute of Stress notes that focused breathing is a relaxation response that stimulates the nervous system and promotes a sense of calmness. Deep breathing can combat stress, lower blood pressure and draw your attention away from those things that are causing your stress. Visit www.stress.org to learn about deep breathing exercises.

Stress is a fact of life for many people. But while stress may be inevitable, it can be overcome.

How to determine if downsizing is for you

As men and women retire or approach retirement age, many opt to downsize their homes. Such a decision can save older adults substantial amounts of money while also liberating them from the hassle of maintaining large homes they no longer need.

Downsizing to smaller homes or apartments is a significant step, one that homeowners should give ample consideration before making their final decisions. The following are a handful of tips to help homeowners determine if downsizing to smaller homes is the right move.

-Get a grip on the real estate market. Downsizing is not solely about money, but it's important that homeowners consider the real estate market before putting their homes up for sale. Speak with a local realtor or your financial advisor about the current state of your real estate market. Downsizing can help homeowners save money on utilities, taxes and mortgage payments, but those savings may be negated if you sell your house in a buyer's market instead of a seller's market. If you think the current market won't get you the price you are hoping for, delay your downsize until the market rebounds.

-Take inventory of what's in your house. Empty nesters often find that their homes are still filled with their children's possessions, even long after those children have entered adulthood and left home. If the storage in your home is dominated by items that belong to your children and not you, then downsizing might be right for you. Tell your children you are thinking of downsizing and invite them over to pick through any items still in your home. Once they have done so and taken what they want, you can host a yard sale, ultimately donating or discarding what you cannot sell. Once all of the items are gone, you may realize that moving into a smaller place is the financially prudent decision.

-Examine your own items as well. Your children's items are likely not the only items taking up space in your home. Take inventory of your own possessions as well, making note of items you can live without and those you want to keep. If the list of items you can live without is extensive, then you probably won't have a problem moving into a smaller home. If you aren't quite ready to say goodbye to many of your possessions, then you might benefit from staying put for a little while longer.

-Consider your retirement lifestyle. If you have already retired or on the verge of retirement and plan to spend lots of time traveling, then downsizing to a smaller home may free up money you can spend on trips. And if you really do see yourself as a silver-haired jetsetter, then you likely won't miss your current home because you won't be home frequently enough to enjoy it. If travel is not high on your retirement to-do list but you have a hobby, such as crafting, restoring classic cars or woodworking, that you hope to turn into a second profession, then you might benefit from staying put and converting your existing space into a workshop.

Many retirees downsize their homes, but this decision requires careful consideration of a variety of factors.

Regaining your work-life balance

Balancing work and family life is a major challenge for many professionals. Many established professionals find it stressful to juggle the demands of successful careers with the obligations they have to their families, and regaining that balance once it has been lost only adds to that stress.

Part of the difficulty of balancing work and family life is that the challenge is ongoing. The threat of losing your work-life balance is never too far away, but there are steps men and women can take to regain that balance once it's been lost.

-Start documenting your activities. No one operates at 100 percent efficiency all the time, but balancing obligations at work with those at home is especially difficult when time is routinely lost to trivial matters or tasks at work that can be delegated to others. These time-consuming tasks have a tendency to add up, but professionals rarely take note of the smaller tasks or distractions that cost them time. Start documenting your activities on a daily basis, jotting down how each hour of your day is spent, both at home and at work. Do this for several weeks, after which time a pattern will likely develop and you can see where you are wasting time and where you are being most efficient with your time. When you sit down to examine

your notes, look for ways to free up time without sacrificing the quality of your work or the quality of time you spend with your family. Don't be afraid to make changes.

- Don't go it alone. Teamwork is important at home and around the office and can help overburdened professionals regain their work-life balance. If you tend to go it alone in the office, reach out to your colleagues more often, seeking their help on projects and offering your help in return. This can drastically cut back on the hours you spend in the office, giving you more quality time at home. But you also can work with your family to free up more time. Assign tasks around the house so you aren't doing chores during the time you do have at home. Split cooking duties with your spouse or even the kids if they're old enough and delegate other household tasks as well. Such tasks can be tackled while you're at work so the family can

spend more time together each night and on weekends.

- Stop emulating Atlas. In Greek mythology Atlas was condemned to standing at the edge of the Earth and holding the weight of Uranus on his shoulders. Many professionals can no doubt empathize with Atlas, even if taking such weight on their shoulders was self-inflicted. Regaining work-life balance may require taking some of that weight off of your shoulders by learning to respectfully decline extra projects around the office or in your personal life. You can still pitch in on special

Delegating more tasks at the office can help established professionals regain their work-life balance.

projects at work without spearheading them, much like you can still spend time with your kids at the ballpark even if you aren't their coach. Cutting back on your obligations is a great way to reduce stress and free up time to focus on the things that mean the most to you.

-Think outside the box. If you have

examined your daily activities and commitments but can't seem to find any ways to regain your work-life balance, start looking for unique ways to make the time you spend at work and the time you spend at home more proportionate. Consider telecommuting one or two days per week to free up time to spend with your family. If moving is an option, consider moving closer to your office so you aren't spending so much time commuting to and from work each day. Even if you have seemingly exhausted all op-



tions, chances are strong there is a solution to help you regain your work-life balance. But sometimes that balance requires a little creativity and some give-and-take with both your employer and your family.

Did you know?

Baby Boomers make up the largest generation of Americans born in United States history. Boomers include anyone born between the years 1946 and 1964, as the number of births began to rise as World War II veterans returned home from battle. The greatest number of Baby Boomers were born in 1957, when numbers peaked at 4,300,00. That equates to roughly 8 children born per minute throughout the year. By 2019, the last of the Baby Boomers, or those born in 1964, will be eligible for many senior benefits offered to people age 55 and up. Ten years later, most will be eligible for retirement.



Office Hours by Appointment

Licensed Real Estate Broker

Over 15 years experience



LAW OFFICES OF
Patricia Cleary, Esquire
"...Your Neighborhood Attorney"

General practice law firm
Emphasis on...

- ≈ Wills, Trusts, Powers of Attorney
- ≈ Guardianships
- ≈ Estate Planning and Probate
- ≈ Real Estate Transactions
- ≈ Small Business Formation/Counsel

240-304-6058

pattyclearylaw.com
pattyclearylaw@gmail.com

Dating trends and tips for those over 50

The first Baby Boomers will be turning 70 in 2016, and this generation remains one of the most influential in the country and around the world. Scores of products and services are now marketed to seniors, many of whom remain as active and socially aware as they were in their youth.

One aspect of senior marketing that is booming is dating and relationship products. Singles age 50 and older are increasingly relying on online dating sites and other methods to find love and companionship. Dating is no longer kids' play, and those who have been away from dating for some time may have to get reacquainted with the process in the modern age.

Consider online dating. Data from Pew Research found one in two divorced or widowed seniors had remarried in 2013, and that trend figures to continue. Many seniors are using online dating sites to find their new matches. While websites geared to dating make it easier to get in touch with fellow singles, the relative anonymity of the process can make it challenging to separate the truth from some self-promoting hype on dating profiles.

Begin by relying on dating sites that have been tested and recommended. One to try is the AARP dating site partnered with How About We. In addition to its simplicity and small financial commitment, the site caters to

the over-50 crowd and is backed by the AARP name. It's good for those looking for an activity partner as well as casual dating. Popular sites Match.com and eHarmony.com also boast high percentages of users age 50 and up.

Finding love again is possible for seniors who get back into the dating scene.

Even after thorough consideration and conversation, online daters should exercise caution when meeting someone online and then in person. Profiles aren't always what they seem, and it's easier to fudge the facts when initiating contact over the Internet.

Keep an open mind. It's easy to be preoccupied with the rigors of being an older adult and the responsibilities that still may rest on your shoulders. Part of the fun of dating when you were young likely had to do with throwing caution to the wind. But some of those same carefree aspects remain true whether you're dating at 17 or at 57. Laughter,

fun, spontaneity, and the chance for some adventure are still the keys to making memorable dates.

Sometimes it's who you know. The old adage of it's "who you know" and not "what you know" is applicable to dating. If you are ready to jump into the dating world again, ask your close friends or family members if they know

anyone who might be in a similar situation.

Taking another stab at dating later in life can be both exciting and nerve-racking, but no matter how long it's been since your last first date, some aspects of dating are the same as ever. Just remember to have fun and don't be afraid to try new things.



foods

from page L-2

reports that consuming beans may reduce cholesterol levels by roughly six to 10 percent.

-Yogurt: Researchers in Japan found yogurt may protect against gum disease. Left untreated, gum disease may elevate a person's risk for heart disease. Yogurt contains good bacteria that can counteract bad bacteria and boost immunity.

-Raisins: Raisins contain antioxidants that may help reduce inflammation. Inflammation is often linked to heart disease and other debilitating conditions. Fresh produce also is a good source of antioxidants.

Poor

-Fried foods: Many fried foods have little nutritional value, as they tend to be high in saturated and trans fats. French fries are particularly bad because they are carbohydrates fried and then doused in salt.



-Sausage: Processed meats have frequently earned a bad reputation among cardiologists, but sausage can be a big offender, due in large part to its high saturated fat content.

-Red meats: Enjoying a steak is probably not as bad as eating a deep-fried brownie, but it's best to limit red meat consumption to about 10 percent or less of your diet. Red meats can have a considerable amount of cholesterol, saturated fat and calories.

-Added sugars: Sugar can increase blood pressure and triglyceride levels. Sugar often hides out in foods that you would not associate with the sweetener. Plus, many people unwittingly consume too much sugar simply through sugar-sweetened beverages and ready-to-eat cereals.

-Salty foods: Leave the salt shaker in the spice cabinet and opt for herbs for flavoring, advises the American Heart Association. High-sodium diets often are to blame for hypertension, a major risk factor for heart disease.

-Dairy: Artery-clogging saturated fat also can be found in dairy products, particularly the full-fat versions. Butter, sour cream and milk can be problematic when people overindulge.

Opt for low-fat dairy when possible.

Making new friends after a move or other life event

Downsizing and other life changes often find seniors leaving their comfort zones to move to new neighborhoods or regions of the country. It can be difficult to leave those comfort zones behind, especially when it means saying goodbye to close friends or family members. Establishing new social circles as a senior can be challenging. But with a little effort and the right attitude, seniors can meet new people and enjoy the excitement that comes with new friendships.

-Join a club. If you have a particular hobby or interest, rekindle it in your new location. Find a local gardening club, church-sponsored organization or fitness



center where you can meet like-minded men and women. Ask the real estate agent who helped you relocate to make suggestions on where to find community information and read community notices in the local newspaper.

-Get a dog. Dogs make great companions inside of the house and also serve as an ice breaker when you are outdoors. Take plenty of walks and take advantage of opportunities for conversation when people come up to you to inquire about your dog. Explain your situation and you may make some new friends along the way.

-Volunteer your time. Many people make new friends through volunteering. Volunteer and you're likely to meet people who share the same interests as you. Sign up with a favorite charity or volunteer at nonprofit events and look for famil-

iar faces. Start talking to those people you meet again and again.

-Participate in church events. Places of religious worship are often cornerstones of a community, and they frequently host different events to get parishioners or members together. Read the bulletin and get involved in pot lucks, retreats, movie nights, and other church-sponsored events.

-Work at a school. Schools also serve as hubs of community activity. Volunteer or work for a local school and you will soon find yourself immersed in your community's week-day hustle and bustle. This is a great way to meet people and learn more about your new neighborhood in the process.

-Host your own party. Go out on a limb and plan a "new to the neighborhood" party. Put invitations in neighbors' mailboxes and invite everyone over for snacks and cocktails. Remember, neighbors may be just as nervous about new faces as you are, and a party is a great way to break the ice.

Change can be hard for people seniors starting out in new communities. With some gumption and a few strategies to get started, anyone can expand their circle of friends.



OVER 75 YEARS of combined experience in the Financial Services Industry



Caroline N. Anthony
Client Service Associate

Andrea L. Hastings
Professional Plan Consultant™
Investment Advisor Representative

Phyllis R. Mitchell
CERTIFIED FINANCIAL PLANNER™
Investment Advisor Representative

Julie A. Daum
Financial Planning Assistant

OUR MISSION, YOUR SUCCESS ...

As an independent financial planning and investment firm with over 75 years of combined experience in the Financial Services Industry, we believe that all individuals and businesses should have access to competent, affordable advice. Our practice is built on a foundation of service, integrity, independence and trust, serving clients of all financial and income levels.

410.213.2150

MITCHELLANDHASTINGS.COM

9927 Stephen Decatur Highway, Suite 18, West Ocean City, MD 21811

Securities and advisory services offered through National Planning Corporation (NPC), Member FINRA/SIPC, a Registered Investment Advisor. M and H, Phyllis R. Mitchell Financial Services, Inc. and NPC are separate and unrelated companies.

Accepting New Patients!



Brandi Musselman, MD
Gynecology/Women's Health

- Offering office-based minor procedures.
- Fellowship trained in minimally invasive gynecologic surgery.
- Family planning & birth control
- Screening for malignancies
- Treating gynecologic conditions including:

*menstrual disorders
postmenopausal bleeding
pelvic pain
endometriosis
ectopic pregnancy*

To make an appointment please call **302-524-5007.**



Atlantic General Women's Health

38394 Dupont Highway • Suite H • Selbyville, DE

It's better at the beach



Sand in your Shoes and Money in your Pocket!

Ocean City and Assateague Island, with its world-famous wild ponies, are just minutes away. But natural wonders are only some of the many reasons you'll love life at Gull Creek. Enjoy the relaxed, affordable lifestyle of the Eastern Shore. Spacious apartments, all-day dining, engaging activities, and when assistance is needed, we have programs in place such as our Treasure Cove Memory Care ready to step in.

For a tour or more information, call 844-846-4352 today.

Join us for one of our special Open House events
Wednesdays from 2:00 pm until 4:00 pm



Gull creek
A Senior Living Community

One Meadow St. | Berlin, MD 21811
Toll Free: 844-846-4352
www.gullcreek.com

Senior Living on Maryland's Eastern Shore.



Event to benefit Coastal Hospice

The annual Taste of Finer Things, a “pearing” of fine food and fine wine from 17 local chefs, will take place on Wednesday, April 20 at 6:30 p.m. at Harrison’s Harbor Watch in Ocean City, and reservations are now being accepted. The event benefits the campaign to build Coastal Hospice at the Ocean.

Participating restaurants include Atlantic Hotel, Barn 34, Bonfire, Captain’s Table, Crabs to Go, Desserts by Rita, Embers/BLU, Harrison’s Harbor Watch, Hooked, Ky West, Longboard Café, Wasabi, Seacrets, Sunset Grille, Sweet Disposition, Touch of Italy and Wockenfuss.

Lauren Glick and Mike Armstrong will provide entertainment.

“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 Coastal Hospice at the Ocean, a hospice residence and outreach center coming to Worcester County. Over the years, Taste of Finer Things has raised more than \$126,000 to fund the campaign to build Coastal Hospice at the Ocean.

Reservations are \$95 per person and can be made at CoastalHospice.org. The event is typically a sell-out, so early reservations are encouraged.

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.



Retired Ocean Pines nurses present donation

The Retired Nurses of Ocean Pines recently presented a check for \$1,000 to Colleen Wareing, vice president of Patient Care Services at Atlantic General Hospital, benefiting the James G. and Nancy W. Barrett Nursing Scholarship Program. The Retired Nurses of Ocean Pines have generously contributed a total of \$8,000 to Atlantic General Hospital’s nursing scholarship program since 2008.

Photo caption: From left to right – **Ellen Yannuzzi**, president of Retired Nurses of Ocean Pines; **Colleen Wareing**, vice president of Patient Care Services at Atlantic General Hospital; **Joyce Brittan**, treasurer; **Jean Beatty**, secretary; and, **Elaine Gilgenast**, vice president of Retired Nurses of Ocean Pines.

Gifted student courses offered at Wor-Wic

Parents of gifted and talented children entering the third through ninth grades in the fall of 2016 can register their children for Summer Scholars courses being offered at Wor-Wic Community College this summer.

New courses being offered this summer include “Crazy, Creepy, Crawling Critters,” “Dino Sleuths,” “Dudes That Dared,” “Game On - One in a Million,” “Girls with Gusto,” “Grossology,” “Passage to Egypt,” “LEGOs Mania” and “Make Your First Website - Google Sites.” Other courses focus on 3-D printing, art, chemistry, computer repair, cooking, geocaching, Google Earth, robotics, photography, Star Wars science, stop motion video, veterinary science and writing.

“Each year, our number of students grows,” said Jill Heathfield, director of continuing education and workforce development at Wor-Wic. “The kids tell us how great their experiences were and the parents thank us for engaging their kids’ minds and motivating them to start school with a positive attitude.”

The one-week courses are offered

on campus Monday through Friday, beginning July 11 and ending August 5. 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 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 June 1. For more information, visit www.worwic.edu/SummerScholars or call 410-334-2815.

opa

from page 3

deciding to discuss the project in more detail and make decisions in the near future.

The next project involves improvements to the Beach Club bathrooms. “We’re looking into two different improvement options: renovations of the current facility or constructing a stand-alone facility,” said Thompson. The first draft of the request for proposal (RFP) is now complete. It is being reviewed, revised, and finalized. Recommendations will be provided to the board by July 12, and the board will consider the recommendations at the July 28 board meeting. The projected start date for the project is October 1.

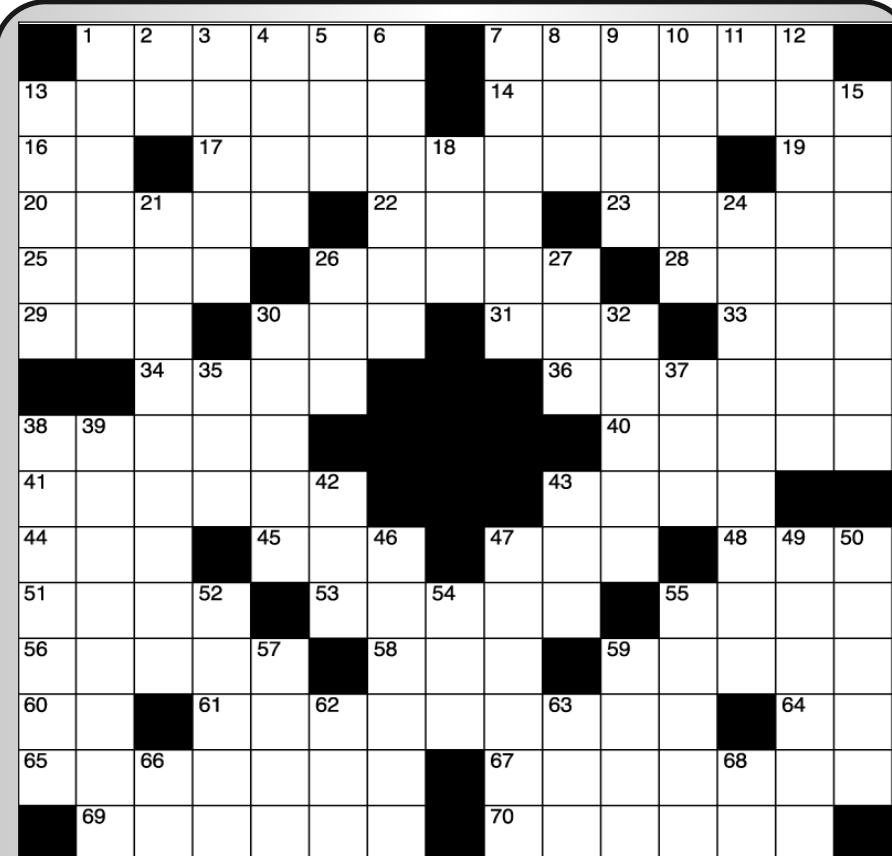
Thompson finished his report with updates on other projects underway in Ocean Pines, including bridge repairs and the reserve study. The RFP for the bridge repair projects was released on March 1, and proposals are due on March 30. Contractors are expected to begin working on the bridges after Labor Day. Thompson also announced that OPA has a meeting set with the Design Management Association on April 11 to discuss the reserve study.

Following the General Manager’s report, CPI violations for the month of March were discussed. 11 Garrett Drive was the only one for the month as a result of a shed on the property with no permit. Thompson recommended that the violation be sent to the attorney for action, and the board approved.

The meeting concluded as the board approved motions on two orders of old business. The first motion was submitted by Cordwell to rescind a motion from 2014. The original motion, in reference to controlling the non-migratory geese population, instructed the administration to create a “no-mow” area around ponds. The new motion would give the administration the authority to remove the “no mow” areas and clean up around the ponds.

The second motion that was approved by the board was submitted by board member Tom Terry for acceptance of F-01 for first reading. The board of directors accepted the revised F-01 for a second reading and final approval.

Lastly, Vice President Cheryl Jacobs announced that the board approved the White Horse Park bathrooms motion that was postponed in last month’s board meeting. The board had agreed to vote on it via email, and the motion passed on March 3. Five board members approved the motion, Dave Stevens rejected it and Jack Collins abstained.



- ACROSS**
- 1. Listen again
 - 7. Expressed sentiments
 - 13. Membrane
 - 14. Pelvic areas
 - 16. Blood type
 - 17. Vacated
 - 19. Fullback
 - 20. Nissan's tiny car
 - 22. Be able to
 - 23. Outcast
 - 25. Day laborer
 - 26. Greek prophethess
 - 28. Soluble ribonucleic acid
 - 29. Sirius
 - Satellite Radio
 - 30. Actor Josh
 - 31. A way to clean
 - 33. Left
 - 34. Compensated
 - 36. Member of U.S. Navy
 - 38. Reject
 - 40. Group of notes sounded together
 - 41. Christian holiday
 - 43. European river
 - 44. Female hip hop group
 - 45. Score
 - 47. Moved
- DOWN**
- 1. Animal disease
 - 2. Typographical space
 - 3. Sports-caster Chick
 - 4. Italian Island
 - 5. Cooked in a specific style
 - 6. Smelling or tasting unpleasant
 - 7. Name
 - 8. Adult male
- fast
 - 48. Chronicles (abbr. Biblical)
 - 51. Type of tie
 - 53. Indicates silence
 - 55. Asian people
 - 56. Pearl Jam bassist Jeff
 - 58. Western U.S. time zone
 - 59. Signs rockers
 - 60. Confidential informant
 - 61. Lawyer
 - 64. Overdose
 - 65. Football equipment
 - 67. Governments
 - 69. Branch of physics
 - 70. Makes happy
- humans
 - 9. Pitcher
 - Hershiser
 - 10. Pat Conroy novel
 - Prince of ___
 - 11. ___ route
 - 12. Protects the goal
 - 13. Furnishings
 - 15. Scraped
 - 18. Apply with quick strokes
 - 21. Blood cell
 - 24. Nose
 - 26. Doleful
 - 27. ___ Angels
 - 30. Fruit tree
 - 32. Smooth brown oval nut
 - 35. Works produced by
 - skill and imagination
 - 37. Satisfaction
 - 38. Reversal
- 39. Tan-colored horse
 - 42. Tell on
 - 43. Pitcher
 - Latos
 - 46. Fast-flowing part of river
 - 47. Hang up
 - 49. Rings
 - 50. Lead from one place to another
 - 52. Beginning
 - 54. Reciprocal of a sine
 - 55. Worth
 - 57. Indian hat
 - 59. Cloak
 - 62. Resinous secretion of insects
 - 63. ___ Aviv, Israel
 - 66. European Parliament
 - 68. Of I



Answers for Mar 23

WCAC offers Community Arts Development grants

The Worcester County Arts Council Grants Review Committee is seeking applicants for local art projects to be held in Worcester County between July 1, 2016 and December 31. Organizations holding art projects and activities year-around or in both of the six month periods (July 1 – December 31 and January 1 – June 30) may request grants which cover the entire fiscal year of July 2016 through the following June of 2017.

Proposed project must be sponsored or presented by incorporated in Maryland not-for-profit, tax-exempt organization and be open to the public. Grant amount requested must be matched one-for-one by organization funds. Last fiscal year the Arts Council awarded more than \$20,000 to local organizations thru this program.

Funding will support a wide variety of creative and innovative projects that are of outstanding artistic quality and demonstrate community benefit enhancing the lives of everyone living and visiting the Worcester County.

Applications must be received no later than 2 p.m. on April 15 at the Arts Council's office located at 6 Jefferson Street in Berlin. Application forms and guidelines are available on the Arts Council's website: www.worcestercountycouncil.org.

The Worcester County Arts Council's Community Arts Development Grants program is designed to assist local community based groups produce and present arts activities in Worcester County and is funded and supported by the Maryland State Arts Council.

For further information or assistance, please call Anna Mullis, Executive Director of WCAC at: 410-641-0809 or e-mail: anna@worcestercountyartscouncil.org.

Stop smoking classes offered

Take a breath of fresh air this spring and quit tobacco. The Worcester County Health Department is committed to helping smokers establish new behavior patterns that lead to a tobacco free lifestyle. Join one of the free smoking cessation group classes that are available throughout Worcester County starting in April.

Professionally trained instructors will lead classes and help participants develop customized plans to stop smoking. Courses cover topics such as stress management, weight control, relapse prevention and more. Vouchers are available for nicotine replacement therapy like the patch, gum, lozenges or to offset the cost of CHANTIX for those who qualify.

Classes will be held at the following locations:

- Berlin Health Center, 9730 Healthway Drive, Tuesdays from 5-6 pm, April 5, 2016-June 21, 2016.

- Pocomoke Health Center, 400 A-Walnut Street, Thursdays from 5-6 pm, April 7-June 23, 2016.

A "Motivation to Quit" class will be held on Tuesday, April 5 from 5-6 pm at the Berlin Health Center and on Thursday, April 7 from 5-6 pm at the Pocomoke Health Center. Interested parties can register at these sessions, or by calling the Worcester County Health Department at 410-632-0056.

Kiwanis to hold wine tasting

Kiwanis will hold its "Touch of Class" Wine Tasting and Auction fundraiser on April 1 from 4 p.m. to 7 p.m. in the Ocean Pines Community Center. Donation is \$15 each and attendees must be 21 or older. Call 443-547-4865 for tickets. See www.kiwanisofopoc.org for information.

Bunting, Bertino to hold joint budget meeting

Worcester County Commissioners Jim Bunting (District 6) and Chip Bertino (District 5) will hold a joint Town Meeting on Thursday, April 14 at the Ocean Pines library to discuss the Fiscal 2017 Worcester County budget. The meeting, which will begin at 6:30 p.m., will include a presentation of the budget by the county finance team. The proposed FY17 budget includes general fund revenues or \$187.4 million. Requested operating expenditures are \$193.9 million, leaving a shortfall of \$6.5 million which must be reconciled either by reductions in expenditures, additional revenues or a combination of the two.

What to know about sharing a bed with pets

Pets provide companionship for thousands of people around the world, so it is understandable that

stress, which may translate into better sleep for their owners. Some people find that

the rhythmic breathing of dogs or cats can help lull them to sleep.

-Con: Possible transmission of illness or zoonotic agents. Snuggling so close to a pet may put people at risk of acquiring illnesses that are transmitted from animal to human. In the past, MRSA skin infections and H1N1 influenza have



pet owners want to be around their companion animals as much as possible, with many even welcoming them into their beds.

According to PetMd, an online animal healthcare resource, around 80 percent of pet owners allow pets to share beds with human family members. Data from the American Pet Products Association has found at least half of all pet parents allow pets to sleep with them every night. Whether this is safe, healthy or wise is a matter of debate.

There are pros and cons to sharing a bed with pets. Understanding those pros and cons can help pet owners make more informed decisions.

- Pro: Get into a relaxed state. Companion animals can help relieve

been transferred from pets to people.

-Pro: Pets are warm. If the goal

is to get cozy under the covers, animals can provide a little extra warmth, as their body temperatures run a few degrees warmer than their owners'.

-Con: An extra body in bed can disturb sleep. Just as individuals may have trouble with a spouse or a child being in the bed next to them, pets can bring about the same disturbances. In a study from the Mayo Clinic Sleep Disorders Center, 53 percent of those pet owners surveyed said their pets disturbed their sleep in some way each night. Dogs that snore and cats that chase "prey" around the room can disturb their owners' sleep.

-Pro: A deeper connection forms between pet and owner. Many pets like to be around their owners because it gives them reassurance and comfort that they are loved. Animals that were rescued or are anxiety prone may be especially comforted by snuggling in bed with their owners. Happy pets often make for happy owners.

-Con: It may cause behavioral problems. Dogs in particular may mistake sleeping in their owners' beds as a sign of dominance. Some veterinarians suggest puppies that are more prone to issues with aggression may fully develop these behaviors if allowed to sleep with humans. At the very least, it is advisable to wait until dogs are trained and exhibiting good behavior for extended periods of time before allowing them to sleep in their owners' beds.

-Pro: It is a sign of trust. According to Victoria Stilwell, an internationally renowned dog trainer, dogs only sleep with the people or dogs they trust. Therefore, dogs who like sleeping with their owners are exhibiting trust and recognizing the same from their owners.

Whether or not to allow dogs or cats to share personal spaces like beds is a decision pet owners have to make. It should be based on safety, comfort and mutual agreement with any other bed partners.

PRMC offers basic chaplain course

Peninsula Regional Medical Center is offering a program for training community clergy and lay persons in the tools needed for effective ministry to the sick. The program is built around 10 weeks of clinical and classroom learning, beginning Wednesday, April 20 from 6 p.m. to 9 p.m., and meeting each Wednesday through June 22.

Classes are taught by Chaplain Jana Long. The initial meeting will focus on introductions/orientation to the Medical Center. Consecutive meetings will include lectures and presentations. There is also a 20-hour

patient visitation experience in addition to the 30 hours of classroom time. The course includes required readings as well as some written assignments.

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

To enroll in the program, those interested may obtain a packet at the Volunteer Office at PRMC or from the hospital website (www.peninsula.org)

in the Community section. Application forms must be mailed in or returned to the PLUS Volunteers office; please check "Basic Chaplain Program" on the form. If selected, you'll be contacted by PRMC inviting you to join the class.

There is a fee of \$100 for the 10-week program which covers handouts, textbooks, snacks and a graduation meal.

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

STEVEN W. RAKOW

Attorney at Law

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

- President, Worcester County Bar Association
- Former Assistant State's Attorney, Worcester County
- Retired Marine Officer • 19 Years Legal Experience

410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

All Major Credit Cards Accepted

Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., March 31	1:32 a.m. 1:58 p.m.	8:02 a.m. 8:09 p.m.	6:46 a.m.	7:23 p.m.
Fri., April 1	2:32 a.m. 2:59 p.m.	8:59 a.m. 9:09 p.m.	6:44 a.m.	7:24 p.m.
Sat., April 2	3:34 a.m. 4:01 p.m.	9:57 a.m. 10:10 p.m.	6:44 a.m.	7:25 p.m.
Sun., April 3	4:33 a.m. 4:58 p.m.	10:54 a.m. 11:10 p.m.	6:41 a.m.	7:26 p.m.
Mon., April 4	5:29 a.m. 5:52 p.m.	11:48 a.m.	6:40 a.m.	7:27 p.m.
Tues., April 5	6:22 a.m. 6:44 p.m.	12:09 a.m. 12:39 p.m.	6:38 a.m.	7:28 p.m.
Wed., April 6	7:13 a.m. 7:36 p.m.	1:04 a.m. 1:28 p.m.	6:37 a.m.	7:29 p.m.

Explaining the terms listed on window stickers

Buying a new car can be both exciting and confusing. The automotive industry, including manufacturers, dealerships and salespeople, have their own unique lingo, and buyers may not always understand some of the terms they hear as they shop for a new car.

Anyone who has ever visited a new car dealership has probably glanced at a new car sticker and felt like something has been lost in translation. Such stickers hang prominently in the windows of all new cars on the lot, but reading them can be akin to reading a complicated legal document. Drivers about to begin their searches for new vehicles may benefit from learning the following terms they might see when reading window stickers at their local auto dealerships.

- Vehicle description: This is typi-

cally at the top left or right of the sticker and it includes information about the vehicle you are looking at. This includes the type of engine and transmission, the interior and exterior colors, the make and model of the vehicle, and its passenger capacity.

- Destination charge: Drivers who have passed auto transport trucks hauling new automobiles on the highway might

not know it, but if they ever bought a new vehicle, chances are they helped to pay for the trip those cars made from the manufacturing plant to the dealership lot. That is because window stickers typically list a destination charge, which is the fee buyers pay to get the vehicle from the plant to the dealership. This might be listed as "Destination & Delivery" on the sticker.

-Fuel economy: Many buyers understand this term when they see it,

but they might not know that the figure listed next to fuel economy, which is an estimate of how many miles per gallon a given vehicle gets in the city and on the highway, is determined by the United States Environmental Protection Agency.

-MSRP: The MSRP, or manufacturer suggested retail price, is the price of the vehicle before any additional charges, including destination charges, are added in.

-Standard equipment: On a window sticker, the basic items the vehicle is equipped with are listed as the standard equipment. This can include a number of items, such as AM/FM radio and heating and cooling systems. The standard equipment listed on the sticker is often broken down into categories, including exterior, interior, safety/security and warranty information.

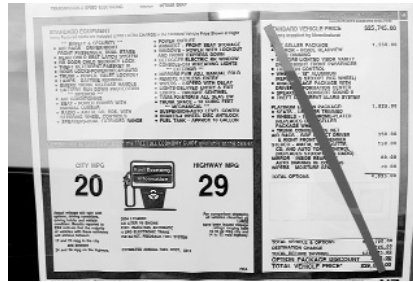
-Optional equipment: The special features available, such as leather interior and heated seats, will be listed separately in this category. These features

may only be available as part of bundled packages, though some manufacturers allow buyers to add them a la carte.

-Total retail price: The total retail price includes the MSRP and the standard and optional equipment, but it does not include taxes or registration and title fees.

-Safety ratings: Safety ratings also are included on vehicle stickers, and these can shed light on how the National Highway Traffic Safety Administration has rated a given vehicle if it has tested that car or truck. If you are unsure of what those terms mean or if the safety ratings are not listed (the NHTSA does not test every new model every year), visit the Insurance Institute for High Safety website at www.iihs.org.

Prospective car buyers may not give new vehicle window stickers more than a passing glance, but these stickers are invaluable sources of information that can shed a great deal of light on a given vehicle and its costs and features.



CLASSIFIEDS

Display Ads: \$15 per column inch Deadline: 5 p.m. Friday Prepayment required. Cash or check accepted



410-641-6695 Fax 410-641-6688 P.O. Box 1326 Ocean Pines, MD 21811

ANNOUNCEMENTS

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-800-758-2204

Acorn Stairlifts. The AFFORDABLE solution to your stairs! **Limited time -\$250 Off Your Stairlift Purchase! ** Buy Direct & SAVE. Please call 1-800-410-7127 for FREE DVD and brochure.

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-800-895-7416

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-208-6915 to start your application today!

ANNOUNCEMENTS

Switch to DIRECTV and get a \$100 Gift Card. FREE Whole-Home Genie HD/DVR upgrade. Starting at \$19.99/mo. New Customers Only. Don't settle for cable. Call Now 800-530-1453

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-419-3684

Life Alert. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 1-800-746-0979

Attention Small Businesses: Simplify Your Payroll & Taxes with Paychex! New customers receive one month of payroll processing free! Receive a Free Quote! Call 800-805-0164

BUSINESS TO BUSINESS

Advertise to 500,000 Homes with a business card size ad. You choose the area of coverage in free community papers...we do the rest. Call 800-450-7227 or visit macnetonline.com

EMPLOYMENT

US POSTAL SERVICE Now Hiring. 1-800-282-1185 \$21/hr avg. w/Fed. Ben. incl. to start. FT/PT. Not affiliated w/USPS.

EVENTS

Holding a Carnival! Fair! Festival! Jubilee! Promote it to over 1 Million readers for only \$200!!! Visit www.midatlanticevents.net for more details or call 800-450-7227.

FOR SALE

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-906-3115 for \$750 Off

Closeout Ply-Gem Single Hung Aluminum window with Nail Fin for Pole Building Etc, Low-E: 24"x36", 32"x36", 32x44, 32x52, 32x60, 36x36, 36x48, 36x52, 36x60, some with grits. \$79 ea. 717-445-5222

YOU'VE GOT IT.

Somebody else wants it!

Sell it in the Classifieds!

410-641-6695

Lots & Acreage

HANDYMAN FARMHOUSE!
5 acres - Trout Stream - \$69,900
Country 3 BR house, stream, fields, views, beautiful Catskill Mountain Setting!
Call (888) 738-6994
NewYorkLandandLakes.com

LENDER ORDERED FARM SALE!
CATSKILL MTNS!
39 acres - was 119,900 NOW \$99,900
Fields, woods, apple trees, valley views, stonewalls, ATV trails! 3 hrs NY City! Terms avail. (866) 495-8733
NewYorkLandandLakes.com

MOUNTAIN GETAWAY!
5 acres - \$39,900
Jaw dropping views, fields, stonewalls, southern exposure, less than 3 hrs from the GW Bridge!
Call 888-431-7214
NewYorkLandandLakes.com

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

Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to thecourier@delmarvacourier.com

Mondays

Ocean Pines Poker Club

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

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Mon. & Tues.

Sanctioned Duplicate Bridge

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

Mon., Wed. & Sat.

Church Thrift Shop

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

Tuesdays

Families Anonymous

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

Take off Pounds Sensibly Meeting. Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: jean-duck47@gmail.com

Tuesdays and Thursdays

Poker players wanted for Gentlemen's Poker in North Gate

area Ocean Pines. Game played every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesdays

Kiwanis Club Meeting

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

Elks Bingo

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

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahanddancing.com

Rotary Club

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

Square Dancing

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

AL-Anon/OP-West OC-Berlin

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

Wed., Thurs., Fri. & Sat.

Church Thrift Shop

The Shepherd's Nook at Community Church at Ocean Pines is open 9 a.m. to 1 p.m. Call 410-641-5433.

Diakonia Thrift Shop

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at

Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

Thursdays

Story Time

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

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

Legion Bingo

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

Gamblers Anonymous

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

Fridays

Knights of Columbus Bingo

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



e-subscribe **FREE** to *The Courier* and get it delivered to your computer each week!

delmarvacourier.com

AARP to meet Monday

Next meeting for AARP will be April 4 at the Community Center in Ocean Pines. Social time will be at 9:30 a.m. and the meeting starts at 10 a.m. This month's speaker will be Tom Bickerstaff of Rotary Club International. Canned food donations are being collected for Diakonia's pantry.

PRMC offers diabetes classes

Peninsula Regional Medical Center is sponsoring Wednesday evening and Thursday afternoon diabetes education class sessions start to discuss healthy eating, activity, monitoring, medications, healthy coping, risk reduction and other self-management skills to help assist with diabetes control.

The evening class session will meet at the Medical Center on five consecutive Wednesdays from 6:30 to 8:30 p.m. beginning April 6. The afternoon class session will meet at the Medical Center on five consecutive Thursdays from 1:00 to 3:00 p.m. beginning April 7. All classes are taught by certified diabetes educators.

Registration is required. The cost of the five-week program may be reimbursed by your insurance or Medicare. For more information or to register, please call the Peninsula Regional Diabetes Education Program at 410-543-7061.

The Courier



Subscribe free to the digital Courier at delmarvacourier.com

Like Us On Facebook at [The Courier on Delmarva](#)

Service DIRECTORY

To place your business card call
410-641-6695



ATTORNEYS

LAW OFFICES OF
Patricia Cleary, Esquire
240-304-6058
www.pattyclearylaw.com

Wills, Trusts,
Powers of Attorney
Real Estate
Small Business Counsel/Advising

Michael B. Mathers, P.A.
Estates, Trusts & Elder Law
410-208-3331
mike@mbmatherslaw.com
www.mbmatherslaw.com

STEVEN W. RAKOW
Attorney at Law
410-600-3075
STEVE@STEVERAKOWLAW.COM
www.STEVERAKOWLAW.COM

COMPUTERS

Card's Computers Inc.
Contact us Today
(410) 208-3933
For your FREE Network Assessment

Visit Our NEW Location!
11004 Manklin Meadows Lane - Unit 1
Ocean Pines, MD 21811
www.cardscomputers.com

- IT Consulting
- Network Administration
- 24/7 Monitoring
- Complete Backup Solutions

We run your network... So you can run your business.®

DENTISTRY

Gerard Ott, D.M.D., PA
1 Pitts Street
Berlin, Maryland 21811
(410) 641-3490

DePalma Dental, LLC
Michael DePalma, D.D.S.
Errin DePalma, D.D.S.
500 Franklin Avenue, Unit 3
Berlin, Maryland 21811
Phone: 410-641-3222
www.depalmadental.com

ELECTRICIAN

Waterfront Electrical Service • Hot Tubs & Spas
Residential • Commercial • Interior & Exterior Lighting
Service Upgrades • Phone/Data/TV Lines • Ceiling Fans
J.T. Novak, LLC
Electrical Contracting
Prompt Service at Reasonable Rates
P.O. Box 1464 Phone: 410-208-3052
Berlin, MD 21811 Mobile: 443-235-5544
Master Electrician MD • VA • DE • PA

HOME IMPROVEMENT

PAUL'S HOME IMPROVEMENTS
All phases of home improvements
No job too small - No job too large
Handyman Home Services
Over 35 years experience
410-641-7548
Free Estimates
MHIC #83501

PHARMACY

Free Local Prescription Delivery
314 Franklin Ave.
Berlin
410-641-3130

APPLE DISCOUNT DRUGS

POWER WASHING

ROYAL POWER WASHING
Decks Siding Walkways
Boats Roofs
Decks stained & sealed
FREE ESTIMATES
Clifford Rosen/Owner
410-641-5756

"We Can Powerwash Anything!"
Commercial Residential
Licensed Insured
www.royalpowerwash.com

The Courier
Your business card ad could be **HERE** for as little as
\$13 a week!
410-641-6695

Place your business card
410-641-6695

RENTALS

Do you need to rent a ...?
Just Ask RENTAL ✓
The Adkins Company
11048 Cathell Rd.
Ocean Pines, MD 21811
410-641-5420
Contractor DIY Landscaping Party/Event Moving/Shipping

TITLE SERVICES

ACQUEST TITLE SERVICES INC
Gwen Cordner
President
9748 Stephen Decatur Highway, Unit 113
Ocean City, Maryland 21842
410-213-7741 / 410-213-7742 fax
email AcquestTitle@comcast.net / Acquest-Title.com

WRITING SERVICES

Publishing, Memoirs & More!
TIMEFLYS
Jean Marx
443-880-0045
jmarx.timeflies@gmail.com
www.timeflybooks.com

Living 50 PLUS
Senior Spending is on RISE!
Statistics show that the 55 to 64 year-old age group spends more than the average consumer in virtually every category, including restaurant dining, entertainment, home furnishings and personal care. Target your advertising to the booming population of baby boomers and beyond with the advertising in Living 50 Plus.

Call now to advertise in
The Courier
Living 50 Plus
410-641-6695

Art League scholarship deadline nears

The Art League of Ocean City is offering \$1,000 scholarships to high school seniors who plan to pursue a college degree in the visual arts. The Art League invites art students who are residents of Worcester County to apply by April 8.

Graduating seniors who attend public or private high schools as well as homeschoolers are eligible to apply. Also eligible are past recipients of Art League scholarships who are continuing to pursue a visual arts degree at an accredited college and have achieved a

3.0 or higher grade point average.

The Art League will award up to five \$1,000 visual arts scholarships based on talent, recommendations, citizenship, scholarship, academic awards, extracurricular activities, motivation and skill.

Applicants must complete an application, available on-line at artleagueofoceancity.org > scholarships, and submit it their school's guidance counselor or directly to the Art League of Ocean City by April 8. Three digital images of the student's

artwork, two letters of recommendation, and an official school transcript must accompany the application.

The Art League has been awarding scholarships since 1991 to local students seeking a college degree in visual arts. The scholarships are funded by contributions from the Art League as well as from the Katherine Ellen Brown Fund administered by the Community Foundation of the Eastern Shore.

The Art League of Ocean City is a

nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League and supported by memberships, corporate and civic funding, donations and sales of art. More information is available at 410-524-9433 or artleagueofoceancity.org.



Obituaries

Katherine Lee Muncy

Katherine Lee Muncy died February 25, 2016 at Fairfax INOVA hospital from complications due to a fall. She was born in Houston, TX but moved at an early age to Long Beach, CA.



Katherine Muncy

She graduated with the Woodrow Wilson High School Class of 1952. She obtained her Master's degree in education at California State University, Long Beach. She taught elementary education in the Long Beach Unified School system for 12 years; at the Arlington County Public Schools, Virginia for one year and at the International School, Yokohama, Japan for one year. Following her return to the Washington, DC area in 1974, she sold residential real estate in Montgomery County for 25 years.

Kathy is survived by her husband Bill of 47 years, a daughter, Joanne Cembrook, a son, Christopher Muncy, six grandchildren, and two great-grandchildren. She was preceded in death by her grandson, James, a SGT USMC, who was killed in Iraq on April 30, 2009. Kathy was of the opinion that her family was her greatest accomplishment. She was a member of the General Levin Winder Chapter and the Kectoctin Chapter of the National Society of the Daughters of the American Revolution. Her interests included travel, duplicate bridge, ancestry research and music. In retirement, Bill and Kathy Muncy lived in Worcester County at The Parke at Ocean Pines for 11 years where Kathy volunteered in numerous organizations at the community and county levels.

There will not be a funeral service but

there will be an internment at Arlington National Cemetery, date to be announced. In lieu of flowers, contributions may be made to the Gold Star Tree Hero Project, an organization that was started by the family in James' honor to give assistance to returning injured veterans. The Gold Star Tree Hero Project address is 16 Jackson Ave, Round Hill VA 20141.



1619 Mercers Way
4 Beds/4 Bath, 2538 Sq. Ft.
Ocean Pines
Reduced to \$459,900

Home with Apartment for Parents

Charming 3-4 bedroom Colonial for multigenerations has separate 1-bedroom apartment over the huge garage. First-floor master & office. Quality construction, extras and detail. Hardwood. Fresh paint in living area. Private lot in Colonial Village of beautiful homes at Mumford's Landing adjoins protected wooded area. Walk to Yacht Club, Marina and 2 pools. don't miss this one! Call Janet for an appointment today. Reduced to \$459,900. MLS# #: 501411



Janet B. Morse
REALTOR®


BERKSHIRE HATHAWAY
HomeServices
PenFed Realty

Cell: 410.726.3996 Office: 410.208.3500
Fax: 410.208.3501
Email: opjanet@mchsi.com
11001 Manklin Meadows Ln. Berlin, MD 21811

© 2015 BHH Affiliates, LLC. An independently owned and operated broker member of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Used under license with no other affiliation with Berkshire Hathaway. Equal Housing Opportunity. Berkshire Hathaway HomeServices PenFed Realty is independently owned and operated member of BHH Affiliates, LLC. PenFed membership is not required to conduct business with Berkshire Hathaway HomeServices PenFed Realty.

SANDPIPER ENERGY

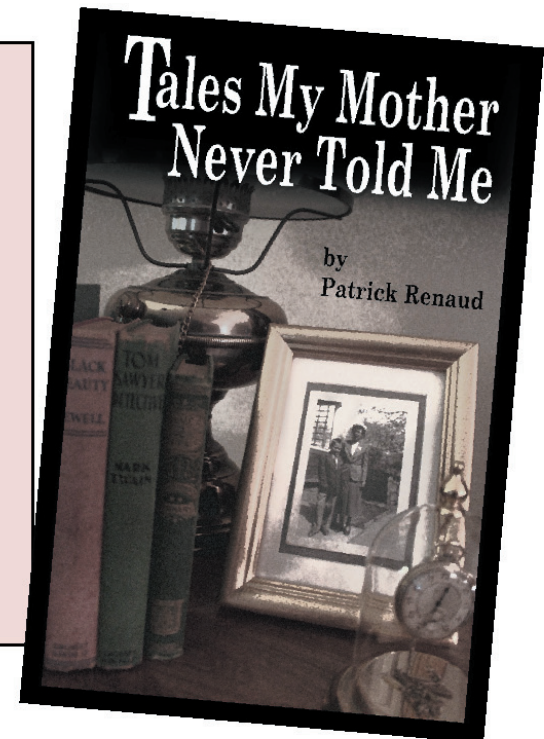
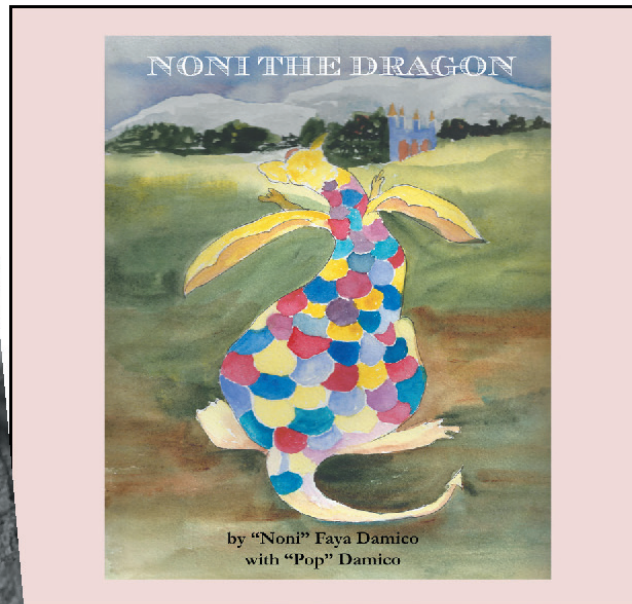
BRINGING NATURAL GAS TO WORCESTER COUNTY

OVER 2,000 NEW NATURAL GAS CUSTOMERS AND GROWING!

800-427-0015

www.sandpiper-energy.com

Stories last forever ... Why not share yours?



It's a perfect time to become an author.

Whether it is compiling your life story into a memoir; assistance with editing, organizing, and then capturing your treasured memories into book form; or assistance in publishing your novel or short story, TimeFlys is here to help you every step of the way.

TimeFlys will develop a strategy to meet your goals and will work with you to carry out the project to your full satisfaction.

- Memoirs / Autobiographies
- Tribute Books / Biographies
- Remembrance Books
- Publishing Assistance and Consulting
- E-Books
- Editing Services

Your keepsake is a celebration of your accomplishment and a gift to your family for generations. The consultation is completely free.

Jean Marx 443-880-0045, jmarx.timeflys@gmail.com,
at www.timeflysbooks.com

