

# The Courier

March 29, 2017 Volume 17 Number 29

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

## Bridge work underway in Ocean Pines

Repairs to the Ocean Parkway bridge have resulted in a road closure in Ocean Pines. The work will take place around-the-clock and no detours will be used. Traffic will be restricted to a single lane. The road closure will last for about three weeks as crews continue to repair the structure. All construction work is dependent upon weather conditions.

Murtech Inc., a Salisbury-based company, has completed under bridge repairs and started sidewalk/railing replacement.

The Ocean Pines Board of Directors voted unanimously to grant a \$377,417 contract to Murtech Inc. at its April 28, 2016 meeting.

## AARP to meet

The next meeting for AARP will be April 3 at the Community Center in Ocean Pines. Social time will be at 9:30 a.m. and the meeting starts at 10 a.m. This month's speaker will be Brandy Trader, program director for the Worcester County Commission on Aging. All are welcome.

## Doctors' Day to be celebrated

On Wednesday, March 30, Atlantic General Hospital will celebrate National Doctors' Day. Celebrated annually, this day is an opportunity to express gratitude toward the physicians that provide health care to the residents and visitors of our community.

On March 30, a celebratory luncheon will be held to honor Atlantic General Hospital and Health System physicians.

For information about Doctors' Day or our Medical Staff, please contact the Medical Staff Office at 410-641-9287.



## SDHS junior earns regional recognition

Stephen Decatur High School junior **Justine Graham** scored in the top 2.5% on the PSAT/NMSQT among all Hispanic and Latino regional test-takers. Graham is now invited to participate in the National Hispanic Recognition Program, which enables students to highlight their outstanding educational achievements to top colleges and universities throughout the country. At SDHS, Graham participates in orchestra, the Connections Club, Cross Country, and is an upcoming inductee into the National Honor Society.



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

Visit [peninsula.org/opcancer](http://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	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Geranium sale underway

The Democratic Women's Club is once again selling geraniums. Geraniums come in 8 different colors in a six-inch pot for \$6 each. Pay by check to DWC, P. O. Box 1242, Ocean Pines, MD 21811 by May 1, 2017. Pick up your geraniums on Monday, May 8 between noon and 4 p.m. at the Ocean Pines Community Center parking lot. If you have questions, call 301-651-3984.

## Junior golf scholarships offered

The membership of Ocean Pines Golf Club and the Ocean Pines Golf Members' Council are now accepting applications for their 2017 junior golf scholarships.

Up to three scholarships of \$500 to \$1500 each will be awarded to current high school seniors in support of their college plans for the 2017-2018 school year. Students from the Ocean Pines area, including Berlin and Worcester County, are encouraged to see the guidance counselors at their respective schools for an application. Applications are also available online at OceanPinesGolf.org and OceanPines.org.

The scholarships are intended for local students who have shown an interest in golf; active participation in competitive golf is not required. Golf team members and recreational golfers as well as those students who are interested in golf management and turf science are encouraged to apply.

Completed applications should be submitted to guidance no later than May 5. Altern-

tively, they may be mailed to Golf Scholarship Committee, c/o Ocean Pines Golf Club, 100 Clubhouse Road, Ocean Pines, MD 21811.

## Arbor Day program planned

The Ocean Pines Garden Club will host its annual Arbor Day memorial tree planting ceremony on Thursday, April 13, at 10:30 a.m. in Pintail Park in Ocean Pines (in the event of inclement weather, the ceremony will be held at The Cove in Mumford's Landing, formerly known as the Ocean Pines Yacht Club). The ceremony is open to all. A tree will be planted in memory of loved ones who have passed away during 2016.

A luncheon at The Cove in Mumford's Landing will follow the ceremony. The cost of the luncheon is \$20. Menu choices are: (1) strawberry spinach salad with goat cheese, almonds and grilled chicken, (2) brie grilled cheese on French toast bread with sweet syrup and tomato bisque or (3) crabcake slider with garden salad.

For information or reservations for the luncheon, please contact Marian Bickerstaff at mbickerstaff@mchsi.com or 410-208-2508.

## 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 pattyclareylaw@gmail.com www.pattyclareylaw.com



## Euphoria is approaching for this dedicated Orioles fan

By **Gloria Dietz**

Spring is in the air! Baseball season is upon us and soon the Orioles will be back in town. For baseball fans, Opening Day serves as a symbol of rebirth and not just for peanuts, cracker jacks, hotdogs or cold beer. It is recognized as an “un-official” holiday where most can get away with skipping school or missing work.

Just ask Tom Sandusky, 78 year-old retired widower, who is a diehard Orioles fan. He is from Dundalk and moved to Ocean Pines 18 years ago

when he and his wife were considered ‘beach people.’ Tom has a unique story to share since he is probably one of the few to have such an experience. He attended the very first Orioles game at Memorial Stadium in 1954, as well as the last one played there in 1991. He also attended the very first game at Camden Yards in 1992.

As a teenager, Tom played hooky to see the very first game at Memorial Stadium. “We played the Chicago White Sox and won 3 to 1. “Bullet Bob” Turley (pitcher who was traded the next year to the Yankees) beat Virgil “Fire” Trucks, while Vern Stephens (shortstop) and Clint Courtney (catcher) both hit homers,” he recalls gleefully.

He then reminisces about historic moments from his days of old: when “Diamond Jim” Gentile (first baseman) hit a grand slam in consecutive innings in 1961 and was the first major league player to carry out such a feat; watching Frank Robinson hit the only fair ball out of Memorial Stadium at about 505 feet off Luis Tiant. “It was awesome!” he exclaimed. Next batter, Boog Powell (first baseman), hit a pitch out of the right field stands, barely foul. Interestingly, Tom ran into Boog in 2013 at the Ocean Pines Golf Course and asked him about that very day. Boog recalled that he was on deck and it was such a wicked pitch that no-

body should have been able to even touch that ball.

Tom was also in attendance of game 4 of the O’s first World Series against the Los Angeles Dodgers in 1966. Then in 1979 he endured the loss of the World Series game against the Pittsburgh Pirates. Another favorite memory was seeing Eddie Murray (first baseman) hit the scoreboard with a long homer in the 1983 World Series against the Philadelphia Phillies.

In 1991 Tom drove to Memorial Stadium to see the last game played as the Detroit Tigers

beat the Os, 7-1. Camden Yards was completed in 1992 and Tom was sure

*please see orioles on page 8*



**Tom Sandusky**

## Colorectal Cancer Screening Program



**Worcester Health may be able to help:**  
**-Schedule appointments**  
**-With transportation to appointments**  
**-You understand the exam results**

**Call 410-632-0056**

**You may be eligible for screening at no cost to you.**



**SANDPIPER ENERGY**

**BRINGING NATURAL GAS TO WORCESTER COUNTY**

**Over 4,000 New Natural Gas Customers and Growing!**

**800-427-0015**

[www.sandpiper-energy.com](http://www.sandpiper-energy.com)



# 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

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.



# The rise of adult sports leagues

Fitness comes in many forms, and for a growing number of people, sports is one of the most appealing ways to stay in shape.

Health and socialization are the driving forces behind the growing popularity of adult recreational sports leagues, particularly among millennials. According to Sports Marketing Surveys USA, a research company that provides data for the Sports and Fitness Industry Association, millennials are twice as likely as their Generation X counterparts to participate in team sports as adults. However, adult leagues attract people of all ages and from both genders.

Adults who played sports as children may be particularly drawn to adult sports leagues, which offer a way for them to maintain connections to sports they love. And Eric Willin, COO of EZFacility, a sports business software provider in Woodbury, NY, offers that adult leagues are the ideal fit for communities and especially appealing to millennials who grew up playing sports.

“Members of the millennial generation tend to have grown up with schedules packed with extracurricular sports,” Willin says. “It’s no surprise that this group is enthusiastic about

competing in adult recreation leagues, and the supply is developing to meet the demand.”

In addition to leagues sponsored by local governments, the YMCA offers a number of adult programs across the country. The YMCA says that their sports leagues provide a perfect opportunity to be active and social and to reconnect or start fresh with a sport. Some of the organization’s most popular adult sports leagues include basketball, soccer, hockey, tennis, volleyball, and golf.

Many community centers, churches and even local businesses sponsor adult sports leagues, which help build a sense of community among residents and often connect players with local businesses and charitable or goodwill organizations.

Although some recreational leagues are free to join, many are for-profit businesses. Costs for players can



run anywhere from \$50 to \$90 per person for a season. These fees help cover the costs associated with setting up teams and the fees necessary to compensate referees and rent facilities where games will be played.

Adult recreational sports leagues provide great alternatives to the gym for people who want to be physically active.

## PRMC offers spring diabetes education classes

Peninsula Regional Medical Center is sponsoring Wednesday evening and Thursday afternoon diabetes self-management education class sessions to discuss healthy eating, activity, monitoring, medications, healthy coping, risk reduction and other self-management skills to help assist with diabetes control.

The evening class session will meet at the Medical Center on five consecutive Wednesdays from 6:30 to 8:30 p.m. beginning April 5, 2017. The afternoon class session will meet at the Medical Center on five consecutive Thursdays from 1 to 3 p.m. beginning April 6. All classes are taught by certified diabetes educators.

Registration is required. The cost of the five-week program may be reimbursed by insurance or Medicare. For more information or to register, please call the Peninsula Regional Diabetes Education Program at 410-543-7061.



## Hat spirit

Ocean City Elementary School (OCES) held its annual Heavenly Hats Spirit Day on Friday, March 10. For just a \$1 donation, students and teachers had the privilege of wearing their favorite hats to school to positively impact the lives of those suffering from cancer. Ocean City Elementary’s Heavenly Hats Spirit Day raised \$705.36. They also mailed off a box of more than 50 brand new hats that were donated by OCES families. Since 2001, the Heavenly Hats Foundation has donated more than three million hats to hundreds of hospitals and clinics across the country. These special hats will provide warmth, comfort, courage, strength and a lot of smiles to Hat Heroes near and far. With the help of Stephen Decatur High School senior, Lexie Van Kirk, Worcester County Schools have donated more than \$2,500 to the Heavenly Hats Foundation since the start of the school year.

Above are second graders **Jackson Hess, Anthony Ziman, Devendra Harriott, Brooke Loring and Elizabeth Thompson** on Heavenly Hats Day.



# Who is that looking back at me?

This week my thoughts are a bit jumbled, running off in many different and odd paths. The more I've tried to corral them the more they've darted off in yet another direction. All this started when I looked in the mirror

am not in the best physical shape has had me wonder. Questions of all kind have swirled in my head. Should I color my hair? That would certainly make me look younger but I've always said I wouldn't do that. Besides with my luck I would do something wrong and my hair would turn orange or green or worse, polka dot.

Then I thought I would get on an exercise regiment to reduce my waistline and bring myself in shape so I could enter a marathon.

But the more I thought about it the more I realized that even when I was young, trim and with dark hair, exercise never interested me. Unless fishing, boating or golfing could be considered a workout, don't count me in. As a matter of fact just meet me at the bar and you can tell me all about your day.

There's absolutely nothing I can do about getting older. As I say, to me it's a state of mind more than anything else. And truthfully I really think that's the way it ought to be. I know people who are many years older than me, who have an attitude and outlook twentysomethings would envy. Without a doubt I would like to be trimmer. In my mind I am. It's my body that's not cooperating.

So, there you have it, a bunch of jumbled thoughts that go nowhere re-



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

and momentarily didn't fully recognize the person looking back. Who was that person?

Of course it was me but I was still a bit taken aback by what I saw, or rather who I saw. I've seen myself in the mirror countless times, but on this particular day I couldn't help wonder why it has taken me so long to realize that I've changed much from the mental image I have of myself: tall, dark, handsome, witty, the man men want to be and women want to be with, eloquent yet virile, a mixture of Clint Eastwood toughness, David Niven urbanity and Cary Grant good looks. I could go on but you get the idea I'm sure.

Recently someone commented that as a result of the shape I'm in there would be no way I could complete a bike race without the assistance of paramedics. While that comment was still resonating, I was going through a bunch of pictures and was startled to see images of me taken not too long ago. My hair was jet black, my stomach flat. What's happened to that person? It's time to issue an All Points Bulletin; get that mug on a milk carton and bring him home.

Time marches on and that's just way life is, so should I be complaining? My kids have left home. I'm a grandfather twice over, my oldest just celebrating her fifth birthday. It is what it is.

I've always believed that age is what you make it. But seeing a more youthful looking me in those not-so-old photos and being reminded that I



My granddaughter **Giana** blowing out her birthday candles.

ally except give testimony to the fact that I have way too much time on my hands worrying about things of little consequence.

Now, if you'll excuse me, it's time for dessert.

# 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

## IT'S EASY TO FIND APPLE!



You can find Apple Discount Drugs...

# APPLE DISCOUNT DRUGS

- 📍 on Facebook
- 📍 on the web at **www.appledrugs.com**
- 📍 on your mobile phone. To download the free app, search "Apple Discount - Salisbury" on either the Apple or Google Play store.

### FRUITLAND

Route 13 South  
& Cedar Lane

**410-749-8401**

### BERLIN

314 Franklin Ave.  
Berlin Prof. Center

**410-641-3130**

### SALISBURY

1210 Nanticoke Rd.  
Pecan Square

**410-543-8401**



# Motorcycle advancements for comfort and safety

Many motorcycle enthusiasts love the feeling of being on the open road and in touch with one's surroundings. The style of a bike and the reputation of its manufacturer factor heavily into riders' decisions when choosing bikes. But while bike fans may have their favorite features, safety and comfort remain at the top of many riders' priority lists when choosing new motorcycles.

Recent technological advancements have pushed motorcycle comfort and safety to the forefront. Engineers continue to reimagine bikes and gear so that riders can enjoy the road that much more. The following are some features for riders to consider when buying a motorcycle.

Suspension. Fully active suspension systems are impractical in motorcycles because of the weight of the components, but some manufacturers, such as Ducati and BMW, are now offering semi-active suspension systems, which allow for a more stable ride and give riders greater control, particularly on rough terrain or uneven road conditions.

Cornering advanced braking systems. Also known as lean-sensitive, angle-sensitivity or race ABS, this technology employs data gathered from various sensors on the bike. The data is then transferred to a processing unit, which figures out the optimal amount of pressure to



apply to the brake pads, as well as the proportional levels of braking force between the front and rear brakes. This is an important safety feature for any rider, regardless of his or her level of experience riding.

Adaptive headlights. Riding in the dark has long been a concern for bikers. In addition to the rider's limited visibility, other motorists on the road often experience difficulty seeing motorcycles. Turning while riding at night proves problematic as well, because standard headlights on a motorcycle will only light up a portion of the turn. Adaptive motorcycle headlights, such as

those produced by J.W. Speaker, are changing night riding. According to the American Automobile Association, adaptive headlights can make nighttime riding considerably safer. Such lights work when a bike leans into a curve and the onboard sensors calculate the angle at which the motorcycle enters the curve. The headlights then adjust the lighting array to illuminate areas where traditional headlights might provide inadequate lighting.

Liquid-cooled engines. Riding motorcycles on a hot day or when stuck in traffic can quickly become a steamy endeavor with air-cooled engines. Air-cooled engines dissipate heat directly through the fins on the exterior of the engine. This heat can radiate and make riding uncomfortable for riders. Liquid-cooled engines, however, have a streamlined and closed design, producing less noise and heat. They also transfer heat to a radiator near the front of the bike.

Evolving technology strives to make the motorcycle experience more enjoyable and safer for riders.

## Poetry workshop offered

The Worcester County Arts Council will offer a Spoken Word Poetry 101 workshop to be held on April 11 from 4 p.m. to 5 p.m. at the Arts Council's Gallery located at 6 Jefferson Street in downtown Berlin.

Spoken word poetry is a word based performance art that focuses on the aesthetics of word play, intonation, and voice inflection.

Instructor, Ashley Cuffee, local spoken word artist, will introduce

participants to what spoken word poetry entails, providing necessary tools to write and perform their own spoken word poems.

This workshop is open to participants ages 10 to 15 and will focus on projection, diction, and reading with expression.

Registration fee is \$20 and will include demonstrations, lecture, and hands on group activities. To register and more information, please call the Arts Council at 410-641-0809.



### 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

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



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

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



a telephone number where the author can be reached to verify authenticity, if necessary. Letters

are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

thecourier@delmarvacourier.com



# 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.”*

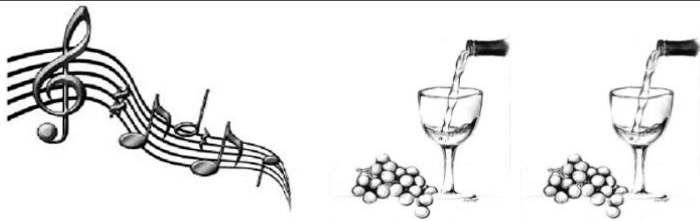


*Coastal Hospice  
& Palliative Care*

*Please apply at*  
**CoastalHospice.org > Careers**







**SWING INTO SPRING  
KIWANIS WINE TASTING  
APRIL 21<sup>ST</sup> 2017**

**TIME 4:30 PM 'TILL 7:30PM  
OCEAN PINES COMMUNITY CENTER  
ASSATEAGUE ROOM**

**\$15 PER PERSON  
TICKETS OR INFORMATION CALL  
410-208-6719 OR 443-896-4914**

**MUST BE 21 OR OLDER**

**COME JOIN THE FUN**

**WINE FOOD SILENT AUCTION FUN**

**Music by STILL ROCKIN'**

**Annual Ocean Pines Chamber of Commerce  
2017 Ocean Pines Fee Free Raffle**

**1<sup>st</sup> Place: Choice of Fee Package or Cash Payout of \$1000!**

- Ocean Pines Association Basic Assessment Fee Paid for one year (non-waterfront)
- One Year Free Trash Collection from Republic Services (must be existing customer)
- \$200 Credit towards Electric Bill courtesy of Choptank Electric (must be existing customer)

**2<sup>nd</sup> Place: \$100 Cash**

**3<sup>rd</sup> Place: \$50 Cash**

Thank you to our sponsors:



Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**Drawing: April 13, 2017** (During Business After Hours at The Original Greene Turtle)  
**Tickets Only: \$10.00**

For tickets, fill out & send in \$10 to OP Chamber of Commerce, 11031 Cathell Road, Berlin, MD 21811  
Tickets also available at the OP Chamber office, or by calling 410-641-5306 or purchase online at: [www.oceanpineschamber.org](http://www.oceanpineschamber.org)  
Tickets sponsored by Bank of Ocean City & printed by Minuteman Press OC

## Tire maintenance a key component of spring check-up

When warm weather arrives, many people enjoy a collective sigh of relief. Just as people welcome the end of the cold, snow and ice, cars and trucks also can benefit from more moderate temperatures.

Salt, grime and pot holes can take a toll on tires over the course of a typical winter. Drivers will not get far this spring and summer without tires in good repair, which is why tire maintenance should be part of any seasonal repair checklist.

Inflation levels. Now is the time to use a tire pressure gauge to see if tires are at the ideal infla-

tion levels. Many tires indicate the recommended PSI (pounds per square inch) on their sidewalls. Cold temperatures may cause tires to deflate a little. Esurance states that winter weather can cause tire pressure reduction at about one PSI for every 10 degrees the temperature drops. Driving on improperly inflated tires can be dangerous, potentially affecting handling and braking distances.

Check tires when they are cold for the most accurate reading. Properly inflated tires also will improve fuel economy, so drivers may even save a

little money by inflating their tires.

Tire rotation/realignment. Examine the tires for tread wear. Any uneven or abnormal tread wear could indicate that the tires need to be rotated and the wheels realigned at the

very least. Take the vehicle to a qualified mechanic to get their opinion on how to remedy the situation. Mechanics may recommend rotating tires every 6,000 to 8,000 miles, or about every six months for the average driver.

Wheel realignment may be necessary after a season of driving over potholes and other irregularities in the road. Misaligned wheels can cause handling problems, like the car pulling to one



side.

Tire replacement. Drivers may discover extreme tread wear, bulges or even cracks in the sidewall during a tire inspection. These signs indicate that it is time to replace the tires. Failing to replace old, worn down tires can increase the risk of automobile accidents.

Thorough cleaning. Once tires are inspected and possibly serviced or replaced, treat the car or truck to a washing and thorough detailing. This will help tires shine and get the vehicle road-ready for spring trips.

### orioles

from page 3

to attend the very first game. "Although it was the last exhibition game of the spring, it was still the first game played at that stadium," Tom stated.

Decked out in orange and black and proudly wearing his O's cap, he also shows his birdland pride by displaying an official Orioles Maryland license plate. A portion of the proceeds benefits the Baltimore Orioles Charitable Foundation featuring the popular cartoon bird logo which is his favorite.

Tom, a former sales VP for a credit bureau, has 2 children and 3 grandchildren. He spends his retirement doing lots of charity work and likes to play golf. He was involved with the Optimist Club, but now serves as a trustee with the Round Up program for Choptank Electric that enable members to contribute funds for local charities, people in need, and service organizations.

Opening Day for the Orioles is Monday, April 3 at 3:05 against Toronto Blue Jays. It is a time for excitement and joy as well as a range of other emotions. Tom is committed to the birds with much love and adoration. Where will Tom be on Opening Day? "I'm staying home to watch my O's with no interruptions," he said smiling ear to ear.

Tickets are available at [www.baltimore.orioles.mlb.com](http://www.baltimore.orioles.mlb.com). Go O's!





Pictured are (L-R) front row: KSI Aktion Club Treasurer **Beth Lintz**, WCDC Aktion Club Treasurer **David Allen**, WCDC Secretary **Tracy Fields**, WCDC member **Raythel Manuel**, KSI Club President **Kim Strunk**. Back Row: Kiwanis Club Advisor to WCDC Club **Jackie Todd**, KSI Advisor **Lynn Hammond**, Kiwanis Advisor to WCDC Club **Carolyn Dryzga**, Kiwanis Club President **Barbara Peletier**, KSI Advisor **Lori Lituski**, WCDC Club President **Donta Smith**, WCDC Vice President **Valerie Reed**, WCDC Club member **Gretchen Cooper**, KSI Vice President **Tammy Bellemare**, KSI Club Secretary **Charles Mabb**, WCDC club member **Rodney Copes**, WCDC Agency advisor to the Aktion Club **Janelle Deshields** and Kiwanis Club advisor to the WCDC Club **Steve Cohen**.

## Worcester County Developmental Center Aktion Club chartered

March 20 will remain a day to remember at the Worcester County Developmental Center (WCDC) in Newark because it is the day the Kiwanis Aktion Club was chartered at Worcester County Developmental Center. The Aktion Club is an international organization which provides adults living with disabilities an opportunity to develop initiative, leadership skills, and to serve their communities.

Members of the sponsoring Kiwanis Club of Greater Ocean Pines - Ocean City, officers and advisors of the KSI Aktion Club from Milford, DE and Past International Aktion Club Chair Cathy Gallagher were in attendance to support the chartering and installation of WCDC Aktion Club officers and members.

The effort was successful was due to the leadership and dedication of the local Kiwanis Club advisors Carolyn Dryzga, Jackie Todd, Steve Cohen and President Barbara Peletier in conjunction with WCDC Agency advisor to the Aktion Club Janelle Deshields and WCDC Executive Director Jack Ferry.

On the morning before the charter and installation, the Aktion Club members finished their first project; they stuffed Companion Dolls.

Prior to the ceremonies, supporters were treated to a luncheon in the WCDC meeting hall. When the ceremonies

began, the rest of WCDC workers and staff attended, making it a full house supporting the event. Particularly notable was the presence of the existing Kent Sussex Industries (KSI) Aktion Club officers and advisors and the Past International Aktion Club Chair Cathy Gallagher who spoke about the founding of Aktion.

## Ravens Roost seeks members

The Ravens Roost 58 monthly meeting will take place Tuesday, April 4 at 6:30 p.m. The group is seeking new members, including those to serve on the board of directors, to enjoy Ravens Football Games together and fundraise money for local families in need. All activities take place at the 28<sup>th</sup> Street Pit & Pub. Dues are \$20 per year. Please come to meeting if interested.

## Legion restarts Thursday bingo

Bingo has resumed each Thursday for the season at American Legion Post 166. The American Legion Synepuxent Post 166 is located at 23<sup>rd</sup> Street, Ocean City. See the new renovations. Doors open at 4:30 p.m. Games begin at 6:30 PM. Full menu available.

# Strategies to improve teen driver safety

Learning to drive and receiving a driver's license makes for some exciting times for young drivers. Those first moments of freedom on the road open up many new possibilities for teenagers accustomed to relying on their parents to get them around town.

Although being a new driver is exciting, it also carries with it very real risk. Car crashes are the leading cause of death for teens in the United States, taking the lives of six teens a day, according to the Centers for Disease Control and Prevention. Harvard Health Publications states that lack of experience behind the wheel is one factor behind high crash rates among teens, but other factors also may be in play. The prefrontal cortex, which contains the neural mechanisms of self-control, is one of the last parts of the brain to mature. As a result, teenagers are prone to taking risks, behaving impulsively and seeking sensation. These traits can be dangerous behind the wheel of a car.

Preventing teenage driving accidents requires some measure of dedication, awareness and education.

Improve driving skills. A driver's license does not mean drivers have learned all there is to know about driving. In fact, newly licensed drivers still have a lot to learn. Experience only comes with time and practice, and every day presents teen drivers with a new opportunity to expand their skills.

Watch the speed limit. Speeding makes it more difficult to control a vehicle. Obey the speed limit, and recognize speed limits are suggestions during ideal driving conditions. When driving in inclement weather, reduce speed, even if that means driving

below the speed limit.

Reduce distractions. When driving, reduce distractions inside of the car. This includes eating or talking on the phone while driving. It also means fiddling with the radio or checking social media. The CDC's Youth Risk Behavior Surveillance ÑUnited States, 2015 states that 42 percent of high school students who drive report texting or

please see **teen** page 11

## 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](http://www.coastalhospice.org)

EOE  
JC Accredited



**A BAGEL and...**

Free Wireless Internet

Serving Breakfast and Lunch

**410-208-0707**

Winter Hours  
Open 6 a.m. - 2 p.m. Daily

Pastries and Cookie Trays

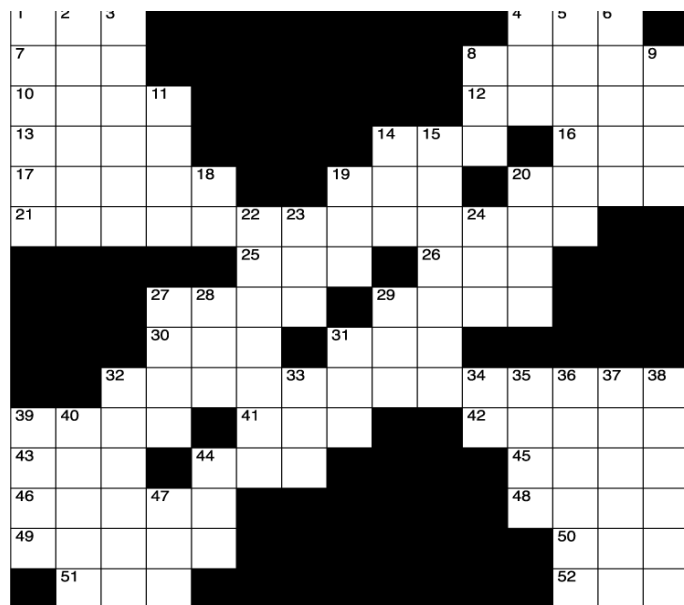
Boar's Head Meats

Mon., Wed., Thurs., Fri: 6 a.m.- 4 p.m.; Tues, Sat. and Sun: 6 a.m.- 2 p.m.

RTE. 589	
Manklin Creek	O.P. South Gate Entrance
OCEAN PKWY	
A Bagel and...	

Southgate - Ocean Pines  
(Manklin Creek & Ocean Pkwy)



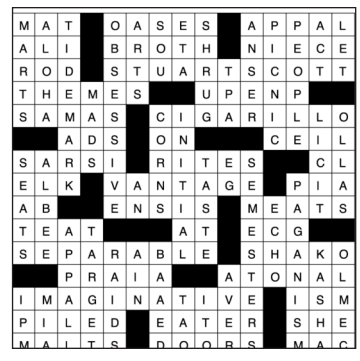


**CLUES ACROSS**

- 1. "Be back later"
- 4. Hoover's office
- 7. Brew
- 8. Philo and Reglis are two ("Star Wars")
- 10. Actress Remini
- 12. Moghul emperor
- 13. Alaskan glacier
- 14. Constrictor
- 16. Prohibit
- 17. Ancient Brittonic tribe
- 19. Chinese pastry
- 20. Razorbill is of this genus
- 21. Beloved holiday decoration
- 25. Dutch football club
- 26. Aggressive dog
- 27. Small piece of glass
- 29. "South Park" creator \_\_\_ Parker
- 30. Leisure activity
- 31. Someone's story
- 32. Record-setting swimmer
- 39. Hillside
- 41. Unit of measurement
- 42. Famous for its potatoes
- 43. Insect secretion
- 44. Gate in Marrakesh
- 45. Cain and \_\_\_
- 46. A set of moral principles
- 48. Repair
- 49. Two-terminal semiconductor
- 50. Strongly alkaline solution
- 51. Former CIA
- 52. Satellite laser ranging

**CLUES DOWN**

- 1. Sea
- 2. Cleans things
- 3. More skinny
- 4. Supervises flying
- 5. Talk rapidly and excitedly
- 6. Intestinal
- 8. Don't know when yet
- 9. Soluble ribonucleic acid
- 11. Chinese and Vietnamese ethnic group
- 14. Wild cattle genus
- 15. Rock formation
- 18. Makes up
- 19. Resembles a pouch
- 20. Having an aerial quality
- 22. Windpipe
- 23. Million barrels per day (abbr.)
- 24. Bitterly regret
- 27. Soft creamy white cheese
- 28. Renamed when EU was incorporated
- 29. '\_\_\_ death do us part
- 31. Sound unit
- 32. Men proud of their masculinity
- 33. Clergy member's vestment
- 34. Hello
- 35. Mild yellow Dutch cheese made in balls
- 36. Marks
- 37. Derived from benzene
- 38. Low-melting alloy
- 39. Lost blood
- 40. Quantitative relation
- 44. Academic degree
- 47. Many subconsciousnesses



Answers for March 22

# Ways to ensure pet birds are happy and healthy

Households across the country include companion birds. Their sweet music and vividly colored plumage make birds beloved pets.

Well-socialized birds who are accustomed to human interaction can make for wonderful pets. However,

more room to exercise and spread its wings.

Keep sunlight flowing. Birds need access to unfiltered sunlight and/or full-spectrum lighting so they can synthesize vitamin D. Window glass blocks necessary UV rays.

On nice days, take birds outside to enjoy time outdoors with fresh air and plenty of sunlight.

Provide enrichment

activities. Birds can become bored, so stave off boredom with activities that enable them to use their brains. Birds might enjoy foraging for treats or playing treasure hunt games. Offer a variety of toys to keep them stimulated.

Provide time to spend outside of the cage. Birds may benefit from a

unlike dogs and cats, some birds may not prefer or receive the same amount of daily attention from their owners as other pets.

Birds can suffer from depression and anxiety if their living conditions are not optimal. Birds can become irritable thanks to illness, boredom, cage position, and many other factors. Unhappy birds may engage in self-destructive behaviors, such as plucking out their feathers. Bird owners concerned that their birds may be unhappy or unhealthy should take the bird to the veterinarian for an examination, taking steps to improve the birds' quality of life if necessary.

The organization Born Free USA does not advocate for keeping birds in captivity, but does agree that if birds are cage-kept, their conditions should be made as ideal as possible. Here are some suggestions to keep birds healthy and happy, courtesy of Born Free USA and other animal welfare and healthcare resources.

Feed birds nutritious diets. BeautyofBirds.com states that seed-only diets are the most common cause of premature death in companion birds. Birds need more variety to prevent nutrient deficiencies. Fruits, vegetables (including leafy greens) and sprouted seeds should account for between 20 and 25 percent of a bird's diet.

Offer the largest enclosure possible. While it may not be possible to devote an entire room to a companion bird, shop for the largest cage available. This will give the bird



change of scenery to improve their moods. Let the bird out of its cage so it can safely explore its surroundings. Make sure there are no breakable items, close drapes so the bird will not fly into window glass, and be certain ceiling fans are turned off.

Provide natural perches. Offer living branches that will be more comfortable on birds' feet than other perches. Birds need a variety of textures and sizes in their perches to keep them healthy.

Birds' happiness as companion animals is strongest when their needs are met. Employing various strategies that promote their health and provide mental stimulation can improve birds' quality of life.



## Easy spring cleaning projects

Warmer days are here and what better way to spend them than cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring cleaning, the more quickly he or she will be able to head outside and bask in the warm spring sun.

Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

Look up. Start by looking up at ceilings, molding and ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you do not have to clean any tables, countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

Blinds and curtains. Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish



soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

Change linens. Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

*please see **easy** on page 12*

**teen**  
from page 9

emailing while driving. Texting while driving creates conditions similar to drinking or using drugs while behind the wheel.

Avoid peer passengers. Teens should avoid having other teens or younger children as passengers in their first year as licensed drivers. Other kids can be an added source of distraction inside of the vehicle and may goad drivers into behaviors they would otherwise avoid. Wait until you gain more experience behind the wheel before you start to hone your chauffeur skills.

Stick to daytime driving. Driving at night can make it much more difficult for drivers to see their surroundings and recognize potential hazards. Within the first few months of earning their licenses, teenagers should drive only during the daytime and log plenty of practice hours driving at night accompanied by an adult until they feel more confident.

Teen drivers are at a higher risk of accidents than more experienced motorists. But certain strategies can help reduce that risk.



**Baking success - Dee Altobelli, Rosemary Gear, Sue Ann Baietti and Jo Fortney** baked homemade cakes and cookies for the St. Joseph's Festival fundraiser held at St. Andrew's on March 18. Photo by Anna Fountz.

## Toddler gym program offered

Worcester County Recreation and Parks is pleased to announce the return of Toddler Gym for the spring season.

This program provides your toddler with the opportunity to exercise, practice social interaction, and enjoy stimulating game play in a safe and fun environment. A variety of age-appropriate games, exercises, songs, and group activities will be provided for you and your child to enjoy together. It is the perfect program to encourage children to explore their environment, enhance their learning through play, and meet new friends their age.

Toddler Gym will take place from

March 28 through June 13 on Tuesdays from 10 and 11 a.m. and is open to children ages 18 months to five years old. A parent or guardian is required to attend and participate with each child/children. The cost is \$30 to participate all 12 weeks and \$25 for any additional child.

For more information, contact Kelly Buchanan at 410-632-2144, ext. 2503 or kbuchanan@co.worcester.md.us. Visit us at [www.WorcesterRecAndParks.org](http://www.WorcesterRecAndParks.org). While you're there, be sure to click the links to follow us on social media.

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 30	10:03 a.m. 10:26 p.m.	3:57 a.m. 4:11 a.m.	6:48 a.m.	7:22 p.m.
Fri., March 31	10:52 a.m. 11:18 p.m.	4:50 a.m. 5:01 p.m.	6:46 a.m.	7:23 p.m.
Sat., April 1	11:43 a.m.	5:46 a.m. 5:55 p.m.	6:45 a.m.	7:24 p.m.
Sun., April 2	12:12 a.m. 12:39 p.m.	6:46 a.m. 6:53 p.m.	6:43 a.m.	7:24 p.m.
Mon., April 3	1:12 a.m. 1:41 p.m.	7:49 a.m. 7:56 p.m.	6:42 a.m.	7:26 p.m.
Tues., April 4	2:19 a.m. 2:50 p.m.	8:54 a.m. 9:01 p.m.	6:40 a.m.	7:26 p.m.
Wed., April 5	3:29 a.m. 3:59 p.m.	9:59 a.m. 10:07 p.m.	6:39 a.m.	7:27 p.m.



# Avoid aches and pains when gardening

People who have not spent much time in a garden may not consider this rewarding hobby much of a threat to their health. But as veteran gardeners can attest, gardening can contribute to nagging aches and pains that can force even the most ardent green-thumbers indoors.

Gardening is a physical activity that, despite its peaceful nature, can be demanding on the body. Thankfully, there are several ways that gardening enthusiasts can prevent the aches and pains that can sometimes pop up after long days in the garden.

Use ergonomic gardening tools. Ergonomic gardening tools are designed to prevent the types of aches, pains and injuries that can cut gardeners' seasons short. Gardening injuries can affect any area of the body, but injuries or aches and pains affecting the back, wrists and hands are among the most common physical problems gardeners endure. Look for ergonomic tools that reduce the strain on these areas of the body. Even arthritis sufferers who love to garden may find that ergonomic tools make it possible for them to spend more time in their gardens without increasing their risk for injury.

Alternate tasks. Repetitive-strain injuries can affect gardeners who spend long periods of time performing the same activity in their gardens. By alternating tasks during gardening sessions, gardeners can reduce their risk of suffering repetitive strain injuries. Alternate tasks not just on muscle groups worked, but also level of difficulty. Remember to include some simple jobs even on busy gardening

days so the body gets a break.

Take frequent breaks. Frequent breaks can help combat the stiffness and muscle aches that may not appear until gardeners finish their gardening sessions. Breaks help to alleviate muscles or joints that can become overtaxed when gardening for long,



uninterrupted periods of time. When leaning down or working on your hands and knees, stand up to take breaks every 20 minutes or the moment aches and pains start to make their presence felt.

Maintain good posture. Back injuries have a tendency to linger, which can keep gardeners indoors and out of their gardens. When gardening, maintain good posture to prevent back injuries. Gardening back braces can protect the back by providing support and making it easier for gardeners to maintain their posture. Tool pouches attached to gardening stools or chairs also can be less taxing on the back than gardening belts tied around the waist.

Gardening might not be a contact sport, but it can cause pain if gardeners do not take steps to prevent the onset of muscle aches and strains when spending time in their gardens.



Shepherd's Nook volunteers donated 50 bags of clothing to American Legion Post #166. The clothing was donated to the MCVET organization in Baltimore by Legion volunteers. Pictured are **Phil Lassiter**, Legion volunteer and Shepherd's Nook volunteers **Charlene Mertz**, **BJ Hupman**, and **Judy Stinebiser**, Shepherd's Nook volunteers.

## Thrift Shop donates clothes

The Shepherd's Nook Thrift Shop located at Community Church at Ocean Pines on Route 589 continually sorts and saves clothing to be shared with Veterans in our state. Over the past several months almost 50 bags of both men's and women's clothing were collected and donated to the American Legion Post #166 of Ocean City.

When sufficient bags of clothing were collected Legion Volunteers Phil Lassiter and Dave Smith transported the clothing to the MCVET

organization in Baltimore. The Maryland Center for Veterans Education and Training is a non-profit organization located in Baltimore that helps Veterans with homelessness and substance abuse. Their services include, but are not limited to, substance abuse-mental health, health care, case management-counseling, education-employment, emergency housing, transitional housing, single room occupancy and drop-in facility.

easy  
from page 11

**Grout cleaner.** Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

**Vacuum vent intakes.** Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

**Clean out the refrigerator.** Now is a great time to remove any of those mystery containers growing fuzzy experiments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers.

Spring cleaning is a necessary task, but it does not have to be a headache. Break up the work into manageable chunks of time, and projects will not feel like such a hassle.

## 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





# Tailoring a wedding for non-traditional families

Families come in all shapes and sizes. During special events, particularly those steeped in tradition, such as weddings, blended families may have to employ certain tactics to ensure the events go off without a hitch.

When planning their weddings, couples must give consideration to the needs of their families. Even though a wedding is about the union of two people, oftentimes couples engaged to be married must contend with the politics of divorce or other familial issues. This includes if and how to incorporate stepparents and stepsiblings into the ceremony and celebration.

There are no traditional rules regarding how to handle blended families, so brides- and grooms-to-be can customize their decisions based on their own unique situations. Even when families have been happy through the years, the unique circumstances and traditions surrounding the nuptials can dredge up former insecurities, and certain aspects may require extra patience and tact. Here is how to navigate the process.

Consider stepparents and stepsiblings VIPs. Brides and grooms who are

not particularly close to their stepfamilies still have to recognize the role they play in the family dynamics. These people are still family, so respect and courtesy should be offered. If there is any lingering animosity, extend the olive branch on this day and try not to let anyone be made to feel as if they are unimportant. A simple announcement of who stepparents are at the wedding reception or inclusion of their names on wedding itineraries can help smooth over any potential bumps.

Put others' needs before your own. While the wedding may be about you and your future spouse, you must consider the feelings of others. Biological parents and stepparents may act defensively if they feel uncomfortable or hurt, and that can create an air of negativity to the day. Try to avoid this by considering potential areas of conflict. For example, mothers might be hurt if their ex-husbands' new girlfriends are asked to be in a group family photo. Instead, select separate times to have everyone included. Remember to give parents and stepparents priority seating as well, and they each should be seated next to someone they love and

someone with whom they can converse comfortably. You may think everyone can play nice, but it is best not to push the issue just to make a point at the wedding.

Recognize that some families break the mold. Recently, a father made waves on the Internet when a video of him pulling the bride's stepfather up to assist in walking her down the aisle went viral. This was a wonderful image of families making it work despite their differences or the awkwardness that can result when brides or grooms have parents and stepparents in attendance. Although this scenario might not play

out for all, find ways to impart a special touch, especially if you are close to both your biological parents and your stepparents. For example, your biological father may walk you down the aisle, while your stepfather may enjoy the first dance.

Order flowers and gifts for all. Purchase flowers and wedding party gifts for all of the special people in your lives, including your stepfamily.

Weddings can be complicated affairs when factoring in blended families. With patience and compassion, such families can enjoy a beautiful and happy day.

## 'pARTy for the Arts' is April 8

The public is invited to the inaugural "pARTy for the Arts" on Saturday, April 8 from 5 to 8 p.m. at the Ocean City Center for the Arts on 94<sup>th</sup> St. Proceeds from the event will support three local nonprofits: The Art League of Ocean City, Brown Box Theatre Project, and the Friends of Gwen Lehman Foundation.

The pARTy will feature live music and performances by Bryan Russo and Brown Box Theatre Project, tapas-style food curated by Phil Cropper, original art by Gwen Lehman and other local artists, a cash bar with craft beer and wine, raffles, and art projects that attendees will create on the spot including a selfie station.

General admission tickets are \$45 with a special admission price of \$25 for those under age 25. Tickets are available at the door or in advance at [artleagueofoceancity.org](http://artleagueofoceancity.org).

"You will enjoy a casual, fun evening with fabulous food and great entertainment," said Rina Thaler, executive director of the Ocean City Center for the Arts. "While having fun, you'll also be providing critical support for both the visual and the performing arts in our area."

Ocean City native Kyler Taustin directs Brown Box Theatre Project with a mission to create high-quality theatre and deliver their work directly to communities in order to expand the reach of impactful, professional performing arts. Brown Box tours these productions to venues all over Delmarva, including the Ocean City Center for the Arts. Brown Box's free Shakespeare productions are presented outdoors in September

throughout the Lower Shore community and schools, including Stephen Decatur High School, thanks to the support of Gwen Lehman.

"Arts and culture are an integral part of establishing a well-rounded, vibrant community," says Brown Box Executive Director Kyler Taustin. "We are excited to be celebrating three organizations committed to expanding creative opportunities and cultural experiences for all members of our local and regional community."

The Friends of Gwen Lehman Foundation, Inc. is a non-profit created to perpetuate the legacy of Stephen Decatur High School teacher/director Gwen Freeman Lehman. The foundation provides a scholarship each year to a student graduating from SDHS who wishes to continue their study of theatre.

"It has been enormously gratifying to have friends and former students want to keep their memories of SDHS theatre alive by helping kids who are making their own memories there now," Lehman said. "Some of those memories will propel some students into a lifetime in theatre."

The Art League of Ocean City, whose home is the Ocean City Center for the Arts, is a nonprofit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs, and community art events. The Arts Center is open daily, providing a year-round cultural amenity, and admission is always free.

More information is available at 410-524-9433 or [www.artleagueofoceancity.org](http://www.artleagueofoceancity.org).

## Registration is open for after school sports

Worcester County Recreation and Parks (WCRP) is once again launching its popular After School Sports programs for children this spring, which include field hockey, tennis, and dodgeball, and registration for these programs is now open.

Field hockey is open to grades K – 8 and will take place on Thursdays from April 6 through May 11. Children will learn the basic skills and fundamentals of field hockey in a safe and fun environment. They will be able to strengthen those abilities through drills and modified game play. The registration deadline is Friday, March 31.

Tennis, a staple of the WCRP After School Sports program, will take place on Mondays from April 3 through May 15 and is open to Grades K through eight. Children will learn the fundamentals of this popular game and be able to practice and grow their tennis skills. The registration deadline is Thursday, March 30.

Dodgeball, a fun form of exercise, will take place on Tuesdays from April 4 – May 9 and is open to Grades four through eight. Children will participate in friendly competition, while they enjoy both traditional and modified versions of the classic dodgeball game. The registration deadline is Monday April 3.

All sports programs will take place at the Worcester County Recreation Center (WCRC), off U.S. Rte. 113 in Snow Hill, from 3:30 to 5:30 p.m. on their respective days. Transportation from Snow Hill Middle School to the WCRC will be provided for convenience. Parents and guardians should pick up their children from the WCRC.

The cost of each program is \$30 per person and \$25 for each additional child. Any registrations received after the deadlines will incur an additional \$5 fee. For more information, please call the WCRC at 410-632-2144 or visit [www.WorcesterRecAndParks.org](http://www.WorcesterRecAndParks.org).



# 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!**  
 **TIMEFLYS**  
Jean Marx  
443-880-0045  
jmarx.timeflys@gmail.com  
www.timeflysbooks.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**



# Spring is in the Air & So are Our Roofers.<sup>®</sup> GET YOUR **FREE** ESTIMATE NOW!



**ROOFING • SIDING • GUTTERS  
WINDOWS • SKYLIGHTS • DOORS**

**FREE In-Home Consultation  
FREE Written Estimate**

**FREE Lifetime  
Warranty**

ALL NEW Shingle Roof Installations

**0% Interest  
for ONE YEAR**

For Qualified Applicants. Call for Details.

**LOCALLY OWNED & TRUSTED SINCE 1989**



Fully Insured & Licensed in MD, DE & PA • References Available

**410.713.4593**



**www.roofers.org**



**PROUD SPONSOR OF THE  
DELMARVA SHOREBIRDS!**

**\$500 off**

**Whole Roof Installation  
Replacement Windows  
Siding & Gutters**

Projects of \$5,000 or more

**Call Today For Your FREE  
Written Estimate**

Must present at time of Estimate.  
Not valid with other offers or previously contracted work.

**Expires Apr.30th 2017**



## Why Choose Us?

- Over 28 Years in Business
- BBB A+ Rating
- BBB Torch Award Winner
- Over 20,000 Customers Served
- Voted #1 by Readers Choice
- GAF Master Elite Certified
- 5 Star Skylight Specialists
- Top 100 Roofing Contractor
- Fully Licensed & Insured
- Financing Available
- Residential & Commercial

*We provide full-service, professional commercial roofing system installation, which include all of the following:*

- Miami-Dade County Product Code Approved
- Professional Engineering Certification
- All Permit Approvals • References Available





# KIDS EAT FREE



# SUNDAYS

**4PM TIL KITCHEN CLOSES**  
**AT THE COVE AT MUMFORD'S**  
**OCEAN PINES, MD**



**410-641-7501**

**12 YEARS AND YOUNGER \* ONE FREE KIDS MEAL PER PAID ADULT MEAL**  
**CHILDREN HAVE TO ORDER FROM KIDS MENU \***  
**TO VIEW OUR MENUS VISIT [OCEANPINES.ORG](http://OCEANPINES.ORG)**

**1 MUMFORD'S LANDING ROAD, OCEAN PINES, MARYLAND**