

The Courier

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STEM program to be highlighted

The public is invited to join Worcester County Economic Development (WCED) and elected officials at the Performing Arts Center in Ocean City on July 28, at 2 p.m. to recognize the accomplishments of 58 Worcester County middle school, high school, and university students who participated in the WCED Step Up and Reach for the Stars STEM summer programs. During the ceremony, students will discuss their individual and team experiences in one of the three STEM programs and how those experiences may affect their future academic and career goals.

“Step Up and Reach for the Stars offers our youth an invaluable opportunity to connect with local businesses as their future workforce,” WCED Director Merry Mears said. “Employers have the opportunity to recognize and groom local talent, and students receive hands-on experience within organizations they wouldn’t have access to otherwise.”

Summer STEM programs provide students with a platform to learn from professionals and entrepreneurs in their own communities and affords employers the opportunity to home grow their future workforce. The programs engage local students in the science, technology, engineering, and mathematics (STEM) disciplines. The two-week Reach for the Stars STEM Camp is an engineering camp focused on robotics, computer programming, and aerospace concepts.

The eight-week STEP UP Internship program provides high school and college students with hands-on work experience in STEM career fields. This program connects Worcester County STEM businesses with their future workforce and allows students to apply classroom knowledge to real life tasks. Internships in 2016 included placements in healthcare settings, IT companies, engineering firms, environmental agencies, and digital media production companies.

The STEM Leadership Cohort, a new program that launched this summer, provided a bridge to students from the camp program to the internship program. Students attended professional development sessions to learn professional “soft skills” and were tasked with assignments from employers to familiarize them with the type of work they may do as interns.

“The Worcester County Economic Development STEM summer programs are a true continuum, meaning that we are reaching students at

please see **stem** on page 4



Fishing fun - Julia Hentz and her dad Doyne take part in the the Youth Fishing Contest held at the South Gate Pond in Ocean Pines. Please see more photos and story on page 15. Photo by Jack Barnes.

Friends' organization celebrates anniversary

The Friends of the Worcester County Commission for Women is celebrating its 20th anniversary. The Friends incorporated on July 19, 1996 as a non-profit organization with 501(c) (3) status, exclusively to receive and administer funds to finance projects and activities that promote the

mission of the Worcester County Commission for Women.

The Worcester County Commission for Women was established "to promote a positive image for women by assisting them in achieving social, educational and economic equality." While the Worcester County Commissioners established the Women's Commission on November 28, 1995, membership is by appointment and the organization is self-supporting. It is through the dedication of the members of the Friends' organization that the Women's Commission is able to achieve its goals and financial independence. Friends support the many missions of the Women's Commission: The McGuffey summer reading program, Suddenly Single, Women's History Month Luncheon, the Gems' Tea, Worcester GOLD Family, and more recently a woman's scholarship.

To join the Friends organization, contact Vice President-Membership Barbara Loffler at 410-208-0890 or barbloffler@aol.com. Membership dues are \$30, of which \$20 is a donation to provides books and a book bag to an elementary student in the McGuffey summer reading program. For more information, visit www.fwccw.org.

Joining Friends provides an opportunity to be involved in your community by volunteering and networking with other women in Worcester County.

Election deadline approaches

It is not too late to cast your vote in the 2016 Ocean Pines Association (OPA) Board of Directors election. The deadline for receipt of the ballots is no later than 5 p.m. at the Ocean Pines Association Administration Building on Thursday, August 11. The election involves voting for candidates to fill three positions on the OPA Board of Directors for three-year terms.

Election results will be announced at the OPA Annual Meeting held at 10 a.m. on Saturday, August 13 at the Ocean Pines Community. All property owners are urged to attend this homeowners meeting. Attendees will be required to provide a photo ID such as a driver's license. If you have questions, contact the OPA Elections Committee at 410-208-3989.

Cook joins Taylor Bank

Raymond M. Thompson, President and Chief Executive Officer of Calvin B.



Douglass Cook

Taylor Banking Company in Berlin, Maryland has announced that Douglass M. Cook has joined the bank as Executive Vice President and Chief Lending Officer. In this role Mr. Cook will assume the management and oversight of the bank's loan operations including the lending team and their respective portfolios. He will also establish new personal and commercial banking relationships.

Mr. Cook comes to Taylor Bank with over 22 years of banking experience, specializing in business banking and commercial real estate lending on the lower Eastern Shore. During his banking career, Mr. Cook has served as the Senior Vice President, Commercial Loan Sales Manager with PNC (formerly Mercantile Peninsula Bank), Senior Vice President and Business Services Officer with BB&T, and most recently Maryland President and Chief Lending Officer of Shore Bank.

Mr. Cook holds a Masters of Business Administration degree from Salisbury University and a Bachelor of Sciences degree in Finance from Regis University. He also graduated from the National Commercial Lending School at Southern Methodist University and the Maryland Banking School. He served in the United States Army.

"We are delighted that Doug Cook has joined our team of outstanding banking professionals. He is well-known in our local communities as an experienced banker, and we look forward to the contributions that his skills and market presence will provide to our lending operations, our customers, and our stockholders," stated Thompson.



Paddling for a cause - The 8th annual Jesse's Paddle was held on July 16 and attracted 250 guests to the Pocomoke River Canoe Company in Snow Hill. More than 50 boats took to the water for "Jesse's Poker Paddle." The event raised more than \$20,000 for the Jesse Klump Memorial Scholarship and the Jesse Klump Suicide Awareness and Prevention Program.

Teachers selected to serve as champions

The Worcester County Education Foundation (WCEF) has named twelve Teacher Champions (TC), one selected from each school in the county to act as the eyes, ears and voice of their school administration and educators. Defining and meeting the goals of the WCEF



Melissa Huntsberry

would not be possible without studying the immediate and long term needs of teachers, students and school administration. As board member Patti Miller explains, "We have asked this body of 14 teachers to become the conduit between the county schools and the Foundation. For instance, our goal to provide equal access to the tools necessary for a first class education wouldn't be possible without the invaluable input from teachers. They will provide continuous guidance as technology and their classroom needs evolve. This will help the WCEF respond quickly and modify its goals according to the changing needs of the classroom. Each TC will also update the administration, staff and parents in their school about the activities and progress of the WCEF."

Melissa Huntsberry is one of the TC representatives. Ms. Huntsberry has been with the school system for four years. She is currently teaching all subject areas to middle school students at Cedar Chapel Special School. Ms. Huntsberry is a member of her School Improvement Team, the Tier I Intervention team for WCPS Special Education Strategic Planning and is adapting curriculum for the Special Education Department of the Maryland State Department of Education. She earned her Bachelor's degree from Tulane University and her Masters of Science in Education for Elementary and Special Education from Dowling College.

Greek Festival to begin

Delmarva's Largest, 27th Annual Greek Festival will take place in the Roland Powell Convention Center July 29 through August 1. There will be authentic Greek foods, Greek pastries, a live Band nightly, unique vendors of art, jewelry and crafts. Admission and parking are free. The event will occur Friday and Saturday noon to 11 p.m. and Sunday and Monday noon to 9 p.m. For more information call 410-524-0990 or email StGeorgeOC@gmail.com. All proceeds benefit St. George Greek Orthodox Church Ministries.

Normandy Flag finds new home in Yacht Club

By **Dolores E. Pike**

*"The last full measure of devotion
They gave themselves to serve the
greater need"*

Song lyrics by Robert Jager

Head on over to the Ocean Pines Yacht Club and you will find a new wall display facing you between the



Willis Wachter

doors on either side leading into the restaurant. This display houses the very special Normandy Flag that has been an integral part of the Worcester County Veterans Memorial at Ocean

Pines. The flag has been folded into a case which sits atop selected photos of the Normandy Flag.

Shortly after the celebration saluting the 35th Anniversary of Ocean Pines in 2001, several people from the Pines journeyed to Normandy, France on a vacation trip at a time when plans were already proceeding forward to build this Memorial. Co-chairmen of the Veterans Memorial were Sharyn O'Hare and Roseanne Bridgman. A member of the group, George Reiswig, had an uncle who was killed as part of the D-Day Invasion of June 6, 1944. His name was Willis Wachter and he was killed a few weeks after the initial assault.

Marine veteran Denny Bowers who played a key role in the Memorial's construction gave the group an American flag, about twice the size of an average one, to take with them. For a flag to fly over the American Cemetery at Normandy someone must be buried there and Willis Wachter's remains had already been returned to the States to be re-interred in his native North Dakota. Sharyn O'Hare had previ-



The "Normandy Flag" displayed after having been flown over the Normandy American Cemetery.

ously been in touch with the superintendent of the cemetery and upon her arrival handed the flag over to him. He hoisted the flag over the cemetery, took it down and solemnly presented it to George who then gave it to Sharyn. It was subsequently mailed back to Ocean Pines where it became known ever after as the Normandy

Flag.

Also while visiting Normandy Sharyn retrieved sand samples from the invasion beaches. These sands were combined with the soil that lies under each of the flag poles and dedication walls at the site of the Veterans Memorial. She also brought ocean

*please see **flag** on page 6*



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2012 Business of the Year

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Be aware of the waves

They're much more powerful than you think. A recent study out of Delaware found that injuries resulting from strong waves can range from simple sprains, broken collarbones, and dislocated shoulders to more serious injuries including blunt organ trauma and spinal injuries (which can lead to paralysis). Shorebreaks – or waves that break directly on shore (rather than breaking a few yards out and rolling in more slowly) – in particular have the potential to cause serious neck and spinal injuries.

When in the water or near the water line (where the water hits the shore), never put your back to the waves. Also be sure to check in with the lifeguard before hitting the surf to ask about the wave conditions at your beach.



Academy focuses on crime scene investigation

For a group of 25 dedicated Stephen Decatur High School (SDHS) students, it turns out that it is not a crime after all to attend school during the summer.

Participants in the SDHS Summer STEM (science, technology, engineering, math) Academy are spending 20 days using their critical thinking skills investigating fabricated crime scenes and learning about forensic science, simulated DNA analysis, and fingerprint technology. One of the highlights of the program includes a visit from a few real-life crime scene technicians from the Ocean City Crime Lab.

With a cross-curricular approach to teaching and learning, the program also incorporates a literacy component which complements the CSI theme. Students are reading David Guterson's "Snow Falling on Cedars," an award-winning novel with a murder mystery at the center of its plot.

Participants are documenting their learning experiences on their personal



Stephen Decatur High School students **Chalea Brittingham** and **Jessica Travers** analyze hair samples taken from a simulated crime scene during the Summer STEM Academy.

websites that they created using Google sites.

"I am always impressed by the quality of teaching and learning that takes place during our Summer Academy. Our teachers do an outstanding job of com-

binning hands-on instruction with exciting learning opportunities for our students," Principal Tom Zimmer said.

Keeping students academically engaged is the driving philosophy of the Summer STEM Academy. According to research, summer learning loss is a significant challenge for students and teachers across the nation when students return to school in the fall. "The mission of our summer program is to prevent such learning lapses and provide enrichment opportunities for our students so that they can experience success in school from day one of the school year," Zimmer added.

The SDHS Summer STEM Academy runs from through July 28. While there is always a STEM component, a different curricular theme is adopted each summer for the high schools in the Worcester County Public School system.

WCAC grants available

The Worcester County Arts Council awarded \$13,150 in Community Arts Development Grants program to 11 art projects and events to be presented by local non-profit arts organizations during the 6 month granting cycle beginning July 1.

Funding will support a wide variety of creative and innovative projects that are of outstanding artistic quality and demonstrate community benefit enhancing the lives of everyone living and visiting the Worcester County. This program is funded and supported by the Maryland State Arts Council.

stem
 from page 1

three distinct stages of their academic lives to provide a series of experiences that build on one another, first as middle schoolers exploring their interests, high schoolers emerging as leaders, and finally as university students preparing to enter the workforce," Program Manager Fawn Mete said.

To learn more about the WCED Step Up and Reach for the Stars STEM summer programs, contact WCED at 410-632-3112.

Grant projects are evaluated based on overall quality of cultural excellence, community outreach and public impact, and financial/administrative merit.

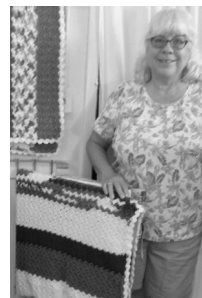
The next deadline to apply for Community Arts Development Grants is October 15, 2016.

Application form is available on our website: www.worcestercountycouncil.org

For additional information call 410-641-0809.

Crafter of the month

Sherry Chambers has been selected as the crafter of the month for August by the Ocean Pines Craft Club. She is a part-time resident of Ocean Pines and lives in Clinton, MD. Sherry is retired after a long career in the medical field. Her husband is also retired, but works now as a contractor for the Naval Research Lab.



Her interest in crafts began when she was young and attended the Curtis Farm Fair with a girlfriend. Since then her craft interests have grown to include afghans, aprons, eyeglass holders with a ring attached to hang them on the tuner knob of a car radio, and jam made from Muscadine grapes. These grapes are native to North Carolina and the southeastern United States.

Sherry not only makes crafts for the Pine'eer Artisan and Craft Shop, she makes blankets for Coastal Hospice and hats for the Children's Aid Society. She made hats for a fourth grade class at Walden Woods Elementary School to go with the coats that were donated to them.

In addition to crafting Sherry she gardens as well with vegetables and flowers. She cans much of what she grows.

On our way and on the road

As I write this I'm sitting in a near darkened motel room early in the morning in Jackson, Tennessee. My wife and I rolled in to a Motel 6 just off Interstate 40 at around 9:30 last evening local time, after 16 hours of driving and nearly one thousand

Jude's Children's Hospital as we zipped through Memphis on our way toward Arkansas. Not to be too critical but the road conditions in Arkansas are not very good. A greater concern is that all the rest areas along the highway are closed. Things will just have to remain in a holding pattern until Texas.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

miles logged on the tripometer. I am waiting for my traveling companion to awake so we can get back on the road. I'd like to get going now, but after nearly 30 years of marriage I know better than to rouse my wife in the wee small hours of the morning. So here I sit on a hard chair next to a blowing air conditioner hoping that I'm not making too much noise. The last thing I want to do is "poke the bear."

Fortunately, our travels so far have been uneventful save for an encounter just shy of the Tennessee border with a Virginia State trooper. He could not have been nicer. He allowed us to continue on our way after expressing concern that we watch our speed. I was sitting in the passenger seat when this exchange occurred, careful not to smirk at the driver. That could have been hazardous to my well-being and could have quite possibly resulted in me riding the rest of the way in the bed of the truck.

Getting to see new things is a great benefit to traveling by road instead of air. At one point we were riding along Route 66 and I felt as if I was part of history. I was really getting my "kicks on Route 66" until I realized it wasn't the famed thoroughfare popularized in song and television show. Oh well.

We passed through the Blue Ridge and Smokey mountains. Being Flatlanders, living as we do just a foot or two above sea level, it's always a great pleasure to see mountains. The only thing that even comes close to a mountain at home is the landfill. And that's really not the same as the Smokeys.

Oh, gotta go. My wife is waking up. I'll continue this later.

We're underway. We saw St.

We crossed into Texas, the Lonestar State. Just a mile into the state, driving along Interstate 30, "On the Road Again," sung by Willie Nelson came on the

radio. It set the tone for this part of the trip. Fortunately, the rest areas in Texas were open. Highway construction around Dallas made navigating traffic a little unsettling. My wife was at the wheel by this time and despite being boxed in by tractor trailers and cut off by a blue Honda Civic, she kept her cool and got us through. I don't think our return trip will take us through Dallas.

We stopped that evening in Midland, Texas which announces to travelers that it is home to President and Mrs. George W. Bush, whom we did not see. Midland is much larger than I expected, with more than 110,000 residents according to a welcome sign just inside the corporate limits. The next morning, heading out of the town along Interstate 20 there were oil drills aplenty as well as wind turbines.

By the time we left Midland, we were just about 300 miles from our destination: El Paso. We dropped onto "the 10" as the locals refer to it. We crossed over the Sierra Blanco Mountains which reminded me of the mountains shown in the opening credits of M*A*S*H.

As if announcing our arrival, when we crossed into El Paso County, the song "El Paso" came on the radio. We couldn't help but laugh at the coincidence. Or was it?

After nearly 2,200 miles and two and a half days on the road we finally pulled into the driveway of my daughter's house. We were only a few moments away from seeing our daughter and grandchildren for the first time in more than a year. We jumped out of the car and headed to the front door.

And then...

To be continued.

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Capelli is Rotarian of the Year

Dr. Stephen L. Capelli, senior vice president for Academic Affairs at WorWic Community College, was recognized as the Rotary Club of Salisbury's 2016 "Rotarian of the Year" during the Club's Changing of the Guard ceremony on June 30.

A lifelong Rotarian (42 years) and a member of the Rotary Club of Salisbury since 1984, Capelli is a Past President of the Club and a multiple Paul Harris Fellow.

Over the years, and during the past year, Capelli assisted the club in a number of ways including building



Steve Capelli with Marie Calafiura

ramps, serving on multiple club committees, and was recognized by outgoing President Audrey Orr as "proving

calm, well considered advice to the President as well as other members, always tinged with just a little wry humor."

Most critically, he fulfilled two key roles on behalf of the Club: Capelli wrote the Club's weekly newsletter, The Cog, with amazing detail and consistency, and he also kept track of ticket sales for the Club's "Pig Pickin" fundraiser. Now into the new Rotary Year with Marie Calafiura as President, Capelli also begins a 3-year term on the Board of the Rotary Club of Salisbury Foundation.



normandy from page 3

water from Normandy and mixed it with water from the Ocean City beach: a reminder of those who have fought and died on foreign soil. The comingled water was used to bless the memorial at the official opening and dedication on Memorial Day, May 30, 2005.

The Normandy Flag flew overhead on that Memorial Day but was taken down to preserve its integrity. The next time it was flown was on January 10, 2015 at the dedication of the flag pole at the new Ocean Pines Yacht Club. U.S. Army veteran John Sauer, a D-Day survivor and Purple Heart recipient, raised the flag at the Yacht Club ceremony. And the very last time the flag was flown was on Memorial Day of 2015. In between times of special appearances, the flag has been carefully cared for by Sharyn, who at the time was mindful of wanting to provide

an appropriate manner and place for a permanent display.

Sharyn presented her thoughts for a case for the Normandy Flag to Joe Costello of Ocean Pines Public Works. He and his supervisor Eddie Wells were very supportive of the idea and Joe constructed the case out of some old cedar planks from the original Yacht Club. While this was being finished Sharyn with the help of Marie Gilmore, president of the Veterans Memorial, reviewed a selection of photos to include in the project. They sought to provide a brief history of the Normandy Flag.

"There is a lot of symbolism here and it represents what our freedom is all about. For posterity we have included Willis's story, additional photos, and booklets behind the flag. There is a mini time capsule behind the flag to tell the story. Too many times we do not know the history so we have this tribute behind the flag and the next generation will know the importance of the flag" said Sharyn.

The next time you visit the Yacht Club be sure and check out the Normandy Flag and its new home.



July Drinks of the Month

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Strawberry Limeade \$7

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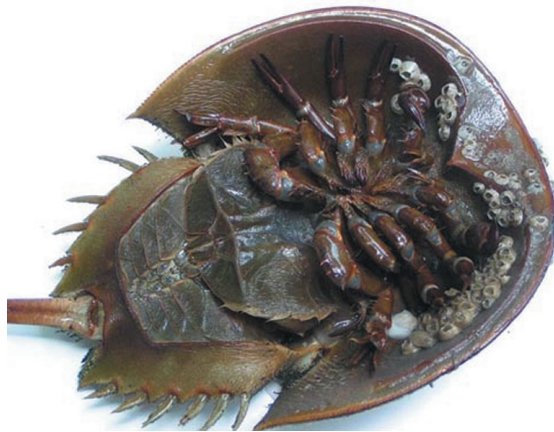
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Crab deaths attributed to low oxygen levels

A significant number of dead horseshoe crabs washed into a canal at 94th Street recently causing concern and inconvenience to residents.

The episode occurred shortly after a spawning event, which leaves experts to believe that this may be a natural occurrence as up to ten percent of



horseshoe crabs can die during spawning. Spawning is particularly stressful to older horseshoe crabs. As spawning occurs during full and new moon cycles, often they can get also caught in rip - rap and sand bars, which can cause death as well. Unfortunately, possibly due to tides and winds, a majority of the dead horseshoe crabs washed into a dead end canal causing an inconvenience to residents.

According to Natural Resource Biologist Steve Doctor, there may have been additional stress on the horseshoe crabs from large deficits of dissolved oxygen (DO) attributed to a huge bloom of macroalgae in the Assawoman Bay earlier in the year. Low DO is when oxygen levels in the water are too low to support life. Factors leading to this possible conclusion were carapaces (molts) of horseshoe crabs too young to spawn along with the adults, as well as carapaces of blue crabs.

Doctor points out, "the good news is fish and crabs are recolonizing, the macroalge is less and overall the current horseshoe crab population is healthy."

According to Maryland Department of Natural Resources Director of Resource Assessment Service Bruce Michael, "water quality data from Assawoman tributaries is indicating relatively low DO reading, less than 2.0 mg/l. DO can go lower (hypoxic/anoxic) in some of these dead end canals, so low DO could have contributed to mortality event."

You can help improve water quality throughout the canals and our Bays by following guidelines for chemicals and lawn fertilizers used around homes.

Currently, there is not an agency responsible for response and clean-up for these events. Thanks goes to local resident Michael Baier, who coordinated neighborhood volunteers to pick up hundreds of horseshoe crabs and Ocean City's Environmental Engineer Gail Blazer who made arrangements through Ocean City's Director of Public Works Hal Atkins to provide the necessary means to dispose of the carcasses.

Horseshoe crabs are not true crabs at all. They are more closely related to arachnids (a group that includes spiders and scorpions) than to crustaceans (a group that includes true crabs, lobsters, and shrimp).

During the nesting season, especially in the Mid-Atlantic States, horseshoe crab eggs become the major food source for migrating birds. Over

50 percent of the diet of many shorebird species consists of horseshoe crab eggs.

Horseshoe crabs are extremely important to the biomedical industry because their unique, copper-based blue blood contains a substance called Limulus ameobocyte lysate. The substance, which coagulates in the presence of small amounts of bacterial toxins, is used to test for sterility of medical equipment and virtually all intravenous drugs. Research on the eyes

of horseshoe crabs has led to a better understanding of human vision.

The Maryland Coastal Bays Program is working on a program to determine areas where horseshoe crabs are getting stranded to begin a volunteer program to help prevent unnecessary horseshoe crab deaths. If you know of an area where these animals are getting caught during low tides, please contact Amanda Poskaitas at amandap@mdcoastalbays.org or by calling her at 410-213-2297 ext. 103.

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Be aware of challenges to managing retirement income

By **Ben Ogle**

When you retire, will your cost of living decline? Some of your expenses may indeed drop, but others won't. Plus, you may have some new ones to consider. So, all in all, it's a good idea to think about ways to boost your retirement savings now, before you're retired. And once you do retire, you'll need to be adept at managing your income. But whether saving today or planning for tomorrow, you should familiarize yourself with the key financial challenges you will face during your retirement years.

Specifically, consider these areas:

- **Longevity** – Obviously, the longer your retirement lasts, the more money you'll need. And you could be retired for quite some time. A 65-year-old man, on average, is expected to live another 17.9 years, while a 65-year-old woman can anticipate another 20.5 years, according to the National Center for Health Statistics. With this type of potential longevity in mind, you'll want to contribute as much as you can afford to your retirement plans, such as your IRA and 401(k), while you're working. Then, when you are retired and start tapping into your investment portfolio, you will need to create a sustainable withdrawal rate – one that doesn't push you into the "danger zone" of possibly outliving your resources.

- **Health care** – Once you enter your retirement years, your health care costs are all but certain to rise, even with Medicare. In fact, the average annual out-of-pocket health care cost for a household between 65 and 74 years old is \$4,383 – about 11% of total household spending, according to the Employee Benefit Research Institute. And these costs rise substantially for those over 74. To help cope with these costs, you'll need a reasonable amount of liquidity in your portfolio.

- **Long-term care** – You may never

need to stay in a nursing home or receive services from a home health care worker. But you are taking somewhat of a gamble if you don't prepare for these long-term care costs – because they are high. In fact, the annual average cost for a private room in a nursing home is more than \$92,000, according to the *2016 Cost of Care Survey* produced by Genworth, a financial services company. Medicare typically pays very little of these expenses, but a financial professional can help you find an appropriate way of coping with these types of costs.

- **Inflation** – We've had low inflation the past several years, but it hasn't gone away entirely, and it won't disappear when you're retired, either. Even a mild rate of inflation can, over time, seriously erode your purchasing power. To combat the effects of inflation, you'll need to own at least some growth-oriented investments.

- **Market volatility** – The financial markets will bounce up and down during your retirement years, just as they did when you were working. The big difference? You have less time to recover – and you don't want to withdraw from your investments when their price is down. However, you can help avoid this necessity by maintaining enough income-producing vehicles in your portfolio; these types of investments usually fluctuate much less in value than stocks and stock-based vehicles.

By being aware of these issues, both before and during your retirement, you can prepare for them – and preparation is key to managing your income, as it is in all walks of life.

This article was written by Edward Jones and is provided by Ben Ogle, financial advisor with Edward Jones, 11200 Racetrack Road, Suite A102 The Pavilions, Ocean Pines, MD 21811. Phone: 410-208-9083; Website: www.edwardjones.com.



Calming worries

The Worcester County Commission for Women, in conjunction with the Friends of the Worcester County Commission for Women, sponsored a Suddenly Single event called "Empowering Yourself to Tame Worry and Anxiety" at Atlantic General Hospital. The presenter, Diane Armstrong, the proprietor of the Serenity Shoppe in Snow Hill, led an interactive class using journaling and guided visualization to create a new skill to help calm worry and anxiety.

Above are Commissioner **Nancy Fortney**, Speaker **Diane Armstrong**, Friends' members **Barbara Passwater** and **Beverly Thomas**, chair of the Suddenly Single initiative. Photo by Diane McGraw.



Opiate forum - Founders of Worcester County Warriors Against Opiates, Heidi McNeely and Jackie Ball, hosted a meeting at the First Presbyterian Church in Ocean City on July 21 to present more information to people interested in fighting the growing drug addiction in the area. Speakers included Bernard Sarkissian from The Retreat Center demonstrating meditation and music therapy as a tool in fighting addiction and Chrissy Ehrhart from Zenna Wellness discussing yoga and sound therapy. Dr. Michael Hooper discussed the new Vivitrol Vaccine that blocks the effect of euphoria from drugs. Ryan Ellis, a recovering addict, talked about his journey into and out of drug addiction. More information about the program can be obtained at their website: wocowarriors.org. Shown from left: Co-founder **Heidi McNeely**, **Dr. Michael Hooper**, **Chrissy Ehrhart**, **Bernard Sarkissian**, and **Ryan Ellis**. Photo by Ted Page.

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The Many Facets of Wallops

Wallops History between 1973 and 1981

By **Steve Habeger**

After the early tests and eventual success of the American space program in the late 1960s and early 1970s, the national spotlight swung towards the bigger launch sites (specifically Cape Canaveral, FL and Vandenberg, CA) and away from the smaller launches conducted from Wallops Island, VA. Whether the national press was watching or not, Wallops actually accelerated its use of space for a variety of science and national defense missions. In truth, the lack of interest by the press allowed Wallops to support a variety of customers without the harsh glare of the spotlight.

Wallops continued launching SCOUT missions including the British UK-6 satellite as well as testing a variety of shapes and materials for rockets. As the size of satellites increased, the missions outgrew Wallops capabilities and the launches moved elsewhere. Wallops staff assisted author James Michener as he performed research for his book, "Space." The Wallops airfield supported a myriad of tests involving aircraft control systems (due to the remote location, not much was risked) as well as experimental helicopters and aircraft designs.

An interesting set of experiments took place at Wallops regarding water ingestion of jet-powered aircraft. A portion of a runway was dammed and filled with a precise level of water. An aircraft

would taxi through the water at carefully planned speeds while high-speed cameras documented the way water sprayed from the tires. Some aircraft had demonstrated disturbing behaviors, such as jet engines stopping when attempting to take off. Water ingestion was a suspected cause of the problem. The tests allowed engineers and aircraft designers to identify issues and have led to very safe operations of jet aircraft for many years.

Meanwhile, a very different set of technologies was evolving. Naval gunnery was revolutionized by John A. Dahlgren. Dahlgren's design philosophy evolved from an accidental explosion in 1849 of a 32-pounder gun being tested for accuracy. He believed a safer, more powerful Naval cannon could be designed using more scientific design criteria. Dahlgren guns were designed with a smooth curved shape. The shape equalized strain and concentrated more metal in the gun breech. The gun breech is where the greatest pressure of expanding propellant gases needed to be contained to keep the gun from bursting. Because of their rounded contours, Dahlgren guns were nicknamed "soda bottles," a shape which became their most identifiable characteristic.

The original test site for the Dahlgren guns was Indian Head, MD; but, the range limitations and increasing population pressures made it prudent to move the gun firing range to a more remote location. A search ensued for a location which would provide an overwater range within US territorial

waters. The location which was preferred was located on a sharp bend in the Potomac River 17 miles south of Indian Head. In 1918, the Naval Proving Ground (NPG) (located in Dahlgren, VA) became the test site for naval guns. Dahlgren is located a mere 117 miles west of Wallops Island. In the next 60 years the introduction of aircraft would make that proximity an asset.

As naval artillery moved from guns to missiles, the leadership at the NPG

The constrained range at Dahlgren (a mere 12 miles down the Potomac River) was clearly inadequate for future weapons systems. A study was undertaken to look for a location which met the following criteria:

In the continental US (expense and travel time make Hawaii and Alaska locations unsuitable);

Access to open ocean areas by aircraft and missiles;

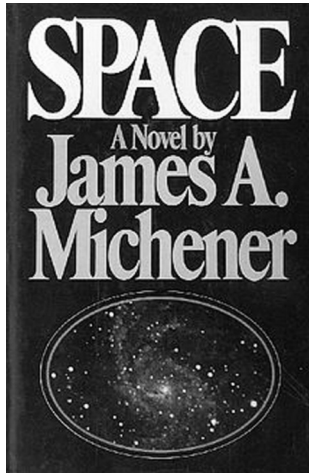
Already in US government hands (much too expensive to purchase public land); and

Remote location (to permit long range weapon launch as well as chaff and jammer testing).

One location was deemed to meet all requirements – Wallops Island, VA. In 1979 NSWC established a tenant relationship with NASA at Wallops Island. The Navy presence has continued to the

present day and will certainly continue into the future.

The September article in this series will review Wallops from 1981 – 2008.



John Dahlgren
beside the gun
bearing his
name

made many changes including evolving the name to Naval Surface Weapons Center (NSWC), and they recognized the need to extended range operation.

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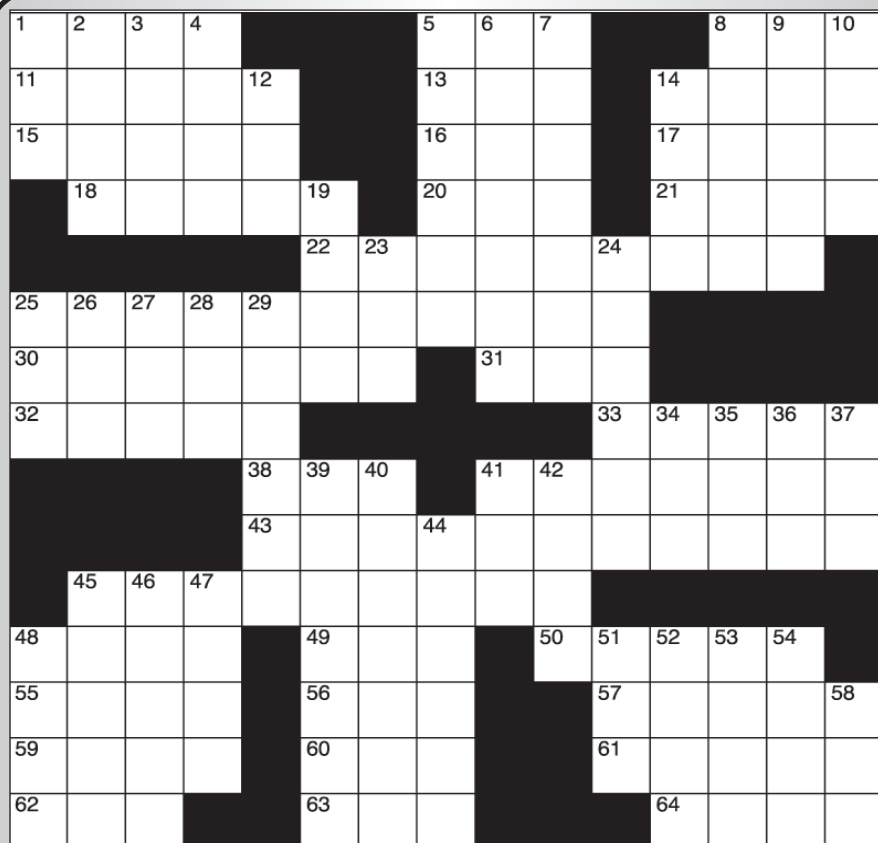
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ACROSS

1. Blackbird (Scot.)
 5. Part of (abbr.)
 8. Large fish
 11. Of urea
 13. Mauna ___, Hawaiian volcano
 14. Organized crime head
 15. Bird genus
 16. Curve
 17. Greek sophist
 18. Thick river fish
 20. Negative
 21. Young woman (French)
 22. Extra features
 25. Luckily
 30. Pounced
 31. Congressman
 32. 92543
 33. Flemish names of Ypres
 38. Spherical body
 41. Imply
 43. Popular zombie TV show
 45. Drink
 48. Used to have (Scottish)

49. Former hoopster
 50. California graffiti artist
 55. Managed
 56. Irish military organization
 57. Felt ill
 59. Larkin, Rose, Bench
 60. Used to catch fish
 61. Jewish spiritual leader
 62. Andahuaylas Airport
 63. Google development expert
 64. Cheek

DOWN

1. Central European river
 2. Actor Bana
 3. 20th letter of the Hebrew alphabet
 4. Southeast Asian ethnic group
 5. Celestial body
 6. Investigator
 7. Tangible
 8. Type of television
 9. Opaque gems

10. Portion
 12. Carriage
 14. Women's undergarment
 19. Of sound mind
 23. Mentally ill
 24. Office skill
 25. Follicle-stimulating hormone
 26. An obligation to repay
 27. Read-only memory
 28. The lower end
 29. Billy knew a girl from here
 34. Not the beginning
 35. He wrote "The Raven"
 36. When you'll get there

37. Celtics legend Auerbach
 39. Making fun of
 40. Made dim
 41. Heston character El
 42. Small integers
 44. Unarmed combat
 45. Made of wood
 46. Rex and Sorenson to name two
 47. Affixes
 48. Wife of Zeus
 51. Swiss river
 52. Prejudice
 53. Actor Idris
 54. Runnin' ___: UNLV nickname
 58. Criticize

B	I	B	B	J	G	B	O	S	B	O	M	B
L	O	L	O	V	A	R	I	A	E	L	S	E
A	N	I	L	A	N	E	L	E	D	E	E	T
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				S	I	L	I	C	A	T	E	S
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S	E	E	S	A	E	D	E	S	N	E	C	K

Answers for July 20

Just Good Business

Fresh and exciting at Bruder Hill

By **Jean Marx**

Bruder Hill is brimming with excitement these days. Located at 25 Commerce Street in Berlin within a stone's throw of the post office, Bruder Hill now has more to offer than its stunning boutique. Within the last month, the back part of the building is also home to a fun, new business called Gilbert's Provisions.

Owner Shelly Bruder opened Bruder Hill in November 2002. She was looking for less hustle and bustle than Ocean City and a town with a great sense of community. Berlin fit the bill to a tee, and it still does. Bruder Hill's fun assortment of clothing, jewelry, and accessories remain the backbone of the business. However, you won't find the same merchandise in the store for long, as Shelly takes great pride in bringing in fresh, new looks that suit any occasion.

Another important element in the success of Bruder Hill is personalized service. Larnet St. Amant, Shelly's dear friend and manager, states "Our clothing sizes range from XS to XXL and our clientele are people from their twenties up through their eighties." Shelly and Larnet often bring their customers hand-picked selections to try on in the dressing room. They say, "It is our pleasure to make you look and feel beautiful."

Shelly describes that the store has both expanded and flexed well to fit the times. An excellent example occurred during the economic downturn in 2008 when Shelly opened a consignment shop in the back of the store called "The Closet." The Closet featured gently-used clothing at discounted prices. It was a great success and was only recently closed to make way for more Bruder Hill merchandise, including a selection of party supplies to celebrate birthdays and other special occasions.

Additionally, to give back to the community, Shelly started "The BH Project." The BH Project turns clothing donations into pillows where half the proceeds go to a local charity. Marla Johnson is the seamstress, and she generously donates her time and energy to this worthy program. The first charitable organization that re-

ceived proceeds from the program was Worcester GOLD (Giving Other Lives Dignity). Marla can create pillows with your theme in mind, such as creating them from old jeans or t-shirts that may have special meaning to you.

Shelly is a member of the Berlin



Chamber of Commerce, and she and her fellow businesses are thrilled that more stores continue to flock to the town. For example, Tobi Gilbert recently leased space behind the Bruder Hill store and has opened "Gilbert's Provisions" serving cured and fermented goods like meats, cheeses, and pickles. Shelly and Tobi keep the doors to their businesses open which allows for a great customer flow back and forth. Shelly gave an example: "Just this last week we had a husband come into Tobi's store for pickles, and the wife came into our store and bought a dress. It's working beautifully."

As far as advice for people wanting to run their own business, Shelly takes to heart a quote her mother gave her: "Don't open a business unless you like to smile." Shelly adds on to this with the message, "Make sure you are going to love what you're doing, make sure there is a need for it, and love who you work with." In her fourteen years of business, she has found many reasons to smile. Her business is thriving, she and Larnet are excited for the next chapters ahead, and she is the most thankful for her husband and two terrific kids. Stop into Bruder Hill to see the fresh, new looks. Chances are you'll leave with a few purchases and a smile on your face.



Inaugural scholarship awarded

The Worcester County Commission for Women (WCCW) awarded its first "Empowering Women" scholarship to Maris J. McClyment, a senior at Pocomoke High School, to assist her with an educational goal of achieving a nursing degree. Funds for the Scholarship Program were raised through a year-long raffle called "Empowering Women." Commissioners Debora Farlow, Michele Bankert and Dawn Hodge were instrumental in establishing the Scholarship Committee to define the criteria and the selection process of this new initiative of the Worcester County Commission for Women.

Above are Commissioners **Debora Farlow, Eloise Henry-Gordy** (WCCW chair), **Michele Bankert** and **Dawn Hodge** present **Maris J. McClyment** (center) with the first scholarship awarded by the Women's Commission. Photo by Diane McGraw.

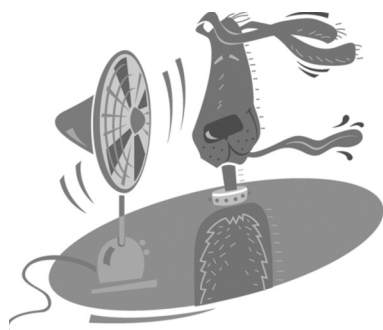
Keep pets cool, comfortable and safe during hot weather

Summer may be a time for vacations and recreational activities for human beings, but pets may not be privy to the same luxuries. Summer recreation may not always include our four-legged friends, as summer heat and other issues can pose a threat to companion animals. As a result, pet parents must make pet safety a priority when the weather heats up.

The Humane Society of the United States says that the summer months can be uncomfortable and dangerous for pets. Temperatures that may be tolerable for adults and children who are dressed accordingly may not be so for animals covered in fur. It is vital to help pets stay comfortable and safe as summer temperatures heat up. Pet parents also must be aware of particular dangers that go hand-in-hand with summertime activities.

Practice vehicle safety. It is never acceptable to leave pets in parked cars,

even for a minute. Temperatures inside vehicles can rise quickly and considerably in a matter of minutes, even with the windows opened slightly. HSUS says on an 85-degree-day, temperatures inside parked cars can reach



102 F within 10 minutes. Pets can suffer irreversible and even fatal organ damage in that period of time. If you have to run errands, keep dogs and cats at home where they will be more comfortable.

Stay off of hot asphalt. If you have ever walked on the hot sand or an asphalt driveway on a hot day, you understand just how scorching those surfaces can get. Dogs and cats do not have protective shoes to wear, so safeguard the delicate pads of their paws by keeping companion animals off of hot surfaces. Schedule walks in the early morning or late afternoon when temperatures are

please see **pets** on page 12

PRMC president/CEO among most admired

Peninsula Regional Medical Center President/CEO Peggy Naleppa, MS, MBA, Dr.M, FACHE, was recently named among Maryland's 26 Most Admired CEOs for 2016 by *The Daily Record*. Dr. Naleppa was also a recipient of this award in 2014 and 2012, and joins the elite Circle of Leadership as a three-time honoree. She is one of just six Maryland CEOs honored in the category of "Non-profits with More than \$10 Million in Annual Revenue."



Peggy Naleppa

The Daily Record created the Most Admired CEOs awards program to recognize talented business CEOs and nonprofit executive directors throughout Maryland for their leadership and professionalism. The winners were selected based on their leadership and vision, competitiveness and innovation, community leadership and service, financial performance and growth, corporate leadership and board service and nonprofit involvement.

"Strong decision making, creativity, leadership and commitment to a better Maryland define this year's Most Admired CEOs," said Suzanne Fischer-Huettner, Pub-

lisher of *The Daily Record*. "They are leaders who have in-depth knowledge about running a company or organization, yet also inspire and motivate others to achieve their goals. *The Daily Record* is honored to recognize their outstanding leadership."

Dr. Naleppa, who has served as PRMC's President since 2008, and named its CEO in January of 2010, is responsible for the leadership of Maryland's 9th largest hospital, by bed count, with 292 licensed acute care beds and nearly 1,000,000 square feet of space on the Salisbury campus. Its annual system budget is over \$500 million. "Peggy is committed to assuring the preservation of the safest and highest quality healthcare services," wrote Sheri Matter, RN, PhD, PRMC's Vice President of Patient Care Services/CNO, in her nomination letter. "Thanks to her leadership, chasing zero defects and preventing harm from reaching any patient is more than just a phrase; it is where decisions are grounded. It comes from leadership and transparency within the working operations of the organization."

Dr. Naleppa began her health-care career, now spanning four decades, as Director of Neurosurgical Services at George Washington

please see **admired** on page 12

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., July 28	2:46 a.m. 3:32 p.m.	9:04 a.m. 9:58 p.m.	6:00 a.m.	8:14 p.m.
Fri., July 29	3:51 a.m. 4:35 p.m.	10:03 a.m. 11:04 p.m.	6:01 a.m.	8:13 p.m.
Sat., July 30	4:53 a.m. 5:33 p.m.	11:02 a.m.	6:01 a.m.	8:12 p.m.
Sun., July 31	5:51 a.m. 6:27 p.m.	12:05 a.m. 12:00 p.m.	6:02 a.m.	8:11 p.m.
Mon., August 1	6:45 a.m. 7:18 p.m.	1:00 a.m. 12:55 p.m.	6:03 a.m.	8:10 p.m.
Tues., August 2	7:35 a.m. 8:06 p.m.	1:49 a.m. 1:45 p.m.	6:04 a.m.	8:09 p.m.
Wed., August 3	8:24 a.m. 8:51 p.m.	2:33 a.m. 2:32 p.m.	6:05 a.m.	8:08 p.m.

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admired
from page 11

University Medical Center in Washington, DC. She has served as a clinical leader or as a senior executive at several hospitals in Maryland including: Anne Arundel Medical Center, Calvert Memorial Hospital and St. Mary's Hospital. She has served as President of the Maryland Chapter of the Healthcare Financial Management Association (HFMA) and has held several leadership positions with the Maryland Hospital Association (MHA), where she currently chairs the MHA's Council on Financial Policy. She is also a Fellow of the American College of Healthcare Executives.

Dr. Naleppa, who is a registered nurse, holds a BS in Healthcare Ad-

ministration from St. Joseph's College; a Master of Administration degree with a concentration in Finance from the University of Maryland University College; an MBA, with a concentration in medical services from the Johns Hopkins University Carey School of Business and a Doctorate in Management with a concentration in organizational process management from the University of Maryland University College.

Dr. Naleppa and her husband Dan live in Salisbury and are the parents of two daughters, Adrienne and Renee and the very proud grandparents of two granddaughters, Addison and Delilah Perdue.

Dr. Naleppa and the 2016 Most Admired CEOs will be honored September 22 at the BWI Hilton.

pets
from page 11

cooler.

Schedule a pet grooming visit. The American Veterinary Medical Foundation suggests speaking with your veterinarian to see if it is appropriate for your pet to get clipped shorter or to be shaved in the summer.

But a fur coat can offer protection from the sun, so weigh the pros and cons before taking action. Apply sunscreen to your dog's skin if he or she has a thin coat.

Provide a way for pets to cool off. If you are hot, chances are your pet is hot, too. Offer a means for pets to cool off, such as a wading pool when you are outside. Offer plenty of fresh water. Keep pets who do not

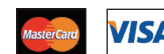
enjoy the heat indoors with the air conditioner running on hot days.

Look for indicators of heat stress. The American Veterinary Association says heat stress is marked by heavy panting, dry or bright red gums, thick drool, vomiting, diarrhea, or wobbly legs. Move pets exhibiting such symptoms to a cool place, drape a damp towel over the animal's body, rewetting the cloth frequently, and get the animal to the vet as soon as you possibly can.

Exercise caution in the water. Dogs can get swept away by rip currents just like human swimmers. If you will be boating, invest in a life jacket for your pooch and look for water hazards, such as currents, sink holes, and blue-green algae in lakes and ponds.

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Or email to weremember@jessespaddle.org

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Community Calendar

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

Mondays

Ocean Pines Poker Club

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

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

Sweet Adelines

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

Mon. & Tues.

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

Mon., Wed. & Sat.

Church Thrift Shop

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

Tuesdays

Families Anonymous

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

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

Tuesdays and Thursdays

Poker players wanted for Gentlemen's Poker in North Gate

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

Wednesdays

Kiwanis Club Meeting

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

Elks Bingo

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

Delmarva Hand Dancing

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

Rotary Club

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

Square Dancing

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

AL-Anon/OP-West OC-Berlin

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

Wed., Thurs., Fri. & Sat.

Church Thrift Shop

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

Diakonia Thrift Shop

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

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

Thursdays

Story Time

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

Beach Singles

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

Legion Bingo

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

Gamblers Anonymous

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

Fridays

Knights of Columbus Bingo

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

Pies sought for contest

The Berlin Heritage Foundation is looking for bakers to enter the peach pie-baking contest at its eighth annual Berlin Peach Festival on Saturday, August 6, on the grounds of the Calvin B. Taylor House Museum, 208 North Main Street. First, second and third-place prizes will be awarded by a panel of judges with experience in the food and beverage industry.

A maximum of 12 entries will be accepted and you must sign up in advance. The registration deadline is August 4. Pies must be delivered on the day of the festival no later than 11:30 a.m., and include a list of ingredients. Worcester County Health Department rules stipulate that pies with perishable ingredients such as custard, ice cream or whipped cream may not be entered. For more information or to sign up, contact Susan Taylor at 410-641-1019 or email at taylorhousemuseum@verizon.net.

Four-Way stop sign installed

Worcester County Public Works officials installed four-way stop signs at the intersection of Sunset Avenue and Golf Course Road in West Ocean City on Wednesday, July 20, to improve traffic conditions.

Motorists should slow down and exercise caution when approaching the intersection, while the public adjusts to this new traffic pattern.

Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Letters are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

thecourier@delmarvacourier.com

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Youth fishing contest a success

Despite the heat wave 88 youth participated in the 20th Annual Art Hansen Memorial Youth Fishing Contest at the South Gate Pond in Ocean Pines on Saturday. Ocean Pines Anglers Club members assisting at the event were concerned that the hot weather would slow the fish bite but were pleasantly surprised when, for the number of youth participating, a record 237 fish were caught, measured and released. The largest was a 15-7/8" Large Mouth Bass. Trophies were awarded for biggest fish and most fish in three age categories. Thanks to the Ocean City-Berlin Optimist and MSSA every child participating in the event left with a prize. *Photos by Jack Barnes*



Winners shown in photo are: L to R Biggest Fish category: Ages 12-16 **Dyllan Arnold** (9 1/2" Bass), Ages 8-11 **Noah Toadvine** (15-7/8" Bass), Ages 4-7 **Savannah Ohrel** (8" Bluegill). Most Fish category: Ages 12-16 **Emily Stitely** (13 fish. Ages 8-11 **Hunter Schultz** (20 fish). Ages 4-7 **Ruby Manos** (24 fish).



Kayla Ciculya from New Jersey



Sarah LaPointe holds a 15.275 inch Bass



Luke Babato, 5 with first fish



Tess McNeill



Bill Haag measures **Hank Schultz's** catch

PRMC named most wired hospital

Peninsula Regional Medical Center (PRMC) has been recognized for a seventh consecutive year as one of the nation's Most Wired Hospitals, according to the results of the 2016 Most Wired Survey released in the July issue of the American Hospital Association's (AHA) "Health & Hospitals Networks" magazine. PRMC has been honored by the AHA with a Most Wired Award or Most Improved Hospital Award a total of nine times in the 18 years of the survey for its use of information technology (IT) in support of medication and patient safety, information exchange and data protection.

The survey of 680 participants, representing an estimated 2,146 hospitals, examines how organizations are leveraging IT to improve performance for value-based health care in the areas of infrastructure, business and administrative management; quality and safety; and clinical integration.

"As Peninsula Regional and the nation's healthcare system transitions to more integrated and patient-centered care away from the traditional hospital setting, the use of information technology to better connect patient with provider is essential in providing each the knowledge and information necessary to make informed healthcare decisions about treatment and care options," said Ray Adkins, PRMC's Chief Information Officer. "Delivering the highest quality and safest care, both here on the PRMC campus and across our region, is a cornerstone of our Medical Center's mission to improve the health of the communities we serve."

In redefining the way that they provide care in their communities, Most Wired hospitals, like PRMC, are using technology to build patient engagement with the individual's lifestyle in mind,

which includes electronic access to their care team.

"Hospitals are breaking out of their traditional four walls and providing care where and when patients need it," said Rick Pollack, President and CEO of the AHA. "These Most Wired hospitals exemplify this transformation by harnessing technology, engaging patients and offering services remotely. And, removing policy and other barriers to telehealth will allow even faster adoption of these amazing technologies."

Most Wired hospitals are utilizing population health management tools and partnering with other health care providers to share critical clinical information used in analyzing interventions aimed at key patient groups, such as those with diabetes.



Garden visit - Members of the Ocean Pines Garden Club (OPGC) visited the Arboretum at Salisbury University (SU) on Thursday, July 14. The Arboretum consists of virtually the entire green space of the University and the ladies received an excellent tour by one of SU's knowledgeable horticulturists.

The Ocean Pines Garden Club meets the second Thursday of each month at the Ocean Pines Community Center at 10 a.m. For more information, please contact Meg Herrick, OPGC president, at 410-600-0315. New members are welcome.

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