BOE candidates to attend 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, Synepeuxent 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 audience submitted questions. The purpose of this informational forum is for the benefit of District 3 voters. All are welcome and encouraged to participate.

Bunting, Bertino to hold 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.

RWWC raffle underway

The Republican Women of Worcester County (RWWC) are holding a raffle for two tickets to the Maryland First Lady’s Luncheon to be held on May 13 at the Gaithersburg Washingtonian Marriot Hotel. Transportation from Worcester and/or Wicomico counties is included. Cost of the raffle tickets is $10 each. The winner will be drawn at the RWWC general meeting luncheon at the Lighthouse Sound on April 28. For more information, please call Sandy Zitzer at 443-253-5730.

Bread sale raises money for AGH

Every year, Worcester Prep Grade 2 students host a Bread Sale as part of a hands-on learning lesson combining English, science, social studies, mathematics and philanthropy. The month-long project is modeled like a small business, whereas the students actually make the bread and then set up a classroom cafe at the end of the lesson to sell bread to students and faculty. The project involves researching ingredients, creating posters, oral reports, and rotating jobs, from busboy to cashier, to learn all the facets of running a business. Proceeds from the Bread Sale are then donated to Atlantic General Hospital.

Above Kindergartener Emma Brooks cannot wait to bite into her buttered bread during the WPS Annual 2nd Grade Bread Sale.
Candidate search process underway

It is time for the Ocean Pines Association to plan for the 2016 Board of Directors election. At the January meeting of the Board of Directors, the board appointed this year’s Search Committee. The 2016 committee is comprised of Les Purcell as chairman and members Martin Baer, Judy Butler, Tom Butler, Sid Eagle, Dennis Faber, Diane McGraw, Gary Miller, Herb Roe and Audrey Wahl.

The committee is charged with soliciting potential candidates from a diverse group of owners for three open Board of Director positions this year. Current directors Jack Collins, Bill Cordwell and Tom Terry are at the end of their three-year terms. The Search Committee’s goal is to find a minimum of five candidates for these openings.

To run for election, a candidate must be an owner of record of an Ocean Pines property as of January 1, 2016, in good standing, and submit a completed application to the Search Committee or Administration Office no later than 5 p.m. on Tuesday, May 10.

The Search Committee invites interested residents to attend either of two informational meetings to be held on Tuesday, April 19 and Wednesday, April 27, at the Ocean Pines Community Center at 7 p.m.

WCCW to meet

The Worcester County Commission for Women (WCCW) will meet on Tuesday, April 19, from 5 p.m. to 6:30 p.m. at the Worcester County Board of Education located at 6270 Worcester Highway in Newark. The purpose of the WCCW is to promote social, education, and economic equality for women in Worcester County. The meeting is open to the public and women of all ages are invited to attend.

The organization seeks volunteers for short-term assignments such as grant writing, fundraising, and event planning. For information, contact Chair L. Eloise Henry-Gordy at 443-235-3124.

Grandparents’ Day - In March Worcester Prep lower school students hosted Grandparents’ Day, showering their loved ones with activities, handmade gifts, and history presentations. Above is second grader Oliver Hershey with his grandfather Tom Hershey.

ATTENTION WORCESTER COUNTY RESIDENTS ONLY!!!
FREE – Household Hazardous Waste & Electronics Recycling
Saturday, April 23, 2016 – 10 AM – 2 PM – Collections to be held at the OCEAN CITY PARK & RIDE – RT. 50 – W. OCEAN CITY

Household Hazardous Waste Collection

WHAT WILL BE ACCEPTED:
Gasoline, gas/oil mixtures, Fuels, Acids, Cleaners, Solvents, Automotive fluids, Bleach, Ammonia, Pool Chemicals, Pesticides, Dark Room supplies, CFL light bulbs, batteries, Insecticides, Herbicides, Oil-based Paints, Thinners, Turpentine, Wood Preservatives, Wood Strippers, Etc.
(to solidify – add dirt, sand, kitty litter, mulch, etc.)

All of these materials will go to a HAZ MAT disposal site.

WHAT WILL NOT BE ACCEPTED:
Explosives, Ammunition, Medical Waste, Radioactive Materials, Picric Acid, Asbestos.

No Materials will be accepted from Business, Industrial or Commercial Sources.

THESE ITEMS WILL BE ACCEPTED AT THE PARK & RIDE LOT – RT. 50 – W. OCEAN CITY
AUGUST 23, 2016 – 10 AM – 2 PM

MISC. ELECTRONICS

Computers
CPU’s
Keyboards
Mouse
Printers
Modems
Scanners
Cables
Misc. Computer Parts

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APRIL 23, 2016 – 10 AM – 2 PM

TRASHING OLD ELECTRONICS DOESN’T MAKE SENSE

For more information on this event, please call – Ron Taylor, Worcester County Recycling Coordinator 410-632-3177 or e-mail at rtaylor@co.worcester.md.us
**Dentistry has changed...**

Come see what modern dentistry is all about

**Now Accepting New Smiles**

We file all claims, accept all major insurances, and participate with Delta Dental Premier

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**Aquatics to host triathlon**

Registrations are still being accepted for Ocean Pines Aquatics’ Super Sprint Tri to be held on Saturday, April 23 at 8 a.m. at the Sports Core Pool.

The event will consist of a quarter-mile swim, a 6.2-mile bike ride and a 1.5-mile run. Twelve three-member teams will be competing. Each team member will compete in all three events and will tag off to the next team member.

Each participant will receive an Under Armour shirt, and food and drinks will be provided.

The cost is $165 per team. A $60 deposit is required to hold the team’s spot with the balance due prior to the event day. Registered team members may also train at the Sports Core Pool at a reduced rate of $4 a visit through April 22.

Volunteers are needed to assist with the event. To volunteer, email cphillips@oceanpines.org.

A team representative meeting will be held on Monday, April 18 at 6 p.m. at the Sports Core Pool. Instructions and a course description will be given at that time. Participants may preregister on Friday, April 22 from 6-7 p.m. or at 7 a.m. on the day of the event.

For more information or to register, contact the Ocean Pines Aquatics Department at 410-641-5255.
Volunteers make a difference

Editor:

In celebration of National Volunteer Week, April 11-16, 2016, I am writing to recognize the residents of our community whose lives have been enriched through the feeling that comes from helping others. I encourage you to find a worthy cause with which to volunteer.

I give my time to the American Cancer Society because cancer has touched everyone in some way, including myself and my family. To help others in their fight against cancer is truly humbling.

Volunteers have been the backbone of the American Cancer Society since its founding over 100 years ago. They continue to provide the crusading spirit the Society has needed to champion the fight against this terrible disease.

Each of our volunteers has given time that is both meaningful and close to the heart.

Thank you to local volunteers for their participation in our many programs such as Road to Recovery and Look Good Feel Better, events like Relay for Life and Making Strides Against Breast Cancer, as dedicated members of community advocacy teams, or even helping in our local office to stuff envelopes.

Because of the passion and commitment of these volunteers, the American Cancer Society can continue to save lives by helping people stay well and get well, by finding cures, and by fighting back against cancer.

R. Clifford Berg
Ocean Pines
Past Chairman of the American Cancer Society’s South Atlantic Board of Directors

Colon Cancer Awareness campaign successful

Editor:

I would like to send out a Big Thank You to all involved in our Colon Cancer Awareness Event. My customers, relatives, fellow business owners, The employees at the Sheraton Inner Harbor and the local newspapers who all helped to make it a successful event. Together we raised over $3,000 to provide aid and comfort to those patients fighting the battle of their life. Gina’s Comfort Fund provides help with food cards, gas cards, acupuncture to help with chemo side effects and many other expenses. Hopefully I helped to make the public aware enough to think about colon cancer and getting a screening. Especially those under 50 years of age, listen to your body and the signs it sends to you.

Linda Dearing
Copy Central

Mediacom internet service slowing down?

Editor:

Is it me? Or, am I going crazy? Lately, we’ve noticed that our Internet service has been getting slower and slower. Often times, our computers would shut down for no logical reason. Then, a few days ago, we received a phone call from Mediacom, asking if we wanted to pay an additional $5.95 to improve our Internet speed. We had just recently negotiated our contract with them. We had to give up some TV cable channels in order to keep our rate at about the same price. We are getting less now for the rate. When does this all end with dealing with Mediacom? We welcome any suggestions.

Barbara & Andy Loffler
Ocean Pines

Wool speaks to Kiwanis

Worcester County Health Department Prevention Center’s Public Health Nutritionist, Dietician Kathy Wool was the guest speaker at the April 6 weekly meeting of the Kiwanis Club of Greater Ocean Pines - Ocean City.

Above Kathy Wool receives a Kiwanis pen from the club’s President Mark Joseph.
A ruff world

It happens from time to time that my wife and I will get into a conversation about dogs. Yes, I know, it could be said our conversation “goes to the dogs” from time to time. But after being together for so long how much is there really to talk about? Usually something on television or encountering a particular breed will trigger a conversation. We’ll remember dogs we had growing up or ones we’ve had since we were married. We’ll discuss breeds we like and we’ll talk about how some of the best dogs we’ve had have been rescue adoptions.

We enjoy watching the Westminster Dog Show, rooting for our favorite breeds and voicing incredulity when a breed we don’t care for wins Best in Group or Best in Show. It truly defies logic that a judge would pass over the Border Collie or Golden Retriever as the best in their respective groups.

Determining which dog breed is best is akin to naming the best ice cream flavor. There is no correct answer. Some people like little dogs; some people like big dogs. Some people like hunting dogs; some people like lap dogs. Ironically, a lap dog is not necessarily a little dog. I once had a Doberman Pinscher who weighed more than a hundred pounds and displayed not an ounce of shame when climbing up on my lap. Sometimes he would just nudge me off the couch. Where does a hundred pound Doberman lay down? Anywhere he wants.

My wife and I enjoy talking about the attributes of different breeds. We’re medium to large size dog people. We have many favorite breeds but the one that is a first among equals is the Border Collie. My wife had one growing up and we had one as our children were growing up. They are incredibly talented dogs. Ours was a constant companion to our children. Exhibiting her basic instincts as a herding dog she would often corral the kids when they were playing outside.

There are other breeds of which we are fond including the Golden Retriever, the aforementioned Doberman, the Scottish Deerhound, the American Staffordshire Terrier and the Labrador Retriever. This is a fluid list that often includes the German Shepherd, the Vizsla, the Bernese Mountain Dog and the Bassett Hound.

As anyone who has purchased a full bred dog can attest, the cost of such an animal can sometimes be as high as mortgage payment or two. But hey, if it’s what you want why not?

As attractive as a particular breed can be in terms of looks and disposition, there’s no denying the charm of a mixed breed dog. Our dog now is a cross between a Collie and Golden Retriever, we think. We adopted her from Animal Control when she was a puppy. She has been an excellent addition to the family. She’s the little sister our kids never had. Truth be told, she’s often been better behaved than our children.

We’ve known a number of people who have adopted dogs through rescue organizations. The Greyhound Rescue is one with which I’m familiar. A onetime client of mine had two very gentle Greyhounds that she adopted through the organization. They would lie in her office on big dog beds, looking up occasionally if they heard something of interest.

There have been only abbreviated periods in our lives when we’ve not had a dog. I suspect that our house will always be home to a dog. As Charlie Brown once said, “Life is better with a dog.”

Regardless of lineage, whether a full breed or mixed, there’s a universal truth when it comes to dogs: happiness starts with a wet nose and ends with a tail.
‘Project 22’ to be screened free

The Jesse Klump Memorial Fund, in partnership with veterans’ service organizations throughout the lower Eastern Shore, is proud to present “Project 22,” a feature-length, critically-acclaimed film that brings to light the problem of suicide among military veterans. Twenty-two veterans take their own lives every day in the U.S. A free public screening will be held at the Regal Cinema 16, 2922 North Salisbury Boulevard (the Center at Salisbury) on Thursday, April 28, at 7 p.m. Information about a wide variety of services available to veterans and their families will be available.

From the film makers: “After tragedy struck home...two combat-wounded veterans set out to end a little-known epidemic in America. Their 6,500-mile cross-country mission was to raise awareness of the high rate of suicide among veterans and to show their brothers and sisters-in-arms that there is hope for them. During their journey, they interviewed researchers, healthcare providers and veterans. Many of those they encountered had either contemplated or attempted suicide and were able to share the lifesaving sources of hope that they had found. Asking hard-hitting questions and opening up about their own struggles, and painfully stirred on by the estimate that 22 veterans are taking their own lives every single day, Daniel and Doc will stop at nothing to reach tomorrow’s 22.”

“The young men and women returning from combat have seen and experienced things that are so horrible as to be unimaginable to those of us on the home front,” said Klump Fund Secretary Ron Filling. “We owe it to them to help them find a way to deal with the horrific scenes that confront them every day, and to help them get beyond the ingrained warrior mentality that is a wall between them and healing. Daniel and Doc do that in “Project 22,” riding their motorcycles across the country in 22 days, and sharing the stories of those who have survived their suicidal thoughts and actions. It isn’t enough to wave flags and hang banners to welcome them home. We must all do more to ensure their happiness and safety.”

To learn more about this free screening of “Project 22,” send a message to weremember@jessespaddle.org or call (443) 982-2716.

Court swears in new child advocates

Lower Shore CASA, a division of Worcester Youth and Family Counseling Services (WYFCS), is recently announced the appointment of five new Court Appointed Special Advocates, or CASA’s, to the WYFCS CASA program. On Wednesday, February 24, The Honorable Judge Brian Shockley, and Family Magistrate Margaret “Peggy” Kent, Worcester County Circuit Court, 1st Judicial Circuit, addressed five newly trained WYFCS CASA volunteers before swearing them in as court-appointed advocates. The new volunteers are: Susan Schwartz, Denise Tamari, Linda Kent, Ashley Cuffee, and Melissa Umana Campos.

CASA volunteers advocate for children who have been abused or neglected and who, through no fault of their own, end up in the court system. CASA is the only program where everyday citizens are appointed by judges to speak up for a child’s safety and well-being. Lower Shore CASA has advocated for 66 in Worcester County over the past year.

Pictured, from left to right: Denise Tamari, Susan Schwartz, The Honorable Judge Brian Shockley, Melissa Umana Campos, Family Magistrate Peggy Kent, Brigitte Southworth, CASA Program Director, Ashley Cuffee, Linda Kent, and Angie Manos, CASA Volunteer Supervisor.

Pickleball offered

Worcester County Recreation & Parks is excited to offer pickleball this spring at two different times. This drop-in program will be played indoors at the Worcester County Recreation Center (WCRC) in Snow Hill.

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can easily develop into a quick, fast-paced, competitive game for experienced players. Pickleball combines many elements of tennis, badminton, and ping-pong. The game is played with a hard paddle and a smaller version of a wiffle ball. All equipment will be provided.

Drop-In Pickleball will be held during the day on Wednesdays, April 6 through June 15 from 10 a.m. to noon. An evening session will be held on Tuesdays, April 12 through June 21 from 7 p.m. to 9 p.m. The cost is $3 per day or $25 for the 12 week quarter (per session).

The great thing about pickleball is please see pickleball on page 15
Rogue Lawyer
by John Grisham

There is nothing new in the realization that the Constitution sometimes insulates the criminality of a few in order to protect the privacy of us all. - Antonin Scalia
1936-2016

After penning 30 novels John Grisham is still blasting ‘em out of the park and does so with the ease of a Babe Ruth as demonstrated in his latest effort, “Rogue Lawyer,” released in mid-October 2015. I was struck by Mr. Grisham’s writings from the onset when I read his debut novel, “A Time To Kill.” He knows how to turn a phrase so that readers are anxious to turn a page. And if I’m not mistaken he was at the forefront of writers who led the transition from detective novel thrillers to lawyer novel thrillers.

In Mr. Grisham’s latest book, Sebastian Rudd is the rogue lawyer of the title. The man defends those whom the general citizenry look upon as the scum of the earth. And his clients are. They are usually guilty as well as despicable. But everybody from the man in the street to those viewers watching the nightly news fails to understand why any villains deserve legal representation – it’s the U.S. Constitution, ladies and gents. As for Rudd, when a heinous crime against mankind has been committed and he takes the case, as defense lawyer he is viewed as guilty by association. Though not all of the vile people in “Rogue Lawyer” have committed a crime - there are some villains who are supposed to be part of the “right” side of the law/justice. For as Rudd himself comments early on, “My line of work inspires hatred and there are people out there who’d love to see me suffer. Some of these people hide behind badges.”

When his law office was firebombed early in his practice, Rudd’s new digs morphed into a customized van with all the necessary equipment needed by any defense lawyer. The important extras are outside (bullet-proofing) as well as inside (mini-bar). One of two employees in his service is Partner, the man who is his driver, bodyguard, investigator and trained paralegal. The other is Partner’s disabled mother who monitors Rudd’s listed phone and relays only the relevant messages on to his cell. He sequesters all his files dis-

please see book on page 15

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OCEAN PKWY

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OCEAN PKWY

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Please see book on page 15

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please see book on page 15
Art classes available to all skill levels

Spring art classes at the Ocean City Center for the Arts are geared for all ages and all skill levels. A complete list of classes is now available at artleagueofoceanicity.org or by calling 410-524-9433.

The art classes allow everyone, children and adults, beginner and professional artists, to explore their creative sides.

"Even if you’ve never picked up a paintbrush or sat down with a mound of clay, our instructors will gently guide you through the process, with no judgment except to have fun," said Rina Thaler, executive director of the Arts Center. "You never know what hidden talent you’ll discover."

The Ocean City Center for the Arts on 94th St. is a one-stop community resource for participating in the arts. They have put together a broad schedule of classes — conveniently held during the day, in the evening and on weekends — taught by experienced art instructors and artists.

The Arts Center is holding classes in watercolors, painting, photography, mixed media, glass, jewelry making, photography, pottery and encaustic. Multi-day workshops are an opportunity to study an art technique in depth.

A special Family Paint Night in cooperation with the Ocean City Recreation and Parks Department takes place Thursday, April 14 from 5:30 to 7:30 p.m. Families will paint a step-by-step beach scene on canvas and enjoy a snack.

A special Art Weekend in June for teens and adults will offer four classes over two days for $100 per person.

Many of the art classes are social occasions, too, and perfect for date night. Adults can eat, drink an adult beverage and create art during sip & Ceramics and Brushes & Bubbly.

Children’s classes are offered during the day, after school and on weekends. For example, Pizza & Pottery is held once a month on Fridays after school. Kids’ Afternoon Pottery happens every Thursday after school.

A complete up-to-date schedule of classes with dates, times and prices is always available online at www.artleagueoceanicity.org or by calling the Arts Center at 410-524-9433.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League of Ocean City, a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects.

Celebrate Earth Day by recycling

The Recycling Division of Worcester County Public Works, in conjunction with Maryland Environmental Services and the Maryland Department of the Environment (MDE), will conduct Household Hazardous Waste (HHW) and E-Cycling (electronics recycling) Collection Day on Saturday, April 23, from 10 a.m. to 2 p.m. at the Ocean City Park & Ride Lot in West Ocean City.

Worcester County is hosting HHW and E-cycling to commemorate and extend the Earth Day celebration, which takes place the day prior to our event.

U.S. Senator John Hoeven once said, "On Earth Day, we celebrate all the gifts the world and nature make available to us. We recognize our complete dependence on its bounty. And we acknowledge the need for good stewardship to preserve its fruits for future generations."

Recycling officials couldn't agree more. Proper disposal of HHW and electronics is among the many simple steps we can take that play a big role in helping to protect the planet and ultimately our own health.

Drop off HHW, including pesticides, pool chemicals, gas and other fuels, oil-base paints, thinners and everyday hazardous wastes accumulating in and around the home for safe disposal. Electronic items, such as computers, monitors, keyboards, printers, radios, televisions and VCRs, will be collected and later recycled.

Recycling HHW and electronics saves valuable landfill space and helps protect the environment, as many of these items do not degrade and contain poisonous materials that could seep out of the landfill and contaminate surrounding soil and groundwater.

HHW and E-cycling is open at no charge to Worcester County residents only. A representative from MDE will be on-site checking vehicle registration. Clean Ventures of Baltimore will be responsible for the safe disposal of all hazardous waste collected. The electronics will be shipped to an electronics recycler for dismantling. For more information, contact Worcester County Recycling Manager Ron Taylor at (410) 632-3177.

MCBP names new director

The Maryland Coastal Bays Program (MCBP) announced recently that Frank Piorko began his position as the new Executive Director of the program, effective Monday, April 4.

Piorko, a veteran of natural resource management programs throughout the Mid-Atlantic region, has spent the past 25 years with the Delaware Department of Natural Resources and Environmental Control, and the last six years as Director of the Division of Watershed Stewardship. "The Board of Directors is delighted to have a leader with Frank's experience which we are certain will facilitate implementation of the Coastal Bays Management Plan," said Steve Taylor, Chairman of the Maryland Coastal Bays Foundation.

"I'm very excited to be joining the leadership of a great team of science and action oriented individuals and partners; committed to protecting and enhancing the watershed, which includes Ocean City, Ocean Pines, Berlin, and coastal communities east of Snow Hill and Pocomoke as well as Assateague Island National Seashore," said Piorko.

"Our watershed partners represent a diverse landscape that includes an ocean resort area, protected open space, a vibrant agricultural presence and of course over 100,000 acres of water and wetlands," he said. "The opportunities are endless for development and execution of strategies that will implement the recently updated Comprehensive Conservation Management Plan for the watershed and Bays, completed in 2015."

Part of the National Estuary Program, the Maryland Coastal Bays Program is a non-profit partnership among the towns of Ocean City and Berlin, Worcester County, the National Park Service, the U.S. Environmental Protection Agency, and the Maryland Departments of Natural Resources, Agriculture, Environment and Planning. The program works closely with Worcester County residents and local environmental groups to ensure the most practical strategies are pursued, implemented and monitored for success.

Retired nurses to meet

The Retired Nurses will have a presentation by Steve Taylor, Executive Director of Worcester Youth & Family Counseling Services on April 20 at 3 p.m. at the Ocean Pines library. For information call 302 436 4378.

MSSA to meet

The Atlantic Coast Chapter of the Maryland Saltwater Sportfishing Association will hold its next chapter meeting on Tuesday April 26. The meeting will be held at the Lion’s Club on Airport Rd. in West Ocean City. The meeting officially starts at 7:30 p.m. doors open at 7 p.m. The event is open to the public. This month the speakers will give updates on fishery regulations.
Looking ahead - The Future Teachers of America (FTA) class is just one of the activities offered at Stephen Decatur Middle School’s After School Academy. Teacher sponsors for the FTA are Kate Lutz and Michelle Hammond. Pictured here is Krystin Stansbury, a 7th grader, and Ms. Hammond modeling a lesson that they created using the book “Hop on Pop” by Dr. Seuss. Also participating are (left to right) Alexandria Worrell, Tavey Wade and Meghan Ellis. The students will present their lessons to a local day care center in May to complete their studies.

Platform tennis has appeal

By June Freeman

Platform tennis is an American sport enjoyed by people all over the United States. It is the only racquet sport which players can enjoy outdoors in the cold weather. Of course, it is also played during spring, summer and fall weather. Its unique appeal attracts people who desire fresh air, exercise and lots of social activities. Whether it be a chilly winter’s day or night or a warm summer day, it is always fun.

Platform tennis is played in private clubs and at public facilities. Play can be highly competitive or purely recreational, depending on your choice. The game is played on a court about one-third the size of a tennis court and is surrounded by a twelve foot high wire fence which allows play off the screen, as in racquetball. While some courts have raised platforms, Ocean Pines courts are built at ground level like tennis courts. All the Ocean Pines platform tennis courts have lights, as many of the players enjoy nighttime play. The paddles are eighteen inches with a roundish shape and the rubber balls are two and a half inches.

To get your free lessons and a free week trial, call Jim at 215-704-4592 or email jimisfreeman@verizon.net. Lessons are given every Saturday afternoon at noon. You will be provided with a paddle and balls. All you need is sneakers. Lessons are offered at the Ocean Pines Manklin Meadows Racquet Complex on Manklin Road.

Community Foundation scholarships available

Up to $50,000 will be made available this spring to projects that encourage parent and family engagement for under-served children on Maryland’s lower Eastern Shore. The grant program, which was developed by the Community Foundation of the Eastern Shore, aims to fund forward-thinking and innovative approaches to remedy the challenges facing youth today.

“When compared to children from more affluent families, kids from economically challenged homes are more likely face health, behavioral, and emotional problems,” states Erica Joseph, President at the Community Foundation. “Additionally, we see these children have a greater high school dropout rate, and overall lower academic achievement. Rural settings can intensify the challenges low-income families face.”

Through this grant program, the Foundation hopes to identify an opportunity where funding can make a significant difference in the lives and futures of the under-served children in the Lower Shore region. Programs that focus on the improvement of academics, attendance, classroom behavior, communication, self-esteem, parent involvement or engagement, and family functioning, or that seek to decrease substance abuse, are encouraged to apply for grant funding. Up to $5,000 per program can be awarded.

The Community Foundation will be accepting applications through May 15. For complete guidelines, eligibility, or to apply, please contact Heather Mahler at hmahler@cfes.org, call 410-742-9911 or visit CFES.org.

Join Us For Breakfast

The Ocean City Aviation Association Breakfast
Saturday and Sunday Mornings
March 5 through May 29.
9 a.m. to noon
Pancakes, sausage, coffee and hanger flying
Suggested donation is $5.

Proceeds benefit the Huey Veterans Memorial Fund
For details call
Coleman Bunting at 410-726-7207
**That's how my garden grows...**

By Betty McDermott

Hello Fellow Gardeners,

Aren't you all glad that those March winds carrying those raw temperatures have passed? Well, I am for sure! April has started out bleak with lots of rain and wind but I believe that nicer days are in store for us.

April is always a busy month for gardeners preparing their flower and vegetable gardens for the year. However, don't be too hasty in attempting to plant those inviting colorful, flowering, annuals or vegetables when there is still a chance of frost. Just in case you don't know or you have forgotten, we are in zone 7 and the guideline for planting vulnerable flowering annuals and many vegetables is after Mother's Day, May 8. There are many vegetables which can stand the cold, such as, lettuce, spinach, Swiss Chard, beets, and other salad vegetables but not tomato plants as they are very vulnerable. Some gardening tips for April are as follows:

*Do not pull or cut back bulb foliage of tulips, jonquils, daffodils, hyacinths or other spring blossoming flowers. Allow them to die back naturally to help the bulbs store nutrients needed for next year's flower growth.*

*Remember to fertilize your perennials with a well-balanced plant food or fertilizer or add a few inches of rich mulch around your rose bushes early in the morning every eight or 10 days until the disease disappears. You can also use an organic product called Neem.*

Please see garden on page 15
Caregivers need to care for themselves as well

Caring for an aging or sick relative is not always so easy. In addition to the physical demands of caring for such loved ones, tending to sick people can take a mental toll, potentially contributing to a condition referred to as caregiver stress.

Women are more likely than men to serve as caregivers to elderly or disabled adults. That increases their risk for caregiver stress, says the Office on Women’s Health, a division of the U.S. Department of Health and Human Services.

The Mayo Clinic notes that caring for a loved one can strain even the most resilient person. It can be quite difficult to be a person’s sole caregiver and witness a loved one’s health deteriorate due to a debilitating illness. As the population ages, nearly 80 percent of the long-term care that takes place in the United States is overseen by people who are not healthcare professionals, including daughters, granddaughters, sisters, and aunts.

Caregiver stress can manifest itself in many different ways, including physical and emotional problems. The following are some ways to handle the stress of caring for a sick and/or elderly relative.

- Investigate available resources. Explore all of the opportunities in your area that may relieve some of the burden of caring for your loved one. These may include in-home visiting care services, meal delivery, adult activity programs, and more.
- Ask for help. Find out if responsibilities can be split among other family members, giving each person a chance to rest and recuperate.
- Get physical. Physical activity in any form can help reduce stress and improve feelings of well-being, offers the Alzheimer’s Association. Go for a walk, take an exercise class or ride a bicycle. Expect to feel more relaxed and less stressed after physical activity.
- Speak with a therapist. Discuss your feelings with someone not directly related to your family or circle of friends. Caregivers may have feelings of anger, depression and anxiety, and may even be in denial about how much care this person really needs. Talking about your feelings with a professional can put them into perspective.
- Focus on things you can control. You may not be able to cure the illness or disability, but there are things in your control. Rather than dwelling on things beyond your control, try to improve the things you can control.

- Try to have fun. It is easy to make caregiving the only part of your life. However, you have to leave room for letting off steam. Do not feel guilty about going out with friends or a spouse. Make time for yourself.

Caregiver stress is a very real thing that negatively affects the health and well-being of caregivers. Some simple coping methods can relieve some of that stress.

Did you know

While parents often struggle to get their children to put down their devices and/or turn off the television, an unscientific 2014 study from researchers at Boston University Medical Center discovered that parents might just be the ones who need to step away from their smartphones. Dr. Jenny Radesky, a developmental pediatrician, and two fellow researchers observed 55 separate groups of caregivers, oftentimes parents, and young children dining at restaurants around Boston. Of the 55 caregivers under observation, 40 used mobile devices during the meal and 16 used such devices throughout the meal. In addition, Radesky and her fellow researchers noticed that children whose caregivers were most absorbed in their devices were more likely to act out.
Ebbling honored with Daisy award

Sometimes, what a patient needs is a sympathetic listener who can help to put them at ease while also tending to their medical needs. Judith Ebbling of Peninsula Regional Medical Center’s Post-Anesthesia Care Unit brings her heart to work every day, and for that she has earned the Daisy Award for Extraordinary Nurses.

The nomination came from a patient, who said, “I just had my third surgery for breast cancer. Every person involved in every procedure, test, and surgery has been wonderful! However, today Judy Ebbling was awesome! She kept me warm and comfortable. She fed ice for my throat. Then, for some reason, I began crying; I babbled on about what I have been through. Today was the anniversary of one sister’s death from breast cancer and I told her all about that… on and on. She held my hand, wiped my tears, consoled me, hugged and wished me well. I so appreciated Judy being by my bed. When I suggested she had other things to do, she said she was right where she needed to be. Judy was my angel today!”

For her exceptional care and compassion, Ebbling was honored with the Daisy Award in a ceremony before her colleagues, and received a certificate commending her for being an extraordinary nurse. The certificate reads: “In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people.” She was also presented with fresh daisies on behalf of the Peninsula Regional Medical staff, and a sculpture called A Healer’s Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

To nominate an exceptional nurse, visit www.peninsula.org/DaisyAward and share a story.

Helping - Ocean City Elementary (OCES) recently held a Humane Society Drive to collect donations for the many homeless dogs and cats who call the shelter their home. Students from all grades donated items such as dog and cat treats, kitty litter, blankets, paper towels, dry dog and cat food, kongs and peanut butter. In addition, they collected 974 cans of Friskies canned cat food with 3rd grade as the top collectors with 353 cans. Students also raised $375.11 for the shelter. The annual Humane Society Drive at OCES is one of the many ways our faculty and staff, students and their families show their kind hearts throughout the school year.

Pictured left to right are Derek Tirado-Cano, Kara Louden, Noa Bouzaglo, Zoe Hinkle and Emma Cavall.
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: jeanduck47@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.

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.

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.

Berlin student awarded WPS scholarship

Eighth grader Damiana Colley, has been selected to receive the Worcester Preparatory School (WPS) Sara Chase Carlson Scholarship, to begin September 2016. She will receive full tuition for four-years to the WPS Upper School (high school). Damiana is an exemplary student who also excels in writing, drawing, and painting. In addition to her talents, she is active in many extracurricular clubs and is president of the Student Government Association (SGA) in her current school.

The Sara Chase Carlson Scholarship was established in 2004 by Sara Carlson and her late father, Robert L. Edwards, to provide local students entering ninth grade a four-year, full tuition grant for the Upper School at WPS. The student criteria are based on smart academic ability, coupled with strength in the arts and/or technology. Sara created the scholarship as a permanent and significant way to thank WPS for the wonderful education her daughter, Leigh Remy ’03, received. For more information about the Sara Chase Carlson Scholarship Fund, contact Tara Becker at 410.641.3575, or email tbecker@worcesterprep.org.

Above: Damiana Colley with Sara Chase Carlson.
Service DIRECTORY

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Senior Spending is on RISE!
the new rage. It is called “straw bale gardening.” A gardening friend of mine is exploring it for a change this year in his back yard. This gardener is also a member of The Ocean Pines Community Gardens and has been for years. He was kind enough to write up a short description of this new endeavor. Here is what he has to report.

Growing vegetables in straw bales has been around for years. When I heard about it last summer, I decided to try it myself this growing season. I bought four bales of straw from Southern States in Berlin and I have spent the last two weeks conditioning them. This starts the process of breaking down the straw into the compost that feeds the plants. My plan is to grow root vegetables (beets, carrots and radishes) to take advantage of the loose straw medium that holds water like a sponge. It is also a medium that is free of bugs, weed seeds and plant pathogens. Another advantage is that you can put the bales anywhere; a patio, a driveway, or a porch like any other container and the growing surface is raised about 18 inches above the ground which is great for those of us who like raised beds and no stooping. I won’t know until the end of the summer if it is a successful way to grow vegetables; but I think it’s worth a try. Larry says if you are interested in learning more about straw bale gardening, a good book on the subject is “Straw Bale Gardening Complete” by Joel Karsten and there are several clips on YouTube. Many thanks, Larry.

Well, happy gardening and think Spring and warmer weather.

**pickleball**

from page 6

that it takes such little time to learn how to play. After your first twenty minutes of instruction, you are well on your way to enjoying a new recreational sport.

For more information on Drop-In Pickleball, contact Program Manager Kelly Buchanan at 410-632-2144 x2503 or kbuchanan@co.worcester.md.us. Visit our website at www.WorcesterRecae-dParks.org for a complete list of all our programs or to sign up to receive email announcements.

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**ACT annual plant festival planned**

For the 17th year, Assateague Coastal Trust (ACT) will offer a selection of native flowering perennials, heirloom tomatoes, peppers and herbs at its annual festival. This year the event will again be next to ACT’s office, steps from the corner of Old Ocean City Boulevard and North Main Street in Berlin. And the date for this year’s sale, May 7, or the day before Mothers Day, arrives just in time for shoppers to honor their moms with natural gifts that keep on giving...and are good for the environment too!

The festival opens its doors between 8:00am and 1 p.m., on Saturday, May 7. “It is always a good idea, however, to place plant orders in advance,” says Steve Farr, ACT’s Development Director. “That guarantees that gardeners (and moms) will get the best of the plants that come from our growers.”

Advance orders can be placed on our website with a credit card, by using our secure on-line ordering system or by calling (410) 629-1538. All orders can be picked up on May 7 from 8 a.m. to 1 p.m. Once you have placed an order, yours will be pre-packaged and ready to go on pickup day.

ACT is partnering with Environmental Concern as a new plant vendor this year. Based in St. Michaels, Environmental Concern shares ACT’s commitment to improving water quality with a particular focus on wetlands education and restoration. They have been operating a native plant nursery since 1972 and will provide a variety of new native perennials along with many of our favorites from past years as well.

All plants are chosen because of their natural ability to adapt to local gardening conditions. Native plant gardens require less herbicide, less pesticide and less fertilizer than exotic varieties, which is good for the environment and encourages habitat creation for native wildlife.

Since heirloom tomatoes were introduced to the festival seven years ago, they have grown in popularity. Heirlooms typically produce more flavorful tomatoes than hybrids. ACT will also be offering a variety of locally grown herbs and for the first time this year, fish peppers. Fish peppers have a rich mid-Atlantic/Chesapeake Bay cultural heritage and are zesty complements to local seafood dishes.

Volunteers are alsoneeded on May 7 to assist with plant sales. If you need information or want to participate, please contact us at 410-629-1538.

For more information and to preorder, visit us at www.actforbays.org/

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**Investigating**

Emily Backof, from Dr. Melanie Biscoe’s fourth grade class at Ocean City Elementary, is investigating the impact of coal mining in the Appalachia Mountains using chocolate chip cookies.

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**book**

from page 7

creepily and conveniently at her apartment where Partner also takes up residence.

Rudd juggles a many-faceted life – managing his mostly dangerous clients, part owner of an up-and-coming cage wrestler and trying to be a father to his young daughter. The latter task is especially onerous – bargaining to gain meaningful time with her against his vindic-tive ex-wife who, also a lawyer brings him to court at every perceived infraction of their custody agreement. And Mr. Grisham brings all of these dissimilar parts to a meeting of the minds in a nail-biting frenzy.

A lawyer by profession, Mr. Grisham is an expert in guiding readers through the maze of the legal system from A to Z in all of his novels. Though I recommend his books for their entertainment aspect, I’m never adverse to a bit of learning.

After his first book I went on to read many of his subsequent thrillers as well as his non-lawyerly books, to wit, “A Painted House,” “Skipping Christmas” and “Playing for Pizza.” And for anyone who does not dote on crime solving fiction, these two books are wonderful examples of Mr. Grisham’s expertise in storytelling. His books speak to men and women alike.

Behind the page-turning prose engendered in each of his legal thrillers, Mr. Grisham will usually render a civics’ lesson - exercise a problem he believes at odds with the American system of laws, fairness and justice. He is so adept at this that I promise you that you will not even notice the soap box he stands on. In “Rogue Layer” he speaks to issues he registers as overdue for overhaul in the criminal justice system...incarceration procedures, sentencing guidelines and the future of the American prison system.

Along with writing on the issues, in his interviews he alludes to prison overcrowding and the exploding costs of prolonged incarceration. All of this aligning with Rudd’s sentiments in the novel and at one point declaring, “Our prisons are packed. Our streets are filled with drugs. Who’s winning the war? We’ve lost our minds.”

In a recent interview Mr. Grisham offers Sebastian Rudd as a possible lead character for any network interested in a lawyer “with a series of stories to tell.” But regardless of whether such a series might materialize or not, in the meantime turn off the TV and dial into the latest John Grisham book, “Rogue Lawyer” and forget the television and opt for a good read. Make sure you’ve cleared your calendar for a day or two because you might not be able to put it down.
MSO concert planned

Celebrate the Mid-Atlantic Symphony Orchestra’s Season Finale “Romantic Legends” on Sunday, May 1, at the Community Church at Ocean Pines located at Rt. 589 and Racetrack Road at 3 p.m. Concert tickets are $38 per person. The program will feature Arnaud Sussmann, a violinist of extraordinarily deep musicianship. His performance of the Violin Concerto in D Minor, Opus 47, was written by Jean Sibelius in 1904-1905. It is symphonic in scope, with the solo violin and all sections of the orchestra being equal voices.

Additional orchestral works will include the symphonic poem “In the Steppes of Central Asia” composed in 1880 by Alexander Borodin and Symphony No. 5 in D Major/D Minor, Opus 107, known as the “Reformation,” composed by Felix Mendelssohn in 1830.

An end-of-season gala will follow the concert at the Ocean Pines Yacht Club. This fundraiser to keep the music playing includes a plated dinner (choice of four entrees), cash bar, music, silent auctions and raffles. Dinner reservations are $75 per person and are required no later than April 26.

Tickets for both events are available by contacting Gale Alford on 410-208-1590 or galenbillalford@gmail.com. Payment should be sent to MSO, P.O. Box 1697, Ocean Pines MD 21811.

MBS to hold fundraiser

Most Blessed Sacrament Catholic School will hold a new fundraising event on May 7. Join them for the most exciting two minutes in sports at Claddagh on the Shore located in Fenwick Island, DE for Derby Night. Watch the run for the roses live wearing your Kentucky Derby best. Sip on mint juleps and eat fantastic food including a live pit stand while enjoying live music and bidding on fun items in our Chinese auction. The event begins at 4 p.m. Reservations are limited. For more information and to make your reservation see our website, www.mostblessedsacramentschool.com

Genealogy Group to meet

The Genealogy Group will meet April 19 from 10:30 a.m. to noon at the Ocean Pines library. A short presentation on “Writing your family history—tips, help books, and publishers” will be followed by an open discussion. All are welcome from beginning researchers to experienced genealogists. Bring questions. The event will be moderated by Tom Dempsey, past Vice President, SCGS, and life-long researcher.

KOC simple supper planned

The Knights of Columbus will hold a Simple Supper on Wednesday, April 27 at the Columbus Hall located at 9901 Coastal Hwy. Ocean City (behind St. Luke’s Church). The cost is $7 per person plus a cash bar. The event will take place between 5 p.m. and 7 p.m. For more information call 410-524-7994.