

The Courier

March 22, 2017 Volume 17 Number 28

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Casino trip planned

The Ocean Pines Boat Club is sponsoring a bus trip to Harrington Casino on Thursday April 20. The cost is \$20 which includes \$15 slot play and a \$7 food voucher toward the lunch buffet. The bus will leave Ocean Pines at approximately 10 a.m. and return at approximately 5 p.m. Contact Barbara or Tom Southwell (410-641-5456) to reserve your seat.

Fashion show scheduled

Celebrate spring at a luncheon fashion show fundraiser to be held on Thursday, April 6, from 11:30 a.m. to 2:30 p.m. at The Bayside Skillet on 7701 Coastal Highway in Ocean City.

For \$30 per person, enjoy a luncheon, fashions by Chico's of West Ocean City, and raffles. All proceeds will benefit the Women's Club 2016-2017 scholarship program and community donations.

Call 410-600-0552 or send email to soonerkay@gmail.com. Checks are payable to WCOP and mailed to Kay Hickman, 82 Windjammer, Ocean Pines, MD 21811 no later than March 30. Indicate choice of entrée: (1) Salmon with vegetable medley, (2) Caesar salad with grilled chicken or (3) Tuna melt with side salad.

Tickets available for Kiwanis event

Tickets are on sale for the Kiwanis Club of Greater Ocean Pines-Ocean City "Swing into Spring" Wine Tasting and Silent Auction on Friday April 21 from 4:30 p.m. to 7:30 p.m. in the Ocean Pines Community Center. Tickets cost \$15 and can be purchased in advance by calling 410-208-6719 or 443-896-4914. Must be 21 or older to attend. Proceeds benefit the youth of the community. See www.kiwanisofopoc.org or Kiwanis Club of Ocean Pines/Ocean City on Facebook.

Flea market scheduled

Bethany United Methodist Church will hold an indoor flea market on Saturday, March 25 between 8 a.m. and noon. Also available will be baked goods and breakfast sandwiches. The church is located at 8648 Stephen Decatur Hwy. (Route 611 and Snug Harbor Rd.) in Berlin. For information call 410-629-0926.



Kiwanian of the Month honored

Each month Kiwanis Club of Greater Ocean Pines - Ocean City President Barbara Peletier honors her Kiwanian of the Month. For February Charlene Vanvick was so honored. Char, as she is known to most people, has been active in the club's events.

Pictured (L-R) are **Charlene Vanvick** as she accepts her Certificate of Appreciation and a small gift from **Barb Peletier** at the weekly meeting in the Ocean Pines Community Center on March 15.



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Community Calendar March

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MSSA to meet

The Atlantic Coast Chapter of the Maryland Saltwater Sportfishing Association will have its next chapter meeting on Tuesday March 28 at the Lion's Club off Airport Rd. in West Ocean City. The meeting starts at 7:30 p.m.; doors open at 7 p.m. This month's guest speaker will be Dr. Steve Doctor, Marine Biologist for the Department of Natural Resources.

Art League offers college scholarships

The Art League of Ocean City is offering \$1,000 scholarships to high school seniors who plan to pursue a college degree in the visual arts. The Art League invites art students who are residents of Worcester County to apply by April 8.

Graduating seniors who attend public or private high schools as well as home-schoolers are eligible to apply. Also eligible are past recipients of Art League scholarships who are continuing to pursue a visual arts degree at an accredited college and have achieved a 3.0 or higher grade point average.

The Art League will award up to five \$1,000 visual arts scholarships based on talent, recommendations, citizenship, scholarship, academic awards, extracurricular activities, motivation and skill.

Applicants must complete an application, available on-line at www.artleague-foceancity.org > scholarships — and submit it their school's guidance coun-

selor or directly to the Art League of Ocean City by April 8. Three digital images of the student's artwork, two letters of recommendation, and an official school transcript must accompany the application.

The Art League has been awarding scholarships since 1991 to local students seeking a college degree in visual arts. The scholarships are funded by contributions from the Art League as well as from the Katherine Ellen Brown Fund administered by the Community Foundation of the Eastern Shore.

The Art League of Ocean City is a non-profit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League and supported by memberships, corporate and civic funding, donations and sales of art. More information is available at 410-524-9433 or www.artleagueofocancity.org.

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.



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Child advocates sworn in

Lower Shore CASA, a division of Worcester Youth and Family Counseling Services (WYFCS), announced the appointment of five new Court Appointed Special Advocates, or CASA's, to the WYFCS CASA program. On Friday, March 3, The Honorable Judge Brian Shockley, and Family Magistrate Mary M. "Peggy" Kent, Worcester County Circuit Court, 1st Judicial Circuit, addressed five newly trained WYFCS CASA volunteers before swearing them in as court-appointed advocates. The new volunteers are: Kim Holm, Susan Bashore, Marissa Bradley, Barbara Garber, and Mary Truitt.

CASA volunteers advocate for children who have been abused or neglected and who, through no fault of their own, end up in the court system. CASA is the only program where everyday citizens are appointed by judges to speak up for a child's safety and well-being.

Pictured, from left to right: The Honorable Judge **Brian Shockley**, **Kim Holm**, **Susan Bashore**, **Marissa Bradley**, **Barbara Garber**, **Mary Truitt**, Family Magistrate **Mary M. "Peggy" Kent** and **Angie Manos**, CASA Volunteer Supervisor.

For more information about these individuals, the Lower Shore CASA program or other WYFCS programs visit: www.gowoyo.org, or call: 410-641-4598.

OPA launches online forum

The Ocean Pines Association has launched a new online forum designed to allow direct interaction between its members and Ocean Pines board members and staff.

The site may be accessed at www.realopforum.com. It is also linked on the homepage of the association's website, OceanPines.org.

Residents and property owners who would like to learn more about Ocean Pines policies, events and more are encouraged to register. Once Ocean Pines Association membership has been confirmed, forum members will be able to comment and post questions, which will be answered directly by association leadership.

Questions and answers will be posted publicly, enabling visitors to the site to stay abreast of topics of interest within the community. Ocean Pines news released by the association will also be shared.

"We wanted to offer association members, especially those who don't live here year-round, the opportunity to engage in productive, meaningful conversation with our board members and staff," said Brett Hill, acting general manager of the Ocean Pines Association. "This format will help ensure that accurate information is being circulated and that questions are answered in a timely manner."

Church to host Italian dinner

The Church of the Holy Spirit is having an Italian dinner catered by Carrabba's on Sunday, April 23 from 4 to 6 p.m. at the church.

The feast includes Chicken Bryan, Penne Pomodoro, Caesar Salad, Garlic Breadsticks, iced tea, lemonade and coffee. Desserts will be available for \$1.

Tickets are \$15 and are available at the church. They are limited, so get yours now.

The church is located at 100th St. and Coastal Highway in Ocean City; call the church office at 410-723-1973 or Monica at 443-235-8942 for further information.

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The Courier

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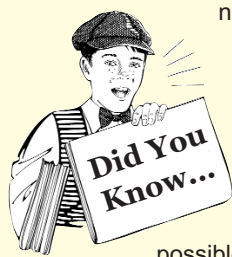
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2012 Business of the Year

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If you think that the only way to exercise and burn calories involves gym equipment, think again. Yard work can be just as challenging as a thorough aerobics workout at a nearby fitness club. To



reap the greatest benefits, gardeners should use as little motorized machinery as possible. Manual tools

will get you moving and can burn a substantial amount of calories. Try to vary positions and alternate which hands you use to reduce strain and get an even workout. Fitness experts say that gardening can improve strength, increase endurance and assist with flexibility. According to a report in the UK publication The Telegraph, clearing a pond or weeding can burn some 300 calories in an hour. Forty-five minutes worth of gardening can burn as many calories as 30 minutes of aerobics.

Hospice to offer free Advance Directive workshops

As part of a new initiative, Coastal Hospice will offer free Advance Care Planning workshops to area clubs and organizations on the Lower Shore during April, which is recognized as Healthcare Decisions Month. Those attending the presentations will learn about the importance of Advance Directives and receive information about completing their own documents.

Nationally, only about 26% of adults have Advance Directives. That means nearly three-quarters of Americans run risk having no way to express their wishes for treatment if they are injured and unable to speak. This situation is often worse for the patient's loved ones, who are left trying to decide what the patient would want. Disagreements have been known to fracture families and wind up in court.

"We believe advance care planning is part of good healthcare," said Alane Capen, Coastal Hospice president. "It involves thinking and talking about goals, values and healthcare choices. This process will help those closest to you and those responsible for your healthcare to provide the best care when you cannot speak for yourself.

"April is National Healthcare Decisions Month, so this is a perfect time to discuss this important topic, al-

though we will continue our workshops throughout the year," she continued.

Coastal Hospice has invested in educating staff members to guide community groups and individuals through the process of creating Advance Directives. With a grant from the Community Foundation of the Eastern Shore, staff members from Coastal Hospice attended the Respecting Choices conference at Gundersen Health System in LaCrosse, Wi. Gundersen's Advance Care Planning program was made the subject of a community-wide effort in LaCrosse and has been proven to deliver on its promise to provide more patients with the care they chose for themselves. The program helps participants ensure that their wishes are clearly documented.

Through these free presentations, Coastal Hospice hopes to replicate the impact Gundersen had in their own community. Studies there examined the medical records of patients who died in two years after the Respecting Choices program was presented. They found that in 99% of cases, the treatment decisions matched those chosen by the patients.

Coastal Hospice staff members

who have received this education will be available to make presentations throughout the year, but the agency is placing an emphasis on this issue during April. For more information or to arrange a speaker for your group, contact Community Relations Manager Elaine Bean at 410 742-8732 or ebean@coastalhospice.org.

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, and serves Somerset, Dorchester, Wicomico and Worcester counties.

Focus group volunteers sought

The Worcester County Health Department and Maryland Rural Health Association invite community members and health care workers to participate in one of two focus groups about the local health care system.

To register for a focus group, please call 410-632-0056 by March 23. The goal of the focus groups is to get input about health care access and barriers directly from health care consumers and workers. Participants will be asked a set of questions related to their personal insights on what works, what doesn't and how health care can be improved.

The responses are confidential and anonymous and will be included into a statewide rural health assessment. Refreshments will be provided. Space is limited and RSVP is required. A \$25 gift card will be provided to participants in the community focus group.

The community focus group will be held between 9 a.m. and 11 a.m. on Tuesday, March 28.

The health care worker focus group will be held between 9 a.m. and 11 a.m. on Thursday, March 30.

Both events will take place at 6040 Public Landing Road in Snow Hill.

Participants must reside or work in Worcester County, be 18 years old or older and be able to give consent for participation.

Let your voice be heard in an anonymous way to inform future health efforts in your community.



Pet Paint - T.C. Studios located at 1505 Coastal Highway in Ocean City hosted a "Paint your Pet" fundraiser for Worcester County Humane Society on February 10. The event raised about \$600 for the no kill shelter.

Above are **Aiden** and **Emily Backof**, **Alex** and **Sofia Abu-Zaid**.

Happy Birthday Giana!

One of the most magical events in my life was the birth of my first grandchild, a granddaughter. It was special in a way different from when my own children were born. Next week, as difficult as it is to reconcile, Giana will

months ago, my daughter shared with me that Giana had talked with her about that afternoon. It had made just as much of an impression on her as it did on me.

Another memory is funny if a little off-color, but from the mouths of babes... Giana and I were laying in the backyard hammock. We were looking up at the sky talking about nothing in particular. At one point she got down, returning just a couple minutes later. I

asked her where she went and without hesitation she told me. "Nino, I pooped in your garden." There's no way to keep a straight face or remain balanced in a hammock after hearing



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

celebrate her fifth birthday. Five years!

Although true, it's hard to believe that the little peanut who took her first bath in my kitchen sink is now in school, rides dirt bikes and enjoys cooking with her mom. In just a blink of an eye she'll be learning to drive a car, graduating high school, going off to college and winning an Oscar for Best Screenplay on a story based on the life of her grandfather. But that's still in the future.

A lot has happened during those five years. She now has a little brother who is also riding dirt bikes and her family has lived in three different states, none of which has been closer to my driveway than a thousand miles.

My granddaughter is a beautiful little girl. Why do I write this? Because it's true of course. I mean, why else would I write it? Are there other beautiful granddaughters out there? Yes. But, to me, as it is for all grandfathers, mine is the most beautiful.

During the past five years, I've collected a trove of memories with my granddaughter. I don't want to bore you with all of them, because I could go on forever, but let me share one or two. Two summers ago, my daughter was home with the kids and on one of the last days they were here, Giana and I shared some quality time on the boat.

We cruised behind Assateague and anchored. We sat on a raft eating cut up watermelon and talking, walked the shore and splashed in the surf. On the cruise home she fell asleep. That was a very enjoyable afternoon. What made it even nicer was that several



Above: **Giana and Ben.**

Left: **Giana** on her dirt bike.

Below: **School picture**



such a comment. I could do neither.

Our family is so much more than it was when five years ago a little blue-eyed, blonde hair little girl joined our ranks.

Happy Birthday Giana!

Atlantic General Women's Health Center

Now in West Ocean City ... Women's health services built around you!

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For more information or to make an appointment, call **443-728-1050**



atlanticgeneral.org/WomensHealth

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Nicki Akstinas
CRNP – Family planning, cervical colposcopy



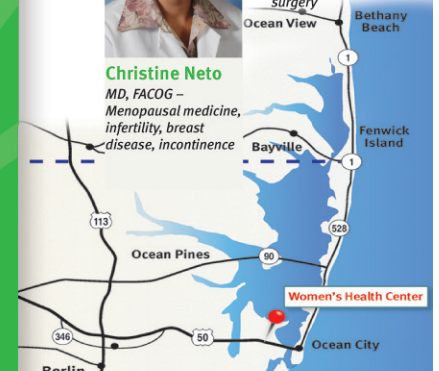
Lisa Bayles
DNP, CRNP, RN, MSN – Gynecology, colposcopy



Kevin J. Lee
MD, MSPH – Minimally invasive gynecological surgery



Christine Neto
MD, FACOG – Menopausal medicine, infertility, breast disease, incontinence

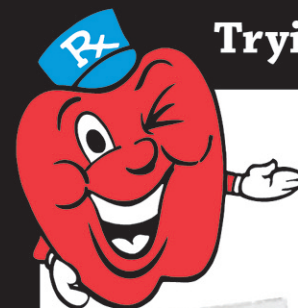


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8:00 am - 4:30 pm, Monday - Friday



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Post-winter garden prep key to success

Lawns and gardens can bear the brunt of winter weather and are often in need of tender loving care by the time spring arrives.

Preparing a garden for spring and summer involves assessing any damage that harsh weather might have caused. As temperatures climb, gardeners can heed the following post-winter garden preparation tips in an effort to ensure some successful gardening in the months ahead.

Assess the damage. Even if winter was mild, gardens might still have suffered some damage. Inspect garden beds and any fencing or barriers designed to keep wildlife from getting into the garden. Before planting anew, fix any damage that

Mother Nature or local wildlife might have caused over the past several months.

Clear debris. Garden beds and surrounding landscapes that survived winter without being damaged might still be littered with debris. Remove fallen leaves, branches and even litter that blew about on windy winter days before planting season. Make sure to discard any debris effectively so it does not find its way back into the garden.

Turn the greenhouse into a clean house. Spring cleaning is not just for the interior of a home. Cleaning a greenhouse in advance of spring can help gardeners evict any overwintering pests that can threaten plant life once spring gardening season arrives. A thorough cleaning, which should include cleaning the inside of greenhouse glass and washing flower pots and plant trays, also can prevent plant diseases from surviving into spring.

Check for pests. Speak with a local gardening professional to determine if there are any local pests to look out for and how to recognize and remove these pests from gardens. Pests may hibernate in the soil over the winter, and such unwelcome visitors can make it difficult for gardens to thrive come spring and sum-

please see **garden** on page 8



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**

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Appreciation - On Wednesday March 15, American Legion Synepuxent Post #166 celebrated the 98th birthday of the American Legion and presented its First Responders Awards program. The ceremony was led by Chairman Sarge Garlitz and Post #166 Commander Tom Wengert. The program started with an invocation from Chaplain Ben Dawson, Pledge of Allegiance by Adjutant Paul Hawkins, and comments from County Commissioners Jim Bunting and Chip Bertino. The awards were followed by the singing of God Bless America by Rosie Garlitz and birthday cake.

Those receiving awards are pictured (left to right, front then back). Ocean City Police Department Police Officer of the Year - Detective First Class **Shawn Lindsey**, Showell Volunteer Fire Department Firefighter of the Year **Jarrett Widgeon**, Ocean Pines Fired Department Firefighter of the Year **Joey Widgeon**, Worcester County Sheriff's Department Deputy of the Year Deputy **Michael Newcomb**, Maryland State Police (Berlin Barracks) Trooper of the Year TFC **Jeffery Hoffmeister**, Ocean City Volunteer Fire Department Paramedic of the Year **Greg Dypskey**, Ocean City US Coast Guard Station Coastie of the Year BM2 **William Castleberry**, Ocean Pines Police Department Police Officer of the Year **Leo Ehrisman**.

Diabetes health presentation offered

The Peninsula Regional Nutrition & Diabetes Education program invites anyone interested in learning more about diabetes to attend a free education event, "Good Diabetes Health: Nutrition and Lifestyle Changes" on Monday, April 10. Jorge Vivar Aguirre, MD, an endocrinologist with the Peninsula Regional Endocrinology and Diabetes Center in Salisbury, will keynote the session that

will look into how eating right and making simple lifestyle changes can improve life with diabetes.

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

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

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



We do that!

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Sunday 9:00AM
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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*

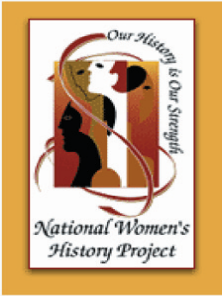
Please apply at
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Women's History Month**

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**

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**Reservations by March 10, call Harry Gowl on 410-208-6798 or
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Abandoned crab pots removed

The Maryland Coastal Bays Program (MCBP) recently partnered with local watermen and volunteers to remove marine debris with a focus on abandoned crab pots from our local bays.

Crabber Skip Maisel along with first mate Charlie Travers and Assateague Conservation Corps volunteers, spent two days on the water seeking and retrieving abandoned “ghost” crab pots. Fifty-five derelict pots in various stages of deterioration were removed from the water and transported locally for recycling.

The majority of the crab pots removed were commercial pots. Often, they become abandoned only when careless boaters fail to yield to floats in the bays, marking the location of the pots, and cutting the float. Watermen are then unable to find their pot, and they become abandoned debris. One location of abandoned pots in Manklin Creek was reported by a local resident and MCBP, Maisel, and crew quickly responded.

According to Sandi Smith, from the Maryland Coastal Bays Program, last summer on Assawoman Bay, one abandoned crab pot contained over 30 dead Diamondback Terrapin turtles. Smith said “terrapins are attracted to the same type of food source as blue crabs. Once a turtle gets into the pot, it is unable to get out. As terrapins are air breathers, once trapped, they eventually drown”.

On this reconnaissance mission, volunteers checked each pulled pot for by-catch. There were no terrapin remains found in these pots, but research has shown that terrapins decompose very rapidly. Blue crabs and various fish species, such as oyster toadfish and flounder, were found in several of the pots, both dead and alive.

Abandoned crab pots are only removed after crabbing season ends, so that there is little risk pulling a legal pot. Crabbing season in the Maryland coastal bays begins in March and ends in October. If coastal bays residents observe what appears to be an aban-

doned pot, contact the Maryland Natural Resource Police, as they can investigate and take appropriate action during the crabbing season.

Remember, if you do not hold a commercial crabbing license, you are not permitted to use crab pots in open water. The use of crab pots is restricted to a dock and a by-catch reduction de-



vice (BRD), often referred to a turtle excluder is required on each entrance to the crab pot.

For any questions about crabbing in the Maryland Coastal Bays, contact MD DNR at 410-260-8888 or Sandi Smith at the Maryland Coastal Bays Program sandis@mdcoastalbays.org 410-213-2297 extension 106.

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or purchase online at: www.oceanpineschamber.org

Tickets sponsored by Bank of Ocean City & printed by Minuteman Press OC

garden
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mer.

Assess plant location. If plants, flowers or gardens have struggled in recent years or never grew especially vibrant, then gardeners may want to assess the location of their plant life before spring gardening season begins. Some plants may not be getting enough sunlight in certain locations on a property, while others might be overexposed to the sun during spring and summer. Moving plants that are not thriving prior to the start of spring gardening season may be just what gardens need to flourish in the coming weeks.

Spring gardening season is right around the corner, so now is an ideal time to prepare gardens for the warmer seasons ahead.

Courier Bookshelf

by Dolores E. Pike



The Cellist of Sarajevo by Steven Galloway

This review is different from any I have written before. Not only do I present a book for recommended reading but also a work of classical music for recommended listening. In the latter case, it is music based loosely on the work of Tomaso Albinoni, a 17th century Venetian composer. The book reviewed herein is "The Cellist of Sarajevo" by Steven Galloway, a work of fiction but based upon the true story of Vedran Smailovic, principal cellist of the Sarajevo Symphony Orchestra.

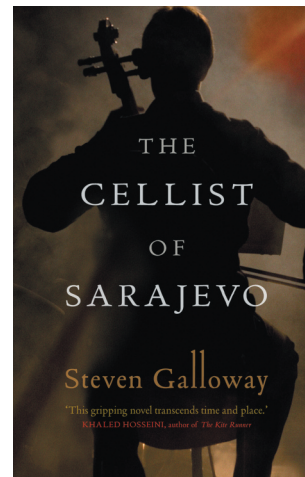
When the war in Sarajevo broke out in 1994 it would last for four years. But it was only two months along when a cellist stood watching from his apartment window as a line of people

window, contemplating if he should join the line, a mortar shell exploded in the midst of the people. Twenty-two were killed and 100 wounded. "Many were his friends and neighbors."

The man decided to honor them in the only way he knew and loved, with his music. A haunting paeon presented to the living in defiance of war. A stirring eulogy for the dead.

Every day for 22 days he would don his tuxedo and with his cello and bow in one hand and a stool in the other he would leave his apartment and posi-

tion himself at the spot where the mortar fell. At precisely four in the afternoon, at the time the shell had exploded, he would begin playing Albinoni's Adagio in G minor. At first only two people were there to hear him and gradually as the days went on more and more came, bravely defying the sniper rifle fire coming from the surrounding hills. It was an inspirational sight to see; people again doing something very ordinary in the midst of the savagery of war, listen to music again.



This is a novel about war as experienced by the citizens of a city caught in the cross-fire of opposing ethnic factions. In this case, it is Sarajevo, capital city of Bosnia-Herzegovina, a beautiful city resting in a valley with its scenic hills providing a vantage point for a rain of mortars and sniper activity. Each foray in search of bread or water means navigating intersections and risking being hit by a sniper taking a shot not at a soldier but at a citizen of the town. People waited their

please see **review** page 11

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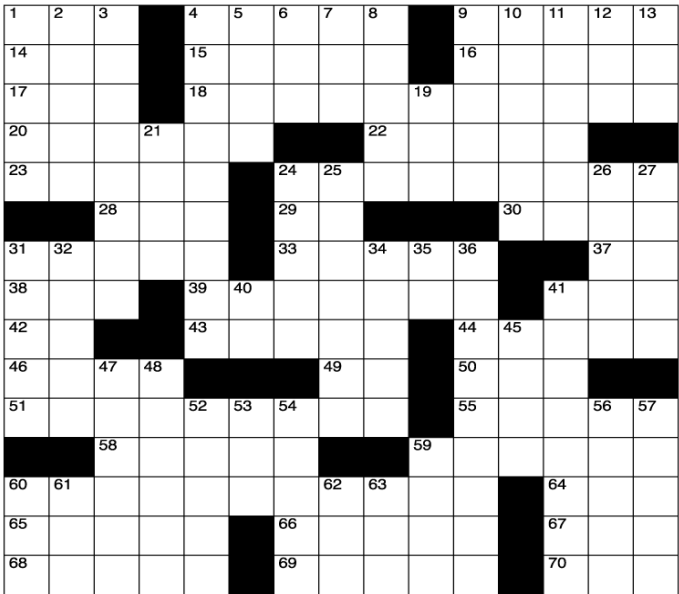
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CLUES ACROSS

1. Thick flat pad

4. Green regions of desert

9. Fill with dismay

14. Boxing legend

15. Soup

16. Your sibling’s daughter

17. A long thin implement

18. Late ESPN anchor

20. Motives

22. Astronumerology term

23. Semitic Sun god

24. Small cigar

28. Promotions

29. Not off

30. Line or plaster the roof

31. African Indian people of Alberta, Canada

33. Rituals

37. Chlorine

38. Red deer
39. Offers a good view

41. Post-indictment arrangement

42. Blood group

43. Razor clams

44. Fleshes of animals

46. Nipple

49. Indicates position

50. Electrocardiogram

51. Can be disconnected

55. Tall military cap

58. Cape Verde capital

59. Not written in any key

60. Creative

64. Suffix

65. Stacked

66. One who consumes

67. Not he

68. Whiskey and milk are two

69. Entryways

70. ___ and cheese

CLUES DOWN

1. Marketplaces

2. Hawaiian greeting

3. Mark left by the sea

4. Strongly affected by something

5. Music and painting are two

6. Small coin (French)

7. Letter of the Greek alphabet

8. A gesture involving the shoulders

9. Grey geese

10. Meal in the park

11. Human beings

12. What thespians do

13. Allow

19. Third-party access

21. “Casino Royale” villain Mikkelsen

24. Painful foot problems

25. The very first

26. Lawful

27. Ceramic jars
31. Hind ends

32. “Virginia Woolf” author

34. Try

35. For instance

36. Academic terms

40. Article

41. Religious belief outside the mainstream

45. Sound caused by reflection

47. Greatly horrify

48. Prey

52. Forays

53. River in eastern France

54. Bleated

56. Soft food cooked from buckwheat

57. Pre-Mayan civilization

59. Assert to be the case

60. Inches per minute (abbr.)

61. “Rosemary’s Baby”, Farrow

62. Chinese philosophical principle

63. Simpson trial judge



Answers for March 15

For the Love of Travel...
Sweden

By **Kelly Marx**

Hej Hej!
Sweden is a land of Sami people (traditional reindeer herders), Mid-sommar (dancing around the maypole celebrating the summer solstice), and Viking descendants. However, Sweden is also a land of H&M, the modern welfare state, and welcoming refugees. The old and the new Sweden are working to become interwoven and the Scandinavian country is creating a new self-identity. While you can find aspects of both cultures in the other, Swedish and American cultures can be quite different. I lived in Sweden from January until June 2015 while attending Linköpings universitet as an exchange student. Listed below are some pieces of advice my friends and I came up with after studying abroad in Sweden:

Ikea is not just for cheap furniture. It’s a way of life. Make sure you don’t leave without getting some köttbullar (Swedish meatballs) with the customary lingonberry jam (or if you are like me, unable to fully escape their American roots, you can sneak some ketchup). Don’t forget to carry your blue reusable Ikea bags. Plastic bags simply won’t do.

Try not to get too offended when you greet a Swede and they completely ignore you. You’ll get used to feeling like you’re invisible (unless you ever raise your voice in public. You will no longer be invisible, rather all judging eyes will be on you). When I came back to the U.S., I almost jumped out of my skin when a stranger said hello to me in the airport.

Make sure you plan your schedule around Systembolaget (the government-run monopoly on alcohol). It feels like they never have more than two clerks on registers and are never open for more than two hours at a time or two days in a row. Systembolaget is not the only place with limited hours.

Understand that you are going to probably have to queue for something, whether at a pharmacy, bank, or post office. Don’t try to push your way to the front of the crowd. Just take a number and your place in the back of

the line.
Your money isn’t going to go as far. Sweden is just point-blank expensive. Because of this, eating out isn’t a big part of Swedish culture like it is here.
Fika- Some interpret it as “pause” or “coffee break,” but it lies at the heart of Swedish culture. You will be expected to take this break more than once a day and you can nibble on



The author enjoying Sweden

kanelbullar (cinnamon buns) while sipping on coffee or tea. There is never a fika café far away so any time can be fika time. (Be warned: these “pauses” add up around the waistband).

Because Americans don’t have pin numbers that correspond with their credit cards, this can make credit card use difficult. Because most cards now have the chip in the U.S. (which was not the case when I left for Sweden), this has been made somewhat easier. However, my suggestion is to carry cash. Use ATMs and try to get your bank at home to waive your ATM fees before leaving.

Even though it will be unlikely that you will be able to pronounce the names of the cities you’re traveling to, traveling in Sweden is actually quite easy. To the relief of travelers, virtually every Swede speaks English. Sweden also has good public transportation systems and you can bounce between various buses and trains with usually little trouble.

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chances or toyed with their intuition before they ran, zigged-zagged and ducked across an open street. One man characterized this ongoing existence matter-of-factly, “In defending himself from death he lost his grip on life.”

In the story we meet a young father who reluctantly ventures from his apartment every four days to bring home jugs of water for his family. We also meet a baker from the only bakery in town who goes there every couple of days to work and bring home bread for his sister’s family. The baker’s wife and son have already fled to Italy. Both men must walk a long distance and take circuitous routes, either for safety or to avoid impassable sections of the bomb-cratered city. This once beautiful city that hosted the 1984 Olympic Games. Now, all the churches, mosques and museums have been destroyed along with most of the buildings. There is no public transportation; there is no gas, even if you still have a car.

To listen to Albinoni’s Adagio as those Sarajevo citizens did, log on to youtube.com where there are several renditions to which I recommend “musicArtstrings.” Whether you listen to this haunting eulogy before, after or while reading the novel I believe it adds immensely to the understanding of not only this story but all stories of people torn asunder by war. And if you do not care for war stories under any circumstances and eschew reading “The Cellist of Sarajevo,” that is certainly your choice. But, please, listen to the music as it pleads for peace, calls out to humanity and decries against war.

Brief History of the Albinoni Adagio
By **Dolores E. Pike**

The Albinoni Adagio is a stirring piece of music that will haunt you long after the final notes fade. Not only does it have a lengthy history but it is cloaked in a bit of mystery.

Tomaso Albinoni (1671-1751) was a Venetian composer of note who wrote at least 81 operas along with several instrumental works. His work was considered on a par with his contemporaries of the day: Vivaldi and Corelli. There were several collections of Albinoni’s works preserved in a library in Dresden, Germany but unfortunately most of this music was lost during the allied bombing of the city in 1945.

Musicologists then tried to reconstruct his music from fragments saved and found housed later in the Dresden archives. One of these men was Remo Giazotto who was compiling a catalogue of the Albinoni works and found some scraps from the baroque master’s “Trio Sonata.” From these scraps and his own musical background Giazotto fashioned the Adagio and published it in 1958. So, does the authorship belong to Albinoni or Giazotto? Men of music are still debating.

In the meantime, the years have flowed on, allowing the Adagio to gain more fame in its wake as people become familiar with this haunting piece of music. It has been the soundtrack in more than 20 movies including “Dragonslayer,” “Rollerball,” “Flashdance” and “Gallipoli.” It has also been adopted by modern and pop groups, as well as used as background in TV shows.



Math fun - Students in Bill Noah’s sixth grade math class at Berlin Intermediate School participated in Prodigy, an online math program where they play games that correspond with their level of math ability and compete against classmates with similar math abilities.

Pictured: Angela Hill, Rowan Chester, Summer Brenner, Tyana Northam, Jarek Josheph, Jake Mongelli, Tyler Cinelus, Devin Phillips, Brady Sikalis, Brant Skipper, Keeley Catrino and Sophia Krasner.

Free oral cancer screenings offered

Oral cancer causes nearly 10,000 deaths a year in the United States, a rate that could be lower if the disease were caught at an earlier stage in more people. But for many, especially those who don’t have routine dental checkups, oral cancer can easily progress without even being noticed. That is why Peninsula Regional Medical Center is holding free oral cancer screenings in April, in both Salisbury and Ocean Pines.

Worcester County screenings will be held on April 4 between 4 p.m. and 6 p.m. at Peninsula Regional Family Medicine Ocean Pines, located in the Delmarva Health Pavilion at 11101 Cathage Rd. in Berlin.

The Salisbury screenings will be held

on April 10 at the Richard A. Henson Cancer Institute at Peninsula Regional Medical Center between 4 p.m. and 6 p.m.

The screenings are free and open to all, but appointments are required. Call 410-543-7006.

Smokers are at highest risk for oral cancer; heavy alcohol use and excessive sun exposure to your lips can also be risks. Symptoms include a sore that doesn’t heal; a growth or lump in the mouth; tongue pain, difficult or painful chewing or swallowing, and an ongoing sore throat. It can affect the lips, gums, tongue, cheek lining and roof or floor of the mouth.

travel
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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 23	4:30 a.m. 4:50 p.m.	10:49 a.m. 10:57 a.m.	6:59 a.m.	7:15 p.m.
Fri., March 24	5:22 a.m. 5:40 p.m.	11:40 a.m. 11:50 p.m.	6:57 a.m.	7:16 p.m.
Sat., March 25	6:10 a.m. 6:28 p.m.	12:28 p.m.	6:56 a.m.	7:17 p.m.
Sun., March 26	6:56 a.m. 7:15 p.m.	12:41 a.m. 1:12 p.m.	6:54 a.m.	7:18 p.m.
Mon., March 27	7:42 a.m. 8:01 p.m.	1:30 a.m. 1:56 p.m.	6:52 a.m.	7:19 p.m.
Tues., March 28	8:28 a.m. 8:49 p.m.	2:18 a.m. 2:40 p.m.	6:51 a.m.	7:20 p.m.
Wed., March 29	9:15 a.m. 9:37 p.m.	3:07 a.m. 3:24 p.m.	6:49 a.m.	7:21 p.m.

You can recycle almost anything (and you will be expected to). The trash bin should be the smallest compared to all of the recycling bins. Besides the typical recyclables like glass, paper, and plastic, Sweden urges you to also recycle food waste, soft vs. hard plastics, and different containers.

Be prepared to pay to use the restroom. Carry coins.

Cucumbers are served with breakfast (I’m still not sure why).

Fish (especially pickled and smelly fish) will be omnipresent. Learn to breathe through your mouth.

Different meat products can be found in tube form (peanut butter is not so when my mother spread some on a cracker, she was horrified to discover it was actually pureed fish).

In my next column, I will highlight different activities that are must-sees and dos now that you have all the tips of what to expect in Sweden. Until next time!

Diabetes health presentation offered

The Peninsula Regional Nutrition & Diabetes Education program invites anyone interested in learning more about diabetes to attend a free education event, "Good Diabetes Health: Nutrition and Lifestyle Changes" on Monday, April 10. Jorge Vivar Aguirre, MD, an endocrinologist with the Peninsula Regional Endocrinology and Diabetes Center in Salisbury, will keynote the session that will look into how eating right and making simple lifestyle changes can improve life with diabetes.

The event begins at 5:30 p.m. with exhibits from companies involved in diabetes care and services until 6:45 p.m. Dr. Vivar Aguirre's presentation will begin at 7 p.m. and last approximately one hour. The program will be held in the auditorium of the Avery W. Hall Educational Center on the Peninsula Regional Medical Center campus. Free parking will be provided at the Avery W. Hall Educational Center, located at the corner of Waverly Drive and Vine Street, in the

parking lot directly across Vine Street or in the adjacent Garage B. An RSVP is required; please call Peninsula Regional Nutrition & Diabetes Education at 410-543-7061. There is no cost to attend.

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

Tortoise and Hare Dare scheduled

The 20th Annual "Tortoise & the Hare Dare," 5K walk/run, will be held at 9 a.m., on Saturday, April 1 with a rain date of April 8, at Pocomoke River State Park-Shad Landing in Snow Hill. Registration begins at 8:30 a.m. This is a free event and is pet friendly. The Worcester County Health Department, Worcester County Department of Recreation & Parks, and Pocomoke River State Park all co-sponsor the 5k.

After the walk, participants are encouraged to visit local health, recreation and community exhibits. This is an opportunity to enjoy the outdoors while getting some physical activity with friends, family, and other community residents. Pre-registration is encouraged and participants can register by calling 410-632-0056.

Flea market scheduled

Bethany United Methodist Church will hold an indoor flea market on Saturday, March 25 between 8 a.m. and noon. Also available will be baked goods and breakfast sandwiches. The church is located at 8648 Stephen Decatur Hwy. (Route 611 and Snug Harbor Rd.) in Berlin. For information call 410-629-0926.



Honor Society members help Diakonia families

December is not the only time for giving as members of the Stephen Decatur High School National Honor Society proved during February and March. Members initiated a second food drive with the goal of assisting local Diakonia families and collected nearly 1000 pounds of canned goods.

Above are: (back row): Stephen Decatur High School National Honor Society members Logan Figgs, Asil Omar, Brigitte Ardis, Erica Hall, President Rodney Murray, Wyatt Church and John Revel. (front row): Lindsay Jones and Emma Hancock.

Wet weather driving tips

Driving in the rain can be more hazardous than driving in the snow, particularly because drivers fail to realize the dangers wet roads can impose. After averaging 10 years of statistics, the National Highway Traffic Safety Administration found that 46 percent of weather-related crashes happened during rainfall, but just 17 percent occurred while it was snowing or sleeting.

Drivers often think rain is no big deal, but while it is not necessary to avoid driving when the raindrops begin to fall, exercising caution when the roads are wet can decrease the risk of being in an auto accident.

Slow down. Wet roadways cause tires to lose traction, as friction is reduced between the rubber and the asphalt. It is possible to lose up to one-third of traction in the rain. To

compensate, slow down to reduce sliding and stopping distances.

Improve visibility. Turn on windshield wipers and lights when it is raining. This makes it easier to see the road and makes your vehicle more visible to other motorists.

Leave more distance between cars. In addition to improving your reaction time, giving others more space can improve visibility by reducing the amount of mist or splashing caused by other vehicles.

Stick to daytime driving. If possible, when it is raining, drive only during the day. Glare from wet roadways and headlights at night can further compromise poor visibility.

Watch for wind gusts. Anticipate gusts when traveling through windy road corridors or over bridges.



DAR issues presentation

Pamela Hay, a licensed counselor from the Worcester County Health Department, was the guest speaker at a recent meeting of the General Levin Winder Chapter of the Daughters of the American Revolution (DAR). Hay spoke about the "Center for Clean Start" program that treats pregnant women with drug and alcohol addiction.

Above are **Pamela Hay** with chapter Regent **Patricia Ayers**.

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How about this...

The school buses many Americans are accustomed to seeing in their neighborhoods trace their origins to educator and author Dr. Frank Cyr, Ph.D. Dr. Cyr specialized in rural education and, in 1939, organized a conference at Teachers College, Columbia University in New York City with the intention of standardizing transportation for students on their way to and from school. Representatives from several notable corporations, including engineers from auto manufacturers Chevrolet, Dodge and Ford and paint experts from DuPont, attended the conference. The fruits of that conference are still paying dividends even now, as one of the more notable developments to result from the conference was the decision to paint buses yellow with black lettering to make them easier to see in the early morning and late afternoon. That decision continues to protect the millions of school children who ride the bus to and from school today.



Recognition — Germantown School Community Heritage Center (GSCHC) executive board recently recognized Jesse Turner's 68 years of service to the Berlin Community. Pictured are **Barbara Purnell**, GSCHC President, **Victor Smack**, **Patricia Warren**, **Mary Jane Purnell**, **Ruby Purnell**, **Carolyn Fassett** and **Thomas Pitts**. Seated is **Jesse Turner**, proprietor of Berlin Shoe Box.

Artists sought for show

The Worcester County Arts Council invites all interested artists to participate in a juried art competition, "Artist's Choice," to be presented during the month of April at the WCAC Gallery located at 6 Jefferson Street in Berlin.

The exhibition is open to all artists (18 years old and older), professional or amateur with work in all media.

All work must be original and completed within the last three years. All entries will be juried in for the inclusion in the competition by local artist, Grover Cantwell. All entries (2-D and 3-D) are eligible and must be ready for display.

Entries for the competition need to be delivered to the Arts council's Gallery March 30 and March 31 between 11 a.m. and 3 p.m. to be accepted.

Winners in this competition will be announced and monetary prizes will be awarded at 5:30 p.m. during the Second Friday Arts Stroll reception to be held on April 14 from 5 p.m. to 8 p.m.

Detailed entry guidelines are available on the Arts council's website: www.worcestercount-arts-council.org

For more information, please call Anna Mullis, Executive Director

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