

The Courier

April 26, 2017 Volume 17 Number 33

Clarification/Correction

In this space last week, *The Courier* incorrectly reported that Ocean Pines Association Board Member Pat Supik had voted in the majority to reverse a decision that would have opened the Oasis pool (formerly the Yacht Club pool) to children on Sunday afternoons. The vote was directors Dave Stevens, Tom Herrick, Slobodan Trendic, Cheryl Jacobs and Dave Parks in favor of overturning the decision. Pat Supik and Brett Hill voted against overturning the decision.

Amish Country trip planned

Worcester County Recreation and Parks is offering for the first time a motor coach trip to Amish County in Pennsylvania Thursday, May 18.

Explore The Amish Village and 12-acre grounds on your own or with friends and family before you head to The Kitchen Kettle Village to enjoy the 40 plus shops filled with Amish-made goodies. You will also be treated to a narrated bus tour of the area and guided tour of The Amish House.

The cost for this trip is \$75 per person, with \$30 due at booking and the remaining \$45 due by Friday, May 5, to confirm your seat. Contact Program Manager Lea Cataggio at 410-632-2144 x2509 or by email at lcattaggio@co.worcester.md.us to reserve your seat.

Pines to hold restaurant job fair

The Ocean Pines Association will hold a restaurant job fair from 10 a.m. to 1 p.m. on Friday, April 28 and Saturday, April 29 at Mumford's Landing in Ocean Pines.

Seasonal and year-round positions are available at the community's three restaurants: The Cove at Mumford's; Ocean Pines Golf Club's Tern Grille; and, the Ocean Pines Beach Club, located at 49th St. in Ocean City.

Individuals interested in serving as waitstaff, cooks, servers, bartenders, bussers and hostesses are encouraged to attend.

All three facilities have recently undergone renovations. The association's flagship restaurant, The Cove at Mumford's, is currently open. The Ocean Pines Beach Club and Tern Grille will reopen within the next few weeks.

Questions about the job fair should be directed to Mumford's Landing in Ocean Pines at 410-641-7501.

Flea market to be held

Bethany United Methodist Church will hold an indoor flea market on Saturday, April 29, between 8 a.m. and noon. Also available will be baked goods and breakfast sandwiches. The church is located at 8648 Stephen Decatur Hwy. (Route 611 and Snug Harbor Rd.) in Berlin. For information call 410-629-0926.



Haas stocks up

Stephen Decatur High School junior Andrew Haas earned the top spot on the Eastern Shore and 8th in the state out of 565 teams in the spring session of the Maryland Stock Market Game. The Stock Market Game is an educational simulation that teaches students about the stock market, the American economic system, and the global economy by allowing students to invest a virtual \$100,000. Haas will be recognized by the Maryland Council on Economic Education on May 17 in Towson, Maryland. **Andrew Haas** is pictured with business and economics teacher **Kurt Marx**.

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Community Calendar April

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

Bishopville VFD to hold fundraiser

The Auxiliary of the Bishopville Volunteer Fire Department will hold a Breakfast for Dinner on Friday, April 28 at the main station. Breakfast food items include scrambled eggs, sausage, scrapple and creamed chipped beef. The breakfast will be served buffet style (all you can eat) between 6 p.m. and 8 p.m. The cost is \$10 for adults and \$6 for children. Call 443-235-2926 for more information.

AGH to hold Hygiene Drive

The Berlin location of Atlantic ImmediCare is set to host its first Hygiene Drive benefitting Diakonia, the W.A.C.S. Center, Samaritan House and House of Mercy on Saturday, April 29, 2017 from 8 a.m. to noon.

Atlantic General Health System volunteers will be on hand to accept hygiene related items including laundry detergent, Vaseline or lip balm, soap, body lotion, baby powder, toothpaste, toothbrushes, mouthwash, men's and women's razors, shaving cream, shampoo, conditioner, combs, hair brushes, deodorant, feminine products, hand sanitizer, baby wipes, paper products and large garbage bags. The donated items will then be delivered to each of the benefitting community organizations to distribute to those in need. Early donations may be brought to the reception desk in the Atlantic General Hospital Main Lobby attention: Crystal Mumford. Associates will be available to provide additional information about the services

offered at Atlantic Health Center and Atlantic ImmediCare.

For questions or more information, please contact Roslyn Knight-Hall at rknighthall@atlanticgeneral.org.

The Parke to hold community sale

The Parke at Ocean Pines is holding its community sale on Saturday, April 29 (rain date is May 6) from 7:30 a.m. to noon in the driveways of its residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

On April 29 maps will be available at the main entrance of the Parke which is located at Central Parke West, located off Ocean Parkway at the south entrance of Ocean Pines.

For additional information, contact the Parke Clubhouse Staff at 410-208-4994.

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.

First Saturday

Creative Writing Forum

Every first Saturday of the month at 10 a.m. at the Berlin Library. Novice and established writers gather to share their fiction, non-fiction, and creative writing projects. Program includes critiques and appreciation, market leads, and writing exercises.



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Explore nature by boat this weekend

The 2017 Delmarva Birding Weekend invites hundreds of nature enthusiasts to the shore to explore the bays and ocean by boat for seals, waterfowl

leaves from Fisherman's Wharf in Lewes on Friday, April 28 at 2 p.m. There is also a chance to see whales on this trip.

On Saturday, April 29, the Assateague (Shorebird) Explorer departs at 2 p.m. from Ocean City to explore the coastal bays behind Assateague. Eagles, loons and sometimes seals and piping plovers can be seen on this trip. Popular pontoon rides are also offered on the eagle-rich lower Pocomoke River and at Trap Pond where an owl prowl takes place Saturday at 6 p.m.

For the adventurous lot, the Birding Weekend offer a full day trip on Saturday to the world-famous Smith Island replete with homemade Smith Island cake and fresh caught crab cakes. The trip to the isolated village sneaks rare glimpses at the secluded Martin National Wildlife

*please see **birding** on page 4*



Barred owl

and shorebirds April 27-30. Registration for the popular event is now open at www.delmarvabirding.com.

While the four-day event offers lots of great hiking trips, boats remain an easy and relaxing way to see wildlife. For non-paddlers, the Weekend offers a seal- and gannet-laden trip that



Domino players - This enthusiastic group of domino players, one of many in Ocean Pines, met at Sue Walter's home recently. The Easter Bunny made an early visit. From left is **Coralee Powell, Meg Herrick, Linda Horst, Sue Walter, Camille Petitto, Cindy DiNicholas and Susan Morris.**

4-H to hold golf camp, STEM expo

UME 4-H Youth Development Program will be conducting a 4-H Golf & STEM Expo on the campus of University of Maryland Eastern Shore July 6 and 7. This overnight camp is open to all youth ages 8 to 13. Youth do not need to have prior golf experience.

STEM is in all aspects of the game of golf. The dimples on the golf ball, angle of the club and influence of the wind are all a part of the game. The goal of the Expo is to encourage youth to think like engineers and problem solvers as they learn how to play the game. Youth will learn to manage their emotions as they learn the highs and lows of the game.

Partnering with University of Maryland Extension 4-H program faculty and staff, the instructor for the golf sessions will be Jamila Johnson, Academic Coordinator, PGA Golf Management at UMES. Her coaching led the golf team from UMES to be ranked in the top 10% academically

within the NCAA Men's programs.

Youth participants will stay in dorms with all meals provided. Along with their golf instruction, they will also enjoy a movie at the Student Service Center on campus, an aviation demo and flight simulator, and an awards reception at the end of the program. Participants will go home with golf clubs and other golf related items.

Advanced registration is required by June 15 and limited to the first 25 paid registrants. The cost is \$25 for 4-H members; \$35 for non-4-H members. Register online at <https://4hgolf.eventbrite.com>. For more information, call the Wicomico or Worcester County Extension office. 410-749-6141 or 410-632-1972. University of Maryland is an Equal Opportunity Employer and Equal Access Programs. For more information on 4-H Youth Development and other Extension Programs, call 410-632-1972 or visit www.extension.umd.edu.

Dance to be held

An Ocean City Dance will be held Saturday, May 13 at the Elks Lodge No. 2645 banquet hall located at 138th Street Coastal Highway (behind the Fenwick Inn). The event is open to the public. A cash bar will be available. There will be swing, Latin, disco, ballroom and country dancing to the music of DJ Mike T. A rumba lesson will be given by John Brillantes from 6:30 p.m. to 7:30 p.m. Open dancing will be 7:30 p.m. to 10 p.m. Admission is \$14 per person includes the dance lesson. For information call 443-474-0015 or www.DancingAtTheBeach.com.



RESIDENTIAL JOB FAIR

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Friday, April 28, 2017

11 p.m. to 2 p.m.

WCDC has openings for Residential Counselors

Part-time weekend hours are available. We are hiring for three shifts: 8AM-4PM, 4PM-12AM, & 12AM-8AM. The successful applicant will be a direct care professional responsible for providing supervision and support to individuals in their homes.

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WCDC 8545 Newark Road Newark, MD 21841

If you cannot make it to the job fair, please contact Jamie at (410)632-2382 x119, or snyder@wcdcservices.org or Stacey at (410)632-2382 x120 or taylor@wcdcservices.org.

EOE

The Courier

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2012 Business of the Year

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According to Catholic Online, the sacrament of confirmation completes the sacrament of baptism. To Catholics, baptism is the sacrament of rebirth to a new and supernatural life, while confirmation is a sacrament of maturity and representative of a



young Christian's coming of age. The Catholic Church teaches that confirmation is a true sacrifice

that was instituted by Christ. While many Catholics are baptized shortly after they are born, they do not receive the sacrament of confirmation until much later, when their spirituality and commitment to Jesus Christ has further developed and they are fully capable of understanding the commitment they are making. The United States Conference of Catholic Bishops notes that the sacrament of confirmation calls confirmands to be missionary witnesses of Jesus Christ not just in their own families, but in their neighborhoods, society and the world at large.



Pilot visits MBS

Every spring, Southwest Airlines Captain Bob Finley instructs the fifth grade class of Most Blessed Sacrament Catholic School in a four week program on the principles of flight aeronautics. The students connect with Captain Bob to study geography through "Mystery Cities," traveling through time zones, Bernoulli's principle of flight, and the scientific process.

Pictured L-R: first row: **Katrina Vallorosi, Gabriel Failla, Grace Short, Brooke Delahanty**; second row: **Ethan Hudson, Tayler Flaherty, Daniel Genga, Katelynn King, Dionno Clubb**; third row: **Rocco Regacho, Summer Vent, Josie Peranteau, Kevin Myers, Mason David**; Bottom Row: **Captain Bob Finley, Wesley Simmons, AJ Kolb, Nick Nowakowski, Kolten Zender and Hayden March.**

birding

from page 3

Refuge as the boat slinks by.

Paddling enthusiasts can choose from eight offerings including a soothing sojourn from the James Farm along Indian River Bay Thursday morning to both evening and morning paddles on Ayres and Trappe creeks on Friday and Sunday. A Trails to Rails trip slips along the saltmarsh trails in Rehoboth Bay on Friday morning and the warbler-filled Pocomoke and Nassawango kayak trips through expansive bald cypress swamp are again offered Saturday and Sunday mornings.

Walkers and hikers 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 at Redden State Forest and follow it up with a shorebird spectacle at Prime Hook National Wildlife Refuge in the afternoon.

On Saturday, folks can traverse the beautiful wilderness at the landings of Maryland's Chincoteague Bay and slip into the marsh for the Night Birds trip surrounding 11,000 acres of protected land. On Sunday morning nature lovers who prefer walking can choose the Warblermania trip nestled in the depths of the Pocomoke cypress swamp or hike through fields, ponds, forest and saltmarsh on the celebrated Newport Farms Diversity Walk.

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

Guided by local birders with decades-long experience on the penin-

sula, 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 nature-oriented weekends," said Lisa Challenger, Tourism Director for 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.

Traveling with scuffed shoes

Cotton balls. That's what it looks like from my window seat 35,988 feet in the air aboard Southwest Flight 5847 heading to New Orleans. It's Easter Sunday. I'm heading to a conference, the National Hurricane Con-

worse, making the scrape area much darker than the rest of the shoe. It looked like a big, indelible liver spot. Ugh! She was going to find out for sure.



It's All About. . .
By **Chip Bertino**

chipbertino@delmarvacourier.com

ference specifically.

Flying is not something I do regularly. There aren't too many places I need to go that air travel is necessary. And I'm just fine with that. As we're cruising along at 501 miles per hour, I'm reminded of the first time I flew. I was in the eighth grade. Jimmy Carter was president.

My grandparents were vacationing in El Cajon, California and as a graduation gift (from the eighth grade), they paid for my airfare to join them. I was 13 at the time.

Rosenbluth's travel agency handled the arrangements. This was before the internet. I would be flying American Airlines; a non-stop flight from Philadelphia to San Diego. During the weeks leading up to my departure my mother was constantly giving my advice. I don't remember everything she related to me but one thing sticks with me. "If there's an emergency, you take care of yourself. Don't worry about others, they'll be fine."

The other memory from that time that has remained vivid has to do with my shoes. Yes, my shoes. In preparation for the trip, my mother took me to Buster Brown to get a pair of dress shoes for when I traveled. Now it seems funny to think about having to get dressed up to travel when casual attire and even beach attire is the norm on planes, trains and busses. Anyway, she bought me a pair of brown shoes. Prior to the trip I wore them for some reason and scuffed up the toe of the left shoe. It was more like a scrape, a deep scrape. I was petrified by what her reaction would be when she discovered this deep crevice. My attempt to hide the damage with Kiwi Shoe Polish only made things

On the morning of my departure Mom laid out my clothes: slacks, a neatly ironed button-down shirt and a sports jacket. No tie. I guess Mom thought this should be a casual event. And of course, the aforementioned shoes. Try as I might to conceal the liver-spotted

shoe, I knew for sure she would see it. But, nothing. No reaction. No response. No anything. At the gate, she hugged me, told me to be good for my grandparents, listen to the stewardess (they were still called stewardesses then) and not try to be hero in the event of an emergency. And that was it. Whew! I had gotten away with it.

On the plane I went, took my seat, buckled in and looked down at my shoe. I had gotten away with it! California, here I come.

Sometime after my return my Mom and I were talking and I couldn't help bringing up the damaged shoe. "Didn't you see my shoe," I asked incredulously. "I saw it," she responded

calmly. "But you never said anything. I really thought you'd be angry."

She responded, "I'm going to say something about a silly shoe when you're getting on an airplane flying across the country when anything could have happened?"

Yeah, sure. But let either my brother or me snigger when a squeaking sound was heard in church and there were stern glances and the threat of not being able to go to Matthew DeMarco's house to play. Go figure.

The meaning behind my mother's response about those silly shoes has stuck with me: "Don't sweat the small stuff." I wish I could report I've always adhered to that sentiment when dealing with my children or life in general. I haven't. But there are times when the thought of those old shoes and my mother's reaction have surfaced and for that I'm very grateful.



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MD #2294

Sunset Grille to host annual Pirate Party

Worcester Youth and Family Counseling Services will host its ninth Annual Pirate Party fundraiser to benefit the children of Worcester County. The event will be held on Friday, May 19, from 6 p.m. to 9 p.m., at Sunset Grille in West Ocean City (with a rain date of June 2). Attendees are encouraged to join in the fun by coming dressed in their best pirate garb. This annual fundraiser is always a big hit with locals since it represents the kick-off party of the summer. There will be two tiers of admission this year. A \$20 donation at the door includes a light fare buffet, happy hour drink prices, live entertainment, raffles, and an auction; a \$49 donation adds two drinks, a t-shirt, and V.I.P. access to special areas

of the event with butlered food service, including service aboard the Duckaneer Pirate Ship, docked at Sunset Grille.

This is WYFCS's most popular annual event and all monies raised will support WYFCS' youth programs. These programs have a huge impact on the lives of Worcester County's most vulnerable residents, engaging them in healthy, structured, social activities and working with them in therapeutic environments to improve their lives.

If interested in becoming a pirate, contact WYFCS at 410-641-4598.

Bertino to hold Town Meeting

Worcester County Commissioner Chip Bertino will host his second Town Meeting of 2017 on Saturday, May 20 at 10 a.m. at the Ocean Pines library. He will discuss issues and developments impacting the Ocean Pines district and the county. Commissioner Bertino's guests include Charlotte Cathell, Register of Wills and Chief Administrative Officer Harold Higgins.

Commissioner Bertino will discuss developments in the Fiscal 2018 county budget that will be adopted on June 6.

This town meeting will be the tenth Commissioner Bertino has hosted since being sworn in. "These meetings are an opportunity for residents to learn and understand what is going on within our county and it gives them the chance to ask questions and comment on topics of in-



Arbor Day remembrance - The Ocean Pines Garden Club held its Arbor Day in the Pines memorial tree planting ceremony on April 13 at Pintail Park in Ocean Pines. Shown L-R are: **Chip Bertino**, Worcester County commissioner; **Meg Herrick**, OPGC president; **Dave Stevens**, Ocean Pines Association director and **Marian Bickerstaff**, Arbor Day committee chairperson. The tree planted this year in memory of loved ones who passed away during 2016 is a flowering crabapple. Photo by Gail Philippi

Ways to prevent sibling arguments

Brothers and sisters can be great friends, and those friendships often grow stronger with age. However, when kids are young, those fun and friendly relationships are not always so easy to come by. Arguments and fights may occur as sibling rivalry rear its ugly head, and parents may be unsure how to resolve the conflicts. Keeping peace in the family may require some of these strategies.

Encourage positive remarks. Encourage siblings to say a nice thing about each other around the dinner table. Acknowledging what they like about a sibling can help kids focus on the positives of being a brother or sister.

Eliminate "mini-parents." It is the adults' job, not kids', to reprimand or show direction to children. When one child starts parenting another, parents

must nip that in the bud as quickly as possible.

Employ reverse psychology. Force the children to spend no time together one day. Actually ban interaction among siblings if they are prone to constant fights. Going without that company can illustrate just how much they miss being together.

Reward bickering and fussing with chores. Reward arguments with chores. If children have time to argue, they are probably not engaged in productive work. Knowing extra chores will be the result of arguing can help limit the number of fights.

Fair does not mean identical. Children sometimes pick fights if they think a sibling is getting more attention from their mother and/or father than they are. Kids need different things in a relationship and parents can recognize that carbon-copy activities will not help quell that feeling of unfairness.



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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So we will play my songs on
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A trip down memory lane with the Dean of Doo-Wop

By **Gloria Dietz**

When you hear a certain song, doesn't it take you back to a certain time and place? Hearing doo-wop on the radio takes us back to a titillating time of drive-in movies, diners, hot rods, hula hoops, poodle skirts and saddle shoes. This is the kind of music that you can listen to over and over.

During the 1950s and early 60s, doo-wop was one of the most mainstream styles of music. This genre was originated in the communities of New York, Philadelphia, Chicago, Baltimore, Newark, Pittsburgh, Cincinnati, Detroit, D.C. and Los Angeles. Crooners were making hit after hit since this music could be performed nearly anywhere by anyone with singing ability. There was no need for expensive equipment or special technology; only a microphone was needed.

Many great doo-wop singers relied on the harmonies provided by their back-up singers for their unique

sound, sometimes acapella. Songs like "Blue Moon" by The Marcells or "Sh-Boom" by The Chords are just some that come to mind.

Doo-Wop has become even more



Dino Fradelos

popular as of late due to the award-winning true life Broadway Musical, Jersey Boys currently on tour. This

phenomenon is about Frankie Valli and The Four Seasons that features their legendary hits "Sherry," "Big Girls Don't Cry," "Walk Like a Man," "Can't Take My Eyes Off You," or "December, 1963 (Oh What a Night)."

If you want to take a trip down memory lane, just listen to Dino Fradelos on the radio. He is known as the Dean of Doo-Wop to his Ocean Pines listeners. He has been doing a weekly radio show on 107.9 FM for over 10 years. Every Friday from 3

p.m.-4:30 p.m. he creates a new show that includes trivia and public announcements. "It's mostly retirees in the community and I play songs they thought they would never hear again. It's more than just the recycled oldies, it is music no one is playing anymore," said Dino. Johnny Maestro & the Brooklyn Bridge is Dino's favorite and he feels it was an injustice that they were not inducted into the Rock & Roll Hall of Fame.

please see doo-wop on page 8

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County honors memory of Warden Garry Mumford

Worcester County government announced Sunday morning that Worcester County Jail Warden Garry Mumford, passed away Saturday, April 22, 2017, after a brief illness.

Warden Mumford, who was born on November 28, 1959, graduated from Salisbury University, with a bachelor's degree in social work in 1981. After graduating, he served as a military police investigator, juvenile investigator, and drug investigator in the United States Army from 1982 to 1987.

He joined the Worcester County team in late 1987, as an investigator with the State's Attorney's Office. During that time, he attended the Eastern Shore Criminal Justice Academy at Wor-Wic Community College, where he earned certification as a law enforcement officer by December 1988. In December 2000, he was promoted to the position of assistant warden/security and custody officer at the County Jail, and in April 2011 he was promoted to warden, after former Warden Ira F. "Buck" Shockley retired from the county.

Warden Mumford was known for his professionalism, his commitment, and his courteous treatment of all. His leadership played a key role in the Worcester County Jail having been recognized consecutively for the past 14 years with the Recognition of Achievement Award from the Maryland Commission on Correctional Standards (MCCS) for achieving 100% compliance with Maryland regulations for the quality of service he and his staff provided. He was known and respected throughout the state for his fair, humane, and respectful treatment of all at the jail, from the inmates to their families and friends, to their attorneys and to anyone else involved.

"Last night Worcester County

lost Warden Garry Mumford," Commission President Jim Bunting said. "Garry was a dedicated and highly respected leader in our community. On a personal level, we have been friends since we were young boys. I will miss Garry. God bless him and his family."

Warden Mumford was especially proud of his staff, quickly giving them credit for the high standards to which he held his agency. After receiving the most recent MCCS award, Warden Mumford said of his staff, "The county is fortunate to have this wonderful group of employees who care about the quality of services provided at the Jail." Again in 2016, he said publicly of his staff, "The correctional officers at any correctional facility have the awesome responsibility of serving, managing, and safeguarding the welfare of inmates each and every day, and our officers here at the Worcester County Jail do it in such a way that all of us should be proud."

"Warden Mumford led our team for the past six years," Assistant Warden Donna Bounds said. "As our leader, he gave his heart and soul to everyone he encountered on a daily basis. Warden Mumford provided strong leadership and was a great teacher, but most of all a great friend. The Worcester County Jail is struggling today with this tremendous loss of our leader and friend."

In addition to his leadership at the Jail, Warden Mumford was also extremely active in the community. He was a member of the Atlantic General Hospital Board of Directors and former Worcester County Board of Education member. His professional and volunteer contributions made a positive impact on those of all ages. He is survived by his cherished wife of more than 19 years and retired Clerk of Court employee, Faith.



Garry Mumford



Seahawks write literacy

Stephen Decatur High School Seahawk Writing Center tutors presented to many of the administrators, supervisors and coordinators of instruction for Worcester County Public Schools on April 20. The Seahawk Writing Center services students by providing intensive one to one conferencing between the tutors and the students. Tutors also visit classrooms to assist students in organizing and developing their writing. Over 100 students have sought out Seahawk Writing Center tutors for assistance thus far this year.

Pictured are (back row) Stephen Decatur High School English teacher **Kia Terlizzi, Mette Jacobsen, Sarah Bianca, Rodney Murray, WCPS Chief Academic Officer Dr. John Quinn, Kaitlyn Custer, Sarah Proctor, WCPS Superintendent Louis Taylor, Jacob Rider.** (Front row): **Kyla Taylor, Emma Hancock and Tara Fischer.**



Fashion - The Women's Club of Ocean Pines held its Fashion Show fundraiser on April 6 at Bayside Skillet. Models showed fashions from Chico's. Seated on the right is Co-Chair President **Susan Palamara** and second from the top left is Co-chair **Donna Portenza**, surrounded by the models.

doo-wop
from page 7

Dino, a 75-year-old widower, was a former hotel motel supply salesman and this has become his main hobby since retirement. "I want to keep the music alive," he said. Originally from Crownsville, Maryland Dino has lived on the Eastern Shore since 1994. He has one child, one grandchild, and two great-grandchildren.

The radio station is a non-commercial, educational, radio station with a public studio in the Gold Coast Mall on Coastal Highway in Ocean City. They look for community participation in many forms by working with volunteers to help with programming, ideas and suggestions. They also look to the business community for financial support. The station features family oriented programs that entertain, educate and serve.

If you would like to volunteer or become a contributor towards their programs, please contact 410-289-5882 or visit www.wees.org. For those that want to reminisce about the simpler times, just tune in every Friday for a 90-minute doo-wop show or you can call Dino at 410-520-0373 to request your favorite doo-wop song.



Books, books and more books

Nearly 3,000 books were collected during the annual Stephen Decatur High School book drive sponsored by the National English Honor Society. After they are categorized by reading level and genres, they will be donated to local schools, hospitals, shelters, and churches.

Pictured are **Kaitlyn Custer, Mette Jacobsen, Sarah Bianca, Marissa Wheaton, Emma Hancock, Rodney Murray, Gavin Esch, Michael Mareno, Eunice Huesca and Mahreen Ishfaq.**

Weeding through lawncare service options

Millions of acres across North America are devoted to lush, green lawns. According to Duke University's Nicholas School of the Environment, lawns take up 40.5 million acres and individuals spend \$30 billion on average for lawn and garden upkeep in the United States alone. People certainly love their lawns and often wonder if those lawns are best left in the hands of professionals.

The National Gardening Association states that 72 percent of American households do some work in their yards. However, a growing number of homeowners also hire others to make their lawns look pristine. Homeowners who want to leave lawncare to the professionals can consider the following factors as they search for a company that best suits their needs.

Work with a licensed and insured company. Lawncare services that are licensed and insured provide more peace of mind to homeowners than the alternatives. Should an injury occur on your property while work is being done, an insured business will be able to take care of it and you will not be liable.

Ask about membership in a professional or trade organization. Businesses that belong to an organization invest in continually learning about the evolution of lawncare. This increases the likelihood that member companies will be up-to-date regarding the latest, most environmentally friendly lawncare techniques. Participation in a trade organization also may indicate education in the landscap-

ing field.

Research reviews before hiring. Although public reviews may not paint the entire picture and they often reflect only the very positive or very negative experiences previous customers have had with a given business, they can provide an idea of how a lawncare company interacts with its customers. Prospective customers who contact the Better Business Bureau may learn if there have been any glaring complaints against a particular contractor.

Find out which services are offered. Ask each business what services they provide. While nearly every lawncare contractor will mow the lawn and trim shrubs, many homeowners prefer companies that can adapt when the yard needs a change. This may include pest treatments, fertilization, aeration, and seasonal cleanups.

Look for a company that is organized and connected. Customer service should be a factor when choosing a lawncare service. You want to be able to reach the company promptly. A company that responds quickly is ideal, especially if you need to change a service or need to inquire about additional or emergency work.

Shopping for a lawncare service can take time and effort, but the results will be well worth it when homeowners have lawns and landscapes that make their neighbors green with envy.

Design a garden for all senses

Gardens add visual appeal to a yard, but gardens also can appeal to the sense of smell, taste, touch, and sound. Gardeners who want to create gardens that appeal to various senses

Garden GUIDE

can do so in the following ways. Sight. Aesthetic appeal is one of the most sought-after benefits of gardening. However, many homeowners put in so much effort planting for one particular season that they may not give thought to ensuring the garden looks vibrant no matter the time of year.

Gardeners can research planting zones to find plants that will blossom at different times of the year so they can enjoy impressive, aesthetically appealing gardens year-round. Spring bulbs can bloom early on, while annual and perennial summer favorites will thrive under the summer sun. Beautyberry and caryopteris will fill out in the autumn, while holly or mahonia can look lovely in the winter.

Smell. Gardeners can dot their landscapes with aromatic trees, shrubs and flowers that will make stepping out into the garden that much more special. Some of the more fragrant plants include gardenia, dianthus, calendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

Sound. The lively sounds of the garden are created by the wildlife that come to pollinate and enjoy the environment gardeners have created. By choosing indigenous plants, gardeners can be sure that insects and small crit-

ters will seek refuge within the foliage.

Songbirds also will add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property's edge. Provide food sources and make sure they are located a fair distance from the main action of the yard so as not to scare off birds. Wait for musical chickadees, goldfinches, orioles, and cardinals to arrive and enjoy the accommodations.

Taste. Gardeners can expand their gardens to include fruit-bearing trees



and rows of vegetables. Produce can be harvested from early spring through late fall depending on the crops planted.

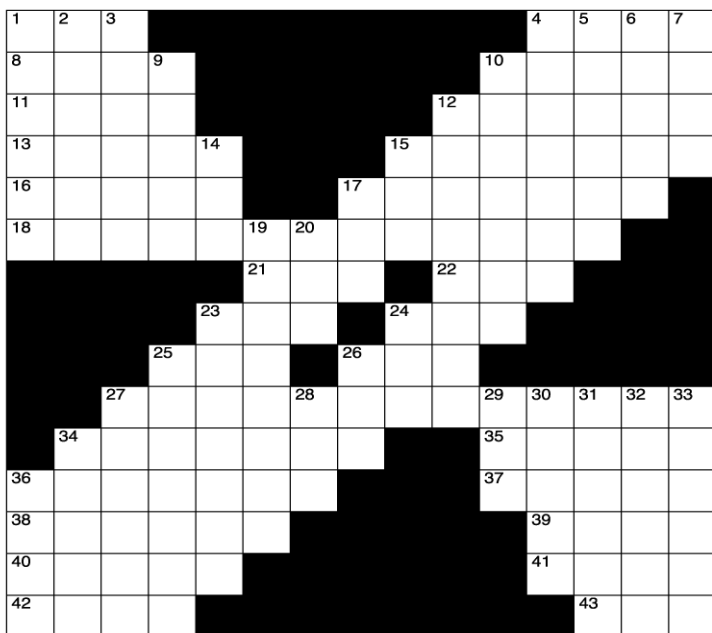
Touch. Apart from including trees and shrubs of various textures in the garden, look for other ways to stimulate a tactile response. Water features add relaxing sound and beauty. Stones, moss, mulch, and other accents have varied textures that can stimulate the sense of touch in various ways. Do not forget to include a sitting area so that you can immerse yourself fully in the garden.

Go beyond visual appeal when designing a garden. When gardeners tap into all five senses, they can enjoy their landscapes even more than they already do.

Discovery Center hosts book signing

Delmarva Discovery Center and Museum will host Author Jim Duffy, who will be signing copies of his best-selling book "Eastern Shore Road Trips – 27 One-Day Adventures" on Friday, April 28 from 5 p.m. to 8 p.m. at the Discovery Center in Pocomoke.

Much more than a traditional travel guide, Eastern Shore Road Trips is full of tales from days gone by and insights into the character and culture of the storied Delmarva Peninsula. Join award-winning writer Jim Duffy on 27 fun excursions along the back roads, into the quaint towns, and out to the sweetest scenes on the Eastern Shore of Maryland, the Eastern Shore of Virginia, and in Southern Delaware. Whether you're a road tripper or an armchair traveler, you will gain a fresh sense along the way for what makes this legendary place an American treasure of the first order.



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
- 24. James Bond is one
- 25. Signal
- 26. 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
- 40. Makes tractors
- 41. Witnesses
- 42. Not beginnings
- 43. Prosecutors

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
- 23. A basis for
- 24. Popular horror movie franchise
- 25. Basements
- 26. Boxing promoter King
- 27. Plucked
- 28. Small amount
- 29. Shape-memory alloy
- 30. Metal plates
- 31. Resonated
- 32. Sickness
- 33. Coercion
- 34. Franz van __, German diplomat
- 36. Type of ranch



Answers for April 19

For the Love of Travel...

The lure of Sweden

By **Kelly Marx**

To continue from last month's general overview of all things Swedish, this article will focus on which places you should make a priority on your trip to the largest Scandinavian country. Because I lived in Linköping as a student, I admittedly might be a bit biased. Here are the top places to visit:

- Linköping, a hub of students, especially international. Gamla Linköping (gamla translates to "old") is classified as an open air museum that contains more than 100 buildings. These structures were moved outside of the center of Linköping as to preserve them for future generations. During the 1940s, the city was experiencing vast growth at unprecedented speeds as a result of success stories in the transportation industry, such as the car brand Saab. By 1955,



The author with Reindeer

some of the houses from the old city center had been moved in their entirety and others were taken apart and rebuilt on scene. Today, the old city center is composed of more than 15 museums that operate within the buildings, and focus on a variety of areas, including schooling, banking, and housing. You can go with or without a guide, however, as in most cases, I feel a guide enhances the experience. There is no admission any time of year, however be sure to consult the opening hours if you are not visiting in the high season (summer). In Linköping's Centrum, you'll find different shops, including Sweden's staple, H&M. Additionally, there are nice places to stop and take fika, as well as pop into a few bars for a stronger beverage after fika. Some favorites include the Horse and Hound Pub with books lining the walls, Platå where drinks come in a fishbowl, and Yellow Fellow with Asian aesthetics and crafted drinks. Nightlife is concentrated in the Stora Torget Square.

-Norrköping, considered Linköping's sister city, is also found in Östergötland (one of the Swedish counties). Norrköping also has a stu-

dent presence as it has a satellite campus for LiU (Linköping University). One of the top student hang-outs is called Pub Vattentornet, which is a pub found located in a water tower. Make sure you ask one of the bartenders for a chance to take the elevator to the top so you get a great view of

the city. While outside of the city itself, make sure you take a ride out to see the Himmelstalund Petroglyphs, circa 1900 BC. While in the city, visit both the Stadsmuseum and the Arbetets Museum to get a glimpse into Norröping's industrial past.

-Malmö, a charming city in Southern Sweden called the "City of Parks" with the highest concentration of restaurants per capita (<http://malmo.com/>). Hailing from the Eastern Shore, I have had a lot of great seafood, however, Malmö comes in a close second. Salt & Brygga is one of Malmö's culinary gems. The Malmöhus Castle building houses the Art Museum, City Museum, Museum of Natural History and Science, in addition to previously serving as a prison. From Malmö, I would highly recommend driving to Copenhagen, the capital of Denmark. Nyhaven and the Carlsberg Brewery are not to be missed. I would also recommend staying in the Mayfair Hotel Tunneln. Both Danish and Swedish kings have stayed here when the building served as the residence of the governor of Malmö. The building's history begins as early

please see **travel** on page 11

Common asthma triggers and potential causes

Asthma, a chronic lung disease that results in inflamed and narrowed air passages, affects millions of people around the world. The National Heart, Lung and Blood Institute notes that more than 25 million people in the United States have asthma. Asthma is also prevalent in Canada, where the Asthma Society of Canada says more than three million people currently have asthma.

When airways narrow and swell, they can produce extra mucus. Breathing becomes quite difficult when asthma is present. The Mayo Clinic says that asthma is just a minor nuisance for some people, while others may experience life-threatening attacks. Recognizing potential triggers and avoiding them can help control symptoms.

The changing of seasons can be a tricky time for asthma sufferers because of the increase in air irritants. Pollen and mold spores are known asthma triggers. Spring cleaning around the house also may trigger an attack if dust, pet dander or particles of cockroach waste are stirred up.

People who are allergic to certain substances also may discover these same allergens can trigger asthma attacks. Irritants in the environment also can bring on such attacks. The Asthma & Allergy Foundation of America indicates that, while people may not be allergic to certain irritants, irritants can bother inflamed and sensitive airways. Cigarette smoke, wood fires, charcoal grills, smog, strong

fumes, and chemicals also may trigger asthma attacks.

People with asthma also must take care when exercising or when they develop respiratory illnesses. Exercise-induced bronchoconstriction can appear after several minutes of sustained exercise. The AAFA also notes that colds, flu and sinus infections are among the most common asthma triggers in children.

Although many asthma triggers are known, researchers continue to explore what causes asthma. The NHLBI says that people may be more likely to develop asthma if:

- They have atopy, an inherited tendency to develop allergies.

- Their parents have asthma.

- They were exposed to certain respiratory infections during their childhood.

- They had contact with allergens while their immune systems were developing.

A theory known as the “hygiene hypothesis” suggests another potential cause for asthma. Researchers say that growing concerns with hygiene and sanitation have removed many of the types of environmental exposures that once helped children develop strong immune systems. As a result, an increased risk for atopy and asthma has surfaced.

Asthma sufferers can try to avoid common triggers and may find that medication and other lifestyle changes can help control their symptoms.



Embroidery lesson - Salisbury University intern Veronica Turley brought history to life in Melissa Vit's 5th grade classroom at Berlin Intermediate School through a lesson involving embroidery techniques of the 18th and 19th century. Students were taught how to embroider their names or initials to demonstrate their understanding of how women recorded stories of their lives during the era of the American Revolution through the art of samplers.



Donation - Helen Wiley, director of the Church Mouse Thrift Shop in Berlin, presented a donation to the Jesse Klump Suicide Awareness & Prevention Program at the April Art Stroll in Berlin. The program's Secretary/Treasurer, Ron Pilling, accepted the gift. The Church Mouse supports both local and international charities with the proceeds from its Main Street shop.

travel

from page 10

as 1307 and once you step inside, you feel transported to a different time (while still enjoying the modern conveniences of today).

-Stockholm, arguably the best city in Sweden, is also its largest by far. Stockholm's population is estimated to reach 2.5 million people in a country of nearly 10 million by 2024, according to The Local, a Swedish publication. Stockholm is becoming ever-increasingly diverse due to an increase in immigration. About one-fifth of the current Swedish population has an immigrant background, according to the World Population Review. The most outstanding museum I have ever been to is the Vasa Museum which portrays the rich history of a ship that capsized in Stockholm in 1628, was salvaged 333 years later, and restored to its full glory. You will not be able to spend less than a few hours here. Enjoy the hop-on-hop-off boat ride on the way there and island-hop to various other museums around the city on 14 main islands. Try to catch the sunset at Monteliusvagen after. The next day, walk through Gamla Stan, the most beautiful section of Stockholm filled with shops, restaurants, and bustling crowds on your way to the Royal Palace. The changing of the guard is cool to see if you are slightly obsessed with royalty you don't have like the American that I am.

Depending on the length of time you have, I highly recommend venturing into Lapland in the very north of Sweden. Ride snowmobiles, visit the Ice Hotel (made entirely of... you guessed it), eat reindeer meat (sorry Santa!), ride on the back of a dog sled, do some ice-fishing (and not catch anything), dip yourself into an icy lake after a sauna, visit a Sami family (traditional reindeer herders), and if you're lucky, experience the Northern Lights. There is truly nothing else like it.

Sweden is a vast country full of intricacies and deserves to be explored. Just let me know your flight details.

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 27	8:52 a.m. 9:17 p.m.	2:51 a.m. 2:59 a.m.	6:08 a.m.	7:48 p.m.
Fri., April 28	9:43 a.m. 10:08 p.m.	3:42 a.m. 3:48 p.m.	6:07 a.m.	7:49 p.m.
Sat., April 29	10:35 a.m. 11:01 p.m.	4:36 a.m. 4:40 p.m.	6:05 a.m.	7:50 p.m.
Sun., April 30	11:28 a.m. 11:56 p.m.	5:33 a.m. 5:35 p.m.	6:04 a.m.	7:51 p.m.
Mon., May 1	12:25 a.m.	6:32 a.m. 6:36 p.m.	6:03 a.m.	7:52 p.m.
Tues., May 2	12:55 a.m. 1:27 p.m.	7:34 a.m. 7:40 p.m.	6:02 a.m.	7:53 p.m.
Wed., May 3	1:59 a.m. 2:35 p.m.	8:35 a.m. 8:46 p.m.	6:01 a.m.	7:54 p.m.

AGH diabetes program receives formal recognition

Over the last twelve years, the staff at the Diabetes Outpatient Education Program have helped people with diabetes learn how to better manage their disease, empowering them to stave off debilitating and life-threatening conditions like heart disease, blindness, and stroke.

The program was originally piloted in 2005 to address an overwhelming community need for this kind of education and received formal recognition from the American Diabetes Association in 2008 for providing quality diabetes self-management education. That prestigious Education Recognition Certificate has just been renewed.

The Association's Education Recognition Certificate assures that educational programs meet the National Standards for Diabetes Self-Management Education Programs. These standards were originally developed in 1983 and have been revised by the diabetes community four times since, most recently in 2012.

Programs apply for Recognition voluntarily. Programs that achieve Recognition status have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. "The process gives professionals a national standard by which to measure the quality of services they provide," comments Darlene Jameson, AGH Diabetes Outpatient Program Coordinator. "And, of course, it assures the consumer that he

or she will receive high-quality service." Education Recognition status is verified by an official certificate from ADA and is valid for four years.

According to the American Diabetes Association, there are 29.1 million people or 9.3% of the population in the United States who have diabetes. While an estimated 21 million have been diagnosed, unfortunately, 8.1 million people are not aware that they have this disease. Each day more than 3,900 people are diagnosed with diabetes. Many will not learn they have diabetes until they are treated for one of its life-threatening complications —

heart disease, stroke, kidney disease, blindness, nerve disease or amputation. About 1.4 million new cases of diabetes were diagnosed in people aged 20 years or older in 2014 in the US. Diabetes contributed to 234,051 deaths in 2010, making it the seventh leading cause of death in the US. Overall, the risk for death among people with diabetes is 50% greater than that of people of similar age but without diabetes.

The American Diabetes Association is the nation's leading non-profit health organization supporting diabetes research, advocacy and information for health professionals, patients and the public. Founded in 1940, the Association conducts programs in communities nationwide.

For more information about the Diabetes Outpatient Education Program at Atlantic General Hospital, please call 410-641-9703.



Music instruction

On April 11, representatives from the Mid-Atlantic Symphony Orchestra made a trip to Berlin Intermediate School (BIS) to teach master classes to 5th and 6th graders who play the violin, viola and cello. Each group of students met with the MSO professional musician who plays a similar instrument. They received instruction in playing a specific piece and learned techniques that will continue to help their playing in the future. After a forty minute lesson with their mentor, all students and MSO musicians met in the cafeteria where the MSO string quartet performed for the students and answered questions. This MSO School Outreach program was paid for by Michael Jahnigen. He wants to give students an opportunity to have a firsthand experience with classical music and professional musicians so that they can learn to appreciate the world of classical music.

Above: 5th and 6th grade orchestra at BIS is taught by Lisa Adams. Pictured are **Corbin Denk, Juwan Carelock, Gavin Stearn, Aiden Foley, Hayden Mills** and MSO cellist **Devree Lewis**.



Club donates shoes

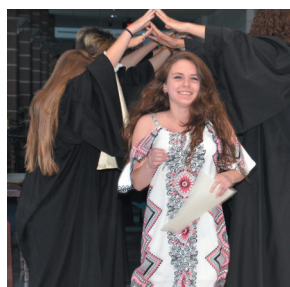
The Worcester Prep (WPS) Upper School Volunteers Club collected gently worn, used and new shoes the month of March to donate to the Taylorville United Methodist Church. The collected shoes will support micro-enterprise vendors, which are small businesses in developing nations.

Members of the Taylorville United Methodist Church stopped by WPS to pick up shoes donated by students. (Front Kneeling) **Isabella Osias**, (Back Row) **Deborah Marini, Michael Curtis, Rachael Weidman, Sandra Karsli, Church Treasurer Donna Kradz, Lay Leader Larry Curry, Nic Abboud, Ronnie Ferrell, Taylor Campbell, Leigh Menendez and Kathryn Marini**.

National Honor Society induction

Eighty-one juniors and seniors were inducted into the Stephen Decatur High School chapter of the National Honor Society in a formal ceremony on April 5. To gain admittance into the organization, students must satisfy the four principles of character, scholarship, leadership, and service.

Above: Stephen Decatur High School junior **Rebecca Tudor** emerges from the celebratory tunnel after being inducted into the National Honor Society on April 5.



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PRMC first to offer world's smallest pacemaker

Peninsula Regional Medical Center (PRMC) recently announced that it is one of the first hospitals in Maryland and the first on the Delmarva Peninsula to offer the world's smallest pacemaker for patients with bradycardia. The Micra Transcatheter Pacing System (TPS) is a new type of heart device, approved for Medicare reimbursement, that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker. The first procedure was performed by electrophysiologist Stephen Keim, MD of the PRMC Guerrieri Heart and Vascular Institute Team and Delmarva Heart, LLC on March 29.

Bradycardia is a condition characterized by a slow or irregular heart rhythm, usually fewer than 60 beats per minute. At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal activity or exercise, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers are the most common way to treat bradycardia to help restore the heart's normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

Comparable in size to a large vitamin, Medtronic's Micra TPS was chosen by electrophysiologists at PRMC because unlike traditional pacemakers, the device does not require cardiac wires (leads) or a surgical "pocket" under the skin to deliver a pacing therapy. Instead, the device is small enough to be delivered through a catheter and implanted directly into the heart with small tines, providing a safe alternative to conventional pacemakers without the complications associated with leads – all while being cosmetically invisible. The Micra TPS is also designed to automatically adjust pacing therapy based on a patient's activity levels. The first generation of this device promises to offer a very robust but simple means of pacing. Newer versions will provide a full spectrum of pacing modalities and

advanced physiologic monitoring.

"Pacemakers are complex therapeutic devices employed in increasingly complex patients delivering increasingly complex therapies. The weakest link in all of this is the durability of the intricately assembled titanium steel and polymer leads," said Dr. Keim. "Miniaturization of electronics and batteries has allowed a fully independent programmable pacemaker small enough to be unobtrusively deployed within the working heart. By not depending on transvenous leads, pacemaker reliability, which is already in excess of all other standard medical therapies, will be improved even more."

The Micra TPS also incorporates a retrieval feature to enable retrieval of the device when possible; however, the device is designed to be left in the body. For patients who need more than one heart device, the miniaturized Micra TPS can be permanently turned off, so it can remain in the body and a new device can be implanted without risk of electrical interaction.

The Micra TPS is the first and only transcatheter pacing system to be approved for both 1.5 and 3 Tesla (T) full-body magnetic resonance imaging (MRI) scans and is designed to allow patients to be followed by their physicians and send data remotely via the Medtronic CareLink® Network.

The Micra TPS was approved by the U.S. Food and Drug Administration in April 2016, and has been granted Medicare reimbursement, allowing broad patient access to this new technology.



Dem Club speakers - *The Democratic Women's Club of Worcester County had as its April 17 meeting speakers Farah Yahya and Zakia Amir, two members of the Delmarva Muslim Community in Salisbury. Ms. Yahya gave a talk on Muslim culture in America, their customs, why they wear the Hijab, a veil traditionally worn by Muslim women, how the word Jihad to them means the daily struggles in everyday life rather than the more popular "Holy War," and what it is like living as a Muslim in America today among non-Muslim people.*

The next Democratic Women's Club meeting will be May 15, at the Ocean Pines Community Center, Assateague Room coffee and conversation starts at 9:30 a.m., the meeting at 10 a.m. Guests are invited.

*Pictured from left are **Zakia Amir**, Democratic Women's Club Co-presidents **Kathy Emmert** and **Doris Fields**; and **Farah Yahra**. Photo by Ted Page.*

Smoky Mountains are top draw

Established in 1934, Great Smoky Mountains National Park is the busiest park in the United States, annually attracting approximately 10 million visitors. The park, which covers 800 square miles of mountainous terrain in both North Carolina and Tennessee, typically draws 60,000 visitors on a weekend day in the summer. Many of those visitors experience the park on a scenic highway that stretches for several hundred miles, and traffic may be bumper-to-bumper on especially busy summer days. But Great Smoky Mountains National Park is more than roadways, as it includes 800 miles of hiking trails that range from a half-mile to 70 miles long. Those who want a more isolated park visit may prefer to hit the hiking trails, which are not nearly as busy as the highway roads. More than 1,600 species of flowering plants bloom inside the park, which was designated an International Biosphere Reserve in 1976 and a UNESCO World Heritage site in 1983.

AARP to meet

Next meeting for AARP will be May 1 at the Community Center in Ocean Pines. Social time will be at 9:30 a.m.; the meeting starts at 10 a.m. This month's speaker will be James (Jim) Morris. He will discuss the History of Delmarva and Worcester.

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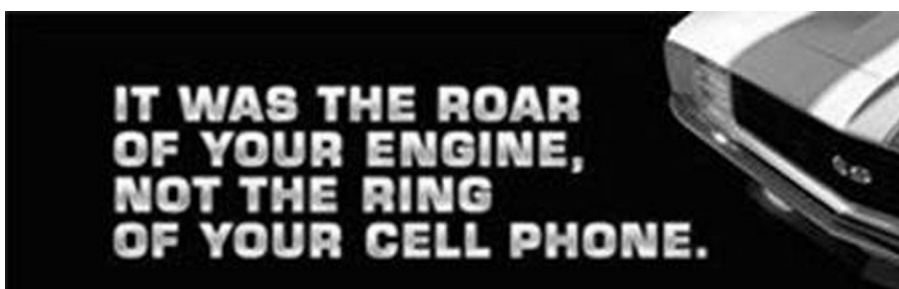
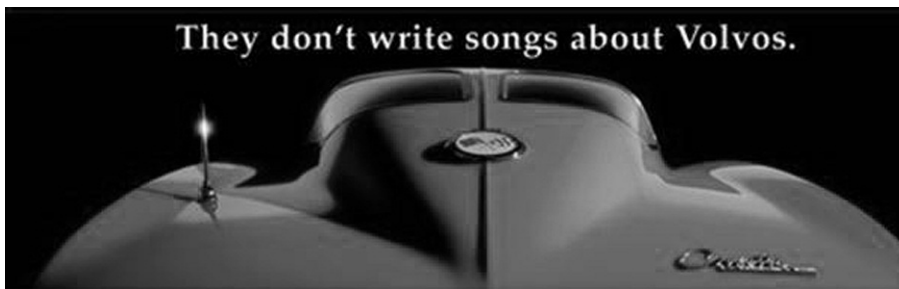
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Something to think about

Not long ago a friend of mine forwarded images that appeared on billboards in the Detroit area. They are from Chevrolet. I thought you might find that amusing.

-Chip Bertino



Safe driving tips for teen drivers

Earning a driver's license is a milestone in a young person's life. Teenagers typically take to the open road without adults riding shotgun between the ages of 16 and 18, depending on where kids live. Although this can be an exciting time for them, it is also a time that can change the family dynamic.

Parents may have mixed feelings about their children getting their drivers' licenses. Although many parents recognize the convenience of having another licensed driver in the house, it is understandable if moms and dads are weary about inexperienced children behind the wheel.

Such fears are not unfounded, as vehicular fatalities remain the leading cause of death for many teenagers. In the United States, teens are three times more likely to crash per mile driven than adults, according to data from Allstate. The Canadian Automobile Association states that drivers in Canada between the ages 16 and 19 years have a fatality rate that is more than four times as high as that of drivers between the ages of 25 and 34 and nine times as high as that of drivers between the ages 45 and 54. To help reduce the propensity for crashes, injury and death, families can work together to focus on safe driving tips.

Take a safe-driving course. Any licensed driver can benefit from a safe-driving course. Check with the department of motor vehicles to find an approved list of driving courses available. In addition to providing valuable safety tips, enrollment in these courses may entitle people to discounts on auto insurance.

Stay off the phone. Texting and making phone calls reduces alertness on the road. That loss of focus, even if only for a few seconds, can result in drivers driving the equivalent of an entire football field without having their eyes on the road. Avoid mobile devices while driving. Pull over to make a call if there is an emergency; otherwise, leave the phone out of reach in a backseat.

Use the headlights. Many cars now feature daytime running lights.

For those that do not, engage the headlights when driving. Using headlights increases visibility and helps other drivers see approaching vehicles, even during the daytime.

Leave plenty of time. Rushing around to make it to class or other



appointments can lead to speeding and other dangerous driving habits. By leaving extra time, drivers will not feel stressed or rushed.

Limit distractions behind the wheel. Novice drivers may become easily distracted by the radio or even other passengers. Until they gain ample experience, teen drivers should keep passengers and noises to a minimum.

Stick to easy parking for now. New drivers can opt to park in spaces that have plenty of room or allow for pulling out (rather than backing out). This can improve visibility and reduce the risk of hitting other vehicles.

Driving is exciting for newly licensed teens, but parents must emphasize the importance of defensive driving to their young drivers.

Master Gardener service to begin

Between May and September, the University of Maryland Cooperative Extension Service will offer, "Ask a Master Gardener," at the Ocean Pines library. The clinic is free and will be held every Tuesday afternoon from 1 p.m. to 4 p.m. Master Gardeners will be available to help you with your gardening questions. Put your plant damage samples in a plastic bag and label the bag with your name and phone number. If your questions cannot be answered at the time of submittal, it will be researched and someone will get back to you at a later date.

Reservations Preferred, 410-641-7501

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