

The Courier

April 6, 2016 Volume 16 Number 32

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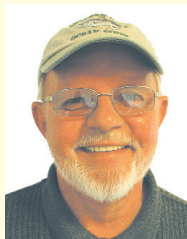
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5K rescheduled

Due to rainy conditions the 19th Annual Tortoise and Hare Dare 5K has been rescheduled from April 2 to April 16. If you have any questions please call 410-632-0056 or email regina.mason@maryland.gov.

Fisher to speak at angler's meeting

The Ocean Pines Anglers Club will meet on Saturday, April 9 at 9:30 a.m. in the Ocean Pines library. The speaker will be Ron Fisher, former co-host of a weekly fishing radio program in Pennsylvania who became a full time resident of Ocean Pines in 1995 and currently writes a monthly fishing column for *The Courier* entitled "Fish Tales." Ron has been fishing the Coastal Bays since he was a teenager and will share his expertise with the group. All are welcome.



Ron "Capt. Ron" Fisher

Knights to restart breakfast offering

The Knights of Columbus will start their all you can eat breakfasts on April 10. The meals, served between 8 a.m. and 11:30 a.m., will occur on the second and fourth Sunday mornings of the month at Columbus Hall located behind St. Luke's Church in Ocean City. The cost is \$10 for adults; \$6 for children age eight and under. For more information call 410-524-7994.

WPS rummage sale is Saturday

On Saturday, April 9, from 7 a.m. to 11 a.m., all are invited to Worcester Prep's (WPS) indoor, upscale rummage sale called "2nd Time Around." The four-hour event is open to the public. All proceeds from the sale will benefit campus improvements and projects to enhance the student experience at WPS.



Learning - During a unit on animal traits and needs Ocean City Elementary School Kindergarten students examined animal skulls to identify the different types of teeth of each animal and the foods they eat from their habitat. Pictured are students from Liz Engh's class are **Deisi Valles** and **Brantley McKenna**.

Annual Ocean Pines Chamber of Commerce 2016 Ocean Pines Fees & Services Raffle

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- Ocean Pines Association Basic Assessment Fee Paid for one year (*non-waterfront*)
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OPA moves forward with Manklin project

By **Kelsey Reichenberg**

On Tuesday, March 29, the Ocean Pines Association (OPA) board of directors met in the Administration building to discuss board member Tom Terry's motion which requests that OPA begin on Phase 1 of the Manklin Meadows project. The project as a whole refers to the addition of two paddleball courts now, with the design including the addition of two more courts in the future; the relocation of the existing playground parking lot; and the addition of four new pickleball courts now, with the design including the addition of four more courts in the future. However, at the last board meeting which was held on March 24, General Manager Bob Thompson announced 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 pickleball 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 reconfiguration 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 2 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. Two 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 approved \$250,000 for the entire project last year, but Thompson's only bid on the work came in at around \$750,000, three times higher than the estimate he originally provided to the board. Thompson stated that the bulk of the unpredicted expense is a result of stormwater mitigation testing. After much discussion regarding alternative solutions, the board decided to investigate the financial options and make decisions in the near future.

Following the open board meeting, the board went into a closed session and discussed the project further. Board member Tom Terry was not satisfied with continuing to hold off on the project and therefore wanted to

vote on beginning Phase 1 of the project. Due to one board member not agreeing to vote via email, the meeting on March 29 was called at the last minute.

Terry's motion requested that the board go ahead and take action on Phase 1 of the project. Terry read his motion aloud: "The board of directors hereby directs the General Manager to move forward with the expansion and resurfacing of the parking lot, repair/relocation associated with the playground and community gardens and constructing fencing as outlined in the Manklin Creek proposal that was presented at the regular board meeting on 3/24/16. The cost of this work is to be based on bids received and not to exceed 150,000 dollars. The cost of the proposed construction of pickleball courts which were included in the total bid will not be built at this time." He also added a sentence to the motion: "This does not include the cost for the ground cover of the playground."

Terry went on to explain that spring is coming and that portions of the proposal need to be done soon, specifically the repair and reorientation of the playground, parking lot and fencing. Following a lengthy discussion of the first phase of the project, board member Tom Herrick wished to amend Terry's motion as he felt it was not specific enough. While he did want to move forward with repairs to the playground, he felt Terry's motion was aimed at Phase 1 as a whole rather than just the playground. Board member Dave Stevens seconded Herrick's amendment. When the board voted on the amendment, it failed 4 to 3.

The board then voted on Terry's

motion, which passed 4 to 3. Terry, President Pat Renaud, Vice President Cheryl Jacobs, and board member Bill Cordwell voted in its favor while board members Jack Collins, Tom Herrick, and Dave Stevens voted against it.

Furthermore, Herrick offered his own motion, which requested that the General Manager dedicate any two of the current twelve tennis courts for transformation into full-use pickleball courts as well as construct two additional platform tennis courts. After more discussion, the board voted to amend Herrick's motion by adding the word "investigate" so that the alternative is looked into but not immediately completed. The amendment was passed 4 to 3.

The meeting concluded as the board voted on the revised version of Herrick's motion. The board approved it 6 to 1 with Bill Cordwell opposed to it.

Kiwanis to host Italian dinner

The Kiwanis Club of Greater Ocean Pines - Ocean City will hold its annual Italian dinner on Sunday May 1 at DeNovo's Trattoria. There will be two seatings: 5 p.m. and 6 p.m. Seating is limited to 100 guests each time. Reservation are required. Call Ralph Chinn at 410-208-6719. The cost is \$10 for adults and \$5 for children under 12. The meal includes spaghetti and meatballs, salad, garlic bread, Smith Island Cake and iced tea. DeNovo's also will have a full service bar available, not included in the price of the meal. Walk-ins will be seated if space allows and carryout is also available. Proceeds benefit the youth of our community.



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The Courier

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2012 Business of the Year

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April is National Grilled Cheese Month

The Ancient Romans were the first



civilization to make a cooked bread and cheese type sandwich. Many cultures since have invented their own take on the dish. In

Switzerland it is customary to toast the bread and melt the cheese separately before combining them, while in France the Croque Monsieur (grilled ham and cheese sandwich) is popular.

When affordable sliced bread and inexpensive cheese became available in the U.S. in the 1920s, the grilled cheese became a household staple. At the time it was prepared a little differently, open-faced and topped with shredded American cheese.

In the 1960s, the grilled cheese as we know it emerged when the second slice of bread became a standard part of the sandwich.

The actual term "grilled cheese" doesn't make an appearance in print until the 1960s. Before then it was all "melted cheese" or "toasted cheese" sandwiches.

The most popular additions to a grilled cheese sandwich are bacon, ham and tomato.

Healthcare wishes should be considered before a crisis occurs

Editor:

What would happen if you were in a serious automobile accident or suffered a stroke or other sudden health emergency and could not speak for yourself? Would your fam-



ily and doctors know what kind of medical treatment you'd want to receive? Would they

be making the difficult decisions for you? If it is up to your family, would everyone agree on what's best?

April 16 is National Healthcare Decisions Day. As the hospice provider for the four Lower Shore counties, we are intimately aware of how important it is for everyone to express their healthcare wishes before a crisis occurs.

Everyone has a different idea about how they want to be treated during a medical emergency. Advance directives document your individual wishes and values and are the key to supporting you and your family in receiving humane, person-

alized healthcare.

It isn't an easy conversation to have, and too many of us think we don't need to talk about these questions yet. But advance directives are not just for the elderly. They are important for people of all ages, because a healthcare crisis can occur at any time. At the same moment when critical decisions must be made, you may be unable to communicate just how far you want the medical care to go. These decisions determine your quality of life. Without an advance directive, that pressure falls on your family to agree on what course of action to take.

By completing an advance directive, you can prevent a stressful and often painful situation for your family. You are giving them a gift by removing that burden. An advance directive is a simple way to let everyone — family, doctors, hospitals, emergency responders — know how you want to be treated when you are ill or injured.

The forms are free, legal and straightforward. You can download one from the Office of the Attorney General of Maryland

(www.oag.state.md.us). You'll need someone to witness your signature, so we recommend taking that opportunity to review the form closely with that person. Take a minute to talk over the choices you're making. Then let your family know how to find your advance directive, give a copy to your doctor and take one with you if you go to the hospital.

Coastal Hospice is also offering free seminars on advance care planning in April through Ocean Pines Recreation and Parks. The seminars will take place on Tuesday, April 12 from 7-8 p.m. and on Thursday, April 21 from 10-11 a.m. in the Ocean Pines Community Center. Reservations are suggested by calling Ocean Pines at 410-641-7052. Everyone is welcome to attend.

Alane Capen
President

Coastal Hospice & Palliative Care

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.



Jim Bunting



Chip Bertino



Kiwanis Easter Dogs

A cool Holy Saturday saw a beautifully decorated White Horse Park packed with families enjoying Easter egg hunts, a Magician, ponies and of course, the Kiwanis Dawg Team, who scrambled to feed the hungry munchkins with Kiwanis hot dogs, cupcakes and lots of hot chocolate.

Involved from afar

Although they are not near, my wife and I stay in touch regularly with our two grandchildren. Modern technology makes it possible for us to see and talk

He's a very active child who requires a lot of fuel to maintain his high energy level. He loves fruits and vegetables and also waffles. Waffles. Waffles. Waffles. He doesn't require syrup or butter, just the waffles, thank you.

It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com



with them on a regular basis. I would prefer we not be so far apart but it is nice to experience their lives in real time.

During a recent Facetime session I watched my grandson eat a slice of pizza as he defied his parents' rules by sitting on the sofa. He was just as happy as happy can be chomping down on a slice while getting sauce all over his face. Just after each bite he would look at me and smile brightly. I think he was enjoying being a little outside the law. I know I enjoyed being his accomplice.

My granddaughter will often take me on a tour of her bedroom. She holds the phone at such an angle that usually the only thing I can see is the ceiling as she's jabbering on about what she thinks she's showing me. I don't mind. It's together time, even if it does make me a little dizzy as she turns and twirls the camera.

The other day was my birthday and early that morning my phone rang indicating that I had a Facetime call. When I answered my grandchildren were in the frame yelling, "Happy Birthday Nino!" They were very excited and each took turns hugging the phone. It was nice seeing them but how much nicer it would have been to have received those hugs personally.

My daughter is very good about sending us pictures of the children on a regular basis. Usually in some form or fashion, food is an element of the picture. The kids love to eat. My grandson devours everything that's on his plate and the plates of those around him.

My granddaughter is no slouch when it comes to food. As the oldest child, she just turned four, she is much more articulate about her culinary desires. For her recent birthday she gave her mother precise instructions on the meals she expected: a Happy Meal for lunch; and, Texas Roadhouse for din-



ner so she could eat the peanuts and throw the shells on the floor.

It's not uncommon to receive pictures of one or the other of the grandkids as they're enjoying a restaurant meal. Usually we'll see our grandson sitting very contentedly in a booster seat with his food piled in front of him. A recent video showed him eating his food while simultaneously bopping around, grinding his shoulders to music. He was enjoying himself; but not as much as me as I watched him. I replayed that video many times.

Although not near we are very much involved in the lives of our grandchildren. Maybe not as involved as they are with food, but involved nonetheless.




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Wor-Wic to hold children's program

The on-campus child development center at Wor-Wic Community College in Salisbury is accepting registrations now through May 6 for Camp Jordan, a summer day camp program for children from five through 12 years old that runs from June 13 through August 19.

Camp Jordan features a different theme for each week of the 10 weeks and consists of instructional, indoor and outdoor activities. Parents can register their children for all 10 weeks or choose which weeks work best for them.

The children have an opportunity to learn about Americana, animals, astronomy, bike safety, finance, geography, health and fitness, Maryland, and space and rocketry. Activities include arts and crafts projects, bicycling, computer games, cooking, dance and yoga.

Age-appropriate field trips and water activities are also offered.

Weekly programs run Monday through Friday from 7:30 a.m. to 5:30 p.m.

For more information, visit www.worwic.edu or call the child development center at 410-334-2962.

BOE candidates to speak at forum

On Wednesday, April 13, an informational forum will be held for District 3 voters (in Worcester County), featuring three Board of Education candidates running in the district: Shirley Bunting-Moran, Francis Gebhart and the incumbent, Sara Thompson. District 3 extends from various parts of West Ocean City, Synepuxent and Berlin down through the Assateague and South Point areas. Sponsored by the Worcester County TEA Party's Speaker Series, the forum will be held at the Ocean Pines library. Each candidate will present for 10 to 15 minutes, in response to previously prepared questions, followed by the public's questions. The purpose of this informational forum is for the benefit of District 3 voters. However, since the forum is only half of the two-hour meeting, the public is, as always, welcome and encouraged to attend and participate.

Yard sale scheduled

St. Martin's United Methodist Church is sponsoring a large yard sale on April 30 at the St. Martin's Community House located at 10840 St. Martin's Rd in Berlin, about 3 miles west of Berlin. Then event will be held between 8 a.m. and 2 p.m. There will be light refreshments. Call 410-641-3411 or 410-641-1155.



Athletes of the Month

Premier Driving School recognized its February Athletes of the Month, Stephen Decatur High School senior **Torrey Brittingham** and junior **Rachel Florek**. Both Brittingham and Florek were standouts in basketball. While Brittingham led his team to the 3A Maryland state finals, Florek recorded 75 points, 52 rebounds, and 20 steals on the year.

Pines waterlines to be flushed

The Water and Wastewater Division of Public Works will begin its semi-annual program for flushing waterlines in Ocean Pines, River Run, Pennington Commons and other areas of the county during April. The purpose of this program is to remove any accumulated sediment from the lines and to ensure the hydrants are operational. Below are the proposed dates for the flushing of the waterlines. These dates are subject to change.

Ocean Pines

Week of April 4 - Sections 2, 3, 7, River Run, and Showell Elementary

Week of April 11 - Sections 1, 4, 5, 6, 8, and Harbor Village

Week of April 18 - Sections 12, 14a, 14b, 14c, 14d, and Mumfords Landing

Week of April 25 - Sections 9, 11, 13, Village Square, Manklin Creek area, Pennington Commons, and Cathell Road Extension

Week of May 2 - Sections 10, 15a, 15b, 16, 17 and Bay Point Plantation

Please be aware that even on dates the waterlines in your section are not being flushed it is still possible to experience discolored water. If area residents notice that their water becomes cloudy during these times, allow the water to run for a few minutes until it becomes clear. For more information, call the Water and Wastewater Division at (410) 641-5251.

Arbor Day ceremony set

The Ocean Pines Garden Club will host its annual Arbor Day memorial tree planting ceremony on Thursday, April 14 at 10:30 a.m. in Pintail Park in Ocean Pines (in the event of inclement weather, the ceremony will be held at the Ocean Pines Yacht Club). A tree will be planted in memory of loved ones who have passed away during 2015. The ceremony is open to all.

For more information, please contact Marian Bickerstaff at mbickerstaff@mchsi.com or 410-208-2508.

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Wednesday: 1/2 rack of Baby Back Ribs with fries, cole slaw and soup or salad \$12.95

Thursday: Steak Night with choice of side plus soup or salad \$12.95

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Saturday: Crab Cake Platter served with 2 sides and soup or salad \$15

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Local partnership enhances community

For more than three decades the Community Foundation and Wor-Wic Community College have built a strong partnership that enhances the lives of local residents by connecting philanthropic opportunities to proven educational and professional development programs. Responsive grant making allows unique populations at Wor-Wic, such as high school students enrolled in the Tri-County transitional youth partnership, to benefit from continuing education and workforce development programs that are essential to building professional and personal development.

“When Wor-Wic’s relationship with the Community Foundation was forged in the 1980s, Wor-Wic did not have the staff or resources to manage an endowment,” says Dr. Ray Hoy, president of Wor-Wic. “Today, with over \$14 million of Wor-Wic funds invested and managed by the Community Foundation, our confidence and comfort continues to grow. And, we are pleased that our local investment has helped expand and strengthen the Community Foundation.”

The relationship between the two organizations allows for scholarships and financial aid to traditional and non-traditional students, providing both merit and need-based scholarships for many of the credit and non-credit programs at Wor-Wic. By offering skilled training programs to the public, Wor-Wic is able to respond to the needs of the local business community by developing potential em-

ployees who have the skills needed for higher productivity, niche skill sets, and a stronger competitive edge.

The ongoing partnership has led to many grant-making activities such as scholarship opportunities for young children through the Summer Scholars Gifted and Talented program. Wor-Wic’s Continuing Education and Workforce Development Division provide creative programming that enriches the lives of these students as they discover Art, History, Career Exploration, Culinary Arts and Cooking, Science, STEM, and Digital Arts.

“Wor-Wic Community College and the Community Foundation have worked side by side over the years on a wide range of unique programs, responding to changing needs in our community. The missions of our organizations complement one another and are representative of the collaborative nature of these organizations and so many nonprofits serving the Lower Eastern Shore,” states Erica Joseph, Community Foundation President.

Other partnership ventures include distinct initiatives such as the Nonprofit Scholarship Program. Developed in 2004, the program extends scholarships to employees and volunteers of local nonprofit 501c3 organizations, covering tuition and fees for select courses each semester. This program, managed by Community Foundation, has assisted hundreds of nonprofits over the years.

Pines flea market coming soon

Treasure seekers are encouraged to hunt for bargains at Ocean Pines semi-annual Indoor/Outdoor Flea Market on Saturday, April 23 from 8 a.m. to noon at the Ocean Pines Community Center.

Gently used clothing, children’s items, household items, collectibles and more will be for sale.

Flea market vendor spaces are still available. An indoor space is \$15 for Ocean Pines residents and \$20 for non-residents and includes an 8-ft. table and a chair.

Outdoor spaces, which will be located in the parking lot in front of the Ocean Pines administration building, are \$10 for all vendors. Outdoor vendors will need to provide their own tables and chairs.

Admission is free and open to the public. Free parking is also available at the community center.

Shoppers may also stop by the Ocean Pines Farmers Market for fresh produce, baked goods, meats and gourmet pantry and artisan-crafted items. The market is held every Saturday from 8 a.m.-1 p.m. in White Horse Park, located next to the community center.

For more information about this event, or to inquire about participating as a vendor, contact the Ocean Pines Recreation and Parks Department at 410-641-7052.

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An overview of mechanics lien law

By **Steven W. Rakow**, Esquire



Steve Rakow

Whether you are a contractor, supplier, or you are a property owner seeking to build, repair, or improve your property, a fundamental knowledge of mechanics liens could save you a lot of time and money. Mechanics liens allow contractors and suppliers, following specific statutory procedures, to obtain liens on an owner's property due to non-payment for labor and materials. Mechanics liens provide a means for the court-ordered sale of property to satisfy the lien. Once the lien is established, the owner will not be able to sell or transfer the property without clearing the title. Banks will not loan the owner money with a mechanics lien on the property. Even if the owner pays the general contractor, there's a chance that the general contractor failed to pay his subcontractors and suppliers, meaning those subcontractors or suppliers may still seek a mechanics lien. It's also important that contractors inform property owners of the potential for mechanics liens prior to signing a contract. In fact, new home construction contracts require specific language about mechanics liens.

The type of construction project could affect the filing of a mechanics lien. If the project is commercial or new home construction, mechanics liens may be filed for non-payment up to the full amount owed to the contractor or supplier regardless of the total value of the construction project. But if the construction project is a home improvement, the rules are more stringent for subcontractors and suppliers. No mechanics lien may attach to the property unless the total value of the improvement, repair, or replacement is at least 15% of the total value of the property. This precludes the filing of a lien by a contractor who failed to get paid on a minor service call.

For a work on existing condominium buildings, mechanic liens may attach to individual units just like a home improvement or repair, again with the requirement that the total

value of the improvement exceed 15% of the total value of the condo unit. Common areas of condominiums are the responsibility of all condo unit owners, so mechanics liens must be filed against all association unit owners to be effective.

There are ways in which the property owner can and should protect the property from a mechanics lien. First, owners can avoid mechanics liens by paying their contractors and suppliers for labor performed and material received. If there's a dispute as to labor, but the material is on-site, pay for the material only until the dispute is resolved. Second, owners should obtain a release of lien for all payments that is signed by the general contractor and notes that all subcontractors and suppliers have been paid. It is not the proof of payment, but the lien releases, that will save the owner from having to pay twice.

An owner who receives a Show Cause Order on a petition for a mechanics lien should take immediate action. Failing to respond allows the court to order the mechanics lien without a hearing. Owners who receive a Show Cause Order should hire an attorney familiar with mechanics lien law to ensure the proper response is filed and a hearing is held. Since the statutory requirements for mechanics liens are strict, an attorney may discover a defect in the institution of mechanics lien proceedings. If money is owed, an attorney may be able to help the owner establish a bond to allow for payment in lieu of the lien. Once the mechanics lien is ordered, the owner's property may be sold to satisfy the lien.

Mechanics liens were created to ensure that contractors and suppliers received payment for their work, but the laws also protect the property owners from improper liens. Both parties should know and understand their mechanics lien rights and protect their interests before commencing with any construction project.

Steven W. Rakow, Esquire, a former assistant state's attorney and retired Marine officer, practices civil litigation, construction law, criminal law, and general practice matters. He can be reached at 410-600-3075, by email at steve@steverakowlaw.com, or through his website



Honor - Coastal Hospice's We Honor Veterans program was on display during the "Welcome Home, Vietnam Veterans Day" ceremonies on Wednesday, March 30 at the American Legion Synepuxent Post 166 in Ocean City. Left to right: Two members of Coastal Hospice's honor guard, **James Briddell**, commander of Berlin's National Association of Black Veterans, and **Jon Black**, family assistance specialist with the National Guard, join **Nancy Stewart**, coordinator of Coastal Hospice's We Honor Veterans program, and **David Duitscher**, Coastal Hospice patient volunteer, in honoring the Vietnam veterans.

Alliance will provide integrated health care

Lower Shore Clinic (LSC) and Peninsula Regional Medical Center (PRMC) announced recently that they will be collaborating on LSC's 'CareWrap' initiative, which was awarded a two year grant from the Maryland Community Health Resources Commission (CHRC). The \$105,000 award will be put to use establishing an outreach team of health professionals, called CareWrap, whose goal will be to enhance access to community based primary and mental health care by targeting people at risk of thirty day re-admission. Thirty day re-admission refers to a patient returning to the hospital within thirty days of discharge, which is an expensive and undesirable outcome for both patient and hospital.

"The Community Health Resources Commission congratulates the Lower Shore Clinic for developing this important program that will provide access to integrated behavioral health and primary care services in the community," commented Mark Luckner, Executive Director, CHRC. "The CareWrap program is a great example of a public investment driving innovation in the community and leveraging significant private resources." Since its inception in 2005, the CHRC has awarded 169 grants totaling \$55.8 million, supporting programs in every jurisdiction in the state. These programs

have collectively served more than 260,000 Marylanders. The initial public funding provided by the CHRC has enabled its grantees to leverage \$18.8 million in additional federal and private/local resources.

"We are grateful to receive this grant from the Commission," commented Richard Bearman, Lower Shore Clinic Director. "This grant will enable LSC to expand our client pool and enhance our partnership with PRMC." This is the second grant that LSC has received from the CHRC, which initially helped add primary care to LSC's mental health practice, enabling the Clinic to achieve a 48.5% reduction in visits to the emergency department for non-urgent care and a 90% preventive care compliance rate for patients with chronic conditions. CareWrap is modeled after a four year CHRC-supported pilot project pioneered by Family Services, Inc. (FSI). FSI's stunning results: of 529 patients deemed to be at high risk for re-admission within thirty days, 444, or over 80% did not re-admit.

"CareWrap is another of those absolutely essential pieces to the population health puzzle that we don't have to invent or reinvent. It's a proven approach to care that lets us touch some of our most at-risk patients, through one-on-one, face-to-face education

*please see **health care** on page 15*

I Love to Cook!

by Bev Wisch



Good bye winter. Hello spring!

Now the local garden markets are opening and it is time for those fresh vegetables, I was at the Ocean Pines market recently and was surprised at how many nice veggies were available. Many are started early in the green house. The asparagus and green beans were just so fresh looking and inviting. If you haven't been to the market in the Pines recently, check it out as they have a lot of new vendors selling baked goods, wine, salmon and honey. Hydroponics' grown lettuces as well as vegetables. The market opens at 8 a.m. every Saturday morning in Whitehorse Park.

Brussel Sprouts

I recently purchased some fresh Brussel sprouts and made them as a side for the Easter ham. So easy - just cut the tips off and a few leaves. Then spritz with olive oil, add kosher salt and pepper and roast in a baking dish at 400 for about 30 minutes.

Eggplant

Eggplant is a very versatile vegetable. Cut peeled eggplant into 2" strips, dip in milk/egg mixture and then dip the strips into Italian breadcrumbs. Fry in hot oil just until brown on each side. Drain on paper towels and transfer to a serving plate and top with parmesan cheese.

Egg Plant Casserole

1 medium eggplant
1 onion
Salt and pepper
1 green pepper
1 can cream of mushroom soup
1 16 oz. can tomatoes
Grated Parmesan and Romano cheese
Small can of Durkee French fried onions

Peel eggplant, cube and place in pre-sprayed casserole dish. Add chopped onion and chopped green

pepper, add soup. Break up tomatoes and add to mixture. Sprinkle the two cheeses on top and cut into eggplant mixture. Bake covered for approximately 30 minutes until center is bubbling. Top with the can of fried onions. Replace in oven uncovered until the onions are slightly browned (8-10 minutes). This is a main dish casserole and if you have a vegetarian friend or family member, it is an easy dish to make.



GOP hopeful - Maryland Delegate **Michael D. Smigiel, Sr. (R)** is running for the U.S. First Congressional District seat. He spoke to the Republican Women of Worcester County at their monthly luncheon meeting on March 24.

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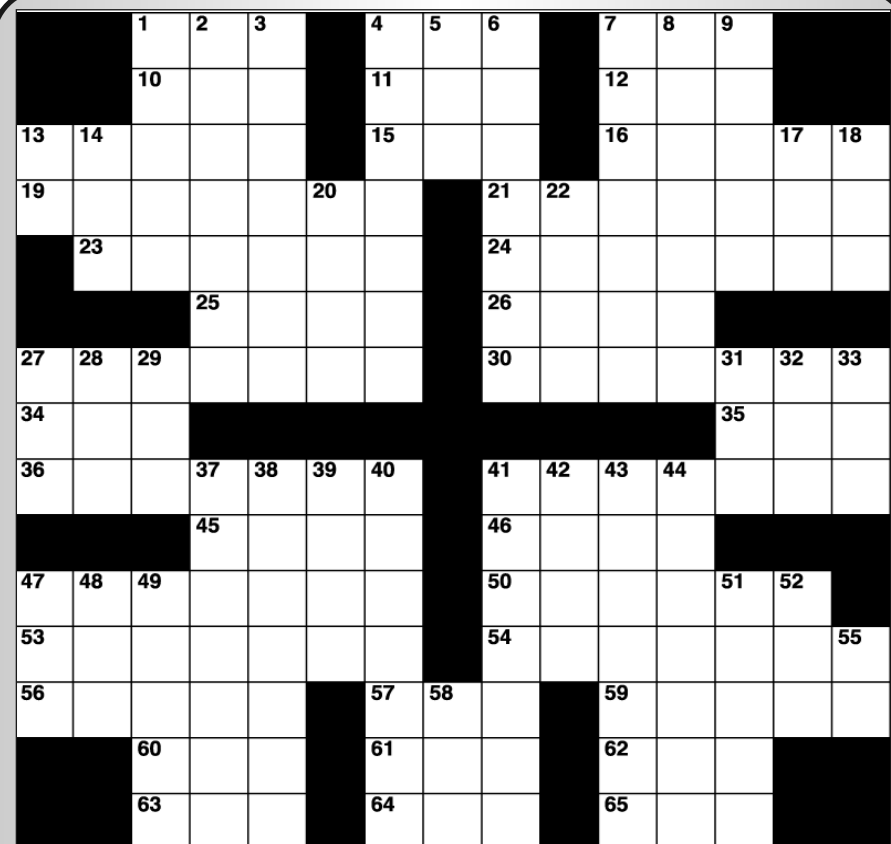
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19. Framework over oil well
21. Edible mollusk
23. Handy
24. Japanese banjo
25. Microwave
26. Double-reed instrument
27. Covered
30. Leaseholders
34. Master of business
35. Herb
36. Blood clot

41. Route
45. Reach a higher position
46. American state
47. Erases
50. Expunge
53. Waits around idly
54. Came into
56. Nikolai __, Bolshevik theorist
57. 007's creator
59. Dravidian language
60. Central nervous system
61. Male child
62. Born of
63. A period of history
64. A major division of geological time
65. Doctor of Education

DOWN
1. Prods
2. Tempest
3. Miserable
4. Excited
5. Temindung Airport
6. Provides shade from the sun
7. Genera-

tors
8. Newspapers
9. Unaccompanied flights
13. Bahraini dinar
14. Romanian currency
17. Between northeast and east
18. London Southend Airport
20. Cucumber
22. Lovable pig
27. Woman (French)
28. Defensive nuclear weapon
29. Clutch
31. Seventh letter of the Greek alphabet
32. Records

electrical activity
33. Car mechanics group
37. Speaking
38. A formal permission
39. Exploiter
40. Affixed
41. External genitals
42. Deity
43. Eat these with soup
44. Swerved
47. Connects two pipes
48. Challenger
49. Ranch (Spanish)
51. Righted
52. Fatty-fleshed fish
55. Prosecutes alleged criminals
58. Swiss river



Answers for Mar 30

Eyes on the Skies
Orbiting Probes
Explore Mars
By Douglas Hemmick, Ph.D.



As the first full month of spring, one might hope April will bring warmer weather for stargazing. The constellation Leo the Lion now appears prominently in the evening sky.

This month, the theme of planetary probes continues to focus on Mars and features the explorations by probes orbiting about the red planet.

The Mars Global Surveyor (MGS) was launched in 1996, and resumed the scientific orbiting missions that were temporarily halted two decades earlier. As the new century began, major orbiting missions have continued with Mars Odyssey launched in 2001 and in 2006 Mars Reconnaissance Orbiter (MRO) joined the exploration efforts. Together these orbiters have produced fascinating discoveries.

The Mars Reconnaissance Orbiter boasted the latest versions of advanced technologies – high-resolution cameras, infrared and spectral imaging designed not just to explore the Martian surface, but also to help scientists in choosing safe landing sites, initially for robotic exploration and eventually for future manned landings.

High-resolution images by the Mars Global Surveyor observed liquid out-flows seeping from crater and canyon walls. These photos gave a time-lapse view of new outflows, indicating ongoing movement of the liquid. Such liquid flows offered a mystery, as scientists wondered how water or other liquids might exist at the low temperature and pressure of the



please see **eyes** on page 11

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., April 7	8:04 a.m. 8:27 p.m.	1:57 a.m. 2:16 p.m.	6:35 a.m.	7:30 p.m.
Fri., April 8	8:54 a.m. 9:18 p.m.	2:49 a.m. 3:04 p.m.	6:34 a.m.	7:30 p.m.
Sat., April 9	9:45 a.m. 10:10 p.m.	3:42 a.m. 3:53 p.m.	6:32 a.m.	7:31 p.m.
Sun., April 10	10:36 a.m. 11:02 p.m.	4:36 a.m. 4:44 p.m.	6:31 a.m.	7:32 p.m.
Mon., April 11	11:28 a.m. 11:56 p.m.	5:32 a.m. 5:38 p.m.	6:29 a.m.	7:33 p.m.
Tues., April 12	12:23 p.m.	6:30 a.m. 6:36 p.m.	6:28 a.m.	7:34 p.m.
Wed., April 13	12:54 a.m. 1:23 p.m.	7:32 a.m. 7:37 p.m.	6:26 a.m.	7:35 p.m.

BJ's to benefit Veterans Memorial

BJ's Wholesale Club is once again partnering with the Ocean Pines Association to bring a special membership offer, effective April 15 through 29, to benefit the Worcester County Veterans Memorial at Ocean Pines Foundation.

In addition to offering special membership benefits, BJ's will donate \$5 of each membership fee to the foundation. The offer, which is available to new and renewing members, is not available for purchase online or at any BJ's location.

Other benefits include receiving \$15

off the BJ's \$50 Inner Circle membership fee or \$25 off the \$100 BJ's Perks Rewards membership fee, one additional free month of membership and a free second membership card for a household member. With this offer, 13 months will be added to the expiration date of a current BJ's membership, regardless of when the membership was last renewed.

This special promotion is only offered through Ocean Pines two times a year. The next promotion will be in October of 2016. Current BJ's members whose

memberships will expire before then are encouraged to renew during the spring offer.

BJ's membership applications are available at the Ocean Pines Association administration building at 239 Ocean Parkway and online at OceanPines.org.

Applications must be returned with payment by April 29. They may be dropped off at the administration building or mailed to Ocean Pines Association, Attn: Teresa Travatello, 239 Ocean Parkway, Ocean Pines, MD 21811.

eyes

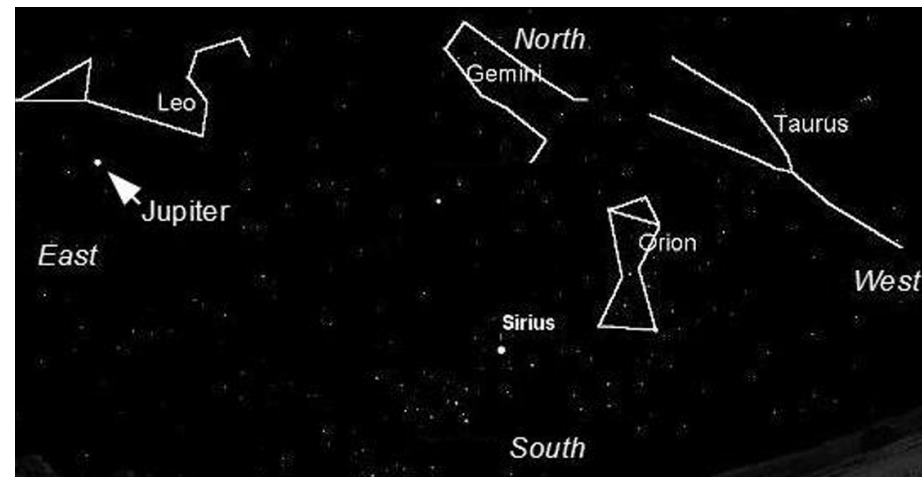
from page 10

Martian surface. In September 2015 NASA announced that Mars Reconnaissance Orbiter's imaging spectrometer found the strongest evidence yet that liquid water flows intermittently on present-day Mars. The presence of hydrated salts was credited with preventing this briny liquid from freezing in the frigid Martian temperatures, averaging minus 80 degrees F.

These discoveries of current day seeping water flows have joined the accumulated evidence of ancient water movements on Mars. Earlier images collected by orbiting probes have observed meandering river patterns, ancient lake beds and even delta regions where deposits have built up over the eons of river flows. Evidence abounds of significant water on the surface of the red planet in long past millennia.

Although the surface of Mars contains many craters formed by bombardments of meteors, the orbiting missions have shown many features of Martian terrain resembling those of Earth. In this way, Mars contains far more variety of landscapes than the Moon. Earth-like features found on Mars include mountains, valleys, plains and plateaus, canyons and volcanoes.

Changes actively occurring on the surface of Mars hold a special fascination. Sloping areas containing landslides have been seen, where large collections of boulders have landed below. Some single boulders the size of a house have rolled down the Martian slopes leaving behind tracks in the soil. Shifting patterns have been observed in the Mars dunes, containing grains of Martian dust, including particles smaller than talcum powder. Massive dust storms



become strongest when the Martian southern hemisphere experiences its summertime season. At their most extreme the Mars dust storms encompass the entire planet, dwarfing any storms seen on Earth.

The Smithsonian Institution has reviewed thousands of Mars photos to select the most captivating and intriguing features; two examples are presented here. Ancient lava flows from the Elysium Mons volcano have carved out an interesting, elaborate pattern of canyons. A series of rectangular formations on Mars have been dubbed Inca City as they seem to resemble structures of certain South American Indians. In September 201 "Time Magazine" published the same photo and commented: "The nature of this polygonal network, unique on Mars, remains poorly understood, but seems to be linked to volcanic dikes."

Next month's column will discuss discoveries made by the Mars landers and robotic rovers.

In April, stargazers will be rewarded early, beginning about 7:50 p.m. when the planet Jupiter can be seen high up over the eastern horizon. More experienced stargazers might try to find the elusive planet Mercury hovering over the western horizon, also an early evening target.

Binoculars can assist in locating this obscure planet. The crescent moon may provide a little help on April 9 when it appears about 15 degrees to the upper left of the small planet.

Orion the Hunter is leaving the scene and appears in the western part of the early evening sky. April is a good time to view Leo the Lion riding high overhead. As the sky becomes completely dark around 8:30 p.m. Leo is already well above the eastern horizon. Leo resembles a reclining lion, with the characteristic backward question mark shape representing the head and mane, and an elongated triangle shape delineates the hind legs.



Vaughan joins Wor-Wic

Wor-Wic Community College recently welcomed Jason Vaughan of Berlin as a Web programmer and analyst.

Before joining Wor-Wic, Vaughan worked as an application developer for Crisafulli Consulting in Damascus, MD. He has 12 years of experience in information technology.

He received his associate degree in specialized technology from The Art Institute of York - Pennsylvania. Vaughn has a daughter, Ashlyn, 6, and a son, Gavin, 3.

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



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Birding Weekend events scheduled

The 2016 Delmarva Birding Weekend is set to bring hundreds of nature enthusiasts to the shore April 21-24 to enjoy the full complement of mid-Atlantic birds as the region welcomes warblers, tanagers, and other spring migrants and prepares to bid adieu to its loons, falcons, and waterfowl as they head northward. Registration for the popular event is now open at www.delmarvabirding.com.

Birders can register for just one field trip or multiple field trips each day of the four-day event. On Thursday, you can get an early start to the weekend with shorebirds along the Delaware Bayshore at Bombay Hook National Wildlife Refuge and the Mispillion Harbor. On Friday, you can start your morning searching for rails by kayak on Delaware's inland bays, and enjoy a songbird and shorebird spectacle at Prime Hook National Wildlife Refuge in the afternoon.

Exploring the bald cypress swamps by kayak around Snow Hill, MD on Saturday morning will add several

warbler species to your list, and a boat trip behind Assateague and Ocean City in the afternoon can increase your tally for the weekend to more than 100 species. You might choose to take an all-day boat trip to Smith Island on Saturday to welcome back breeding pelicans and herons, and enjoy a slice of Smith Island cake with lunch!

Several field trips have sold out, so interested birders are encouraged to register soon.

Guided by local birders with decades-long experience on the peninsula, the walking tours, boat trips, and canoe and kayak paddles will accommodate visitors from the curious nature lover to fowl fanatics. Every year, birdwatchers from surrounding states flock to the event.

"This is one of our biggest nature-oriented weekends," said Lisa Challenger, Tourism Director for Worcester County, Maryland. "People go crazy over the number of eagles and herons, but they will see a lot more
*please see **birding** on page 16*



Wine Event - More than 100 people turned out to enjoy the "Touch of Class" wine tasting and auction last Friday sponsored by the Kiwanis Club of Ocean Pines/Ocean City. The proceeds benefit the club's Scholarship Fund which awards scholarships to local deserving graduating senior students. Co-chair Mike Evans selected the wines while co-chair Barb Peletier and her crew made an array of light fare. Co-chair Jackie Todd managed the team that solicited the donations from local businesses and individuals for the Chinese and Silent auctions. Pictured (L-R) are a couple of wine tasters to be served by Kiwanians **Charlotte Cathell** and **J. Graham Caldwell**.

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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.



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PRMC offers diabetes seminar

The Peninsula Regional Endocrinology and Diabetes Center and its Diabetes Education Program invite anyone interested in learning more about diabetes to attend a free education event, "What's the Liver Got To Do With It?" on Monday, April 11. Joan Parambi, MD, an endocrinologist with the Peninsula Regional Endocrinology and Diabetes Center in Salisbury, will keynote the session that will look into the liver's connection with diabetes and fatty liver.

The event begins at 5:30 p.m. with exhibits from companies involved in diabetes care and services until 6:45 p.m. Dr. Parambi's presentation will begin at 7 p.m. and last approximately one hour. The program will be held in the auditorium of the Avery W. Hall Educational Center on the Peninsula Regional Medical Center campus. Free parking will be provided at the Avery W. Hall Educational Center, located at the corner of Waverly Drive and Vine Street, in the parking lot directly across Vine Street or in the adjacent Garage B. An RSVP is required; please call Peninsula Regional Endocrinology and Diabetes Center's Diabetes Education Program at 410-543-7061. There is no cost to attend.

The Peninsula Regional Endocrinology and Diabetes Center's Diabetes Education Program is certified by the American Diabetes Association. To learn more about the program or available diabetes and endocrinology services at PRMC, call 410-543-7061.

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Boardwalkin' for Pets will be held

Ocean city is going to the dogs April 22 and 23. Join the Worcester County Humane Society for a weekend of fundraising fun which includes the 17th Annual Boardwalkin' for Pets on Saturday, April 23.

The public is invited to a dinner and silent auction on Friday, April 22 at Adolfo's on the ocean (13th St.) from 5 p.m. to 9 p.m. Advance tickets are being sold online (www.worcester-countyhumanesociety.org/boardwalkin-for-pets) or at Adolfo's for \$15 which includes choice of spaghetti and meatballs, eggplant parmesan, chicken parmesan, side salad, fresh baked rolls, dessert and nonalcoholic beverage. Tickets will also be available at the door for \$20. Adolfo's will donate a percentage from every ticket purchased to the Worcester County Humane Society. The dinner is a casual gathering with some fabulous auction items to bid on ranging from \$10 to \$1,000.

On Saturday, April 23 from 9 a.m. to noon, grab your best friend and head to the Boardwalk inlet for the 17th Annual Boardwalkin' for Pets. Registration starts at 8:30 a.m. with the walk starting at 9 a.m. Raise money for the walk and receive prizes. This is the perfect opportunity to create a team. After the long winter what better way to gather some family, friends, classmates, coworkers or neighbors and raise money, walk and have fun. There is a \$25 minimum for individuals and for teams a \$25 per team per member minimum. Prizes will be awarded to the highest pledge earners, top individual and team. Enter contests and win prizes for largest dog, smallest dog, best dressed dog and best dog trick.

There will be refreshments provided by Harrison's Harbor Watch Restaurant and Layton's Family Restaurant 16th Street.

Don't have a dog to walk? "Adopt" a shelter dog for the event. Arrangements must be made in advance by calling the shelter at 410-213-0146.

We don't want to forget about our feline friends! Bring a photo of your cat to the walk with your contact information written on the back. A special prize basket will be awarded to the "cutest cat." Photos will not be returned and become property of W.C.H.S.

"Last year was amazing with participants raising about \$30,000," says Boardwalkin' for Pets Chair, Heather Bahrami. "This year, the goal is \$50,000 and I feel very confident we can do it. The event is such a fun way to gather with friends and family to get outside and be active all while helping the animals at the shelter."

The Worcester County Humane Society located on 12330 Eagles Nest Road, Berlin, is a private, nonprofit, no-kill animal shelter and operates mainly on donations. Boardwalkin' for Pets is the shelter's largest fundraiser held every year. All money raised is used to care for the many dogs and cats that call the shelter home. In addition to providing everyday care, the animals also receive veterinary care which can be quite expensive.

For more information or to pre-register for the walk visit the event website www.worcestercountyhumanesociety.org/boardwalkin-for-pet or check out the Boardwalkin' for Pets facebook page.



Inductees - Sixteen students were inducted to the Pablo Picasso Sociedad Honoraria Hispanica and two students were inducted to the Societe Honoraire de Francais Chapitre Bastille at the Worcester Prep Spanish and French Honor Society Induction Ceremony on March 29. Above are French Honor Society Inductees: (L-R) **Eliza Chaurfournier**, French teacher **Debbie Speier** and **Connor Cebula**.

Boating course to start

The United States Coast Guard Auxiliary will conduct its second Safe Boating Class of the year in the Ocean Pines library on April 19, 20 and 21.

The Maryland Basic Boating Class is a great opportunity to satisfy Maryland requirements and to get practical boating knowledge from state certified Coast Guard Auxiliary Instructors. The course is NASBLA (National Assoc. of State Boating Law Administrators) approved.

The Maryland Boating Safety Education Act requires that anyone born after July 1, 1972 must possess a Maryland Basic Boating Safety Certificate to operate a boat in the state of Maryland. Those attending the class and passing the test will receive a Maryland Boating Certificate.

Even if you were born before 1 July, 1972, and can 'shiver your timbers' like a buccaneer, the Maryland Basic Boating Course is an ideal way to brush up on your general nautical knowledge and to build your boat handling confidence.

Besides the state mandated material, the class will tap the local knowledge and experience of the certified instructors. Topics include: safely navigating and piloting about our Ocean City waters, how to tie basic nautical knots, how to identify bad weather and tactics for boating in foul weather, nautical terminology, boat trailering, and more. There are also discussions on maintenance and com-

mon medical issues that can occur while boating.

The three evening course will begin at 6 p.m. and end no later than 9 p.m. each evening. Space is limited.

Cost for the course is \$15.00 and includes all course materials. To register, or if you have questions, please contact Barry Cohen at 410-935-4807 or E mail CGAUXOC@gmail.com.

Active adult fitness classes offered

Worcester County Recreation & Parks is offering two fitness classes this spring designed for active adults ages 45 and older, Enhanced Fitness and Zumba Gold, at the Worcester County Recreation Center (WCRC) in Snow Hill.

Enhance Fitness is an evidence-based, group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class will be held April 4 - June 22 on Mondays & Wednesdays beginning a 8:30 a.m. A full hour of fun, this class focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility.

Zumba Gold, an easy-to-follow program lets you move to the beat at your own speed. This class will be held on Mondays & Wednesday, April 6 to

please see **classes** on page 16

health care from page 8

and instruction," added Karen Poisker, PRMC's Vice President of Population Health. "We know that if we ingrain those good habits associated with properly managing chronic conditions, we can keep people healthier and, as an added benefit, out of our emergency department or hospital."

The CareWrap team, led by a registered nurse and consisting of two medical assistants and a part-time benefits coordinator, will closely follow newly discharged inpatients who agree to participate. For up to three months, the team will: assist in filling prescriptions, see that discharge instructions are being followed, schedule appointments and ensure they are kept, provide instruction on maintaining a healthy lifestyle, and link to social supports, housing, and benefits as eligible. If clients do not have a primary health care provider, they will be offered care at a 'Bridge Clinic' for primary and preventive care.

Lower Shore Clinic and PRMC will launch CareWrap May 1.

birding
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than that birding with our guides around Assateague Island and our cypress swamps near Snow Hill.”

Boasting patient and fun-loving guides, new trips will feature jaunts around Laurel, Delaware and Maryland’s Chincoteague Bay through some of the most pristine habitats on the East Coast. For the first time, the Delmarva Birding Weekend is co-hosting a showing of the bird documentary, *The Messenger*, with the Rehoboth Beach Film Society. The film will be shown on Friday, April 22, at the Cinema Art Theater in Lewes, DE.

“The April weekend is spectacular,” said Southern Delaware Tourism Director Scott Thomas. “Picture slinking around a bend in your canoe on Trussum Pond to be met with one of the most beautiful yellows you’ve ever seen... in the form of a prothonotary warbler. Or spend a Friday afternoon at Prime Hook National Wildlife Refuge or boating around Lewes and the Delaware Bay, followed by craft beer and a movie. That’s what the weekend is all about.”

Social events for new and experienced birders are scheduled throughout the weekend. These “Tally Rallies” are held at local breweries, bars, and restaurants, and provide participants to add to the species checklist and swap birding stories with new friends.

Indeed participants recount the event in terms of experiences rather than simply observing birds – a majestic Bald Eagle soaring over the marsh, a loon in breeding plumage catching fish, or the eerie hoot and shadow of a barred owl at dusk. An outdoor experience is the true draw.

The Delmarva Peninsula is one of the country’s premier birding areas, thanks to an extensive variety of habitat protected by our coastal parks, refuges and wildlife management areas. More than 400 bird species have been recorded in

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June 22 from 10 a.m. to 11 a.m. It is an invigorating, community-oriented dance fitness class that feels fresh, and most of all, exhilarating. Zumba Gold classes provide modified, low-impact moves for the active, older adult.

The cost for these exciting classes is \$40 per person, per class. For more information on either of these classes, contact Myro or Lea at 410-632-2144 or visit our website at www.Worcester-RecandParks.org.

the region and previous Weekend tallies have topped 200 species.

If boasting that many species isn’t enough, participants should feel even better knowing that they’ve helped Delmarva’s birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops. Participants are encouraged to remind local businesses that they are here to enjoy Delmarva’s natural areas and the birds that inhabit them.

“It’s our vast shallow bays and large tracts of protected marshes and bald cypress forests that make the Delmarva Peninsula one of the finest birding regions in the nation,” said guide and organizer Jim Rapp. “During the Weekend, our guests will hike on private farmland and woodland that are normally off-limits to birders, and our waterborne trips go where the birds are.”

Additional sponsor and registration information, field trip descriptions and other resources for Delmarva Birding are available at www.delmarvabirding.com. For additional information, contact Jim Rapp (443-614-0261) or Dave Wilson (443-523-2201).

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