

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

# OPA launches 'PinesAlerts'

The Ocean Pines Association is increasing the public's awareness of emergencies through the use of its new 'PinesAlerts' notification system, which is being powered by the Delmarva Broadcasting Company.

"We were looking for an effective way to easily disseminate important information to the residents and guests of Ocean Pines," said Denise Sawyer, director of Marketing and Public Relations for the Ocean Pines Association. The notifications would include alerts for events such as road/traffic closures, power outages, severe weather, and other public safety events. The Ocean Pines Police Department will also utilize the 'PinesAlerts' text message-based system to warn residents of crime alerts.

The alert system is now in place for anyone to sign up and begin receiving text message alerts from the association. To sign up, Ocean Pines residents and guests should text the word "PINES' to 88474. Signup is free. Standard text message and data charges may apply. Subscribers will not be overloaded with text messages.

# **Elections Committee** seeks candidates

The Ocean Pines Association Election Committee is looking for residents to run in this year's board election.

The Ocean Pines Association (OPA) is governed by a seven-member Board of Directors elected by the lot owners who make up membership in the homeowners association. This year, two positions are up for election. The Board determines operational and fiscal policy, and assesses property owners at a rate set annually. These assessments provide the funds for the operation of the Association.

"For anyone interested in public service, the Ocean Pines Board of Directors is the avenue in which you can make a difference," said Denise Sawyer, director of Marketing and Public Relations for the Ocean Pines Association. "Property owners who are passionate about Ocean Pines and its progress are encouraged to run for election."

The Board of Directors is a legislative policy-set-

please see **candidates** on page 15



# **Empty Bowl success**

The Empty Bowl Soup Dinner was held on Friday, March 31, at the Ocean City Center for the Arts, benefiting the food pantry at Diakonia and the programs of the Art League of Ocean City. More than 250 people attended the event and enjoyed soup provided by Ocean City area restaurants, served in pottery bowls handmade by the community. Diakonia board members **Carol Rose** and **Ann Augustine** enjoy the event.

PENINSULA REGIONAL FamilyLab<sup>™</sup> Local Lab. Local Experts. Visit peninsula.org/familylab to find a location near you.



### Page 2 The Courier April 5, 2017



# Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, April 8, 9:30 a.m. in the Ocean Pines library. Leading a discussion on boating safety will be Bob Cooke, the Public Education Officer for Coast Guard Auxiliary, Division 12 and Navigation Systems Officer for Flotilla 5 (Ocean City). Included will be dealing with cold water in the spring and running an inlet. All are welcome.

# **BJ's membership offer** returns to Ocean Pines

BJ's Wholesale Club is once again partnering with the Ocean Pines Association to bring a special membership offer, effective April 13-27, to benefit the Worcester County Veterans Memorial at Ocean Pines Foundation.

In addition to offering special membership benefits, BJ's will donate \$5 of each membership fee to the foundation. The offer, which is available to new and renewing members, is not available for purchase online or at any BJ's location.

Other benefits include receiving \$15 off the BJ's \$50 Inner Circle membership fee or \$25 off the \$100 BJ's Perks Rewards membership fee, one additional free month of membership and a free second membership card for a household member. With this offer, 13 months will be added to the expiration date of a current BJ's membership, regardless of when the membership was last renewed.



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2	3	4	5	6	7	8
<b>9</b> Paim Sunday	10	11 Passover Begins	12	13	14	15
<b>16</b>	17	18	19	20	21	22 Earth Day
23 30	24	25	26	27	28	29

This special promotion is only offered through Ocean Pines two times a year. The next promotion will be in October of 2017. Current BJ's members whose memberships will expire before then are encouraged to renew during the spring offer.

BJ's operates over 200 clubs in 15 states from Maine to Florida, including a location in Millsboro, Delaware. The wholesale club offers a large assortment of products for home and business, savings of more than 30 percent off supermarket prices and acceptance of all manufacturers' coupons and BJ's store coupons.

BJ's membership applications are available at the Ocean Pines Association administration building at 239 Ocean Parkway and online at OceanPines.org.

Applications must be returned with payment by April 27. They may be dropped off at the administration building or mailed to Ocean Pines Association, Attn: Denise Sawyer, 239 Ocean Parkway, Ocean Pines, MD 21811.

# 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 Gentalmen'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@delmarvahanddancing.com.

#### **Rotary Club**

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

#### Square Dancing

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

### AL-Anon/OP-West OC-Berlin

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

### 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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# **Registration open for Birding Weekend**

The 2017 Delmarva Birding Weekend invites hundreds of nature enthusiasts to the shore April 27-30 to enjoy the full complement of mid-Atlantic birds as the region welcomes warblers, tanagers, and other spring migrants and prepares to bid adieu to its loons, falcons, and waterfowl as they head northward. Registration for the popular event is now open at www.delmarvabirding.com.

Birders can register for just one field trip, or multiple field trips each day of the four-day event. On Thursday, you can get an early start to the weekend with shorebirds along the Delaware Bayshore at Bombay Hook National Wildlife Refuge and the Mispillion Harbor or stroll along a private farm near Assateague. On Friday, you can start your morning searching for rails by kayak on Delaware's inland bays, and enjoy a songbird and shorebird spectacle at Prime Hook National Wildlife Refuge in the afternoon. The day could finish with a paddle along the beautiful Ayres Creek.

Exploring the bald cypress swamps

by kayak around Snow Hill, MD on Saturday morning will add several warbler species to your list, and a shorebird-laden boat trip behind Assateague and Ocean City in the afternoon can increase your tally for the weekend to more than 100 species. You might choose to take an all-day boat trip to Smith Island on Saturday to welcome back breeding pelicans and herons, and enjoy a slice of Smith Island cake with lunch!

Several field trips regularly sell out, so interested birders are encouraged to register soon.

Guided by local birders with decades-long experience on the peninsula, the walking tours, boat trips, and canoe and kayak paddles will accommodate visitors from the curious nature lover to fowl fanatics. Every year, birdwatchers from surrounding states flock to the event.

"This is one of our biggest natureoriented weekends," said Lisa Challenger, Tourism Director for

please see **weekend** on page 15

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Robert B. Adair 1938-2007

### 2012 Business of the Year

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Newspapers have helped shape the world for decades, serving as invaluable resources that highlight both national and local news, retail information, cultural

> events, and much more. Although several newspapers now offer o n l i n e versions of their publications,

many readers remain partial to print versions. Those who purchase printed newspapers daily or subscribe to home delivery should consider recycling the papers to protect the planet. According to the environmental resource EarthEcho International, recycling a single run of the Sunday issue of The New York Times, or a comparable paper's Sunday edition, would save 75,000 trees.

# April is Sexual Assault Awareness Month

### Editor.

April is Sexual Assault Awareness Month. This year's theme, "Engaging New Voices," builds on the idea that we are stronger together, and that new partners and community members are needed to expand sexual assault prevention efforts, we can help the next generation foster attitudes that promote healthy relationships, equality, and respect.

Nearly one in five women and one in 71 men are victims of sexual assault. We all have a role to play in preventing sexual violence in our community. Our actions, big and small, have a ripple effect on those we teach, guide, and influence. From modeling healthy behavior to addressing inappropriate conduct, everyone can make a difference.

The Sexual Assault Forensic Examiner (S.A.F.E.) program at Atlantic General Hospital is managed by a forensic nurse team that is certified and licensed by the Maryland Board of Nursing. This team provides confidential, compassionate, and comprehensive support to victims of any age, from newborns to seniors, who are victims of sexual assault, domestic violence, child abuse/child sexual abuse/neglect, and senior abuse. The program provides victims physical and psychoassessments. logical crisis intervention, and evidence collection for local law enforcement and the State Attorney's office. The program works in collaboration with many agencies and community services, including Life Crisis, Worcester County Child Advocacy Center, Worcester County States Attorney Office, Law Enforcement and Worcester County Department of Social Services, under a multidisciplinary model called the Sexual Assault Response Team (S.A.R.T). Atlantic General's SART team main goal is to coordinate the response to victims of sexual assault in Worcester County.

Changing beliefs which contribute to sexual violence starts with believing survivors of sexual violence when they share their stories. You the community can help by calling out victim-blaming comments or rape jokes. Remind those around you that sexual assault is never okay, or the victim's fault. Seemingly small actions like this can make a critical impact.

Get engaged this April during Sexual Assault Awareness Month. Join us in embracing your role in ending sexual assault. Learn more about how you can use your voice to change the culture. Rape Is Wrong. *Althea Foreman* 

Atlantic General Hospital aforeman@atlanticgeneral.org

# Visitation restrictions still in place at PRMC

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

As a precaution and to be proactive, PRMC reminds anyone with a cold, cough, fever or other flu-like symptoms to please remain at home and not visit patients. Additionally, and for the immediate future, the



**Group shot** - Pictured are members of "Shape Ups" which meet every Monday, Wednesday and Friday in the Ocean Pines Community Center Gym from 7:30 until 8:30 a.m. Center front is director **Marion McCurdy**. Photo by Anna Foultz.

Medical Center is restricting children under the age of 12 from visiting surgical and general recovery floors. Siblings under 12 may visit PRMC's Mother-Baby unit after a screening by the patient's nurse; for babies' safety, children with upper respiratory infections will not be permitted to visit.

Everyone understands this may cause an inconvenience, but we must continuously safeguard everyone visiting here or staying with us for care," said Karen Mihalik, RN, Infection Preventionist. "That includes taking extra precautions to protect our young visitors themselves from possibly contracting or spreading a virus at Peninsula Regional. This is a common, yearly practice for us during the Delmarva flu season, but more important this year as the flu continues to have a significant presence in our region late in the traditional flu season."

During the flu season, visitation may be further limited throughout the entire Medical Center depending upon the level of flu activity occurring in the community or within the facility. Anyone experiencing any emergency-related healthcare need is still encouraged to visit the PRMC Emergency Department for care.

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

# A day unexpected

It was a lazy Saturday morning not long ago. The morning light was finding its way through the cracks of the window blind, giving the room a muted, comfortable glow. My wife and I had just awakened but had not yet started jostling to



get out of bed. I was taking inventory of at our leisure, having the time to read the snore bruises I contracted through about the penguins, the turtles, the

the night. What's a snore bruise you ask? I'll tell you. It's the marks(s) left when my wife pokes, punches and kicks me to interrupt and hopefully stop my snoring. I was up to seven, when she asked what I'd like to do that day.

I didn't answer at first. "Eight. Nine. Ten." She shook me to get my attention.

I didn't have a ready answer and said so. We laid quietly a little longer. I then remembered something she had mentioned the evening before about getting a Philadelphia cheesesteak, a REAL

Philadelphia cheesesteak. So I suggested we drive to Geno's on 9th Street in Philadelphia. We hadn't been there for a while. She liked the idea. Then I suggested that before we did that, we visit Adventure Aquarium across the river in Camden, NJ. She liked that idea as well.

About an hour later we were in the



truck heading north on an unexpected adventure with no timeline and no expectations other than a cheesesteak.

It had been years since we walked through the aquarium. We were the old folks as most of the other visitors were

pushing strollers or holding the hands of small children or both. We may have felt like old folks in this crowd but unfortunately we weren't old enough to benefit from the senior citizen discount. We're Tweeners, I guess. We strolled through the exhibits

sharks, the hippos and various other sea creatures. When we had our small children, we never had time to read the information boards. We were always off to the next exhibit, keeping up with the kids.

ium, we walked along the promenade that framed the Delaware River, toward the Battleship New Jersey which was open to visitors. We had never been aboard a battleship and hey, what the heck, we

weren't on any schedule. We enjoyed the self-guided tour that took us up, down, in and out of the ship. My wife was a real champ. She was wearing dress boots that really weren't meant for climbing and descending narrow ladders. Nonetheless she persevered.

We finally said goodbye to New Jer-

sey (the ship and the state) and made our way across the Ben Franklin Bridge to Philadelphia and Geno's. Just a side note. The toll to cross the bridge is \$5. I remember when it was seventy-five cents and the Tacony Palmyra Bridge was a nickel. But I digress.

Many of you are no doubt aware that Philadelphia is home to two famous steak sandwich establishments, the aforementioned Geno's and Pat's which is located across the street. So popular are these two purveyors of good tasting sandwiches that they're open 24 hours a day. Most people have a fa-

vorite. I happen to be a Geno's guy. While my wife waited in the car, I got in line. It was a long line, but one that moved along. In about 20 minutes I was at the window: "Three. Wiz. Wit." Let me translate: three steaks with cheese Wiz and onions. Three minutes and \$30 (in cash, no credit cards accepted) later I was headed back to the car. Oh, they were so good!

Our sandwiches consumed, with one left to take home, we snaked our way through the row house neighborhoods of South Philadelphia toward I-95. But wait. Over there, down Eighth Street. Do you see it? It's Termini's Bakery. Big deal you may say. And you'd be right. It is a big deal. Termini's is home to the best cannolis. We made a quick right and



ducked into the parking lot. Although my wife has ordered from Termini's, she had never been there in person. It was a real treat for her, and I daresay in some ways, the highlight of her day. We ordered a half dozen cannolis to go and we were again on our way.

The room was dark except for flickers of moonlight that peeked from behind the blind. We drifted off to sleep with the memory of an enjoyable day still fresh and the expectation of many snore bruises to count in the morning.



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Aboard the New Jersey

After the aquar-

# The season of Lent and Easter is a spiritual period

many people look forward to enjoying the great outdoors once more. Spring is also a special time of year Ashes commemorates the repenfor practicing Christians.

Beginning on Ash Wednesday and lasting 40 weekdays until the arrival of Easter Sunday, the Lenten season is a very important time of year for Christians. During Lent, Christians prepare for Easter by observing a period of fasting, repentance, self-denial, and spiritual discipline. While the Bible does not reference Lent, the practice of observing Lent has become a standard.

The following focuses on each of the special days of this church season as they pertain to Western Christianity (Eastern Orthodox



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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Spring is eagerly anticipated, as churches observe Lent somewhat differently).

Ash Wednesday. The Day of tance of sin. On Ash Wednesday, Christians have ashes placed on their foreheads in the shape of a cross in recognition of their need to repent. Many churches host Ash Wednesday services, and those who receive the ashes are not only reminded of their mortality and sinfulness, but also of the opportunity for absolution. Christians typically fast on Ash Wednesday, though some simply abstain from eating meat.

Palm Sunday. On what is now called Palm Sunday, Jesus Christ rode a donkey into Jerusalem while villagers welcomed him and waved palm branches. This is mentioned in each of the Biblical Gospels and occurs a week before His subsequent resurrection. Jesus possibly rode a donkey rather than a horse as a sign of peace, as a war-waging king might ride a horse. The Passion of the Christ is typically read during Palm Sunday masses.

# **Casino trip planned**

The Ocean Pines Boat Club is sponsoring a bus trip to the Harrington Casino on Thursday, April 20. The cost is \$20 per person and includes \$15 slot play, a \$7 food voucher and bus transportation. The bus will leave at 10 a.m. from the Ocean Pines Yacht Club parking lot and return at 5 p.m. Make reservations no later than April 20. Seating is limited to first 48 reservations. To sign up contact Tom or Barbara Southwell at 410-641-5456.

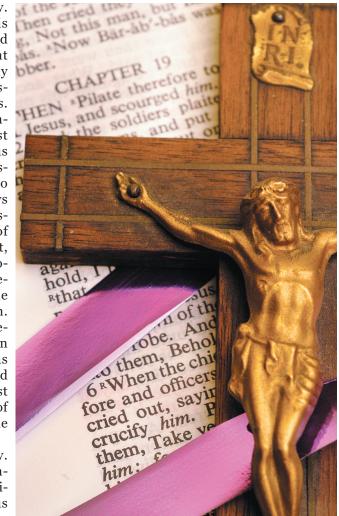
Holy Thursday. Thursday is Holy sometimes referred as Covenant to Thursday, Maundy boet Thursday or Thursday of Mysteries. Holy Thursday commemorates the Last Supper of Jesus Christ with the apostles. According to Catholic News Agency, Holy Thursday might be one of the most important, complex and profound days of celebration in the Catholic Church. Holy Thursday celebrates the institution of the Eucharist as the true body and blood of Jesus Christ and the institution of the sacrament of the priesthood.

Friday. Good Good Friday commemorates the crucifixion of Jesus Christ. Jesus was

condemned by his peers as King Herod and Pontius Pilate had found him not guilty of his crimes. But crowds were enraged, and Pilate reluctantly ordered his crucifixion rather than face a mass riot.

Holy Saturday. Holy Saturday marks the final day of the Triduum, or the three days preceding Easter Sunday. Scripture states that Holy Saturday was when Jesus' body was placed in the tomb.

Easter Sunday. A festive and cel-



ebratory day for Christians, Easter Sunday is a time for sharing the good news of Jesus' resurrection. His body is discovered missing from the tomb, and Jesus appears to his followers again showing proof that He is alive. Typically, Easter Sunday is one of the most well-attended Sunday services for Christians. It also is a day to spend with family, and many families share large meals to mark the end of the Lenten season.

**Ravens Roost to** 

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 500 STEVE@STEVERAKOWLAW.COM www.STEVERAKOWLAW.COM

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hold fundraiser On Friday May 5, from 5 p.m. to 7 p.m., Ravens Roost #44 will hold an Atlantic General Hospital fundraiser at the Skye Bar located at 6601 Coastal Highway in Ocean City. For

a \$25 ticket you will be provided two drinks from a selection of martinis, cocktails, beer and wine, plus light appetizers. During the event raffle tickets will be sold for various items. For a ticket contact Gary Miller at garywm@mchsi.com or 443-618-9972.

April 5, 2017 The Courier Page 7



SDHS hosts annual Kiwanis Club breakfast Stephen Decatur High School Key Club officers Laila Mirza (back left) and Dana Kim (back right) pose with Buckingham Elementary School K-Kids officers Mason Glover, Josie Palmer, Sydnie Harrington, and Olivia Brink at the annual Kiwanis Club breakfast at Stephen Decatur High School on March 22.

# **Colorectal Cancer** Screening Program



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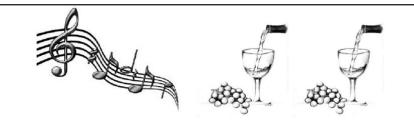
orcester ealth line to good health

**18th Annual Ocean Pines Community** Easter Sunrise Service

If if rains, join us at the school at 6 a.m. For more information call 410-641-6000 Limited seating provided. Bring a lawn chair

6 a.m. at **Ocean Pines Yacht Club** 

Rain Location: Showell Elementary School



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



# **Composite decking can** be a smart choice

Decks add character and functionality to a home, increasing outdoor entertaining space and oftentimes improving the resale value of a home. Homeowners have various options when choosing decking materials, but one such option, composite decking, is growing in popularity.

Decks used to primarily be made from pressure-treated lumber. While lumber remains a popular material, more and more homeowners are opting for composite decking products. As anyone who has pressure-washed, stained and sealed wood decks can attest, such spaces require lots of upkeep to look new year after year. Composite decks require much less maintenance, making them highly attractive to homeowners who would rather spend time using their decks instead of maintaining them.

Composite decking is any type of decking material that is formulated from different recycled materials. The majority of these materials include hard plastic and wood shavings of pulp. Unlike wood, which can fade, crack and rot, composite decking, which has been available for roughly a decade, does not degrade quickly and requires very little upkeep.

Available in a variety of wood colors to match outdoor decor, composite decks also can feature artificial wood grains to make them look similar to wood planks. Although composite decks are not completely impervious to the elements, with some occasional washing to impede

Worship to be held Holy Thursday Worship will be held April 13 between noon and 7 p.m. at Bethany Church. The Worship will include Holy Communion, hand washing, readings for reflection and stripping the church. All are welcome. The church is located at 8648 Stephen Decatur Highway in Berlin. For more information call 410-641-2186.

# AGH to celebrate anniversary

To celebrate the hospital's growth and the community support that has made it possible, the Atlantic General Hospital Foundation will be holding its 24<sup>th</sup> Anniversary Celebration on Thursday, May 18.

Hosted at Raymond C. Nichols' waterfront home in Berlin, the evening presents an allusion of Victorian elegance "aboard" a luxury ocean liner with guests donning "First Class Fashion" attire.

Proceeds from the event benefit the Atlantic General Hospital Foundation. For more information, please contact Joy Stokes at jstokes@atlanticgeneral.org or by calling the Foundation office at (410) 641-9671.

mold growth and new technology that has improved stain-resistance, many of the pitfalls of other materials can be avoided with composite decks.

Composite decking fits in with eco-friendly lifestyles. The planks are made from recycled materials that would normally end up in landfills. Products from Trex, a popular composite decking manufacturer, are made from 1.5 million shopping bags and wood mill waste. As composite decks do not rot away and are longlasting, they will not need to be replaced frequently, which is another eco-friendly benefit.

When comparing composite decking brands, look mainly at the colors, materials used in the composition and the fastening systems. Many are fastened with regular deck screws, offers This Old House. The newer systems have channels for hidden fastening, and the composite deck tiles snap into place.

Composite decks do have a few drawbacks. They can be expensive, nearly double the initial cost of wood decks. And although they do not rot, composite planks can scratch. Without refinishing, damaged boards will need to be replaced. Harsh chemicals may fade color and damage the composite materials, so caution is needed.

Composite decking remains an indemand choice for outdoor spaces. Low-maintenance and long-lasting, these decks have quickly become favorites among homeowners.

April 5, 2017 The Courier Page 9

I Love to Cook!

Welcome Easter as I'm sure everyone is tired of the winter. It is a great time to gather the family and enjoy all the events that the Ocean Pines Association has to offer. It is fun to attend the egg hunt in the park and the Easter bonnet contest for the kids. We usually have a Smithfield spiral ham and turkey breast for dinner with all the trimmings. Try this colorful salad to accompany your Easter meal and follow it up with a delightful lemon dessert.

**Ribbon Salad** 

2 - 3 oz. pkgs. lime Jello
2-- 3 oz. pkgs. cherry Jello
1 - 3 oz. pkgs. lemon Jello
<sup>1</sup>/<sub>2</sub> cup marshmallows
1 #2 can crushed pineapple
1 8 oz. Pkg. Cream cheese (room temperature)

1 heaping T. mayonnaise

Prepare lime Jello, chill until set. Prepare lemon Jello using 1 cup boiling water and 1 cup of the pineapple juice from the can of crushed pineapple plus water to make a full cup. Add marshmallows and melt over low heat. Remove from heat and cool slightly. Add crushed pineapple, cream cheese and mayonnaise. Beat with mixer. Chill and pour over lime Jello. Pour cherry jello over lemon mixture when it has set. Chill for at least several hours. Prepare a day ahead to assure firmness.

The following lemon tarts make a delicious dessert for your Easter dinner.

### Lemon Tarts

1 package Pillsbury 2 - Pie Crust (in refrigerated section) Lemon Meringue filling

3 T. corn starch 1-<sup>1</sup>/<sub>4</sub> cup sugar <sup>1</sup>/<sub>4</sub> cup fresh lemon juice 1 T. grated lemon rind Yolks of 3 eggs 1-<sup>1</sup>/<sub>2</sub> cups boiling water 6 egg whites 6 T. Sugar (for meringue)

Roll out crust and cut into 12 rounds. Fit into muffin tins. Prick sides and bottom of the dough. Bake at 425 degrees until edges brown, about 3 to 4 minutes.

Combine corn starch, sugar, lemon juice and rind. Beat egg yolks, add to corn starch mixture. Gradually add boiling water. Heat to boiling over direct heat and then boil gently for 4 minutes stirring constantly. Pour into baked tarts.

Beat egg whites until stiff, but not dry. Gradually beat in sugar. Spread meringue over top of tarts carefully sealing in all the filling by spreading to touch sides of crust right to edges. Bake in 425 degree oven for 4 - 5 minutes until lightly browned. After baking, add a twist of lemon on top of each meringue. Cool on wire rack. Serve cool.

> A very happy Easter bevwisch@aol.com



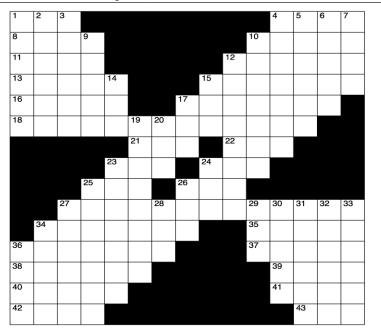


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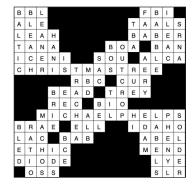


### **CLUES ACROSS**

- 1. Computer security
- philosophy (abbr.)
- 4. "Antman" actor Paul
- 8. Region
- 10. Heart veins \_\_\_\_ cavae
- 11. Stem
- 12. Public house
- 13. Outdated monetary units
- 15. Experiences again
- 16. Took possession of (Brit.)
- 17. Absolved
- 18. "His Airness"
- 21. Unhappy
- 22. The entirety
- 23. Meds without prescription

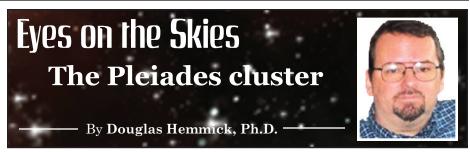
### **CLUES DOWN**

- 1. Prejudice
- 2. Known for its sultans
- 3. Boston hoopster
- 4. An evangelistic meeting
- 5. Inconsistent
- 6. Challenged
- 7. Hideaways
- 9. Members of Mennonite sect
- 10. Cogently
- 12. Univ. of Maryland mascot
- 14. The Caspian is one
- 15. Greek letter
- 17. Law degree
- 19. Respected
- 20. Resin-like substance



- 24. James Bond is one25. Signal26. Midwife
- 27. "The Who" guitarist
- 34. "Independence Day" actor
- 35. East Asian territory
- 36. Moved slowly
- 37. God of Assyria
- 38. Highland
- 39. Photographers' requests
- Makes tractors
- Witnesses
- 42. Not beginnings
- Prosecutors
- 23. A basis for
- 24. Popular horror movie franchise
- 25. Basements
- 26. Boxing promoter King
- 27. Plucked
- 28. Small amount
- 29. Shape-memory alloy
- Metal plates
- 31. Resonated
- 32. Sickness
- 33. Coercion
- 34. Franz van \_\_\_, German diplomat36. Type of ranch

Answers for March 29



As the first full month of spring, one might hope April will bring warmer weather for stargazing. The constellation Leo the Lion now appears prominently in the evening sky, and Orion the Hunter is still present although this winter favorite will soon be exiting.

The Milky Way galaxy topic this

month is the Pleiades cluster. This Pleiades star cluster has been a favorite target for star gazers, even long before the invention of the telescope. Astronomers since antiquity have noted the most prominent members of the cluster, popularly called "the seven sisters." Hobbyists using binoculars can readily see five or more of these hot, class-B stars, and they are also

visible with the naked eye. The cluster has an appealing glow as seen by highpower telescopes, added by reflections from the nebula surrounding the stars.

Modern astronomers classify the Pleiades as a young cluster of stars, located relatively close to the solar system. The cluster was born, with more than 1,000 stars coming to life about 150 million years ago, forming within a vast cloud of gas and dust. This makes the cluster relatively young compared to the Sun which is about 4.5 billion years old. Also the Pleiades is immense, the core of the cluster being about eight light-years across.

Among star clusters, the Pleiades is one of the closest, and thus has been considered a benchmark cluster. One of the earliest methods to determine the distances of celestial bodies is called parallax. In 1838, William Bessel, a German astronomer, made the first successful parallax distance measurement, as he reckoned the star 61 Cygni to be 10.3 light years away, relatively nearby. Until recent years, parallax measurements of the Pleiades had settled on a distance of about 430 light years. Controversy arose in 1989 when the European Space Agency's satellite Hipparcos measured the distance to the Pleiades at 390 light years, 10 percent nearer than traditional estimates.

However, recent measurements have replaced the Hipparcos claim, and have once again confirmed the earlier distance estimates. In 2014 the



"Very Large Baseline Array," a network of radio telescopes, reported distances of about 443 light years, quite comparable to the earlier data. This array of 10 radio telescopes located around the world and acting in tandem, provides the precision equivalent to a radio telescope the size of the Earth itself. The Robert Byrd Radio Telescope located in West Virginia is a member of this network. Confirming data was also reported from Hubble Space Telescope in 2004 and from the Gaia satellite in 2016.

Distance measurements are important since astronomers rely on such data to help determine other quantities, for example, the luminous power output of the stars. The 1989 Pleiades distance estimate of Hipparcos had thrown such calculations into doubt. With the new results, astronomers feel relieved that prior estimates for these quantities were essentially correct.

April is a good time to view Leo the Lion. Just as Orion is the most familiar constellation of winter, Leo plays this role for springtime, as the majestic lion rides high overhead in the evening



### **Students perform Peter Pan**

Worcester Preparatory School (WPS) Grade 7 and Grade 8 students presented the play "Peter Pan A Musical Adventure" by Craig Sodaro in the Athletic and Performing Arts Center. Directed by WPS Middle School teachers Lindsey MacWha and. Linda Smith, Peter Pan was performed for parents, friends, and fellow WPS students in Pre-Kindergarten through Grade 8.

Above are Lost Boys: Kate Conaway, Hugh Thomas Cropper, Anderssen Taylor and Alex Koppenhaver.



## **SDHS collects pounds for pets**

Stephen Decatur High School students and staff collected more than 2,000 pounds of pet food in a recent drive sponsored by the Kids Against Animal Abuse and Testing (KAAAT) club. Donations were made to the Worcester County Humane Society and Kenille's Kupboard.

Pictured are Stephen Decatur High School KAAAT club members **Angelina Nicola**, **Brigitte Ardis, Sophia Leung, Becca Cooper, Emma Stubblebine**, and advisor **Kimberly Patrick** pose with the pet food collected by students and staff.

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., April 6	4:35 a.m. 5:02 p.m.	11:00 a.m. 11:11 a.m.	6:37 a.m.	7:28 p.m.					
Fri., April 7	5:33 a.m. 5:54 p.m.	11:55 a.m.	6:36 a.m.	7:29 p.m.					
Sat., April 8	6:22 a.m 6:40 p.m.	12:09 a.m. 12:41 p.m.	6:34 a.m.	7:30 p.m.					
Sun., April 9	7:06 a.m. 7:22 p.m.	12:59 a.m. 1:21 p.m.	6:33 a.m.	7:31 p.m.					
Mon., April 10	7:46 a.m. 8:03 p.m.	1:43 a.m. 1:58 p.m.	6:31 a.m.	7:32 p.m.					
Tues., April 11	8:26 a.m. 8:42 p.m.	2:24 a.m. 2:34 p.m.	6:30 a.m.	7:33 p.m.					
Wed., April 12	9:05 a.m. 9:21 p.m.	3:03 a.m. 3:10 p.m.	6:28 a.m.	7:34 p.m.					

# National Cancer Registrars Week to be celebrated

Cancer registrars throughout the world will join their colleagues, fellow medical professionals, and community leaders to observe the 21<sup>st</sup> annual National Cancer Registrars Week (NCRW), April 10 through 14. The 2017 theme, Cancer Registrars: Putting the Pieces Together, reflects cancer registrars' role in compiling the critical information needed to support effective cancer treatment and research, with the ultimate goal of preventing cancer and finding a cure.

"Quality cancer data is central to the nation's fight against cancer, and cancer registrars are the first link in capturing that data. National Cancer Registrars Week provides an opportunity to acknowledge the central role registrars play in the research, treatment, and prevention of cancer," noted National Cancer Registrars Association president Linda Corrigan.

Cancer registrars are data information specialists that collect and code patient-level data for cancer registries. The registries provide essential information to healthcare providers and health officials to better monitor and improve cancer treatment, conduct research, and target cancer prevention and screening programs. Corrigan, who is the cancer registrar for Atlantic General Hospital's Regional Cancer Care Center, collects a multitude of data points regarding cancer diagnosis and treatment in Worcester County and the surrounding area. Melanoma, breast and colorectal cancers comprise the majority of diagnoses. Regardless of type, treatment is often complex.

According to cancer registry data from 2014 through 2015, half of all cancer patients treated at Atlantic General Hospital received more than one type of treatment for their cancer. Surgery, radiation, chemotherapy and immunotherapies are often used in combination to develop the most appropriate treatment for each patient. Communication and coordination among treating physicians is essential with multiple therapeutic modalities.

"The data we are collecting and the volumes of patients being treated at the Regional Cancer Care Center speaks to the need for expanded, holistic cancer care services for our community. Atlantic General Hospital recognizes this need and is diligently working to continue providing and expanding its treatment options right here, in our community," added Corrigan.

**eyes** from page 10

skies. Even as the sky becomes dark around 8:30 p.m., Leo is already well up above the eastern horizon. Leo resembles a reclining lion, with the characteristic backward question mark shape representing the head and mane, and an elongated triangle shape delineates the hind legs.

The Pleiades star cluster appears in the northwestern sky in the shoulder area of Taurus the Bull. To locate this cluster, trace a line from Orion's three belt stars to the northwest, and going past the bright star Aldebaran by



about 10 degrees to spot the cloud-shaped Pleiades cluster. Some fans describe the Pleiades as a tiny dipper shape, similar to the famous big dipper. On April 20 to 22, the planet Mars moves into a conjunction with the Pleiades, passing within about three degrees.

As the evening moves onward, one can enjoy the bright planet Jupiter blazing in the southeast sky, becoming conveniently visible after about 10:15 p.m. Look for the star "Spica" to the south of Jupiter. Spica is a somewhat bright star in the otherwise inconspicuous constellation Virgo. Stargazers may enjoy a close encounter on April 10 as the full moon and Jupiter appear within five degrees of one another for the entire evening.

# Farm to table businesses doing well

Consumers' appetites for local foods are growing, and restaurants have taken notice. Today, many local businesses, including farms and restaurants, have mutually exclusive relationships that make it possible for local residents to enjoy nutritious, locally produced meals.

According to the market research firm Packaged Facts, local foods generated \$11.7 billion in sales in 2014 and will climb to \$20.2 billion by 2019. Farm-to-table remains a growing trend that benefits farmers, restaurateurs and consumers. This is evidenced by the rising number of farmers markets cropping up in neighborhoods all across the country, as well as the niche offerings by regional food purveyors. The U.S. Department of Agriculture says that, in the last 20 years, the number of farmers markets has grown by more than 350 percent. Many consumers are now choosing "local" for dining at home and when dining out, and this is making a major impact on the nation's food systems.

Foodies as well as industry experts predict that the local foods movement is a permanent and mainstream trend. In 2014, the National Restaurant Association found the desire for local foods dominated its "Top Food Trends."

The most in-demands foods include locally sourced meats and seafood as well as locally sourced produce. Consumers also are interested in farm/estate-branded foods. Some restaurants are even producing hyperlocal food, or herbs and produce grown right on the property.



**Homerun** - Members of the Stephen Decatur High School (SDHS) varsity baseball team hit a different kind of home run recently. They traded in their uniforms and baseball bats for books and smiles when they visited pre-kindergarten and kindergarten classes at Ocean City Elementary School. The boys greeted students as they entered in the morning, then visited classrooms to read books to the students.

Above: SDHS baseball team poses with pre-kindergarten and kindergarten students from Ocean City Elementary School.



As the demand for local foods has evolved. so has the term "local foods." Local can be a wide-ranging term that refers to foods produced in a particular town, state or even region. The 2008

Farm Act defines a "locally or regionally produced agricultural food product" as one that is marketed less than 400 miles from its origin. However, a few states have established more stringent rules that indicate local constitutes food produced within the borders of a state or within a small perimeter of the state.

The growing preference for locally produced foods is great news for the farmers and small food producers that have long fought for footing among the mega-importers. According to the trade publication Produce Business, even though local does not place limits on the size of the farm, the growing de-



sire among consumers to go local is benefiting many small and midsized farms, as consumers are increasingly buying foods grown closer to where they live.

In addition to meats, fruits and vegetables, consumers can find many locally made items that expand the potential for farm-to-table. These include, but are not limited to, artisanal cheeses, wines, beer, baked goods, milk and other dairy, and honey.

Local, sustainable foods are in demand, helping not only local restaurants and merchants, but also the small and medium farms that service these establishments.

# Avoid chicks and ducklings this Easter

Baby chickens and ducks make for adorable Easter scenery, as their soft feathers and diminutive size make them a natural draw for inquisitive and loving children just looking for a new pet. But those little winged cuties will grow up into adult animals, which often make them impractical Easter treats for the average family.

When purchasing chicks or ducklings, many people may not realize just how quickly these animals grow. Pekin ducklings, one of the more popular species of duck available, can reach adult size between four and five weeks of age. Chicks can transform from that small puffball of yellow or white feathers into an adultsized bird in mere months. Some chicken breeds weigh four pounds between seven and nine weeks of age.

Many families find that once chicks and ducklings outgrow their initial nesting box they become impractical. They need suitable shelter as well as a space to enjoy the outdoors. Animals are often abandoned if their needs become too much to handle.

The animal resource Vet Street also advises that ducks and chicks tend to be messy pets. They shed feathers constantly and can deposit waste all over. Ducks and chicks may also like to kick up bedding when nesting. The birds also may pass diseases to people through their fecal matter, which is why humans must wash their hands after contact.

Many people also think that chicks and ducks are perfect for little kids. But the animals can become stressed by rough handling and peck or scratch to avoid perceived danger.

Instead of live ducks and chicks this Easter, well-meaning parents or grandparents are better sticking with the chocolate varieties.



WCHS fundraiser success - Worcester County Humane Society recently held its first Quarter Auction. Two hundred bidders participated helping to raise over \$7,000 for the no kill shelter. Pictured are Quarter Auction volunteers: (front row I. to r.) Terri Mahoney, Anne O'Connell, Tina Walas, Dulce Olexo, Gina Castagna. (back row I. to r.) Sandy Summers, Stephanie Gamm, Mary Martinez (Quarter Auction Chair), Heather Bahrami, Mary Jo Armiger, Diana Snyder-Marcopoulos.



Basket giveaway - The Republican Women of Worcester County (RWWC) will donate Easter baskets to two families in Worcester County. The baskets, containing clothing, books, toys and of course, Easter candy, will be presented by Vera Beck, chairperson of the Caring for America program of the RWWC.



## **Growing knowledge**

Students in Andrese Foreman's third grade class at Ocean City Elementary School have been "growing" their knowledge about plants by observing the parts of a cabbage plant and learning about the important role each special part plays to help it survive.

# **Coastal Hospice** promotes new manager

Courtney Gum-Layton, LGSW, has been promoted to Medical Social Serv-

ices Resource Coordinator and will supervise the staff of social workers at the non-profit agency. On Coastal Hos-

pice care teams, social workers provide emotional and social support to patients and those caring for

them, in patient homes and at Coastal Hospice at the Lake. Social workers also locate community resources that may be beneficial to patients and their families, such as Life Line, Meals on Wheels, VA benefits, and advanced directives.

and MSW from Salisbury University

# **Earth Day Clean Up is Saturday**

Maryland Coastal Bays (MCBP), Ocean City Surf Club (OCSC) and the Town of Ocean City are hosting their eighth annual Earth Day clean up, Saturday, April 8.

Volunteers are encouraged to preregister with Coastal Bays in advance so there will be plenty of supplies and assignments. Garbage bags, gloves and a commemorative tee shirt are provided to all volunteers while supplies last. Register your team by either emailing sandis@mdcoastalbays.org or calling 410-213-2297 ext. 106.

You can also register the day of this clean up. Check in and registration on Saturday will be held in the Gazebo on 3rd street at the city town hall beginning 10 a.m. A clean up area will be assigned to you at registration unless you have an area of preference.

MCBP is promoting an Adopt Your Street program where they are hoping area residents and homeowners will commit to at least four days annually of picking up trash on a street. OCSC has a similar program with adopting a beach. This event is a great inaugural event to commit to keeping your environment clean. You can sign up for a street through the MCBP website at www.mdcoastalbays.org. If you are interested in adopting a beach, you can sign up on the OCSC website at www.oceancitysurfclub.org.

before joining Coastal Hospice as a social worker in 2014. She said she chose social work "to help people find their voice and to advocate for people who can't speak for themselves."

"It's an emotional time for both the patients and families, and being allowed the opportunity to care for someone at the end of their life is an honor," Gum-Layton continued. "It has been said before but deserves to be said again: The end of life deserves just as much nurturing as the beginning of life, and I am proud to be able to walk that journey with the patients and families."

# **PTA prospective** student meetings to be held

Students interested in the physical therapist assistant (PTA) program at Wor-Wic Community College are required to attend one of the upcoming prospective student meetings, scheduled in Room 204 of the Allied Health Building on the college campus on the corner of Route 50 and Walston Switch Road in Salisbury.

Meetings will be held on Friday. April 7, at 1 p.m., Tuesday, April 18, at 6 p.m., and Thursday, May 4, at 1 p.m. Topics will include the physical therapy profession, the role of the PTA, the program curriculum and admission requirements.

Space is limited. To reserve a seat. email the PTA department at sennis@worwic.edu<mailto:sennis@worwic.edu> or call 410-572-8740.

# Legion to meet

The American Legion Auxiliary Unit 166 monthly meeting will be held Tuesday, April 18 at 11 a.m. It will be followed by the Americanism Essay Awards Luncheon. American Legion Synepuxent Post 166 is located at 23rd Street, Ocean City. Current members and those interested in becoming a member are encouraged to attend.

# Craft club to meet

The Pine'eer Craft Club will meet Thursday, April 20. Refreshments will be served at 9:45 a.m.; the meeting will begin at 10 a.m. The craft this month is beaded watch band. Call Sharon at 410-208-3032 for more details.

Courtney

Gum-Layton

Gum-Layton, received her BSW



### weekend from page 3

Worcester County, Maryland. "People go crazy over the number of eagles and herons, but they will see a lot more than that birding with our guides around Assateague Island and our cypress swamps near Snow Hill."

Boasting patient and fun-loving guides, new trips will feature jaunts around Laurel, Delaware, normally inaccessible private lands, and Maryland's Chincoteague Bay through some of the most pristine habitats on the East Coast.

"The April weekend is spectacular," said Southern Delaware Tourism Director Scott Thomas. "Imagine hiking a trail at Trap Pond to be met with one of the most beautiful yellows you've ever seen... in the form of a prothonotary warbler. Or spend a Friday afternoon at Prime Hook National Wildlife Refuge or boating around Lewes and the Delaware Bay, followed by happy hour in Rehoboth. That's what the weekend is all about."

Social events for new and experienced birders are scheduled throughout the weekend. These "Tally Rallies" are held at local breweries, bars, and restaurants, and allow participants to add to the species checklist and swap birding stories with new friends.

Indeed, participants recount the event in terms of experiences rather than simply observing birds, a majestic Bald Eagle soaring over the marsh, a loon in breeding plumage catching fish, or the eerie hoot and shadow of a barred owl at dusk. An outdoor experience is the true draw.

The Delmarva Peninsula is one of the country's premier birding areas, thanks to an extensive variety of habitat protected by our coastal parks, refuges and wildlife management areas. More than 400 bird species have been recorded in the region and previous Weekend tallies have topped 200 species.

If boasting that many species isn't enough, participants should feel even better knowing that they've helped Delmarva's birds by promoting birding and habitat conservation. Birders, both novice and experienced, make an important statement about the economic value of birds and their habitats through the money they spend in local hotels, restaurants, and shops. Participants are encouraged to remind local businesses that they are here to enjoy Delmarva's natural areas and the birds that inhabit them. This is important now more than ever.

"It's our vast shallow bays and large tracts of protected marshes and bald cypress forests that make the Delmarva Peninsula one of the finest birding regions in the nation," said guide and organizer Jim Rapp. "During the Weekend, our guests will hike on private farmland and woodland that are normally off-limits to birders, and our waterborne trips go where the birds are."

Co-organizer Dave Wilson added that few of our trips were physically taxing and that the event provides a rare opportunity to tally 100 species in a day in places that are normally inaccessible to the public.

Additional sponsor and registration information, field trip descriptions and other resources for Delmarva Birding are available at www.delmarvabirding.com. To become a sponsor or for additional information, contact Jim Rapp (443-614-0261) or Dave Wilson (443-523-2201) at Conservation Community Consulting at conservationcc@gmail.com.

April 5, 2017 The Courier Page 15 ATTENTION WORCESTER COUNTY **RESIDENTS ONLY!!!** FR트로 Household Hazardous Waste **& Electronics Collection** Saturday, April 15, 2017 • 10 AM-2 PM Collections to be held at the **OCEAN CITY PARK & RIDE RT. 50 - W. OCEAN CITY Household Hazardous Waste Collection** WHAT WILL BE ACCEPTED: Gasoline • Gas/Oil Mixtures • Fuels • Acids Cleaners • Solvents • Automotive Fluids • Bleach Ammonia • Pool Chemicals • Pesticides Dark Room Supplies • CFL Light Bulbs • Batteries Insecticides • Herbicides • Oil-Based Paints

No Materials will be accepted from Business, Industrial or Commercial Sources.

Thinners • Turpentine • Wood Preservatives

Wood Strippers • Etc.

(dispose of *solidified* paint in trash – to solidify

- add dirt, sand, kitty litter, mulch, etc.)

All of these materials will go to a

HAZ MAT disposal site.

WHAT WILL NOT BE ACCEPTED:

Explosives • Ammunition • Medical Waste

Radioactive Materials • Picric Acid • Asbestos

# **Electronics** Collection

## **TELEVISIONS**

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THESE ITEMS WILL BE ACCEPTED AT PARK & RIDE LOT • RT. 50 • W. OCEAN CITY APRIL 15, 2017, 10 AM - 2 PM

For more information on this event, Please call Mike McClung, Recycling Coordinator 410-632-3177 Ext. 2405 or email at mmcclung@co.worcester.md.us

### candidates

from page 1

ting body of the Ocean Pines community. Board members do not receive monetary compensation for their service. They serve three-year terms on a staggered basis and cannot seek reelection after serving two consecutive terms. A Board member who misses three consecutive regular meetings is subject to removal for cause.

To be considered by the OPA, the application must be completed and returned to the OPA General Manager's office at the Administration office at 239 Ocean Parkway to the attention of the Search Committee no later than 5 p.m. May 10 of the year of election.

A board candidate must be an owner of record on January 1 of the year of the election and not have unpaid annual charges or vote suspended by the board as of May 15.



# THE COVE AT MUMFORD'S IN OCEAN PINES