

The Courier

March 1, 2017 Volume 17 Number 25

Get *The Courier* delivered free to your electronic reading device each week. Go to www.delmarvacourier.com to sign-up. All the news and all the ads at your fingertips.

It takes a community to cope with loss

By Gloria Dietz

You know that saying, “Grief is like the ocean; it comes in waves.” Everyone has their own way of dealing with the loss of a loved one, but grief can also bring a silver lining.

Meet Janice Schmitt, server at DeNovo’s trattoria, who lost her husband last year after losing his battle to cancer at 57 years old. Married for 36 years, they relocated from Baltimore to Ocean Pines in 2002.

To hear Janice talk about her husband is so endearing. “Mike was a funny man; what you saw is what you got and he cracked jokes all the time to make people laugh,” she said with a smile. What most people may not have known about Mike is that he attended church every Sunday and still came to work despite receiving six-hour transfusions traveling back and forth to Baltimore. His illness did not slow him down until the last weeks of his life.

Mike, a former brick layer, also worked at DeNovo’s and together they had a great time. When Mike’s illness starting taking a turn for the worse, Janice came to work one morning filled with sadness. When she took her break, Bob (the owner), came out to give her a hug and said that he wished he could make things better. Janice informed him that she may break a couple of his plates. It was at that moment Bob had an idea to help her and built a makeshift plate breaking area out of wood behind the restaurant. He took her around back and gave her a basket of plates and let her break away. Laughing as she described how hard it was to break the first plate, she later got the hang of it and felt a huge release.

A week before Mike passed he was becoming a bit rattled and shaking. It was at that time Janice knew that she needed to take some time off work to be with him. Her employer didn’t hesitate by giving her all the time she needed and her co-workers stepped up to cover all shifts. Janice was at his side and was able to say goodbye to her soul mate.

After he passed away, the entire community came to her aid. It was overwhelming the amount of support she received from Atlantic General Hospital staff, her employer, co-workers, the church, her neighbors and even the pet store that sent over



Mike and Janice Schmitt

food for her dog. Janice felt so much love that she swears that is the reason she is able to get up each day. Work has been her rescue; without it she wouldn’t know what to do. “When people need help down here, they all come together and are very giving in the Pines. If you are sick, they bring you chicken soup, walk your dog, or take your Christmas lights down,” Janice stated.

Janice is very big into fantasy football and spends time with her dog when she’s not working. The rest of her family remains in Baltimore. When asked if she has any plans to move back there she responded, “I thought about it, but my family is

here now.”

Janice said, “I would like to thank the community for the support, love, and compassion that they have shown me.” Mike’s playful sarcasm and many jokes are missed by many, but his memory stays alive within the community.

As for those waves, she could see them coming; crashing as she experienced the ‘firsts’ without Mike (a birthday or holiday). The first anniversary of his passing is March 5 and the waves are still there but are starting to grow farther apart and seem smaller at times. All you can do is stay afloat, like Janice.



Leading Delmarva’s Cancer Fight for 50 Years
New Comprehensive Cancer Center
Coming Soon to Ocean Pines

Visit peninsula.org/opcancer

**PENINSULA
REGIONAL**
MEDICAL CENTER
RICHARD A. HENSON CANCER INSTITUTE

Community Calendar March

Brought to you by **Law Offices of Patricia Cleary**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 <small>Daylight Saving Time Begins</small>	13	14	15	16	17	18 <small>St. Patrick's Day</small>
19	20 <small>Spring Begins</small>	21	22	23	24	25
26	27	28	29	30	31	

Legion Auxiliary to meet

The American Legion Auxiliary Unit 166 will hold its monthly meeting on Tuesday, March 21. The social hour begins at 6 p.m.; the meeting starts at 7 p.m. The meeting is held at the American Legion Synepuxent Post 166 located at 23rd Street in Ocean City. See the new renovations. Current members and those interested in becoming a member are encouraged to attend.

Tickets on sale for Hospice event

The annual Taste of Finer Things, a pairing of fine food and fine wine from 18 local chefs, will take place on Wednesday, April 5 at 6:30 p.m. at Harrison's Harbor Watch in Ocean City, and reservations are now being accepted. The event benefits the campaign to build Coastal Hospice at the Ocean.

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

Lauren Glick will provide entertainment.

"This wonderful evening is a chance for lovers of fine food and fine wine to sample some of the best the Ocean City area has to offer and know they're supporting a great cause, Coastal Hospice," Stephanie Meehan, chairperson for the event, said. "The setting overlooking the Ocean City inlet at sunset couldn't be more ideal."

The event raises funds for the capital

campaign to build Coastal Hospice at the Ocean, a hospice residence and outreach center coming to Worcester County. Over the years, Taste of Finer Things has raised more than \$153,000 to fund the campaign to build Coastal Hospice at the Ocean.

Reservations are \$100 per person and can be made at CoastalHospice.org/Taste. The event sold out early in 2016, so early reservations are encouraged.

The Taste of Finer Things committee members are Meehan, Macky Stansell, Pam Buckley, Karen Cramer, Cathy Donovan, Madalaine How, Marcia Howarth, Elaine Jacobs, Donna Leiner and Gayle Widdowson.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as possible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake. The organization serves Wicomico, Worcester, Dorchester and Somerset counties.

Monday

Ocean Pines Poker Club

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

Sweet Adelines

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

Monday/Tuesday

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.

Tuesday

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.

Tuesday/Thursday

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.

Wednesday

Kiwanis Club Meeting

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

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@delmarvahand-dancing.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.

Thursday

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.

Friday

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.

Gamblers Anonymous

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



LAW OFFICES OF
Patricia Cleary, Esquire

Office Hours by Appointment | Free initial consultation

Your Neighborhood Lawyer

**General practice law firm
with an emphasis on...**

Wills, Trusts, Powers of Attorney

DWI/DUI, MVA Hearings

Personal Injury

Small Business
Counsel/Advising

Real Estate



240-304-6058 pattyclearylaw@gmail.com www.pattyclearylaw.com



Sewing for others - Seamstresses from Berlin, Snow Hill, Girdletree, Princess Anne and other Eastern Shore locations have been busy making pillowcase dresses from new or nearly new pillowcases and bandannas. Dresses, as well as, boys' shorts, feminine bath kits, sleep mats and market bags are made by volunteers and shared with impoverished children and women in Third World Countries. The group also made over 300 book bags for students in The Gambia, Africa.

The group recently met at the Ocean City library and were excited to have youth volunteers to help with the project. Pictured from left to right are **Kim Kaufman, Gabrielle Schwendeman and Kendahl Parsons** with their bandanna dresses.

Over 3,111 dresses have been distributed since the project began. Youth can earn student service credit or Girl Scout badges, if applicable.

Please call Barbara at 410-641-0415 if you are interested in helping. Donations are accepted to help with the shipping costs, which are very expensive.

PRMC restricts visitations

With the traditional flu season still very active on the Delmarva Peninsula, Peninsula Regional Medical Center (PRMC) is asking members of the community, as it does every year, to please remember the important role they play in protecting both patients and other visitors and hospital staff from contracting or spreading the flu virus.

As a precaution and to be proactive, PRMC is asking anyone with a cold, cough, fever or other flu-like symptoms to please remain at home and not visit patients. Additionally, and for the immediate future, the Medical Center is restricting children under the age of 12 from visiting surgical and general recovery floors. Siblings under 12 may visit PRMC's Mother-Baby unit after a screening by the patient's nurse; for babies' safety, children with upper respiratory infections will not be permitted to visit.

"Everyone understands this may cause an inconvenience, but we must continuously safeguard everyone visiting here or staying with us for care," said Karen Mihalik, RN, Infection Pre-

ventionist. "That includes taking extra precautions to protect our young visitors themselves from possibly contracting or spreading a virus at Peninsula Regional. This is a common, yearly practice for us during the Delmarva flu season."

During the flu season, visitation may be further limited throughout the entire Medical Center depending upon the level of flu activity occurring in the community or within the facility. "We welcome visitors and understand their importance in the recovery of friends and loved ones, but we will take all necessary steps to prevent the contracting or spreading of viruses," added Mihalik.

Anyone experiencing any emergency-related healthcare need is still encouraged to visit the PRMC Emergency Department for care.

Peninsula Regional Medical Center expects these restrictions to be in place through March, and will keep Delmarva residents updated on any changes in visitation during the current flu season.

Sandpiper hooks up Ocean City

Chesapeake Utilities Corporation announced last week that Sandpiper Energy, a wholly-owned subsidiary, is now delivering natural gas to the Town of Ocean City. The company expects to make more than 250 conversions to natural gas for residents and business owners through the end of May, before the start of the tourism season. The upcoming Ocean City conversions are part of the Company's ongoing initiative to increase the energy options for residents.

"Our team is excited to have made progress in its commitment to providing natural gas to residents and businesses in Ocean City and Worcester County, Maryland," said Michael P. McMasters, president and chief executive officer of Chesapeake Utilities Corporation. "This extension of our service means more people will enjoy the numerous benefits of natural gas as we continue to provide excellent value to this region and service to our customers, community members and shareholders."

The Sandpiper Energy team has converted more than 4,000 homes

Sports Core pool to close for maintenance

A temporary closure of the Sports Core Pool in Ocean Pines is set to start on Sunday, March 5 at 2 p.m., due to routine maintenance. The Sports Core Pool is projected to resume normal hours of operation on Wednesday, March 8.

The facility offers a large, year-round heated indoor pool with a slide, large stepped entry, spacious indoor and outdoor sun decks and loungers. The Sports Core Pool hosts fitness classes, swim lessons, and special events for all ages and is perfect for birthday parties.

Irish nationalism presentation to be held

In celebration of Irish-American heritage month, Dr. Kristen Walton, professor of history at Salisbury University, will give a presentation about the rise of Irish nationalism on Wednesday, March 15, at 7 p.m., in Room 103 of Fulton-Owen Hall at Wor-Wic Community College in Salisbury. This event is sponsored by Wor-Wic's cultural diversity committee. For more information, call 410-572-8711.

and businesses in Worcester County since the project was initiated in 2013. When the Ocean City system is fully converted to natural gas, the net effect will be a reduction in CO₂ emissions by over 3,000 tons, the equivalent of taking over 500 cars off the road. With more than 3,500 accounts in Ocean City to convert and taking into consideration the tourism season, the process will take several years to complete.

"We are excited to bring natural gas service to Ocean City, Maryland," said Jim Moore, Vice President, Chesapeake Utilities. "We have a long-standing history in meeting the energy needs of the Delmarva Peninsula and our employees look forward to serving the Worcester County community."

Free vascular screenings offered

The Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center will be sponsoring free vascular screenings for people 55 or older during March, by appointment. All screenings will be performed by Peninsula Regional medical between the hours of 8 a.m. and 3 p.m. Appointments are required.

The free screenings will include ultrasound testing for carotid artery blockage and abdominal aortic aneurysm, and ankle-brachial index tests for peripheral artery disease.

The screenings are for individuals who exhibit at least three prominent risk factors or one symptom. Risk factors for vascular disease include smoking, high blood pressure, high cholesterol, diabetes, sedentary lifestyle, obesity, heart disease and a family history of vascular disease. Symptoms include leg pain when walking, numbness in the leg or foot, stroke-like symptoms (numbness, weakness, dizziness and difficulties with speech or vision), a family history of aneurysm and unexplained abdominal or back pain. Those currently under a physician's care for vascular or arterial health issues and those who have participated in this screening in the past are not eligible to participate.

If you are 55 or older, please call the Guerrieri Heart & Vascular Institute at 410-543-7123 to find out if you qualify for the free vascular screenings and to reserve a date and time.

The Courier

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

Chip Bertino

Publisher/Editor
 chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair / Comptroller

Contributing Writers

Ron Fisher, Steve Habeger
 Douglas Hemmick, Jean Marx, Dolores Pike,
 Kelsey Reichenberg and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

The Courier is published Wednesday morning by CMN Communications, Inc. Contents copyright 2017. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

The planet is comprised of a remarkable set of organisms that, when working correctly, produce some awe-inspiring results. However, the Earth is constantly under attack from a growing population and the mechanisms of man that can have very real environmental impacts. Education is the key to inciting real change. One in four mammals is at risk of extinction, while 78 percent of marine mammals are threatened by an early and preventable death due to getting caught in fishing nets intended for other species. Furthermore, at least 50 million acres of rainforest are lost every year, totaling an area the size of Great Britain, says the organization Solar Energy World. By making real changes, including recycling, cutting down on emissions and protecting wildlife habitats, individuals can help to preserve the world's resources for many years to come.



CNA honored

Peninsula Regional Medical Center recently honored Certified Nursing Assistant (CNA) Brenda Moore with the Sunshine Award. The Sunshine Award was designed to recognize outstanding certified nursing assistants, patient care technicians and assistants for exceptional care. This month, PRMC is proud to give this award to a CNA whose compassion made a difference to a patient and her family.



Brenda Moore

The patient's husband nominated Moore, saying, "We were cared for by many staff members; however, there was that one person who stood out above all, Brenda Moore, CNA. She took the extra steps to care for my wife and myself during her stay. She demonstrates genuine concern for others, and is consistently 'present.' Brenda demonstrates empathy with the joys and pains of others; she was there to assist me during my wife's critical events. On Brenda's own time, she visited my wife in ICU, and again when she was brought back to the fifth floor. We as a family appreciate the compassion and dedication she showed."

Moore was honored in a ceremony before her coworkers, and was presented with fresh flowers, a pin and a certificate recognizing her exceptional care. To nominate a deserving CNA, PCA or PCT, please visit www.peninsula.org/sunshine.



Pups - Pictured is Jessie with her three week old pups. They are the latest addition of pups to start on their two-year training program to provide highly skilled therapy and mobility services to veterans with disabilities. Warrior Canine Connection (WCC) is a pioneering organization that utilizes its Mission Based Trauma Recovery MBTR model to support recovering combat Veterans and their families nationwide, in cooperation with warrior transition units at Walter Reed, Fort Belvoir and Palo Alto VA Medical Centers. Recent fund raising by Star Charities donated \$6,000 to the program. Photo by Anna Foulz.



Planning ahead - The Republican Women of Worcester County Fashion Show Committee held a meeting to plan their annual Patriotic Fashion Show Luncheon to be held on September 28 at the Clarion Hotel in Ocean City, MD. **Sandy Zitzer** (seated center) is chairperson for the event.

Exploring the classic, historical car hobby

Car enthusiasts appeared as soon as the automobile was introduced to the public in the 18th and 19th centuries. Through the years, certain vehicles have proven more desirable to customers than others based on their looks and other attributes.

Auto hobbyists devote substantial time and effort to purchasing, restoring and displaying classic cars. While the hobby of restoring classic cars is not necessarily for everyone, its popularity suggests it is an activity that is here to stay.

According to an article in "The Economist," in the wake of the recent recession, investors were increasingly pulling their money out of stocks and converting assets into tangible items, such as classic cars. As late as 2013, collector cars were outperforming other tangible investments like art, wine, stamps, and coins by large margins.

Those ready to dip their toes in the classic car waters should understand a few key factors that can affect how much they enjoy this potentially rewarding hobby.

Environmental regulations. Some collectors face challenges when attempting to restore classic vehicles because the cars do not meet today's stringent clean air initiatives that govern automobiles. With the increasing number of new, clean cars on the road, vehicles that fail to meet modern emissions standards may pose a costly problem to classic car collectors.

Introduction of alternative fuels. As governments increasingly emphasize the importance of clean fuel options, classic car owners may find it challenging to find more traditional fuels or face the added expense of adapting their vehicles to run on alternative fuels.

Lack of mechanical expertise. Workers in the automotive trade are trained to manufacture and repair new vehicles. As a result, classic car owners without much mechanical ability of their own may find it difficult to find mechanics with the skills necessary to repair and restore classic cars.

Historic requirements should be heeded. Each state has its own requirements governing classic cars. To qualify for historic vehicle registration, vehicles may need to be 25 years or older, owned solely as a collector's item and used exclusively for exhibition and educational purposes. When driven for personal use, such vehicles may not be allowed to exceed 1,000 miles per year.

Classic cars continue to attract hobbyists from all over the globe. Restoring classic cars can be a rewarding pastime, but one that involves dedication and an investment of both time and money.



Aglow in orange, sometimes

Have you ever had one of those days when you wake up in a happy-go-lucky mood expecting everything will come up roses only to find yourself constantly walking from one pile of manure to another. I mean that figu-

fuel my car under the canopy on sunny days, I find myself at the gas pump just outside the safety of the canopy on miserably cold and rainy days? Why? Why? Why?

It's as if some force has it out for me, that the gods are having a boring day so to perk up their spirits they decide to pick on little old me, howling with delight I'm sure when because I hit every traffic light along the way, by the time I reach the store to buy aspirin for my throbbing headache, the store just closed.

There are days that despite my best



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

ratively not literally, unless of course you happen to work or live on a farm that such situations are just part of everyday life.

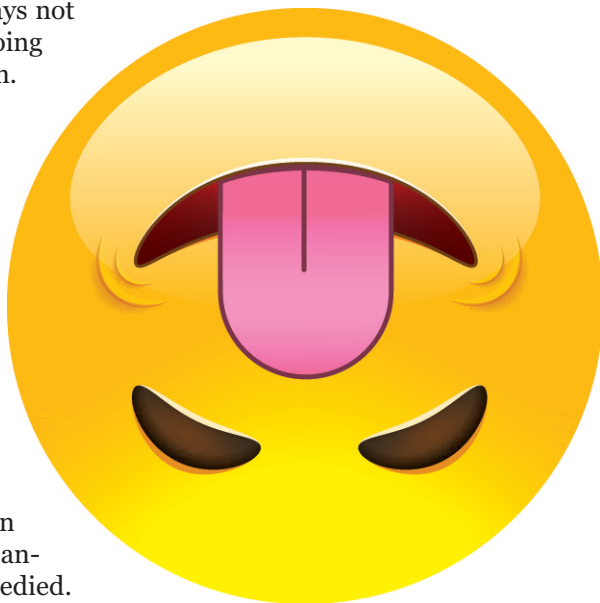
I had one of those days not long ago. Things were going fine until just after 11 a.m. one Saturday morning when in very quick succession the laundry room closet door broke, the shade on a bedroom lamp came undone, my car tire picked up a nail and it was discovered that we were out of bread. Now maybe this doesn't sound like an overwhelming course of events. Each situation taken alone is a minor annoyance quickly remedied. However, when everything happens in the span of just under a half hour it's a logical reaction to believe that somehow, somehow you're cursed. That's how I felt. But then again I have a persecution complex that is easily inflamed. Who said that?

When a succession of unfortunate occurrences take place I'm reminded of the circus clown who while attempting to free his foot that is stuck in a bucket, trips on a banana peel, tumbles backwards and hits his head on a ladder from which a bucket tips over and covers him in bright orange paint. There are days when I'm aglow in orange.

Why is it that the ratio of good things happening to not good things happening always seems to be off balance. For instance why can't I find a five dollar bill on the ground more often than I step in mud? Why for every compliment I hear I hear five or six or sometimes more complaints? Why is it that for each time I'm able to

efforts to walk on the sunny side of the street, I'm shadowed constantly by a rain cloud. And as added irony, I'm without an umbrella, raincoat or hat. I'm just a comic-tragic character for the gods' amusement.

To be sure though there are days when more good fortune shines my way than not. And I'm not talking about winning a lottery or anything like that. It can be as unspectacular as the day I found three dollars in my pants pocket, made it through a usually congested intersection without waiting, was served fries that were still hot and was told by the auto mechanic that the problem with my car was a quick fix and there would be no charge. That may not sound like a good day to most but everything is relative I guess. Any day you can squeeze in a good day while the gods are distracted is a good day.



D.A. Kozma Jewelers

In-house jewelry service include

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

We Buy Gold and Coins

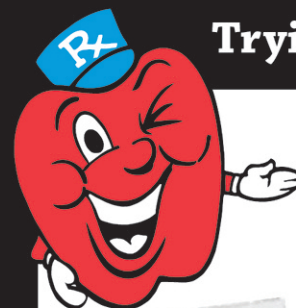


Prompt, friendly & Affordable Service

410-213-7505 410-524-GOLD
www.dakozmajewelers.com

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

MD #2294

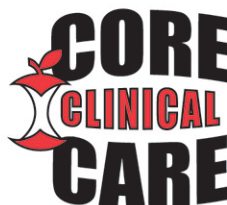


Trying Apple Today Keeps....

...trips to the pharmacy at a minimum by synchronizing prescription refills with **Apple MedSync**.



...medication time worry-free using packets organized by date and time of dosing with **Apple Pax**.



...the side effects of diabetes from overwhelming your life with **Core Clinical Care** DIABETES EDUCATION CENTER.

Route 13 South & Cedar Lane
FRUITLAND 410-749-8401

314 Franklin Ave. Berlin Prof. Ctr.
BERLIN 410-641-3130

1210 Nanticoke Rd. Pecan Sq.
SALISBURY 410-543-8401



Caring for you and about you for 45 years!

Showell, Thaler to be honored

March is designated Women's History Month to encourage citizens to take this occasion to learn more about the history and accomplishments of women in America.



Ann Lockhart Showell

The Worcester County Commission for Women will be celebrating Women's History Month at a luncheon to be held on Wednesday, March 22 from 11 a.m. to 2 p.m. at the Clarion Resort Hotel in Ocean City. The luncheon's theme "Honoring Trailblazing Women in Labor and Business" will recognize Worcester County women whose lives exemplify exceptional vision and leadership.

Ann Lockhart Showell (1924-2010)

will be honored as the 2017 Woman in History for her extraordinary life, worthy of celebration and remembrance. Mrs. Showell was a spirited trailblazing woman who figured out how to capitalize on the bounty of Ocean City. Rina Thaler will be honored as the 2017 Woman of the Year. Rina Thaler is an artist, the Executive Director of the Ocean City Center for the Arts, and the driving force in the effort to build a new center for the arts in Ocean City.



Rina Thaler

Six Worcester County students will be honored as Women of Tomorrow. The award categories are Grades 7-8, Grades 9-10, and Grades 11-12, with each category recognizing an awardee for first place and an honorable mention.

These outstanding young women will be recognized for their leadership abilities, academic achievements and for making a significant positive impact on their community.

The event will feature exhibitors, awards and a silent auction and raffles. The cost to attend is \$37 per person, which includes a Chicken filled with a spinach and mushroom roulade and roasted Top Sirloin of Beef with a sherry mushroom sauce served to the side or a Vegetarian, gluten-free choice.

For reservations, call 410-208-6798, email hfgowl@mediacombb.net or mail a check to FWCCW, P.O. Box 1712, Berlin MD 21811 no later than March 10. Designate on your check "Vegetarian" if this is your choice of entrees. Proceeds from this event benefit the McGuffey literacy program that provides summer reading books and book bags to Worcester County students in grades one to three.



One Day project

While Kiwanis members do many community service projects all year long, Kiwanis "One Day" means that Kiwanians everywhere do a one day project to serve specific needs of the community. Members of the Kiwanis Club of Greater Ocean Pines - Ocean City decided to once again give over-the-counter medications to Diakonia. This drive was spearheaded by Pat Winkelmayer and items were collected from members over the past several weeks.

After the weekly meeting on February 22, Pat Winkelmayer, Kitty Wrench and Stella Hartington took the medicines that had been collected from members to Diakonia. The staff at the shelter for temporarily displaced people were more than happy to receive the goods. Pictured are (L-R) Pat Winkelmayer, chair of the event; Kitty Wrench; Anna O'Neill, Diakonia communications director and Stella Hartington, with the donated medications.

Optimist Club announces winners

The Ocean City/Berlin Optimist Seaside Boat Show and lotto winners. Michael Purse of Bishopville won the boat show door prize, a pontoon boat and motor donated by North Bay Marine.

Winners of the 50/50 scholarship lotto included Gary Waite of Wilmington, Irene Kisleiko of West Chester, PA, Gary Sebastian of Lincoln, PA, Mary-Ellen Derry of

Silver Spring and Scotty Wheatley of Ocean Pines.

The boat show had more than 14,000 attendees. All proceeds support the Optimist club youth and community service programs.

The club's foundation will use the lotto proceeds and club funds to award scholarships at the three local high schools: Pocomoke, Snow Hill and Stephan Decatur. More than \$1.8 million has been awarded to over 300 students during the last 30 years.



Monday

Chicken Parmesan over Pasta **\$9.95**
Lobster Tail **\$14**

Tuesday

Burger and French Fries **\$6**

Wednesday

Meatloaf with mashed potatoes and a vegetable **\$6.95**
Add a soup or a salad **\$9.95**

Thursday

Steak Night! **\$13.95**

Friday

Fried Shrimp with French Fries & cole slaw **\$14.75**

Saturday

Crabcake Platter with 2 sides and a choice of a soup or salad **\$15**

Bar Only

Buy One Dinner Entree or Pasta Dish from regular menu and get a second at 1/2 price. (of equal or lesser value, excludes specials) Monday - Saturday 8 p.m. to closing

OPEN Mon-Sat at 7:30 am
Breakfast Lunch Dinner
Sunday Brunch 8 am - 1 pm
410-208-2782

STEVEN W. RAKOW

Attorney at Law

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

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

410-600-3075

STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

All Major Credit Cards Accepted



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



We do that!

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

Diversity of art is showcased during First Friday event

The Ocean City Center for the Arts on 94th St. spotlights the diversity of artists from the Mid-Atlantic region in a month of shows featuring both professional and emerging artists. The public is invited to the free opening reception on First Friday, March 3, from 5 p.m. to 7 p.m.

Touch of Italy will serve refreshments benefiting the Empty Bowl Project.

The Delaware Watercolor Society fills the walls of the Thaler Gallery for March. Even though Delaware is their headquarters, the Society brings together more than 100 members from throughout the Mid-Atlantic, including new, emerging, and professional artists from Delaware, New Jersey, Maryland, Pennsylvania, and Virginia. Anne Crown-Cyr, the Society's founding member, will juror the March show at the Arts Center, selecting the best pieces for exhibit.

The First Friday event will also open the annual Shirley Hall Memorial Art Show, showcasing the artwork of middle and high school students from public and private schools in Worcester County. The student art will be on display for the weekend, Saturday and Sunday, March 4 and 5, from 11 a.m. to 4 p.m.

For over 20 years, the Art League of Ocean City has presented the youth art show in cooperation with Worcester County Schools. The purpose of the event is to promote creativity and allow local youth to present their artwork in a professional gallery setting. The student artwork on display will include original drawings, paintings and photography. Judges will award cash prizes.

The art show is named in memory of Shirley Hall, a former Art League board member, who was instrumental in originally developing and presenting the show. The judges of the show are Hall's daughters, Betsy Hall-Harrison and Barbara Shade.

An all-media group show by members of the Art League of Ocean City entitled "Text," which will incorporate words with art, will hang in the Galleria during March. UMES art professor, Brad Hudson, will judge the show.

Pastel artist Barbara Kern Bush shows her paintings in Studio E during March. A signature member of the Pastel Society of America, Bush maintains studios in both Saltsburg, PA and Naples, FL and considers the

human form her specialty.

Emerging artist Ian Postley of Ocean City is in the Spotlight Gallery in March. An accomplished illustrator and designer, Postley graduated from Stephen Decatur High School and the Delaware College of Art and Design.

Jeweler Nicole Maskell of Selbyville is featured in the Artisan Showcase. A graduate of the University of Baltimore, the owner and de-

signer of Sweetie Beads LLC incorporates a plethora of themed materials into her creative designs.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League of Ocean City, a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events.



Fun Time - Star Charities volunteers (L-R) Treasurer **Mary Evans** and **Barbara Peletier** having a great time dancing and working at the recent fundraiser. Photo by Anna Foulz.

NOW HIRING!

DONATION CENTER JOB!

We're looking for a great team member to work at our Thrift Shop in Berlin! The Warehouse Associate position requires heavy lifting and continual standing in our climate controlled Donation Center. Process donated merchandise - about three days a week. If you've got a great work ethic and customer service attitude we want you!

Visit our website to apply, or stop by the store and fill out an application:

www.coastalhospice.org

EOE
JC Accredited



SANDPIPER ENERGY

BRINGING NATURAL GAS TO WORCESTER COUNTY

Over 4,000 New Natural Gas Customers and Growing!

800-427-0015

www.sandpiper-energy.com

Delmarva Women's A Capella Chorus

Invites you to join us for

"GUEST NIGHT"
7:00 pm,
Monday,
March 13,
2017!



- * MUSIC
- * LAUGHTER
- * FELLOWSHIP
- ** LOTS OF SINGING

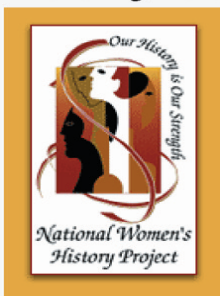
We meet every Monday at 7:00pm
Where:
Ocean Pines Community Center

Contact: Jean Beatty
410-208-4149

THE WORCESTER COUNTY COMMISSION FOR WOMEN

Celebrates
Women's History Month

Honoring Trailblazing Women in Labor and Business



Wednesday, March 22, 2017
11am-2pm

Doors open promptly at 11am
Program will begin at 11:45am

The Clarion Resort Hotel
101st Street, Ocean City

\$37.00 per person

The 2017 Woman in History
Ann Lockhart Showell

The 2017 Woman of the Year
Rina Thaler

LUNCHEON · AWARDS · EXHIBITORS · RAFFLES

* Event to benefit the McGuffey Literacy Project *

Reservations by March 10, call Harry Gowl on 410-208-6798 or
e-mail hfgowl@mediacombb.net
Checks payable to FWCCW, P.O. Box 1712, Berlin MD 21811

I Love to Cook!

by Bev Wisch



I recently had delicious Chincoteague oysters and it inspired me to write about them in my column this month. My neighbor brought us some oysters in the shell. If you've never had them raw, you must try them.

Separated from the Chesapeake by a long peninsula and sheltered from the ocean by only the lip of Assateague Island National Seashore, Chincoteague Bay is not fed by a significant source of fresh water. Oysters from its waters pack the full salt wallop of the Atlantic. Known for their salty taste, they are the very best.

Chincoteague is a lovely Virginia seashore town and there are lots of fine restaurants available to quench your taste for seafood.

Shucking: (You will need an oyster knife and gloves.) Wash and rinse oysters thoroughly in cold water and place on a cutting board flat side up. Insert the point of an oyster knife between the shells at the end of the oyster. Cut through the large muscle, which holds the shells together, close to the flat upper shell. Run the knife around the shell separating the two halves and remove the upper shell. Cut the bottom end of the same muscle, attached to the deep half of the shell, loosening the oyster completely. If serving on the half shell, leave the oyster in the deep half. Place shucked oysters on a bed of crushed ice and serve with cocktail sauce.

Shucked oysters can also be purchased in a jar in their own liquor. These are good for oyster stew, fried oysters, oysters casino or other oyster appetizers. A very easy and yummy appetizer is sim-

ply wrapping the drained oysters in bacon (fasten with a toothpick). Broil until edges curl and bacon is crispy. Serve immediately with cocktail sauce.

Cocktail Sauce

- 1 cup catsup
- 2 t. horseradish
- Juice of half lemon

Fried Oysters:

- 1 qt. select oysters
- 2 eggs beaten
- 1/3 cup milk

- 1 cup cracker meal
- 1/2 cup Panko crumbs
- 1 T. flour
- Salt and pepper
- Old Bay Seasoning to taste

Dip oysters in egg/milk mixture then crumb mixture. Fry single oysters in hot oil until brown on each side. They fry very quickly. Do not overcook. Serve with cocktail sauce.

Note: 1 qt. shucked oysters or 3 - 4 dozen oysters in the shell will serve six people. The entire oyster is edible.

Maryland Oyster Stew

- 1 pint shucked oysters with liquor
- 1 quart milk
- 1/4 cup butter
- Salt and pepper

Cook oysters in their liquor over low heat until edges curl. Add rest of ingredients. Heat slowly to hot but do not boil. Sprinkle with dash of Old Bay and/or parsley on each serving. Serve with saltines or oysterette crackers.



Michael B. Mathers, P.A.

Estates, Trusts & Elder Law

11107 Manklin Meadows Ln. Suite 1A Ocean Pines

Wills Probate
Medicaid VA Benefits

mike@mbmatherslaw.com
www.mbmatherslaw.com



Call today
to make an
appointment

410-208-3331

Shopping for your next pet bed

Providing a safe and comfortable environment is essential when welcoming new pets into a home. Animals have different needs depending on the species, but many furry companions can benefit from cozy bedding.

It has become commonplace for pets to share their owners' beds. According to a recent survey of pet owners by the American Pet Products Association, nearly half of dogs sleep in their owner's beds. The survey found that 62 percent of small dogs, 41 percent of medium-sized dogs and 32 percent of large dogs sleep with their owners. Cats, too, snuggle up under the covers.

While pet owners might like sharing beds with their pets, it may be better to give pets their own space. Pets

can disrupt their owners' sleep and even cause health issues, such as asthma, to escalate. A study released by the Mayo Clinic Sleep Disorders Center found that about half the patients in the study had



a dog or cat, and 53 percent of those pet owners said their pets disturbed their sleep in some way every night.

Pet owners can give pets their own place to lay their heads to avoid restless nights. Pet beds are now available in many different materials and styles. Here is what to look for in a pet bed.

please see pet page 12



RWWC luncheon - The Republican Women of Worcester County held their February luncheon meeting at the Dunes Manor Hotel in Ocean City on Thursday, February 23. The guest speaker was **Terron Pinder** from the Worcester County Board of Elections who spoke about voter integrity, voter fraud, voter registration and who has the legal right to vote.



Health learning

Students from Kristie Fogle's second grade class at Ocean City Elementary have been working on a Health Literacy Unit in which they learn about heart healthy activities. **Cristiana Milite** and **Aden Betterson** are pictured taking their pulse after exercising.

Experienced Billing and Collection Specialist

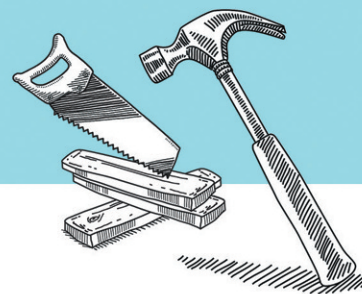


Coastal Hospice
& Palliative Care

Full time. Responsible for billing and collection of patient accounts. Successful candidate will have at least 5 years proven experience in electronic billing and collections in a healthcare setting. Associates Degree preferred. Responses received by March 1 will be considered. Apply by visiting our website.

www.coastalhospice.org

EOE
JC Accredited



TAYLOR BANK
Everything a Good Neighbor Should be.

Personalized Loan Options to
HELP YOUR BUSINESS THRIVE

SMALL BUSINESS LOANS. Whether you're making improvements, doing routine maintenance or expanding your business, Taylor Bank's custom lending approach means you can count on us to be there for you and our neighborhood businesses. Our loan options are numerous, flexible and wide open. Our local team is aggressive on pricing and strives to process your loan fast and efficiently. Whatever your need — all you have to do is just ask.

TaylorBankLending.com

Main Office • 24 North Main Street • Berlin, MD 21811 • 410.641.1700



Member
FDIC

A BAGEL
and...

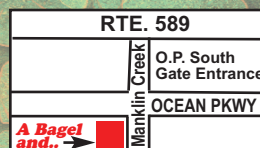
Free
Wireless
Internet

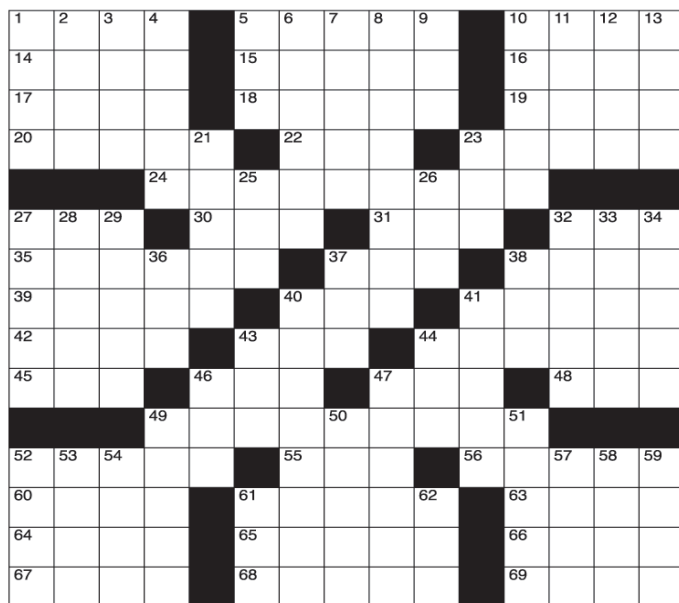
Cookie Patters Irish Soda Bread!
Homemade Soups

Open at 6 a.m. everyday!
Serving Breakfast and Lunch

11304 Manklin Creek Rd
Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)

Winter Hours:
6 a.m. to 2 p.m.



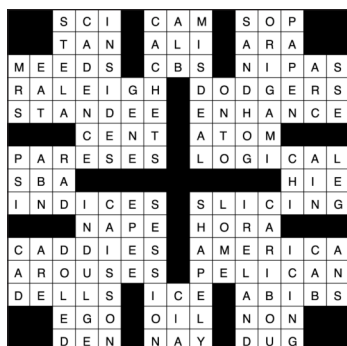


CLUES ACROSS

- 1. "ER" actress Leslie
- 5. Hebrew name for Babylon
- 10. Newtons
- 14. Leaf angle
- 15. Dravidian language
- 16. Ridge on nematodes
- 17. Monetary unit
- 18. Determined the tare
- 19. Unfreeze
- 20. Merits
- 22. World's oldest broadcasting organization
- 23. Vacation spot
- 24. December 25
- 27. Ottoman military command
- 30. Resin-like substance secreted by insects
- 31. A.C. Comics female supervillain
- 32. Insect linked to honey
- 35. Opinion
- 37. In the middle of
- 38. Basketballer Yao
- 39. Remove lid
- 40. Pressure wound therapy
- 41. Fabric
- 42. Witnessed
- 43. Defunct European economic organization
- 44. "Hotel California" rockers
- 45. When you expect to arrive
- 46. "Sleepless in Seattle" actress Ryan
- 47. Danish airline
- 48. Insecticide
- 49. Scientific instrument
- 52. Type of seal
- 55. Israeli city __ Aviv
- 56. Cavalry sword
- 60. Ottoman title
- 61. Gurus
- 63. Cold wind
- 64. Predatory reptile (abbr.)
- 65. New Jersey is one
- 66. Divulge a secret
- 67. Finely chopped mixture
- 68. Actress Zellweger
- 69. Romanian city

CLUES DOWN

- 1. "Dark Knight" actor
- 2. S. African plants
- 3. Castle in County Offaly, Ireland
- 4. White (French)
- 5. Morsel
- 6. Semitic language
- 7. Areas outside cities
- 8. Crackling
- 9. Cub
- 10. Landmark house in Los Angeles
- 11. Red Hot Chili Peppers bassist
- 12. Mineral
- 13. Late night host Myers
- 21. Pull along
- 23. Not good
- 25. British Air Aces
- 26. Upset
- 27. Maltreatment
- 28. Nocturnal, cat-like animal
- 29. Hollyhocks
- 32. Shelter
- 33. Finished
- 34. Discharge
- 36. "X-Men" actor McKellen
- 37. Beloved dish __ and cheese
- 38. Holds coffee
- 40. Languish
- 41. Quenches
- 43. Electric fish
- 44. Consume
- 46. Type of school
- 47. Erase
- 49. Educate
- 50. "Transformers" actress Fox
- 51. Spiritual leader
- 52. Every one
- 53. Site of the Taj Mahal
- 54. Welsh village
- 57. Weapon
- 58. Geological times
- 59. S. Asian crops
- 61. Soviet Socialist Republic
- 62. Witness



Answers for February 22

Eyes on the Skies

Runaway Stars

By Douglas Hemmick, Ph.D.



The month of March marks the transition from winter to spring, and there are corresponding changes in the night skies. Over the course of the month the sun sets later, with an abrupt change occurring on March 12 when Daylight Saving time takes effect.

The Milky Way topic of the month is runaway stars. Astronomy fans may be aware that the stars of the Milky Way, including the sun, follow a gradual orbital motion about the center of the galaxy. Because the stars are so remote, the motions are not at all obvious to the backyard astronomer. Only with the passing centuries can slow incremental changes be seen. Professional astronomers with sophisticated telescopes detect such movements over just a few years. One of the most interesting phenomenon appears when astronomers detect so called runaway stars which stray from the rather uniform herd, following their own independent paths.

One fascinating pair of runaway stars which originated in the famous constellation Orion, was initially detected in the 1950s. Astronomers believe that those two rogue stars, AE Auriga and Mu Columbae, show movements tracing back to a common point of origin, in the Trapezium cluster of Orion. Astronomers considering the past histories of these two-massive class-O stars believe that about 2.5 million years ago, the pair experienced a close encounter with one another. This near-collision created a slingshot effect as the two stars went careening in opposite directions into space. One might imagine two bank robbers taking off in opposite directions to elude police. Velocity measurements for AE Auriga and Mu Columbae show the two are racing through space at 230,000 mph, in opposite directions.

The technology of Earth-orbiting infrared telescopes represented a leap forward for probing the Milky Way. Ordinary telescopes are unable to penetrate to far-flung reaches of the

galaxy, due to the cumulative effects of dust. In infrared wavelengths, the astronomers' dream of surveying every star in the galaxy is coming within reach, at last.



Stellar "Bowshock" around Zeta Ophiuchi

These orbiting infrared telescopes have discovered many new runaway stars. In 1980s NASA reported observations of 25 new runaway star candidates using data from the Infrared Astronomical Satellite (IRAS). While ordinary visible light telescopes work well for stars and galaxies, infrared telescopes are able to locate more subtle disturbances, such as over-heated gas and dust. As a runaway star plows through a region of interstellar material, gas and dust pile up in front, becoming heated and compressed, while a V pattern stretches to the sides, similar to the wake left by a speedboat. This glowing pattern is known as bow shock created by the speeding rogue stars.

Recent studies announced in January 2016 found more than 200 runaway stars have been discovered by analysis of data from the Spitzer and

please see **eyes** on page 11



Reading reminder - Sherman the Shorebird visited Berlin Intermediate School (BIS) to remind students about the "Hit the Books" contest. Each student is to read four books to receive tickets to an upcoming Shorebirds game. BIS's principal Tom Sites gets into the action with Sherman.

eyes
from page 10

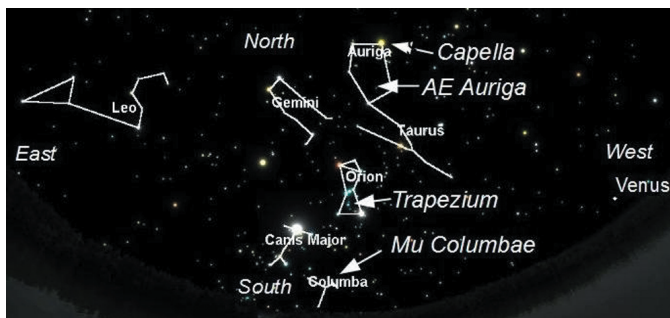
the Wide-field Infrared satellite telescopes. Immense bow shocks have been discovered in the interstellar clouds - trillion miles wide, equivalent to 170 times the width of the solar system. Seeking out bow shock disturbances has become one of the online public astronomy programs offered by astronomers. Astronomy enthusiasts may analyze the Spitzer Infrared images, hunting for tell-tale bow shock patterns. Such public-participation aids astronomers in combing through the enormous amounts of data accumulated from modern telescope projects.

The runaway star Zeta Ophiuchi is about 20 times as massive as the Earth's sun, and displays a good example of bow

shock, with the arc-shape of heated material glowing in infrared light. An image of Zeta Ophiuchi was among those released by NASA in 2016.

For stargazers peering outside, the early evening sky will once again be dominated by the planet Venus, blazing over the southwest horizon. Look for Venus as early as 6 p.m., just after sunset. As the sky grows dark at about 6:45 p.m., Orion appears prominently, well above the southern horizon. Orion will be surrounded by its usual companions, Taurus the Bull to the northwest, Gemini the Twins to the northeast, and the brilliant Sirius to the southeast. Auriga the Charioteer appears just to the north of Taurus. The runaway star AE Aurigae is too dim for backyard hobbyists but Auriga does feature the bright star Capella, which shines with a yellow glow. After about 8:30 p.m., Leo the Lion begins to ascend over the eastern horizon. This constellation signals the arrival of spring.

Daylight Saving time begins on March 12 and this changes things a little for the observer. Clocks should be set forward one hour, so that the times of all celestial observations will jump forward one hour.



Humble and traditional culinary creation

A number of things are readily associated with Irish culture, especially in proximity to St. Patrick's Day. A particular shade of green, referred to as "Kelly green," corned beef, potatoes, parades; even enjoying a pint at the pub. One of the cherished traditions of St. Patrick's Day, and even everyday Irish cuisine, is whipping up a family recipe for Irish soda bread.

True Irish soda bread continues today to be an international favorite. While it is enjoyed across Ireland, it is also widely enjoyed wherever Irish immigrants have established roots and elsewhere. Most of the ingredients necessary to prepare Irish soda bread can already be found in many homes.

Irish soda bread gets its name not from a sweetened carbonated drink, but by the leavening agent that is used in place of yeast. Baking soda (bicarbonate of soda) is a common component of quick bread cooking. When the baking soda is mixed with the flour and a soured milk (butter milk, for example), its chemical qualities produce carbon dioxide gas bubbles that help give soda bread its risen, airy texture. In some recipes, live yogurt, or even stout, are used as the liquid to activate the baking soda.

While the Irish adapted the science behind baking soda and have come to be associated with soda bread's origins, the earliest reference to soda ash being used in baking bread is actually credited to the American Indians. Baking soda was not brought to nor discovered in

Ireland until the middle of the 19th century. However, it is the Irish who have made soda bread much their own. It tends to be an easy an inexpensive bread to make to feed many and is very versatile. Soda bread in some shape or form is



enjoyed by cultures all around the world. From Scotland to Poland to Serbia to Australia, these countries have their own versions of soda bread and their own cooking methods.

In honor of St. Patrick and other Christian celebrations, soda bread is traditionally made with a cross shape cut into the top of the dough. Legend has it that people did it to "let the devil out" while it is baking for good luck, and others say that this last step made it easy to divide the bread into pieces.

Soda bread has become synonymous with Irish culture. Enjoyed plain or with some Irish butter, it is a common component of meals throughout the year, and most especially on St. Patrick's Day.

Parrotheads to meet

Ocean City Parrothead Club Social will be held Sunday, March 26 from 1 p.m. to 4 p.m. All current members and anyone interested in becoming a member are invited to join the group at Seacrets, 49th Street and the Bay. The afternoon will begin with tour of new distillery. Food and drink specials will be available. Email ocphc@comcast.net for more information.

Tide and Sun Chart

* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide

DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., March 2	10:10 a.m. 10:36 p.m.	4:03 a.m. 4:24 a.m.	6:30 a.m.	5:55 p.m.
Fri., March 3	10:59 a.m. 11:30 p.m.	4:59 a.m. 5:16 p.m.	6:29 a.m.	5:56 p.m.
Sat., March 4	11:53 a.m.	5:58 a.m. 6:12 p.m.	6:27 a.m.	5:57 p.m.
Sun., March 5	12:29 a.m. 12:54 p.m.	7:01 a.m. 7:11 p.m.	6:26 a.m.	5:58 p.m.
Mon., March 6	1:36 a.m. 2:01 p.m.	8:07 a.m. 8:14 p.m.	6:24 a.m.	5:59 p.m.
Tues., March 7	2:45 a.m. 3:09 p.m.	9:15 a.m. 9:19 p.m.	6:23 a.m.	6:00 p.m.
Wed., March 8	3:51 a.m. 4:12 p.m.	10:20 a.m. 10:23 p.m.	6:22 a.m.	6:01 p.m.

Grow gray hair out gracefully

For some people, gray hair comes with age. Both men and women have spent much time, money and energy covering their gray heads with various hair dyes. But now there is a growing trend among people with gray hair to embrace the gray.



Gray hair, especially hair close to the temples, tends to be coarser and more resistant to absorbing hair color than other hair. It can be difficult to cover the gray hairs, and then once it is dyed, gray hair may end up showing through prematurely. As a result, many men and women have discovered it is more cost-effective to embrace their gray hair.

Just like any other hair change, whether growing out a short hairstyle or growing out bangs, it can take time to adjust to a head full of gray hair.

Prepare mentally for gray hair. Hair does not generally turn gray overnight. Therefore, people must expect to live with the gradual change and insecurities that arise as hair starts to turn gray. This requires a certain measure of strength and perseverance. Some may even desire to

give up on the process altogether by coloring their hair or, for men, shaving their heads. But sticking it out allows adults to maintain their natural hair, and many men and women even like their hair once it turns gray.

Work with a stylist. Hair colorists and stylists can make the transition to gray hair a bit easier. With careful placement of highlights, stylists can blur the lines of the graying hair from the other colors. A good stylist also may be able to suggest a cut that will draw attention away from graying roots.

Consider a major haircut. Sometimes the process can be sped along with a dramatic hair cut that removes much of the dead ends and hair that has not yet turned gray.

Stop using color-care shampoos. Certain shampoos are designed to lock color in place. Those who want to go gray can use regular shampoos or clarifying shampoos that strip old hair dye from the hair shaft. Switch over to a toning shampoo that leaves a bit of pigment to counteract brassiness in gray hair.

Consider a makeup swap, too. Transition makeup color to give the face a warmer, rosier glow. Avoid dark eye shadows, which can wash out a complexion.

With a few simple techniques, men and women can naturally transition to gray hair.

pets

from page 9

Nesting beds. A popular option is a “nest” style bed. Nesting beds have raised sides that offer privacy and help smaller animals feel contained and secure. This containment also can help pets feel warmer and be less susceptible to drafty conditions on the floor.

Classic beds. Classic beds are essentially mattress-style beds. They are flat and filled with a variety of materials, including polyfil, baffled polyfil, solid foam, and memory foam. Pay attention to the fill, especially for larger animals. Owners will get more for their money by investing in a quality item that will retain its shape.

Orthopedic beds. Orthopedic beds offer maximum support to cradle aging or ailing animals. They tend to feature medical-grade foam. Some orthopedic beds may be higher up from the ground so that pets can maneuver on them more easily.

Be sure to weigh and measure the length of a pet before purchasing a bed. The pet should be able to stretch out, but you do not want the bed to be so large that the animal does not feel secure.

In addition, keep in mind the fabric type, paying particular attention to its durability and how it can be washed. Many beds are covered with machine-washable materials, but you may want to be able to wash the rest of the bed as well. Washing the bed regularly is essential to prevent odors and even parasites.

Pet beds offer comfort to companion animals and can help keep pets off the furniture and out of their owners’ beds.



Food play - On February 24, the Ocean City Elementary School (OCES) PTA sponsored “Food Play Productions” for students in grades one through four at OCES. The show teaches kids how to improve their eating and physical activity habits. It was a live theater production, including juggling music, magic and audience participation. Food Play empowers kids with the skills they need to take charge of growing up healthy, happy, active and fit.

Drug and Alcohol Council seeks prevention nominees

The Worcester County Drug and Alcohol Abuse Council is seeking nominations of individuals (adults and youth), or groups who have made outstanding contributions to drug and alcohol prevention or treatment. Worcester County residents, elected officials and council members will honor the award recipients at the 26th Annual Drug and Alcohol Awards Reception. The reception will also mark the 34th year of the Council’s existence. The event will take place at the Worcester Career and Technology High School on Tuesday, April 4 at 6 p.m.

Nominations of individuals or groups who have performed commendably and beyond the call of duty are currently being accepted at the Worcester County Health Department. Criteria for selection of honorees include: program impact on community, appropriateness of approach, and personal contribution to the program. Anyone who received an award in the past three years is not eligible. The deadline for nominations is March 17. Please call 410-632-1100 ext 1106 or e-mail david.baker@maryland.gov to request a nomination form or to make a reservation.

Something to keep in mind ...

Car buyers may find some great deals by using offered rebates. Rebates can take place at any time of the year. Dealers typically use rebates in order to clear out a particular model year. Rebates may also be offered through the manufacturer. Dealerships may sell a vehicle for less when certain incentives are applied. Shoppers can rely on Edmunds.com to search for rebates and incentives by vehicle make and geographic location.





Key Club reports to sponsor club

At the February 22 meeting of the Kiwanis Club of Greater Ocean Pines - Ocean City, President Dana Kim of the Kiwanis sponsored Key Club at Stephen Decatur High School (SDHS) visited and reported on the club's projects. On February 24, the Key Club held a blood drive with the Blood Bank of Delmarva. On March 22, they will hold their annual breakfast meeting for the parent Kiwanis Club at the high school. Later this year, they plan to hold a "Color Run" to raise funds for UNICEF. It is a race where sponsored runners visit "paint stations" along the run and get their white T-shirts covered in different colors.

Pictured are Kiwanis President-Elect Ralph Chinn and Dana Kim.

The SDHS Key Club is very active and often supports the sponsoring club at the three annual pancake breakfasts and the Italian Dinner as well as other events.

Py joins AGH in Ocean View

Atlantic General Hospital and Health System announced that Kieran Py, MD, has joined the Atlantic General Primary Care practice in Ocean View, DE



Kieran Py

Py will provide much-needed primary care to residents of Ocean View and the surrounding area. A graduate of Ross University School of Medicine in Dominica, West Indies, he volunteered with the Salybia Mission Project to provide basic medical care to residents in underserved areas for two years.

Py performed his clinical rotations at teaching hospitals in Long Island, Brooklyn and Queens, N.Y., and completed his residency in family medicine at Northwell Health's Southside Hospital in Bay Shore, N.Y. He is a member of the American Academy of Family Physicians and the American Medical Association.

"We are so happy to have Dr. Py join Atlantic General Health System," said Jim Brannon, vice president of professional services. "With Dr. Socha's departure last fall, the growing Ocean View community had even fewer primary care options. Dr. Py will be a great fit, and we hope to expand access with the recruitment of an additional physician soon."

The Ford Motor Company's Model T was offered in several styles, not unlike how vehicles of today are offered in various models. Among the Model T styles available was a two-seat runabout, which can be considered a precursor to the coupe style popular today, and a seven-seat town car, which might be considered an ancestor of today's SUV, at least with regard to passenger capacity. While prospective Model T drivers had some options when choosing which Model T they wanted to purchase, between 1913 and 1925 the car was produced only in black. The Model T engine was a 4-cylinder engine that generated 20 horsepower. To put that latter figure into perspective, many of today's riding lawn mowers are 20 horsepower, and some commercial lawn riding mowers provide as much as 40 horsepower. While car dealers might not sell too many cars featuring 4-cylinder, 20 horsepower engines today, historical estimates suggest that more than 15 million Model T's were built and sold between 1908 and 1927, the last year the car was produced.



power, and some commercial lawn riding mowers provide as much as 40 horsepower. While car dealers might not sell too many cars featuring 4-cylinder, 20 horsepower engines today, historical estimates suggest that more than 15 million Model T's were built and sold between 1908 and 1927, the last year the car was produced.

How seniors can preserve their brains

Physical activity and proper diet and nutrition can help people age 50 and older maintain their physical health. But there are also ways aging men and women can preserve brain health in an effort to prevent or delay the cognitive decline that affects millions of seniors across the globe.

It is easy to overlook the importance of keeping the brain healthy. However, a decline in brain function can result in poor concentration, memory loss and a host of other issues. Sometimes, by the time symptoms present themselves, it may be too late to reverse any damage.

Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the "Archives of General Psychiatry" found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do not have Alzheimer's disease.

In addition to the suggestions mentioned above, those who want to boost brain health can consider these strategies.

Start exercising the brain early on. A study published in 2012 in the "British Medical Journal" examined cognitive function in people ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It is never too early to put a brain health plan into motion.

Read more books. Reading can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall ability. Enrolling in an

education course at a local college, community center or online also may be beneficial.



Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.

Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and mono-unsaturated fats from olives, olive oil, nuts and seeds. Supplements also may help, but individuals should consult with their doctors about which products to take.

Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.

Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.

Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.



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

delmarvacourier.com

Service DIRECTORY

To place your business card call
410-641-6695



ATTORNEYS

LAW OFFICES OF
Patricia Cleary
...*your neighborhood lawyer*
240-304-6058

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

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

DENTISTRY

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

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

ELECTRICIAN

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

FLOORING

Sea Floor
CARPET HARDWOOD & MORE
The Flooring Store for Locals
11312 Manklin Creek Road **410-208-3879**
Ocean Pines

HOME IMPROVEMENT

PAUL'S HOME IMPROVEMENTS
All phases of home improvements
No job too small - No job too large
Handyman Home Services
Over 40 years experience
410-641-7548
Free Estimates
MHIC #83501

PHARMACY

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

POWER WASHING

ROYAL POWER WASHING
Decks Siding Walkways
Boats Roofs
Decks stained & sealed "We Can Powerwash Anything!"
FREE ESTIMATES Commercial Residential
Clifford Rosen/Owner Licensed Insured
410-641-5756 www.royalpowerwash.com

RENTALS

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

TITLE SERVICES

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

WRITING SERVICES

Publishing, Memoirs & More!
 TIME FLIES
Jean Marx
443-880-0045
jmarx.timeflies@gmail.com
www.timefliesbooks.com

The Courier



Your business card ad could
be **HERE** for as little as
\$13 a week!

410-641-6695

Place your business card
410-641-6695

Now hiring RNs

Rewarding positions for those with a heart for hospice

Our program is growing! Immediate openings for Registered Nurses for our home hospice and inpatient hospice programs. A variety of shifts are available, great for those looking for flexibility.

Ask about our \$2,000 sign on bonus!

Benefits include:

- Employer-paid life and disability insurance
- Your choice of three different medical plans
- Vision and dental coverage
- Tax Deferred Annuity Retirement plan with matching employer contributions after one year
- Competitive salaries
- Generous paid time off

Coastal Hospice promotes dignity and quality of life for patients and families who face life-limiting conditions. Our staff reports high satisfaction with the work they do, providing compassionate care during a most critical time.

Founded in 1980, Coastal Hospice is a private nonprofit community program that provides traditional hospice services, palliative care, and bereavement support to Wicomico, Worcester, Dorchester, and Somerset Counties. More than 170 people are employed by Coastal Hospice and more than 200 individuals volunteer. Coastal Hospice is an Equal Opportunity Employer.



“Working for Coastal Hospice is so gratifying and worthwhile. I know I am truly making a difference, and I’m working with people who truly care about what we do.”



*Coastal Hospice
& Palliative Care*

Please apply at
CoastalHospice.org > Careers



SATURDAY, MARCH 4TH
FROM 8-12PM

235 OCEAN PARKWAY, OCEAN PINES, MD

REC & SWIM
JOB FAIR

NOW HIRING:

LIFEGUARDS (WE OFFER CERTIFIED TRAINING)
CAMP COUNSELORS AND JUNIOR CAMP COUNSELORS
SWIM INSTRUCTORS FOR SWIM LESSONS
MARINA HELP
REC PROGRAMMER POSITIONS
PARKING ATTENDANTS
RACQUET CENTER ATTENDANTS

Join Our
TEAM

