

# The Courier

May 11, 2016 Volume 16 Number 37

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### **Anglers to meet**

The Ocean Pines Anglers Club will meet on Saturday, May 14 at 9:30 a.m. in the Ocean Pines library. The speaker will be new Maryland Coastal Bays Executive Director Frank Piorko. Frank is 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 6 years as Director of the Division of Watershed Stewardship. He will discuss the plans for and future of our local coastal bays. All are welcome.

### **Legion auxiliary to meet**

On Tuesday May 17 the American Legion Auxiliary Unit 166 will hold its monthly meeting. The social hours starts at 6 p.m. The meeting begins at 7 p.m. The meeting will be held at the American Legion Synepuxent Post 166 located at 23<sup>rd</sup> Street in Ocean City. Current members and those interested in becoming a member are encouraged to attend.

### **Guest bartending event set**

Ocean City Ravens Roost #44 Penguin Swim Team is holding a Guest Bartending Fundraiser at the Ocean City Fish Company, May 25, between 6 and 9 p.m. All monies received by the Roost will benefit the Atlantic General Hospital's 2017 Penguin Swim. There is free admission, happy hour drinks and food prices, prize raffles and a 50/50. "Tommy Burdette and the Riffshakers" will provide entertaining music. Guest bartenders include Tammy Patrick, Atlantic General Hospital; JLCropper, AGH; Michael Cyle, AGH; Ginger Fleming, Ocean Pines Chamber; Tana Martin, Tana Martin Yoga; Maggie Miller, RR #44 and John Worthington, RR #44. The Ocean City Fish Company, formerly Captain's Galley, is located at 12817 Harbor Road, in West Ocean City.

### **Retired nurses to meet**

The Retired Nurses organization will have a presentation by Patrick Dougherty, pharmacist, at Peninsula Regional Medical Center on May 18 at 3 p.m. at the Ocean Pines library. For more information call 302-436-4378



### **Students host Mother's Day Tea**

Grade 3 Worcester Prep students invited their moms to school for a special Mother's Day Tea on May 5. While serving tea and cookies students presented their moms poems along with a keynote video presentation with reasons why they appreciate their mothers so much.

Above **Jack Fernley** of Berlin cannot wait to show his mom **Kim Fernley** his Mother's Day Tea Keynote video presentation.

## Bird conservationist to speak

Regional Ecologist Dave Brinker will share his perspectives on the history and future of birds and their conservation in the coastal bays in a presentation hosted by the Maryland Coastal Bays Program Citizens Advisory Committee Tuesday, May 17 at the Ocean Pines Yacht Club from 5:30 p.m. to 6:30 p.m..

Brinker is a regional ecologist with the Maryland Department of Natural Resources' Natural Heritage Program. He works on biodiversity conservation specializing on colonial nesting waterbirds and marshbirds. His scope of work also includes freshwater mussels, tiger beetles and odonates (dragonflies and damselflies).

More species of birds have been observed in Worcester County than any other Maryland county. From

peregrine falcons to Ipswich sparrows, research and monitoring conducted on Assateague and in the coastal bays is influencing what we know about birds and how resource managers approach bird conservation.

Brinker's extensive research and expertise with bird related issues on Assateague and in the Coastal Bays began in 1975. He has been banding Northern Saw-whet Owls on Assateague Island since 1991. He founded the now continental collaborative banding effort Project OwlNet in 1994. Along with colleagues and many volunteers he has organized the banding of over 25,000 Brown Pelicans in Maryland and Virginia. In addition to his professional duties, during his free time he studies Northern Goshawks in West Virginia, Maryland, and Pennsylvania and has experience with traditional radio, satellite, and cellular telemetry of Black Skimmers, Northern Goshawks, Northern Saw-whet and Snowy Owls. Most recently he co-founded, and is a leading principal in Project SNOWstorm.

MCBP's Citizens Advisory Committee performs a dual role of providing the MCBP with valuable input from citizens and as a communication conduit on the programs and progress of the organization to the community. Membership includes representation from a broad spectrum of major resource groups including citizen's councils, business, farming, fishing, industry, recreational users and environmental citizens groups.

Attendance is open to all. Please RSVP to Technical Coordinator Jen Rafter at [jrafter@mdcoastalbays.org](mailto:jrafter@mdcoastalbays.org) or 410-213-2297x 105 if you plan on attending.



**Winner** - Special Olympics winner **George Caswell**, a resident of The Woodlands in Ocean Pines, displays his many awards and a stained glass picture made for him by his brother. Photo by Anna Foulz

## Annual Preakness party scheduled

The fifth annual Hats for Hospice Preakness Party will be held on Saturday, May 21, from 4-8 p.m. at the Princess Anne riverfront home of Kathleen and Howard Crossan.

The event is the signature fundraiser for charity care at Coastal Hospice. The need is profound and growing. Last fiscal year, Coastal Hospice provided more than \$650,000 in charity care to patients on the Lower Shore who did not have the resources to pay. No one who needs hospice services is ever denied care by Coastal Hospice.

Reservations are \$75 per person with an RSVP date of May 13 and can be made at [CoastalHospice.org/hats4hospice](http://CoastalHospice.org/hats4hospice) or by calling 410-742-8732.

The event features a live Preakness broadcast on a big screen, heavy hors d'oeuvres by Chef David Easton of Jade, Inc., plus race-day drinks including mint juleps, black-eyed Susans, beer, wine and soft drinks. "The Haymans" will en-

ertain with music. Celebrity bartenders from WBOC and WMDT will host the drink stations.

This year's Charter Society Anchor Award recipient is Coastal Hospice board member Cam Bunting, who also serves on the Capital Campaign Committee to build Coastal Hospice at the Ocean and who will be honored at the event.

A Hats for Hospice hat decorating contest sponsored by Vernon Powell returns for 2016. A dozen hats embellished by talented local designers will be on display from May 6-18 at Vernon Powell Shoes on Naylor Mill Road in Salisbury. The public is invited to view the hats and vote for their favorite online by May 18 at either [CoastalHospice.org/hats4hospice](http://CoastalHospice.org/hats4hospice) or [Classy.org/2016hats4hospice](http://Classy.org/2016hats4hospice). Each vote requires a minimum \$10 donation that also funds Coastal Hospice charity care. Two designers will be recognized at the event for their creations based upon most money raised and most creative hat, and the hats will be auctioned to the highest bidder.



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**Saturday:** Crab Cake Platter served  
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# Center offers support to expectant parents

By **Kelsey Reichenberg**

The Shirley Grace Pregnancy Center (SGPC), located in Berlin, offers a variety of services to women who might be expecting, including free pregnancy tests, ultrasounds for pregnancy viability, prenatal vitamins, options counseling, sexual health education counseling, post-abortion support, material assistance, pregnancy/parenting education through their LEAP program, adoption counseling, court advocates, GED assistance, grief counseling due to the loss of a child, prenatal/postpartum home visits, life coaching and community resource referrals.

One of the many programs SGPC offers to young women who are expecting is Young Moms of the Shore, which is made possible by SGPC and Mothers of Preschoolers (MOPS) Berlin/OC. The community group for teens to women in their early 20s meets at the Community Church at Ocean Pines on the second and fourth Monday of the month from 6 p.m. to 8 p.m. with childcare and dinner provided. SGPC's mission for Young Moms of the Shore is to provide a safe community for expectant young moms while encouraging and empowering them to make healthy decisions about relationships, family and life.

Options counseling is another of the many services SGPC offers, which

allows the mother to explore all their options with a client consultant. "Afterward, she is able to decide which option is best for her and her child," Lisa Wilgus, SGPC's executive director explained.

Furthermore, through the Learn Empowering Affirming Progress (L.E.A.P.) program, soon-to-be mothers are able to schedule one-on-one

appointments with client consultants to prepare for parenthood. The eleven classes consist of information on fetal development, prenatal nutrition, dental care with pregnancy, smoking, alcohol, and drugs in pregnancy, newborn care, feeding options, safe sleep, childhood illness, vaccination, postpartum depression, stress management, car seat safety, childhood safety, poison control, financial management, realities of parenting, growth and development, milestones, and relationships.

SGPC opened six years ago and has

*please see center on page 8*



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Robert B. Adair 1938-2007

## 2012 Business of the Year

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May is a month full of many exciting and celebratory days: college graduations, Mother's day and Memorial Day. It is a month



typified by excitement, renewal, anticipation and remembrance. It is also the month in the United

States where we recognize all those living with ALS, commonly known as Lou Gehrig's disease. If you don't know someone already living with this currently incurable, progressive neurodegenerative disease, the odds are that you will during your lifetime, as a new person is diagnosed with ALS in the US every 90 minutes. This month, upwards of 500 people will be diagnosed with ALS. People living with ALS have been waiting for an effective treatment for way too long. You can help them battle back by making a donation to an ALS organization or simply by taking a moment in your own organization this month or this year in drawing attention to this disease.

## BOE candidate thanks votes, shares positions

**Editor:**

I would like to thank the voters of District 3, Worcester County, for advancing me on to the general election in November for School Board. Please let me share my positions on what I believe are some core



issues. I am a conservative. I have been opposed to Common Core since 2012, opposed to the excessive testing of our children and the data mining associated with it. I firmly believe that our teachers are the unsung heroes of this educational mess. We find the best talent and then inhibit any use of that talent. I will work to do whatever possible to regain local control be-

cause the Federal Government should not be in the education business, and that's what they've made it... business. In November, you will have a clear choice, a conservative vs. the status quo.

**Francis Gebhart**  
 Berlin

*Board of Education Candidate*

## Mathias urges action on FEMA maps

Sen. Jim Mathias has reached out to Maryland's Congressional delegation to seek a solution to the pressing problems created by errant interpretations of Ocean City flood zone maps by the Federal Emergency Management Agency.

FEMA's most recent interpretation of flood zones deems certain properties, particularly on the north end of Ocean City, to be dangerously flood-prone. The result of this misinterpretation is that property owners are about to be saddled with skyrocketing flood insurance premiums.

"For many years, we've worked very effectively with our state and federal partners to protect Ocean City and its citizens from storms and flooding through our Beach Replenishment Program. Unfortunately, this FEMA error vacates so much of our good work," Mathias said.

The resort's very successful primary dune, established through the Beach Replenishment Program, has been in place successfully protecting lives and property in Ocean City for the past 25 years.

FEMA's misinterpretation looks to a previously existing dune system as the resort's primary dune protection.

This interpretation deems properties in this zone –located farther inland from dunes created during Beach Replenishment – as being more vulnerable to flooding, when in fact these properties actually have a double layer of protection.

In recent conversations, Mathias reports, this interpretation will leave individual property owners burdened with increased flood insurance costs in the tens of thousands of dollars, and cumulatively, in the millions.

To work toward a solution, Mathias has personally reached out to U.S. Sen. Barbara Mikulski with a hand-delivered letter of genuine concern, requesting her immediate action. Mathias also has written to Sen. Ben Cardin and Congressman Andy Harris, and has spoken with Ocean City Mayor Rick Meehan and City Engineer Terry McGean on this matter.

"I look forward to working with them for a successful solution to this urgent matter," Mathias said, "so that we're able to provide the correct and appropriately-priced insurance premiums for the protection of our oceanfront community and property owners."

## Fun Day planned

Maryland Coastal Bays Program and the annual Great Worcester Herp Search will join forces with the National Park Service for the BioBlitz Fun Day on Saturday, May 21 from 8 a.m. to 4:30 p.m. at the Assateague Island National Seashore.

The objective of this event is to form teams to identify as many species as possible in the park. Species will include birds, aquatic sampling, reptiles and amphibians, plants, GIS, shells, beach intertidal zone sampling, butterflies and flying insects.

Sign up for a team or be assigned to a team. There will be a morning session beginning at 9 a.m. and then an afternoon session that starts at 1 p.m. Pre-register before May 6 and receive a hot dog lunch. To pre-register, contact Kelly Taylor at Kelly\_Taylor@nps.gov. Indicate which session you plan on attending. Pre-registration does not guarantee a spot on a specific team. Park entrance fees will be in effect.

On-site team registration begins at 8 a.m. at the North Beach Picnic Pavilion. Teams will consist of up to 20 people.

Sunscreen, hats, mosquito and tick repellent, green briar proof-pants, bright clothing, and boots are recommended.

## Kiwanis to sell refreshments

Kiwanis Club of Greater Ocean Pines - Ocean City Hot Dog Team will sell food and drinks on May 21 at the West Ocean City Public Boat Ramp between 9 a.m. and noon for the kickoff of National Boat Safety Week.



## Outside study

Students **Lylla Bergeman** and **Harper Hastings**, in Lauren Truitt's first grade class celebrated Earth Day and the end of their Environment unit by searching for wiggly worms in the dirt.

# The gardening games

It's again that time of year when I go out in the garden to clear away a season's worth of natural debris, find the missing hose nozzle lost sometime last year and decide what type and color plants I want to buy to replace the ones that died last year under my care.

We have several relatively small gardens around our house. Neither my wife nor I are gardeners but through

attract me to certain plants. Rarely do I give but a casual glance at the little plastic care card that's stuck in the soil. That could be why my green thumb is an albino. Nonetheless each spring I burst with enthusiasm, hope and great visions of what might be. My shopping cart is filled with flowers that offer a splash of this and a touch of that.

Marigolds have always been a favorite of mine. Maybe that's because it was the first flower I grew myself from a seed planted in a Styrofoam cup when I was in first or second grade. Over the years I've observed a common life cycle to my marigolds: lush and pretty

to stalky and less pretty to droopy and dead. It seems not to matter that I water them. I guess it's just the circle of life. I've always hoped though that the circle would reach beyond June.

For the most part our garden is comprised mostly of plants of a perennial nature. We've done pretty well with these. Most of them were planted more than a dozen years ago by my mother who has two green thumbs. Our contribution to their survival has consisted mostly of leaving them alone which seems to have worked out well for us and the plants. With the exception of the lilies, I know not the names of most of these plants that occupy my garden. There's the green spikey one, the little green fluffy ones and the ever sprawling green ground hugger that tries to envelop everything in its path. My annual attempts to cut that one

back have been fruitless. I've even tried killing it to no avail. If only it was a marigold I'm sure I could render it lifeless in short order with hardly lifting a finger. Well I guess there's no benefit to complaining. At least it's covering the dirt.

So despite my history of planticide I shall sally forth this season with great expectations, uncompromising enthusiasm and the scent of success as my guide. Imagine my results if only I could transform such prose into fertilizer.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

the years we have attempted to masquerade as such hoping to fool ourselves and the neighbors. The results have been mixed: we've been fooled more than the neighbors.

Pictures of masterfully tended flowers and plants in gardening magazines always grab my attention and inspire me. "I can do this," I think to myself. The problems start just after I return the magazine to the store rack. I like the concept of a lush, colorful and inviting garden. Where I run into problems is in creating and caring for a lush, colorful and inviting garden. I get impatient and bored with the process. I dislike clearing and weeding the beds just as much if not more than I dislike going to the dentist for root canal work. Just thinking about the labor associated with spreading mulch gives me sharp pains that require me to sit quietly while smoking a cigar and imbibing a favorite adult beverage while I contemplate the task ahead. Or more truthfully, as I ponder how can I get someone else to do the work. Sort of like Tom Sawyer whitewashing the fence. I've never achieved Tom's success.

There are things I like about gardening such as going to the garden center to select plants. Colors are what



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# Safe Boating Week set to kick off

Are you ready for recreational boating season? National Safe Boating Week kicks off efforts to limit on-the-water injuries and fatalities during the 2016 boating season. It will be celebrated locally at the West Ocean City commercial channel public boat ramp from 10 a.m. to noon Saturday, May 21.

Safety on the water is every boater's responsibility. Keeping your boat shipshape and knowing what to do, not only in an emergency but also when docking, anchoring and passing another boat, is key to having fun and developing a culture of safety on the water.

"You always wear a life vest, adhere to all navigation rules, keep a sharp lookout and be courteous to other boaters," said Art Flora, Flotilla Commander for the U.S. Coast Guard Auxiliary.

A major focus of National Safe Boating Week is encouraging everyone to wear a life jacket. Year after year, statistics reveal that most people who die when entering the water from a recreational boat were not wearing a personal flotation device, or a life jacket. The law mandates wearing a life jacket in certain situations—water skiing; riding a jet ski; children under 13 years old on power boats less than 21 feet; all children under four years old—but everyone should wear a life jacket at all times to ensure safety. We all know that "Seat Belts Save Lives" on our highways. Well, "Life Jackets Save Lives" on the water.

Most boaters can guess that operator inattention, improper lookout, operator inexperience, excessive speed and alcohol use are the top five pri-

mary contributing factors in boating accidents. But not wearing a life jacket is the leading contributing factor to fatal drowning. Ninety percent of those who drown were not wearing a life jacket.

Here's a couple other interesting safety statistics. Eight out of ten boaters who drowned in these accidents were aboard vessels less than 21 feet in length. And in about 88 percent of boating fatalities, the boat operators did not have a nationally approved boater education certificate.

The Top 10 Ways to Become Better Informed, Equipped and Prepared on the Water:

1. Wear your Life Jacket.
2. Get a free Vessel Safety Check annually.
3. Take a boating safety course.
4. Boat sober.
5. Purchase a VHF radio, preferably equipped with Digital Selective Calling (DSC), and register it.
6. Have a pre-departure checklist.
7. Make sure everyone on board is aware of their surroundings at all times, and look out for each other.
8. Prevent carbon monoxide (CO) poisoning.
9. Prevent hypothermia.
10. Get familiar with the new Coast Guard Mobile App.

To spread the word, the National Safe Boating Council has organized its seventh-annual "Wear a Life Jacket" photo shoot to break their previous Guinness World Record for the most people wearing life jackets at one time.

Thousands of boaters around the globe shattered records for the most life jackets worn on the same day dur-

*please see week on page 13*



## Marine Corps Fitness Challenge

Students at Most Blessed Sacrament School participated in the Marine Corp. Fitness Challenge. This event consists of five physical challenges: push-ups, sit-ups, pull-ups, standing long jump and a shuttle run. Each year, Lt. Col. Dick Tanner, USMC, Ret. and a group of eight to ten retired Marines visit the school to administer the challenge events to grades two through eight. Students accumulate points based on their age group and the amount of reps performed for each challenge. At the end of the events, points were tallied and any student who amassed 250 points or above received a certificate while the top three girls/boys in each grade received a bronze, silver, or gold medal.

Above: 3<sup>rd</sup> Grade (Boys): **Dominic Piperno** (Silver) **Niland Gallo** (Gold); (Girls) **Mya Whittington** (Bronze) **Meredith Herbst** (Silver), **Johanna Hallman** (Gold).

## Memorial Day event scheduled

The 11<sup>th</sup> Annual Memorial Day Committee and the Worcester County Veterans Memorial Board invite you to recognize and remember those who have made the ultimate sacrifice for their country. On Monday, May 30, a ceremony will be held at the Worcester County Veterans Memorial site on Rte. 589 near the South Gate of Ocean Pines. The day will be celebrated with pageantry and patriotism. Music will be performed by Randy Lee Ashcraft, Frank Nanna, the WWI-

Iunes Todd Crosby and the Delmarva Chorus

Keynote speaker for the event will be Captain Kurt A Kastner, U.S. Navy, son of Allan and Carol Kastner of Ocean Pines.

The ceremony will begin at 11 a.m. and will last for one hour. The public is invited and parking is available on site. Please bring lawn chairs. For further information, call Marie Gilmore at 410-208-6612 or visit [www.opvets.com](http://www.opvets.com).

## Wor-Wic golf tournament set

Wor-Wic Community College will hold its 15th annual golf tournament on Friday, June 3, at Wor-Wic's Ocean Resorts Golf Club in Berlin. Registration begins at 11 a.m., followed by lunch at noon and a shotgun start at 1 p.m. Dinner and awards will be held at 5:30 p.m. Proceeds from the event will benefit Wor-Wic's child development center.

with four-person teams. Prizes will be awarded for hole-in-one, closest to the pin, longest drive and to the top three teams for low net and gross scores.

For sponsorship information or team registration, visit the college website at [www.worwic.edu](http://www.worwic.edu) <<http://www.worwic.edu>> or contact Paula Thomas-Shipley at 410-334-2810.

The format will be a scramble

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# Courier Bookshelf

by Dolores E. Pike



## The Light Between Oceans

by M. L. Stedman

*"Oh what a tangled web we weave  
When first we practice to deceive!"*

- Sir Walter Scott

Lighthouses and the men who served them were a way of life for many years on national coastlines. It was a life of dedication and isolation, even if the keeper managed to marry. Australian born M. L. Stedman uses this as background for her first novel "The Light Between Oceans."

Tom Sherbourne, 28 year old veteran looking for solace after his battlefield experiences, dealing with death all around him during the First World War, signs on as keeper of an island lighthouse off the southwest coast of Australia. The fictitious island is Janus Rock, positioned between the Southern Ocean and the Indian Ocean. Tom is a loner...estranged from

family. On his first night on his station "...as he lit the lamp, he moved as slowly and carefully as one of the priests might have done thousands of years earlier in the first lighthouse at Pharos" in ancient Alexandria. He eventually marries Isabel, a "feisty young girl," from the nearest port town and they set up housekeeping on the island where the supply boat comes once every three months.

Isabel envisions their small cottage filled with laughing children but has two miscarriages instead. Then the unthinkable happens. A third pregnancy progresses to the seventh month when Tom hears his wife screaming. He rushes into the house and finds Isabel on the kitchen floor where in an agonizing scene she gives

birth to a stillborn son. Tom along with his wife is grief stricken and they prepare to lay the babe to rest as Tom is torn apart by his thoughts. "A life had come and gone and nature had not paused a second for it." I challenge you to read the scene and remain dry-eyed, without compassion. Though Tom had witnessed death many times in battle he was unprepared to confront it when it dared encroach so cruelly upon his own life.

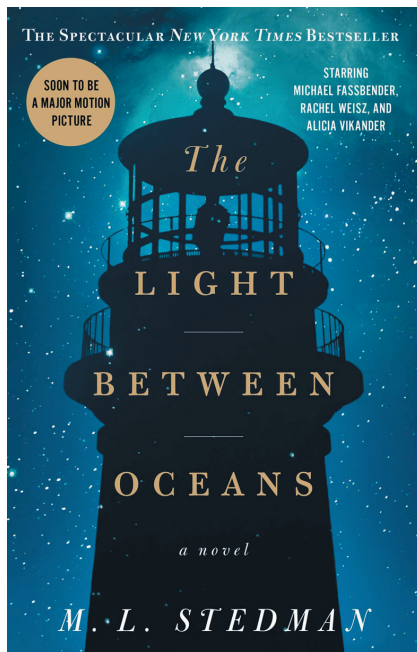
Only days later when Isabel is pressing flowers at yet one more cross marking the resting place for their babies, she hears an infant's cry. A dinghy has washed up on Janus Rock containing the remains of a man along with a living, breathing and crying baby girl but a few weeks old. Isabel begs Tom to keep the baby and present her as their very own child. How can he refuse her anguished re-

quest? Tom struggles with his heart along with his sense of responsibility as keeper of the light who must record every happening on Janus Rock - then reluctantly agrees. After all, "The island knows no other human voices, no other footprints ...you can live any story you want to tell yourself and no one will say you're wrong."

It isn't until their first shore leave with baby Lucy that their idyllic life begins to shatter, tragically for all parties involved. In the distance you can see the bus coming and you know someone is going to wind up underneath. You can't tear your eyes away from the spectacle...you keep on reading.

Ms. Stedman relies upon Greek mythology to underline the obvious:

please see **book** on page 8



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## DAR recognizes cadets

The General Levin Winder Chapter of the Daughters of the American Revolution (DAR) recently awarded medals to cadets at two Worcester County high schools. Regent Barbara May presented the Silver DAR Outstanding Cadet Medal to Cadet Michael Knowles at Stephen Decatur High School. The medal is awarded to a student for participation in a non-ROTC, military-affiliated cadet program funded by the school or privately. Chapter member Diane Kerbin presented the Bronze ROTC Medal to Cadet Victoria Lenda at Pocomoke High School. The Bronze ROTC Medal is awarded to either a junior or senior student in a secondary school JROTC program or to a Junior College graduating senior.

The DAR is a women's service organization dedicated to promoting patriotism, preserving American history, and securing America's future through better education. For more information, visit [www.dar.org](http://www.dar.org).

Above is General Levin Winder Chapter Regent **Barbara May** with Cadet **Michael Knowles**.

## book

from page 7

Sisyphus whose fate was to roll a bolder up the hill only to have it roll down threatening to crush yet again; and Demeter (mother) and Persephone (daughter) who made a deal with the gods that nobody liked but everyone agreed to uphold. More obviously she relies on the Roman myth of Janus, the god of beginnings and endings, employing two faces with which he can choose to look into the future or glance back to the past.

A suggestion here, though not a spoiler: be on the lookout for certain well-developed minor characters and incidental scenes to reconcile as the end nears, which readers may not find satisfying but plausible. All the foregoing points to the well-defined character of Tom who can in no way disassociate himself from a wrong needing reversal any more than a zebra can make its stripes to resemble spots. Therefore he becomes the catalyst that sparks a resolution. This is an emotionally charged book where the morality tale subsequently challenges readers to reflect upon blame: where it begins and just who or what is the ultimate cause. Don't be too quick to judge.

# Teen pregnancy prevention month recognized

Roughly 1-in-4 teens become pregnant before age 20 in the United States. While pregnancy and birthrates among teens are on the decline overall, Maryland currently ranks 31<sup>st</sup> in the nation in teen pregnancies. Reducing teen pregnancy begins at home with parents having regular conversations with their children and teens about making safe, healthy lifestyle choices.

Worcester County Health Department joins organizations across the country in participating in National Teen Pregnancy Prevention Month. Throughout the month of May, check out [thenationalcampain.org](http://thenationalcampain.org) to learn more about teen pregnancy and how to talk to your kids about relationship issues.

While May is Teen Pregnancy Awareness Month, this is a year-round concern affecting individuals and their community. Worcester County Health Department offers a variety of services ranging from afterschool programs that help teens develop positive decision making skills so they are prepared to avoid risky behaviors to reproductive health services for teens and healthy women of childbearing age. Call 410-629-0164 for more information or visit [www.worcesterhealth.org](http://www.worcesterhealth.org).

Worcester County Health Department joins organizations across the country in participating in National Teen Pregnancy Prevention Month. Throughout the month of May, check out [thenationalcampain.org](http://thenationalcampain.org) to learn more about teen pregnancy and how to talk to your kids about relationship issues.

## center

from page 3

grown significantly over the years. "We had 600 clients last year," explained Wilgus. "We hope to reach 1,000 this year." In addition to reaching more clients, the pregnancy center has also grown in terms of volunteers and programs offered. "We have a program for dads launching in May that's never existed before," Wilgus explained. "There aren't any programs for future fathers offered on the Eastern Shore. They might want and need mentoring too."

The program for dads is called D.A.R.E. (Dads Are Real Everyday) and serves to inspire and empower men to honor children by transforming men into dads who are committed to creating a legacy. "Our vision is to build a world where every child has a committed dad," stated Wilgus. D.A.R.E. will begin on May 12 at SGPC and will meet the second and fourth Thursdays at 7 p.m. of every month.

SGPC has two fundraiser events each year, one in December and one in the spring. The goal of the events is to raise awareness for what SGPC does and who they are as well as raise funds to keep their doors open. "We are a non-profit organization," Wilgus explained. "We aren't funded by the government, but instead by individuals, events, businesses, churches, etc." No money is accepted from clients or their insurance companies, and everything provided at the center is free. The funds collected at the events allow SGPC to sustain itself and stay open. "I can't imagine ever taking money from a client," stated Wilgus. "We only want to invest in clients' lives and provide them with unconditional love and support, no matter what their decision is."

On Saturday, April 23, SGPC held its fifth annual Benefit Gala, with nearly 500 people in attendance. "We raised over \$30,000 in underwriting to cover the cost of the event," Wilgus explained. "The money we raised at the event was able to go straight towards the health of the organization." The theme of this year's Gala was the concept of grace. "We offer grace to every client that comes in. Everyone deserves love, acceptance, and support no matter what path the mother has taken in the past or chooses to take in her pregnancy," stated Wilgus.

"When someone truly sees grace, she is able to look for the gold in the dark places in her life instead of hide from it," Wilgus explained. "We wanted to portray the concept of grace, so we asked a dance company from Memphis to come perform at the Gala."

Company d, a nationally recognized dance company of young adults with Down syndrome, performed a piece to the song "You Are So Beautiful" by Joe Cocker at the SGPC gala. "There was a shadow screen on stage which helped them portray that there's beauty in every shadow," explained Wilgus. "The dancers made the gala everything I imagined and more."



## Smith receives scholarship

Alexandria Smith of Berlin, an honors student at Wor-Wic Community College, is this year's \$500 faculty honors scholarship winner.



Alexandria Smith

Selection is based on scholastic achievement and an essay competition judged by the honors program committee at Wor-Wic. Applicants were required to write a re-

search-based argumentative essay on the value of the historical artifacts being destroyed by ISIS and the loss a culture would face following their destruction. Smith's award-winning essay called "A Holocaust on History" argued that artifacts are treasured relics, and

that if history is lost, future generations would suffer the adverse effects.

"I was drawn to the honors program because I like a challenge," Smith said. "Honors courses are more about expressing your creativity and exercising your critical thinking. The honors program has been very beneficial to me. It has allowed me to express myself in a more creative way, which has improved my outlook on life."

Smith is a dean's list student who is taking the prerequisite courses necessary to enter Wor-Wic's nursing program. After completing her degree at Wor-Wic, she plans to transfer to Salisbury University to obtain a bachelor's degree in nursing.

## WCHS golf tourney to be held

Worcester County Humane Society invites golfers to the 3rd Annual "Pars for Paws" on Thursday, June 2 at Eagles Landing golf course, in Berlin. Registration starts at 11:30 a.m. with a 12:30 p.m. shotgun start. Entry fee is \$100 per player and includes greens fee for 18 holes, a cart, box lunch, and awards ceremony immediately following the tournament at Harborside Bar and Grill which includes one orange crush and appetizers. All money raised goes to the care of the animals at the no-kill shelter.

Golfers, donations and sponsors are needed to make this a success. The humane society is looking for individuals and businesses that would like to make a monetary donation or would like to donate raffle prizes.

"By having generous sponsors,

the money raised at the event goes directly to the care of our animals instead of paying for the event," says Sandy Summers, "Pars for Paws" chairwoman.

For more information about "Pars for Paws" contact Sandy Summers at 443-235-5647.

## Chicken carryout scheduled

The Bishopville Volunteer Fire Department Auxiliary will hold their first Fried Chicken Carryout of the summer on Sunday, May 22. Chicken will be available between 11 a.m. and 2 p.m. Half chicken (4 pieces) -\$8 and Full chicken (8 pieces) -\$12. A bake table will also be available. Call 443-235-2926 to arrange for premade carryouts.



### Junior Americans Citizens Contest

This year several of our middle school students participated in the Junior American Citizens Contest, which is sponsored by the Daughters of the American Revolution (DAR). This year's topic was "Celebrate America." Using this topic, students were asked to write a short story or poem as creative expression. They could also make a poster, create a stamp design or students could participate in groups of 3 or more by making a banner. Students placed in the Chapter, State, Eastern Division, and National levels. The national winners are shown above: 7<sup>th</sup> Grade Poster - **Morgan Carlson** (2<sup>nd</sup> Place), 8<sup>th</sup> Grade Poem - **Karsten St. Amant** (3<sup>rd</sup> Place).



### SDHS media students visit Newseum

Taking time out of the traditional classroom, Stephen Decatur High School journalism and Communication Arts students spent a day at the Newseum in Washington, D.C. on April 15.

Back row: **Alex Buchheim, Sara Truitt, Scott Devenny, Francesca Lundberg, Hailey Williams, Logan Sackdorf, and Matthew Plumley.** Front row: **Amberlee Oertel and Maury Izzett.**

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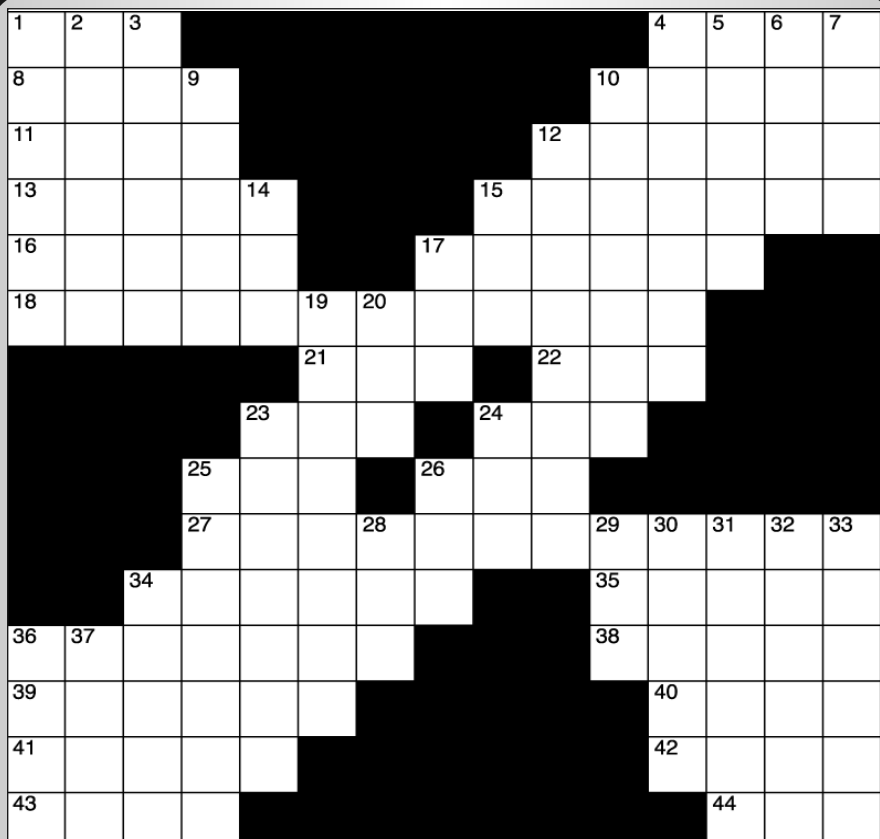
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# That's how my garden grows...

By Betty McDermott



**ACROSS**

- 1. Administrative Review Board
- 4. Not worried
- 8. Rowan Atkinson played him
- 10. Stars
- 11. Indian city
- 12. North American nation
- 13. He partnered with Garfunkel
- 15. Understood
- 16. Foe
- 17. Jewish state
- 18. 2015 postseason hero
- 21. Largest English dictionary (abbr.)
- 22. Goddess of the dawn
- 23. \_\_\_ Squad
- 24. Belonging to a thing
- 25. Food-re-
- lated allergic reaction (abbr.)
- 26. Car mechanics group
- 27. Exceed in weight
- 34. Deserved
- 35. Singer Thicke
- 36. Clemencies
- 38. Critique
- 39. Resented
- 40. Type of tissue
- 41. Passages
- 42. It comes in a can
- 43. His heart is in San Francisco
- 44. Retirement account
- 5. Take advantage of
- 6. Take on cargo
- 7. A stiff drink
- 9. Actress Watts
- 10. Natives of the American Southwest
- 12. Covered
- 14. The Science Guy Bill
- 15. Soviet Socialist Republic
- 17. Contraceptive device
- 19. Unfastened
- 20. \_\_\_ student, learns healing
- 23. Ties the knot
- 24. Actor McKellen
- 25. Optical phenomenon
- 26. Turf
- 28. Foot (Latin)
- 29. Flub
- 30. Birds settle here
- 31. Calculator
- 32. Herbal tea
- 33. Catch
- 34. Pitcher Santana
- 36. Not for vegetarians
- 37. Japanese novelist

**DOWN**

- 1. Belittled
- 2. Actress King
- 3. They pour drinks
- 4. Communi-



Answers for May 4

**Hello Fellow Gardeners,**

A belated Happy Mother's Day to all you Mothers and Grandmothers.

Well, it is that busy time of the year and time for gardening our vegetables and annuals or whatever you choose to plant. Yes, the chance of frost is over (we hope). In our zone 7, it is pretty safe to plant those more vulnerable vegetables and annuals. So here are some tips and pointers for planting.

\* Try not to plant your tomato plants where pepper, eggplant, or tomatoes were planted last year. All of these vegetables belong to the same plant family and have the same nutritional needs. Also, they are susceptible to the same diseases. Keep in mind the importance of rotation of crops.

\* Make sure your plants have been hardened off properly before planting. This is especially important for vegetables such as tomatoes, peppers and other vulnerable plants.

\* Plan to put your plants in the ground at the end of the day after the sun goes down or plant them on a cloudy day to give them a good start.

\* When planting your fragile tomato plants, it is very beneficial to add one tablespoon of Epsom salt and a handful of crushed up egg shells in the hole before putting the tomato plant in the hole. Remember to plant tomato plants deeply. You may have to remove one or two sets of lower leaves in order to plant deeply. They need a solid base. Water your plants well after planting. Add a tomato cage to protect them from the winds, or drive a sturdy stake in the ground and tie the plant to the stake to protect them. Remember we often have strong winds here.

\* It is very helpful to add mulch around each plant using grass clippings, shredded leaves or straw. This prevents weeds from growing and it helps retain moisture in the soil.

\* Wait a week or so before fertilizing to give the plants a chance to adapt to their new home. In a week or so, add your favorite fertilizer following the directions on the package. Be careful not to over fertilize as this will make plants less likely to flower and they will be all green leaves and no fruit. Make sure you water deeply after you fertilize.

\* Water your plants as needed, preferably in the morning. If you are not sure if they need watering, test them by sticking your finger in the soil about one or two inches deep and if the soil is dry, then water.

\* Do you ever wonder if the soil is too wet to plant? Again, give it the old fist test. Open your hand and pick up a big fist full of soil and squeeze it; then open your fist and allow the soil to drop. If it stays in a ball or clump and does not crumble, it is too wet to plant.

\* As you are working outside in your garden, are you ever bothered by those Eastern Shore black gnats, better known here as "no-seeums"? Well, here is a good tip which is very cheap. Just take a few dryer fabric softener sheets and stick them up your sleeves or in your hat, or in your pocket and they will leave you alone. Yes, it really works.

Now, for all you flower lovers, here are a few never fail plants you may want to try.

Purple Coneflower – these plants multiply each year and hummingbirds just love them. When they are done blooming, the goldfinches devour the plant seeds.

Petunias – these come in a great variety of colors. These plants practically grow by themselves with little care beyond watering and dead-heading the spent blossoms.

Profusion zinnias – In many places these reseed each year and are gorgeous. They come in a great variety of colors. Again, the goldfinches love their seeds. These plants are great to fill in bare spots.

Hostas – Any variety survives the long, cold winter and return in the spring with beautiful green leaves. They can grow quite large over the years and are great plants to fill a bare spot.

Balloon Flower - This is a perennial which you can divide and move and it still flourishes. Bees love it and it dead heads easily. It will bloom nearly all summer and into a warm fall.

Well, have fun digging in the dirt and enjoy those beautiful spring days we are looking forward to - finally.

"Even the best plant degenerates into work."

-Anonymous

# Rabies can be dangerous threat

The World Health Organization says rabies causes thousands of deaths every year, despite readily available tools to manage the disease.

Humans and animals can get rabies any time of year, though humans and household pets may be



at greater risk in warm weather because that is when they tend to spend the most time outdoors. Children who spend time outside playing may be especially susceptible because they may not recognize rabies warning signs in animals afflicted with the disease.

Rabies might not be as rampant in North America as it is in other areas of the world, but it still is a dangerous threat.

### What is rabies?

Considered a zoonotic disease, rabies is transmitted from animals to humans and vice versa. With the exception of Antarctica, rabies is present on all continents. In the United States, rabies has been reported in every state except Hawaii. The WHO reports that most cases of rabies in humans occur in rural areas where effective treatments are not readily accessible. The Centers for Disease Control and Prevention says half of the people who die from rabies are under the age of 15.

Rabies was named for the Latin word "to rage." That is because animals that are affected by rabies can sometimes act as if they are angry. Pets may act strangely and become unapproachable. Rabies attacks the brain and spinal cord.

As the disease progresses, animals can develop hypersensitivity to light and sound as well as paralysis of the nerves that control the head and throat.

### How is rabies contracted?

Rabies is a virus that is spread through contact with saliva from an infected animal. This occurs when an infected animal bites another animal or person, but it also can be contracted if that animal licks a scratch or open wound. Being bitten or licked may not immediately cause rabies symptoms, however. WHO says thorough cleansing and immunization within a few hours after contact with a suspected rabid animal can prevent the onset of the disease. Once symptoms appear, such as fever and pain, rabies can be fatal.

### Which animals get rabies?

Rabies only affects mammals naturally. These can include dogs, cats, cows, horses, foxes, and skunks. Many people attribute rabies to raccoons. The CDC has indicated that raccoons are the most common wild animal with rabies. In the United States alone, about 93 of every 100 reported cases of rabies are in wild animals.

### Rabies prevention

Vaccinations can protect domestic pets against rabies. In fact, rabies shots are required by law in many areas.

People should steer clear of wild animals to avoid rabies. Never walk up to a wild animal and be careful of pets that are unfamiliar. Animals afflicted with rabies may exhibit peculiar behavior or act out of characters (i.e. nocturnal animals roaming during the day). Anyone who suspects a sick animal should promptly call the local animal control center and have an officer come and check it out.

Treated food is sometimes used to prevent the spread of rabies among wild animals. The animals eat the medicated food, which immunizes them.

For more information on rabies prevention in pets, contact your veterinarian.



## Prom Queen and King crowned

Stephen Decatur High School seniors **Zohar Omer** and **Preston Cutsail** were crowned Prom Queen and King after students and faculty voted at the Roland E. Powell Convention Center on May 7. The SDHS Prom had over 500 in attendance.

## 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., May 12	12:29 a.m. 1:00 p.m.	7:08 a.m. 7:12 p.m.	5:51 a.m.	8:02 p.m.
Fri., May 13	1:26 a.m. 2:01 p.m.	8:04 a.m. 8:14 p.m.	5:50 a.m.	8:03 p.m.
Sat., May 14	2:27 a.m. 3:05 p.m.	8:59 a.m. 9:15 p.m.	5:50 a.m.	8:04 p.m.
Sun., May 15	3:27 a.m. 4:04 p.m.	9:51 a.m. 10:15 p.m.	5:49 a.m.	8:05 p.m.
Mon., May 16	4:22 a.m. 4:54 p.m.	10:38 a.m. 11:10 p.m.	5:48 a.m.	8:06 p.m.
Tues., May 17	5:10 a.m. 5:37 p.m.	11:22 a.m. 11:59 p.m.	5:47 a.m.	8:07 p.m.
Wed., May 18	5:53 a.m. 6:17 p.m.	12:02 p.m.	5:46 a.m.	8:08 p.m.

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# Effective ways to reduce asthma attacks

Millions of people, 25.9 million in the United States alone, have asthma, according to the Asthma and Allergy Foundation of America. Asthma has become increasingly prevalent in all sex, age and racial groups since the early 1980s. It is one of the most common and costly diseases, and still has no cure.

Swelling of the airways occurs when a person has asthma. This can result in wheezing, coughing and tightness in the chest. For those who cannot find relief, asthma attacks can prove deadly. Although there is no way to prevent asthma, by following a plan, there are ways to lessen the frequency and severity of attacks. Most of these tips involve reducing contact with allergens that can trigger asthma attacks.

## Home

First, assess your house to identify and reduce common allergens.

-Wash linens and clothing in hot water to kill off any dust mites. The water temperature should be at least 130 F.

-If pets trigger a reaction, keep companion animals off of furniture and beds where they can leave fur and dander behind. Limit the rooms in which pets can stay. There is some research that states children exposed to animals early in life may actually be less likely to develop allergies and asthma.

-Put allergy-proof covers on pillows.

-Vacuum at least twice a week with a HEPA air filter-enhanced vacuum cleaner.

-Reduce humidity around the house, as it can lead to the prevalence of mold. Mold is a common asthma trigger. That

means using a dehumidifier, keeping bathrooms clean and dry and repairing any leaks promptly.

-Insist that people who smoke tobacco products do so outside of the house. Secondhand smoke has been shown to increase the development of asthma and other chronic respiratory illnesses, says the American Academy of Allergy, Asthma & Immunology.

## Outside, work and school

You may have less control over allergens outside of the home, but there are still ways to cut down on attacks.

-Avoid smoking areas outside of stores and office buildings.

-Know the office cleaning schedule and work around those hours. In some instances, cleaning products and other chemicals can trigger attacks.

-Keep stress at a minimum because intense emotions can bring on asthma symptoms, according to Paul Ehrlich, M.D., coauthor of *Asthma Allergies Children: A Parent's Guide*.

-Check the air quality outdoors before venturing outside. Stay inside during ozone alerts or when the air is very humid or stagnant.

-Seasonal allergies and asthma often go hand-in-hand. Check pollen, mold and ragweed counts. Stay indoors on peak days.

-Be sure physical education teachers are aware that gym class may trigger asthma attacks in your children, and that they should look for apparent symptoms.

In addition to these tips, a rescue inhaler can help quiet a potential attack. Keep medication available at all times.

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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](mailto: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](mailto: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](mailto: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](mailto: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.

week  
from page 6

ing last year's sixth annual Ready, Set, Wear It! Life Jacket World Record Day. At 257 events around the world, 10,917 participants inflated their life jacket or wore an inherently buoyant life jacket, breaking the world record.

Locally the Auxiliary will take a picture for Ocean City's contribution at 10:30 a.m. in the parking lot of the West Ocean City commercial channel next to the public boat ramp. Attendees are asked to bring their life jackets and join us. The group photo will be submitted to and counted toward the record.

Also, attendees who bring their boats, either by water or by trailer, will receive free safety vessel inspections by a qualified member of the USCG Auxiliary. The USCG Auxiliary is available every Saturday and Sunday morning throughout the vacationing season at the West Ocean City ramp to provide free safety inspections.

Attendees can also talk to an Auxiliary about signing up for the Maryland Safe Boating Class. It is open to all and required for anyone born after July 1, 1972, who wishes to operate a boat in Maryland waters. Space is still available in the June and July classes that will be taught at the Ocean Pines library.

The official ceremony will begin at 10 a.m. when the USCG 47-foot motor life boat arrives with the local dignitaries. After proclamations and pronouncements, attendees the group photo and then the Coast Guard motor life boat and the Ocean City fire boat will be available for tours.

On shore there will be several exhibits on marine safety, ecology, fishing tips and regulations, knot-tying demonstrations and hot dogs for the hungry sponsored by the Kiwanis Club.

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# WINE about it

by Jean Marx

One could argue that wine is always in season. Savoring a delicious glass of wine at the end of a long day or over a sumptuous meal prepared by hand can be the highlight of any day year-round. However, there is something magical about the longer days and new life springing forth at this time of year that



## Welcome Sunshine!

clamor for get-togethers with family and friends. Wine is always a welcome accompaniment.

In this article, I want to present options for wines you might enjoy in these sunny days ahead and online companies where you can shop with just a few mouse clicks. The article at [www.foodandwine.com](http://www.foodandwine.com) entitled "50 Wines You Can Always Trust" does a great job of presenting wines from proven vintners worldwide that customers rate highly for the quality of the wine at affordable prices. The prices for the wines in this list only range up to \$20. You will also find a description of the wines' flavor profiles and quick facts about the wineries.

The U.S.A. is featured first in the list with many of the wines in the top 10 from California, Washington and Oregon. For white wine suggestions, Sonoma Coast Chardonnay by La Crema Winery for \$18, the Oregon Pinot Gris by King Estate for \$16, and the Columbia Valley Riesling by Hogue Cellars for \$7 are among the top picks. For reds, you can try the Old Vine Zinfandel by the Bogel family for \$11, the Hess Select Cabernet Sauvignon from the Hess winery in Napa Valley for \$12, and the California Merlot by Pepperwood Grove in Sonoma Valley for just \$8. Australia, New Zealand, Chile and Argentina are other countries highlighted in the list.

"Consumer Reports" has an online "Wine Buying Guide" with 20 pages of useful reference information that you may want to keep handy. You can find the guide at [www.consumerreports.org/cro/wine/buying-guide.htm](http://www.consumerreports.org/cro/wine/buying-guide.htm). One section describes how you can select wines that will complement features of wines you

favor such as enjoying a long finish to the wine, the wine's texture, or the wine's level of sweetness or acidity. A brief description of the types of wines follows that describes what makes a Malbec, Merlot, or a Grenache red, or a Pinot Grigio, Sauvignon Blanc, or Riesling white. Some specific varietals are also described such as the red Carménère (from France) and Rioja (from Spain) and the white Albariño, (also from Spain). The descriptions are short and easy to follow; I will feature several of these in an upcoming article.

Top wine-producing countries/regions are featured in this guide next along with the top types of wines they produce. Two additional sections provide definitions for common wine terms and shopping tips for finding great wine deals online. I checked out three of these websites that look promising.

The first is [www.wineexpress.com](http://www.wineexpress.com). Anytime you order a dozen or more bottles, you can receive up to 15% off your total order. For orders over \$99, you can mix and match your wine cases. There is also a nice blog to read on the website with changing wine topics. The next website is [www.wine.com](http://www.wine.com); it gives critics' wine picks and offers a great feature of being able to chat live with one of their several wine experts. If you're getting ready to host a large gathering and want some suggestions for food and wine pairings, a quick chat could get you all set. The third site is [www.winelegacy.com](http://www.winelegacy.com). This is a terrific website offering hand-picked wines at very reasonable prices. When you click on the wine selections, more information on the winery and the vintage of the wine is given.

Sometimes the Internet is daunting and downright confusing with information overload. Companies seem to push us toward using their websites more and more frequently, but the sites are not always easy to navigate. When it comes to these two articles and the three websites provided, the information is very easy to find and is actually quite useful. I hope you enjoy stocking up on some new and favorite wines at prices your wallet will appreciate, and most importantly, that you get out and enjoy these sunny days.



**Ribbon cutting** - Mike Healy, owner of Ireland RnR Tours and wife Victoria celebrated their grand opening on April 28 with a ribbon cutting at the Ocean City Chamber of Commerce in W. Ocean City. The ribbon cutting was jointly hosted by the Ocean City, Ocean Pines and Berlin Chambers of Commerce. Mike and Victoria have made numerous trips to Ireland with people wanting to experience the Emerald Isles and give a personal touch to each tour. For more information on their Ireland tours, visit [www.irelandrnr.com](http://www.irelandrnr.com).

Shown from left: Ocean Pines Chamber of Commerce Executive Director **Ginger Fleming**, **Victoria Christie-Healy**, **Mike Healy**, Maryland House of Representatives **Mary Beth Carozza**, and Worcester County Commissioner **Bud Church**.



## Fashion show held

The Community Church at Ocean Pines' United Methodist Women and Shepherd's Nook held their annual Tea & Fashion show May 3 to a sell-out crowd of mostly women watching fashions worn by fourteen models wearing casual followed by more dressy church and evening attire. All of the clothes modeled were available for sale at the church's Shepherd's Nook.

Shown from left are models: **Ken Waters**, **Frank Philippi**, **Lin** and **Doug Bowen**, **Marlene Ott**, **Marion Bickerstaff**, **Ginny Albrecht**, **Susan Hogan**, **Jean Puryear**, **Lois Sirman**, President of the United Methodist Women and program coordinator/commentator **Nancy Waters**, **Ashley Hoffman**, **Mark** and **Pinky Bender** and **Judy Chuvala**. Photo by Ted Page



**Growth learning** - Students in Danielle Gagliano's first grade class at Ocean City Elementary School are using i-pads to research plants and how they grow. Pictured are **Rachel Flynn** and **Harper Bergeman**. They used a variety of resources to learn how a plant makes its own food, why the roots and leaves are important, and to explain photosynthesis.



### Student to play NCAA football

After forging a decorated resume in athletics that includes an appearance in the Blue Grey All American Bowl this year, Stephen Decatur High School senior **Ernest Shockley III** signed a National Letter of Intent to play NCAA Division II football at Bowie State University on April 20. The versatile athlete, who has played basketball and participated in track throughout high school, thanked his parents, teachers, and football coach, Bob Knox, before he signed. Shockley, whose father also graduated from Stephen Decatur and played at Delaware State University, plans to major in criminal justice. He is flanked by his parents, **Ernest and Ronshell Shockley**. Head football coach **Bob Knox** stands behind them.

### Register now for credit courses

Wor-Wic Community College is currently accepting registrations for credit classes that are being offered this summer and fall. Early registration is encouraged for the best selection of classes. The first summer session begins May 16, the second summer session begins June 1 and fall classes begin September 7.

Admission, registration and financial aid services are available Monday through Thursday from 8 a.m. to 6 p.m., and Fridays from 8 a.m. to 4:30 p.m.

For more information or a credit class schedule, visit [www.worwic.edu](http://www.worwic.edu) or call 410-334-2895.

### Kiwanis to sell refreshments

Kiwanis Club of Greater Ocean Pines - Ocean City Hot Dog Team will sell food and drinks on May 21 at the West Ocean City Public Boat Ramp between 9 a.m. and noon for the kickoff of National Boat Safety Week.

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