

The Courier

May 3, 2017 Volume 17 Number 34

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Anglers to meet

The Ocean Pines Anglers Club meeting will be held on Saturday, May 13 at 9:30 a.m. in the Ocean Pines library. The speaker will be Capt. Brad McCabe of Bay Time Charters. Brad is a lifelong resident of the Ocean City area. He began navigating the coastal bays and chasing fish in his skiff at the age of 13. Brad will discuss Bay Time Charters services including fishing charters, cruises, special event outings and boat coaching. Boat coaching is for the new boater or just those not comfortable with their abilities in operating their boat in our local waters. Brad will also discuss fishing the coastal bays and particularly focus on flounder fishing. All are welcome.

Men's President's Cup Tournament scheduled

Ocean Pines Golf Club will host its annual President's Cup tournament on Saturday, May 13 with a 9 a.m. shotgun start. The event is open to all men who are members of the Ocean Pines Association or the Ocean Pines Men's Golf Association.

The tournament format will be individual stroke play. Players will be assigned flights based on May 1 handicaps, and tee assignments will be determined by flights.

Prizes will be given to the overall gross and net winners and to the low gross and net in each flight. Second-place flight awards may be paid depending upon the number of entrants.

The entry fee, payable online at OceanPines-Golf.org no later than May 6 at noon, is \$35 per person, which includes prizes, range balls, coffee and donuts before the event and lunch (including soda and beer) after. Applicable greens/cart fees may be paid at the golf shop the day of the event. A special rate of \$35 for greens fee and cart is available to those who are not members of Ocean Pines Golf Club.

Summer day camps offered

Worcester County Recreation & Parks is bringing back summer day camps for the 2017 season, where children can enjoy time making new friends at two of the most fun-filled summer spots on the shore, Frontier Town and Jolly Rogers.

*please see **camp**s on page 4*



Signing - On April 20, the five Worcester Preparatory School (WPS) seniors signed their National Letter of Intent for field hockey, lacrosse and soccer. The students were honored at a ceremony in the WPS Guerrieri Library surrounded by their family, coaches, and school administrators.

Above: **Madison Bescak** (seated second from left) of Ocean Pines signs her National Letter of Intent to play Division III soccer and lacrosse at the College of Wooster in Wooster, Ohio. She is surrounded (L-R) by her mom and WPS teacher **Allison Bescak**, brother and WPS eighth grader **T.J.**, twin sister **Olivia**, and dad **Dr. Todd Bescak**. Both parents are alums of the College of Wooster, where Allison played soccer and Todd played basketball.

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Community Calendar May

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

Dem Women's Club to meet

The Democratic Women's Club will meet on Monday, May 15 at 9:30 a.m. in the Assateague Room at the Ocean Pines Community Center. The topic of discussion will be the Assateague Island Alliance.

Ocean Pines Public Works Yard open

The Ocean Pines Public Works yard will be open to residents May 1 through May 27 from 7:30 a.m. to 3 p.m. Monday through Friday and 8 a.m. to 4 p.m. on Saturdays.

Only loose yard debris (leaves, limbs, etc.) will be accepted. Items may also be placed in paper bags. Plastic bags will not be allowed.

The Ocean Pines Public Works yard is located at 1 Firehouse Lane behind the south gate fire department.

Additionally, Republic Services customers may place up to four bags of leaves or yard debris curbside for each scheduled pickup. Republic will also pick up branches if they are tied in bundles no longer than 4 feet and weighing no more than 50 pounds. These are in addition to regular trash pickup.

Trash collection days for residents south of Route 90 are Tuesday and Friday. For residents north of Route 90, the collection

days are Monday and Thursday. Ocean Pines residents interested in enrolling with Republic Services should call 410-749-1551.

Waterline flushing scheduled

This week the Water and Wastewater Division of Public Works will conduct its semi-annual program for flushing waterlines in Newark, Riddle Farm, Edgewater Acres, and Assateague Point.

The purpose of this program is to remove any accumulated sediment from the lines and to ensure the hydrants are operational.

Please be aware that, even on dates the water lines in your section are not being flushed, it is still possible to experience discolored water. If area residents notice that their water becomes cloudy during these times, please allow the water to run for a few minutes until it becomes clear. For more information, please call the Water and Wastewater Division at (410) 641-5251.

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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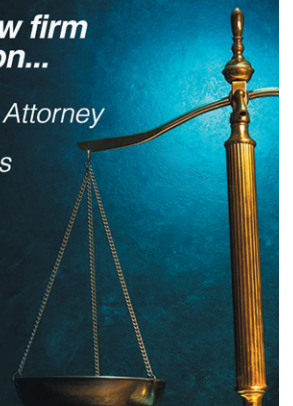
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Couple married 62 years chooses Ocean Pines for their golden years

By **Gloria Dietz**

The 'golden years' are generally defined as the span of time between the start of retirement and the beginning of age-

imposed limitations. People are living longer and are more self-sufficient, so why not enjoy the remainder of your years.

Many studies show that marriage is good for overall health, especially as we grow older. People in a long-term committed relationship are known to have an advantage of well-being when it comes to socialization, health and finances.

Meet John and Gloria Salvadore, better known as Glo and Sal who have just celebrated 62 years of marital bliss. Holy matrimony!

Originally from Baltimore, they relocated to Ocean Pines in 2015. For many years, they would visit Ocean City four times a year for Sunfest, Springfest, their anniversary and a summer vacation. So one day they decided to sell their Anne Arundel County home and spend the rest of their years in their happy place.

This is the first time meeting a real life couple that have hit such a milestone. What was their secret to being married for over six decades?

Sal, 83 year-old retired steel worker who also ran his own painting business, said that people ask him that question all the time. There are three things that Sal says made his marriage work all these years. First, you have to be compatible and have some of the same interests. "If your wife likes to go out, then you should go out together," he said. Second tip is intimacy in the relationship. Sal said, "It's very important to be intimate even at our age." The third tip is financial responsibility. "Do not buy a big house or fancy

car just to go in debt. Keep things within your budget and that will eliminate many problems," stated Sal.

They are role models for other couples who are just starting out.

Glo, 81 year-old retired secretary, is in great shape and nothing slows her down. "We love it here in the pines," Glo said. One of her favorite places is Seacrets in Ocean City. The two of them stay very active, but Sal admits that his age is catching up to him. After being an athlete for so many years, his knees and hips are slowing him down. As for Glo, she loves gardening, walking the dog and decorating the house.

They have two daughters (one has since passed), and one grandson. Spending time on the beach, walking the boardwalk and visiting Assateague are a few of their favorite pastimes. Glo and Sal said that Ocean Pines was the perfect location for them; low-key and not crowded, yet close enough to all of their favorite things.

What drew this writer to them initially was Glo's sense of style.

please see couple on page 6



Sal and Glo Salvadore
(left) On their wedding day
(right) At their home today

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The Courier

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

Chip Bertino

Publisher/Editor
 chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair / Comptroller

Contributing Writers

Ron Fisher, Douglas Hemmick, Jean Marx,
 Kelly Marx, Dolores Pike
 and Bev Wisch

Robert B. Adair 1938-2007

2012 Business of the Year

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Studies have shown that music can have a beneficial impact on both mental and physical health. In a meta-analysis of 400 studies, researchers at McGill University in Montreal found that music can reduce stress and boost the immune system. That is because listening to



music increases the body's production of immunoglobulin A, an antibody that plays a critical role in the function of

the immune system and cells that attack viruses. A 2013 study even found that music can help children during visits to the emergency room. Researchers at the University of Alberta studied 42 children between the ages of three and 11, discovering that those who listened to relaxing music while having an IV inserted reported less pain than children who did not listen to music. In addition, children who listened to music during the administration of the IV exhibited less anguish than the children who did not listen to music. Healthcare workers even noted the ease of administering IVs to children who were listening to music compared to patients who were not listening to music.

An open letter about youth suicide and '13 Reasons Why'

Editor:

Within days of its release, the Netflix series "13 Reasons Why" rose to the top of the list of most-watched (and most-tweeted-about) Netflix series. If you are a teenager, you're aware of the film's extraordinary popularity among your friends and classmates. If you are a parent, you need to be aware, too.

As one of the area's leading suicide awareness and prevention organizations, the Jesse Klump Memorial Fund is pleased that the tragedy of youth suicide is on every young person's tongue, but disappointed about the portrayal of the suicide victim and the graphic nature of many scenes. Above all, we regret the failure of Netflix to recognize that the issues and their portrayal can be a trigger to a young person in a suicidal crisis by failing to provide crisis prevention information in every episode.

For those reasons, we join other experts in suicide prevention to advise that families watch the series together. If that is not possible, we urge adults to openly discuss the issues with the teens in their lives.

Nurses celebrated during national recognition

Editor:

During National Nurses Week, Atlantic General Hospital and Health System would like to recognize our nursing staff as they continue to embrace the challenges and adapt to meet the needs of the ever-changing roles within the organization and the nursing profession.

Observed each year in early May, National Nurses Week is a celebration of the nursing profession designated by the American Nurses Association in 1990. Atlantic General Hospital and Health System will be celebrating with special events for all nursing associates throughout the week.

We appreciate our nurses every day, but National Nurses Week is a great opportunity to celebrate the compassionate caregivers we have right here in our community. And, I am proud to say we fully support this year's national theme of becoming

Reviews of "13 Reasons Why" run the gamut from "It is powerful" from a high school teacher to "the show may be perceived as glorifying and romanticizing suicide," from a mental health professional. On-Facebook pages, and in our conversations with parents and young people, those diverse opinions are reflected. While we agree that it is vital that the community address issues like bullying, sexual assault, drinking and drug use, gender identification and preference, and the destructive potential of social media, we are wary of a scenario in which many mental health practitioners are issuing stark warnings.

Critics have pointed to the graphic and vicious depiction of rape as being gratuitous, and to the suicide scene, which many think is little more than a tutorial on one way in which a young person may make an attempt on his or her own life. The young woman whose fictional suicide is the conceit of the plot is depicted as "not a victim so much as a manipulator, enacting her own revenge on the characters," behavior that is atypical of suicidal young people. The series is nearly devoid of practical prevention information. It does not even feature the National Suicide Prevention Lifeline number, 1-800-273-TALK, which we believe at a very minimum, should appear before

and after every episode.

At its best, "13 Reasons Why" opens adult eyes to the problems modern young people face, and provides a forum for discussions between adults and youth to find solutions that make kids' lives safer, less stressful and more secure. As a catalyst to conversation it serves a useful purpose, but at its worst, "13 Reasons Why" can be disturbing and harmful, and when presented to a young person already contemplating suicide, with no mature guidance, it could have tragic consequences.

Ronald W. Pilling
 Secretary/Treasurer
 The Jesse Klump
 Memorial Fund, Inc.

camps

from page 1

Camps will be open to grades four through eight from 9 a.m. 4 p.m. The cost is \$30 per child, per camp. Drop off and pickup will be at each camp location, and campers should bring a change of clothes, sunscreen, and a bagged lunch.

Frontier Town Day Camp will take place on Thursday, July 6, and campers will get to enjoy the waterpark, mini golf, and western theme park.

Jolly Rogers Day Camp will take place on Friday July 7, and campers will be able to enjoy splash mountain and all the various water slides and parks for the day.

Space for both camps is limited, and registration is available on a first-come first-served basis. The registration deadline is Wednesday, June 28. To register, contact Program Manager Lea Cataggio at 410-632-2144 x2509 or lcataggio@co.worcester.md.us or visit www.WorcesterRecAndParks.org.

healthier in mind, body and spirit.

At Atlantic General Hospital, our wellness program – which earned the Healthiest Maryland Businesses Gold Wellness at Work Award – provides all associates access to opportunities for cultivating a healthy lifestyle including monthly free wellness webinars, cooking demonstrations, mindfulness sessions, and on-site chair massage.

On behalf of the Board of Trustees, medical staff and associates of Atlantic General Hospital, I want to thank all of our outstanding, compassionate and committed nurses. We are so fortunate to be able to employ and retain excellence in our Nursing Services. If you see a nurse this week, I urge you to thank that person for his or her service.

Colleen Wareing
 Vice President, Patient Care Services
 Atlantic General Hospital

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



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

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

thecourier@delmarvacourier.com

Garage distraction

Have you ever experienced getting involved in a project without realizing why or how you're involved? Such was the case for me on a recent Saturday when I went to the garage to fetch a pair

all sorts of items. Through the years I've collected writing pads while attending trade shows. I have thrown them in this particular drawer so that when I want to make a note while working on a project in the garage, I can. How many notes I've made, I cannot say. How many pads I've collected? Way too many.



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

chipbertino@delmarvacourier.com

of pliers for a project I was working on in the house. Instead getting the pliers I became distracted and started tidying up the work bench which was desperately disorganized.

I have a habit of pulling out a new work rag each time I'm working on a new project. When finished I throw the rag on the bench. As a result there were multiple rags scattered like jetsam on a beach following a storm. Some had been hardly used while others were laden with grease or oil or paint. There was quite a laundry pile created when they were collected.

Picking up the rags unearthed all sorts of items including bolts, pencils, a bottle of wood glue, a broken hose nozzle, various lengths of different types of string, several fish hooks and spray paint cans. Truthfully I can't remember the projects on which I was working that included the items I found. For instance what was I working on that required a left-handed work glove? And where is the right glove?

My organizing and sorting efforts were brought to a standstill when I attempted to open one of the work bench drawers. It pulled out about an inch and a half before becoming stuck. Several tugs provided no relief. Fifteen minutes was spent probing with my fingers in the crack trying to ascertain the cause of the jam. Time passed, frustration mounted. Finally I felt a pencil that was jammed nearly beyond finger reach. By manipulating a piece of old hangar wire (also found under one of the rags) and jiggling the drawer just a certain way I was able to free the pencil from its jammed position. My sense of accomplishment was short-lived as I looked down at the drawer contents and realized there was just too much stuff in it.

Turning attention away from the bench, which still required effort, I focused on the drawer from which I pulled

Scattered within the drawer were pencils of varying lengths, many nearly a stub like their point. I have a habit of placing a pencil behind my ear whenever I work on a project in the event I need to note a measurement on a piece of wood before sawing. It may never be used but it provides a sense of security like a small child carrying a favorite blue blanket. At this point I have more than enough pencils at the ready than I will ever have projects to undertake.

Several years ago I had the idea of purchasing children's license plates with the names of family members. Remember as a kid when you could buy a state license plate with your name on it to hang from the back of your bike seat? They still make them however not all names are available. I had to purchase adhesive letters and blank plates to make plates with certain names. Once I had them all collected and made, I hung the plates outside on the pergola. It took me awhile to complete the project and when it was done and I looked at the plates hanging there I realized I didn't like the idea one bit. So, I took them down and shoved the plates in the drawer where they've resided for many years.

Also in the drawer were several galvanized hooks, four one and half inch pulleys, a baggie filled with orange ear plugs, several dried up markers, a pair of dice and too many to count thumb tacks that had spilled from their container and were sprinkled at the bottom of the drawer like snowflakes.

Without realizing it, time had slipped by, nearly two hours, and I hadn't made but a small impact on this tidying-up project. Getting bored and not a little frustrated, I decided to call it quits. And with my forearm I swept what I had pulled from the drawer back into the drawer. The rags too were left in a pile on the corner of the bench.

When I returned to the house I found unfinished the project I was working on. Oh, that's right I needed a pair of pliers. And out to the garage I went again.

Atlantic General Women's Health Center

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

The one-stop location for diagnostic testing and healthcare treatment for women is now open! New locational convenience, state-of-the-art facilities and flexible scheduling now makes it easier than ever for women to access the region's best healthcare, with services that include **physician consultations, diagnostic testing, biopsies** and other minor medical procedures.

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Nicki Akstinas
CRNP - Family planning, cervical colposcopy



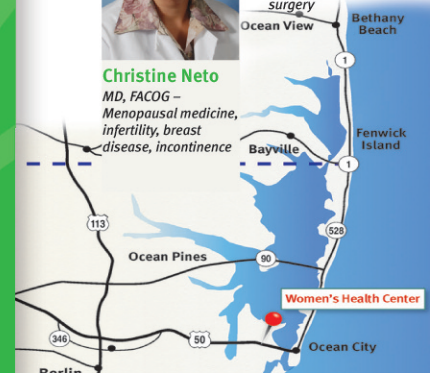
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Atlantic General Women's Health Center

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

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Taylor Bank donates to AGH

The Atlantic General Hospital Campaign for the Future recently received a donation of \$200,000 from Taylor Bank for upcoming projects including the new John H. "Jack" Burbage, Jr. Regional Cancer Care Center.

Taylor Bank has been a steadfast supporter of Atlantic General Hospital and Health System since its inception. Since then the organization has donated \$194,500 to the hospital and health system through various campaigns including previous expansion campaigns, as well as the annual Anniversary Celebration and annual Golf Classics. The new \$200,000 donation is the largest single donation granted by Taylor Bank to any not-for-profit organization in the bank's history.

"We're extremely grateful for the

commitment shown to our not-for-profit community hospital and the generous support of local organizations like Taylor Bank. The way healthcare services are delivered is changing, but Atlantic General's commitment to state-of-the-art medicine only grows stronger. We can help AGH meet the challenges of providing the very best healthcare services right here – close to home," commented Campaign for the Future Co-Chair, Jack Burbage. Ray Thompson, Taylor Bank President and Chief Executive Officer also commented "we are delighted to assist Atlantic General Hospital and Health System in the Campaign for the Future fundraising. We recognize the vital role Atlantic General Hospital plays in providing high quality healthcare and other services to our local area residents, and we believe our donation demonstrates the bank's commitment and investment in our local communities."



Honored - Coastal Hospice President **Alane Capen** (left) and retired Circuit Court Judge **W. Newton Jackson III** (right) present the Heart of Hospice Award to volunteers **Carolyn Jenkins**, patient support volunteer, and **Jennifer Hawkins**, patient care volunteer, during National Volunteer Week, April 24-28. The Heart of Hospice Award is named for one of Coastal Hospice's founders and most beloved volunteers, Jean Camie Jackson, mother of Judge Jackson.

Golf tournament scheduled

Wor-Wic Community College will hold its 16th annual golf tournament on Friday, June 2, at Wor-Wic's Ocean Resorts Golf Club in Berlin. Registration begins at 11 a.m., followed by lunch at noon and a shotgun start at 1 p.m. Dinner and awards will be held at 5:30 p.m. Proceeds from the event will benefit Wor-Wic's child development center.

The format will be a scramble with

four-person teams. Prizes will be awarded for hole-in-one, closest to the pin, longest drive and to the top three teams for low net and gross scores.

For sponsorship information or team registration, visit the college website at www.worwic.edu or contact Nora Lebois at 410-334-2810.

Baseball summer camp offered

Worcester County Recreation and Parks is partnering once again with the Mid-Atlantic Shockers to host Baseball Summer Camp at the Northern Worcester Athletic Complex in Berlin.

The camp will run from Monday,

June 19, to Thursday, June 22, from 9 a.m. to 1 p.m. and is open to ages six to 16. Campers will need their own gloves and tennis shoes or cleats, all other equipment will be provided.

The cost is \$85 per camper. To register, please contact Trudy Porch at 410-632-2144, ext. 2520 or at tporch@co.worcester.md.us or visit our website at www.Worcester-RecAndParks.org.



Monday

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

LARGE CHEESE PIZZA
\$8.50 (carry-out only)

Tuesday

Burger and French Fries \$6
LARGE CHEESE PIZZA
\$8.50 (carry-out only)

Wednesday

Roast Pork served with 2 sides and choice of soup or 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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couple
from page 3

Upon finding out that we shared the same name, grew up in the same area and have the same taste, I knew this wasn't by chance. She is definitely my kindred spirit and I couldn't help think that I was looking at my future self. Getting to know them has been quite a revelation.

Sal jokingly states that he hopes he has at least five more years to spend with the love of his life. You can still see the adoration between them after all these years which is just amazing. They are very happy to spend their golden years in Ocean Pines. No matter what else they may have accomplished, 60 plus years is not only a great achievement, but a great legacy.



Michael B. Mathers, P.A.

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Coastal Drug opens in Manklin Station

By **Gloria Dietz**

Many people may not know that there are benefits to buying local as opposed to big box or chain stores. One advantage is that the money circulates back into the community keeping your tax dollars close to home.

Small businesses deliver more than just economic advantages in communities; they also strengthen partnerships with the locals and other small business owners. Having

the owner nearby also means that you get a more personalized service making it a better experience.

Meet Ray and Arti Patel, the husband and wife team who own the new local pharmacy/coffee shop, Coastal Drug, in Ocean Pines. Ray came to the

United States from India in 1998 when he was thirteen years old and did not speak any English at that time. His parents had to work very hard to provide for their family. Ray, 32 was a former manager at Dunkin Donuts and Walmart. He now manages the drive-through at Coastal Drug. Arti, 31 is the pharmacist at this new location. She came to the United States from London when she was five years old. After graduating, she worked at a Rite Aid Pharmacy.

With both of their schedules becoming very hectic, they became unsatisfied with the corporate expectations. They saw an opportunity in 2014 when a pharmacy went up for sale. After many talks they said, "Let's do it; work for ourselves and grow a business." So they packed up and moved from Hanover, Maryland to the Eastern

Shore three years ago with their newborn son, Dev, in tow.

This decision did not come without many challenges such as, learning how to run the business, dealing with insurance companies and handling mail orders. However, the biggest challenge came in 2016 when they lost half of their business from a corporate decision just one year after opening. It was of no fault of their own that a nursing home decided to use another outlet instead of staying local. They knew that

in order to survive, something drastic had to happen. Many of their friends and customers told them that they should consider relocating in Ocean Pines since most of the locals did not like crossing 589 to get their necessities.

Coastal Drug Pharmacy opened its doors in April and are planning for a May grand opening. They are located in South Ocean Pines in Manklin Station near DeNovo's. Ray and Arti are

please see opening on page 8



Ray and Arti Patel

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PLAYGROUND

Ribbon Cutting

Ocean Pines Association unveils new playground
at Manklin Park on Manklin Creek Road in
south Ocean Pines

SATURDAY, MAY 6 AT 1 PM

FOOD • MUSIC • FUN

MANKLIN MEADOWS PARK

Hospice seeks volunteers for patient, veteran care

As part of the services they provide, Coastal Hospice offers volunteer support to patients and their families while the patient is in hospice care and following their passing. The hospice also sends veterans of the U.S. Armed Forces to make honor visits to patients who are veterans, and also depends on volunteers for the Berlin Thrift Shop.

An informational and training session for anyone wanting to learn about volunteer opportunities at Coastal Hospice will be held on Friday, May 19 from 10 a.m. to 4 p.m. at the Ocean Pines library. No commitment to volunteer is required to attend, and the public is invited to the free session.

Coastal Hospice depends on their volunteers to provide the quality care every patient needs and deserves, and will work with volunteers to match their interests to opportunities.

"We can work within your schedule and where you live, and give you the skills you'll need to be a hospice volunteer," said Sally Rankin, volunteer coordinator for Coastal Hospice who will be leading the training session in Ocean Pines. "There are many ways you can help."

Patient care volunteers at Coastal Hospice support the patient and family while the patient is under hospice care. They visit with patients and their families in their own homes or at a facility, and run errands, provide companionship, fix lunch, or give caregivers a much-needed break.

Grief support volunteers make calls to families who have lost a loved one, help with support and social groups, write notes, prepare mailings, enter

data and help with other administrative tasks. They also support children's bereavement events including Camp Safe Harbor in the summer and Hope and Healing with Horses in the fall.

Veteran volunteers make honor visits to veteran patients, presenting them with a certificate of honor and a patriotic blanket. They also share stories of their time in the service.

Thrift Shop volunteers assist customers, create displays, operate the cash register, or sort and price donations.

Early registration is encouraged. To register for training or to receive more information, call Volunteer Services at 410-742-8732 or email volserVICES@coastalhospice.org.

Rackliffe House welcomes new director

Rackliffe House Trust recently announced that Tina Busko has been hired into the newly formed in-house position of Rackliffe House Executive Director.

As Executive Director, Ms. Busko represents Rackliffe House Trust to the community and oversees day-to-day operations including collection management, volunteers, community relations, marketing, and fund raising.

"This is a significant step in the development of Rackliffe House," said Rackliffe House Trust board president Carolyn Cummins. "It represents an important stage of growth as a mu-

*please see **director** on page 11*



Success - The Kiwanis Club held a successful fundraiser called "Swing Into Spring" Wine Tasting & Silent Auction on April 21. Pictured (L-R) are some of the workers: **Ralph Chinn**, **Dave Landis**, President and organizer **Barb Peletier**, co-organizer **Mike Evans** and **Pat Winkelmayer**. Photo by Anna Fultz.

Grilling foods to be safe and healthy

People rely on indoor and outdoor grills to prepare foods all year long. Not only can menu items made on the grill taste delicious, but they also may be healthier than foods cooked via other methods. When done correctly, grilling is a versatile way to cook tasty foods relatively quickly.

One of the challenges of cooking over high, open heat is the difficulty in determining just how long to keep foods over the flame. Take them off too soon and they may be undercooked. Wait too long and items may be dry and charred. Use these tips to make grilling easy and safe.

Preheat and prepare the grill. Be sure to preheat the grill to between 400 F and 500 F. Use a nonstick spray on the grates while the grill is heating. This way foods will not stick and create a mess that will ultimately require considerable cleaning.

Buy a meat thermometer. One of the easiest ways to take the guesswork out of grilling is to use a meat thermometer. By knowing internal temperatures in a few seconds, grillmasters can have juicy foods that are cooked to the correct temperature so foodborne illnesses do not become a problem. Cooking by sight is inaccurate, as the outside of the food may look well done even though the inside is still pink. Thermometers allow cooks to avoid cutting open foods to check doneness, spilling out tasty juices in the process.

The U.S. Department of Agriculture advises on minimal internal tempera-

tures for meats and poultry (https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-factsheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index). Keep in mind that food continues to cook when it is taken off the grill. Therefore, removing a few minutes before it has reached a certain temperature is ideal.

Fish is fast. Do not avoid grilling fish because of its delicacy. Using wood planks or any of the newer grilling gadgets available can keep flaky fish from falling through the grates. Plus, fish is an ideal go-to when one is really short on cooking time. If necessary, experiment with varieties of fish that are durable, such as salmon or tuna.

Leave an empty spot. Have an unheated area of the grill or one that is set to a low temperature so there is somewhere to move food if a flare-up occurs or if something is cooking too fast. This is also a good spot to finish foods that may need a little more time over indirect heat, such as burgers that require melted cheese.

Use sauce at the end. Avoid charring foods by using sugary sauces toward the end of cooking. Otherwise, the sauce can burn quickly and contribute to potentially carcinogenic char.

Grilling can be made easier with a few tricks of the trade. The results will be delicious, healthy and safe to enjoy.

opening

from page 7

thrilled to serve the residents here. "Coastal Drug is a place where we like to know you by name; you are not just our customer, but part of the family," said Ray.

In addition, the pharmacy features a very spacious café that will serve organic and flavored coffee as well as ice cream. They have partnered with other establishments for these products that are made locally; support local is what is important to the Patel's. Ray would like this to be a place of familiar faces where you can interact with the owner over coffee like the good old days. They will also have outdoor seating and serve iced coffees and frappes geared toward the younger generation.

Ray is also blessed to have his parents with them since they are so busy running the business. One thing that Ray has learned while being on the Eastern Shore is that in a small town the community is their best advertisement and the people are their friends. "We have met a lot of great people this past year and cannot wait to meet more," stated Ray.

Playground ribbon cutting is Saturday

The Ocean Pines Association will hold a ribbon cutting ceremony for its newly installed 14,600-square-foot Manklin Meadows Park replacement playground, located along Manklin Creek Road in Ocean Pines on Saturday, May 6 at 1 p.m.

The park was closed to the public in November 2016 after its deteriorating condition led to safety concerns. Restricted access to the playground was put in place strictly out of caution. Now several months later, the park is back open with a new playground.

"The association is always looking to bring the best we can in regards to safe, clean and enjoyable amenities," Aquatics and Recreations Director Colby Phillips said. "It's extremely exciting to see this playground come to completion, especially before the summer season heats up. Families will be looking for outdoor adventures and Manklin Meadows Park will be their first stop."

A \$212,577 playground proposal that was presented to the Ocean Pines Board of Directors was approved at a January 28, 2017 board meeting. The proposal was submitted by River Valley Recreation of Wrightsville, PA and featured more play equipment and slides than other proposals.

"We will keep a piece of the past park by placing the existing Gazebo

in the center of the new playground," said Phillips. The original playground was completed in September 2003. A community-wide fundraising effort led by Ocean Pines resident Barbara Kissel and fellow volunteers helped to build the structure. A commemorative wall of



handprints, which was built along with the original playground, will also grace the new playground.

The completed project, located in the Manklin Meadows Sports Complex at 11443 Manklin Creek Road, features multiple play structures such as slides, Americans with Disabilities Act (ADA) appropriate swings, climbers and wood fiber surfaces.

The public is invited to enjoy food, fun and music at a ribbon cutting event that is scheduled for Saturday, May 6 at 1 p.m. Acting General Manager Brett Hill, Recreation Manager Debbie Donahue, Marketing and PR Director Denise Sawyer, and Recreation and Parks Committee Chair Tim McMullen will speak before the public.

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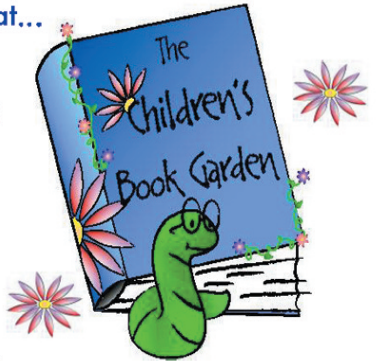
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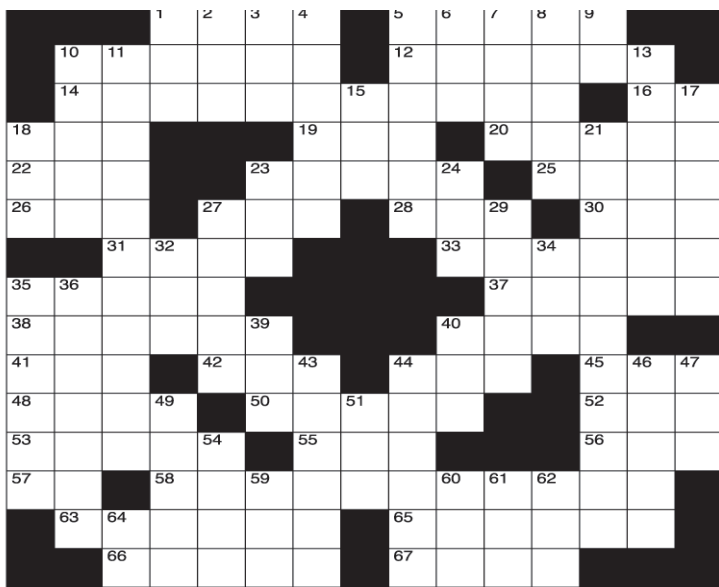
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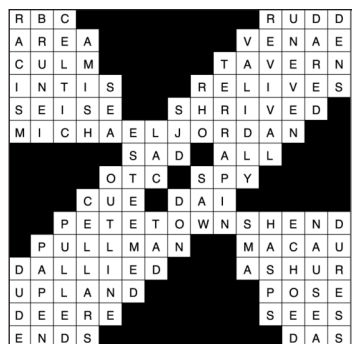


CLUES ACROSS

- 1. Hot meal
- 5. Razor clams
- 10. Blood-sucking African fly
- 12. Chauvinists
- 14. Windy City football player
- 16. An alternative
- 18. Federal Housing Administration
- 19. Styles hair
- 20. Arabic female name
- 22. Paddle
- 23. Area once separated from Germany
- 25. Marketplace
- 26. Gode Airport
- 27. Upset
- 28. Where wrestlers sweat
- 30. Garland
- 31. Robert __, poet
- 33. An iPad is one
- 35. Fruit of the oak tree
- 37. Della __, singer
- 38. Women's clothing retailer
- 40. Mailed
- 41. Largest English dictionary (abbr.)
- 42. Pouch
- 44. Radioactivity unit
- 45. Month
- 48. Nanosecond
- 50. Domestic
- 52. What a boy becomes
- 53. Breezes (anc. Greek)
- 55. Jogged
- 56. At the stern
- 57. Lawrencium
- 58. Destructive to both sides
- 63. Arterias
- 65. Removes
- 66. Pretentious people
- 67. Tropical Asian plant

CLUES DOWN

- 1. Type of whale
- 2. Type of medication
- 3. Land of the free
- 4. Formed an opinion of
- 5. Logo
- 6. No (Scottish)
- 7. Leaves tissue
- 8. Sacred state to Muslims
- 9. Thus
- 10. African nation
- 11. Someone who has a stake in
- 13. Parties
- 15. Subsystem producers
- 17. Large, flightless birds
- 18. Compromises visibility
- 21. A ballet enthusiast
- 23. More (Spanish)
- 24. Skeletal muscle
- 27. Hands (Span.)
- 29. Weighed
- 32. Businessman
- 34. Famous clock Big __
- 35. Unkeyed
- 36. Break between words
- 39. Ink (slang)
- 40. Disappointed
- 43. Stroke
- 44. Curdled milk
- 46. Restaurants
- 47. Explosive
- 49. Type of terrier
- 51. Disfigure
- 54. Innermost cell layers
- 59. Bar bill
- 60. Distinct period of history
- 61. Mode of transportation
- 62. Equal (prefix)
- 64. Operating system



Answers for April 26

Eyes on the Skies

The Solar System's 'Close Encounter'

By Douglas Hemmick, Ph.D.



May is sometimes regarded as the best month for stargazing. Local stargazers may enjoy the spring season, before the summertime lights from the beach resort compete with the stars.

The Milky Way galaxy topic for May is a star which once came into a close encounter with the solar system. In 2013, a dim red dwarf star was discovered by German astronomer Ralf-Dieter Scholz of the Leibniz Institute. Two years later, other astronomers uncovered something fascinating, as they traced the ancient past of this star: Scholz's star previously made a close fly-by of the Earth's own planetary system.

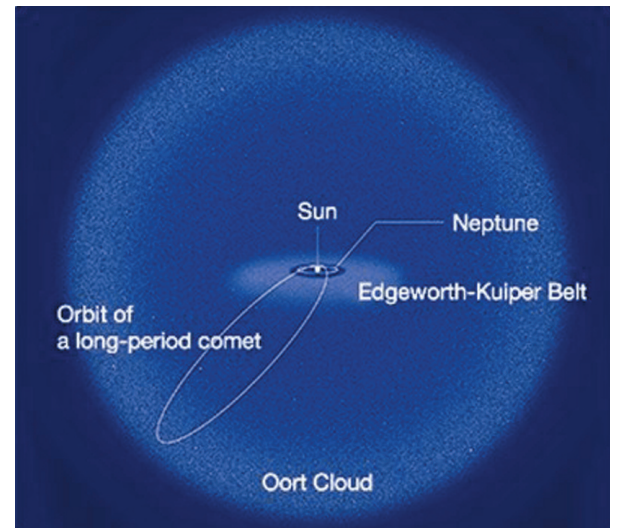
A dim red dwarf such as Scholz's star would remain below human visual perception, even at close proximity. Yet astronomers tell us that such small stars have very active surfaces which might display violent flares. Some speculate that during the rendezvous, such flares might have made the dim star visible.

In February 2015, the dramatic announcement came from a group of astronomers in the US, Europe, Chile and South Africa, The group published a paper entitled: "The Closest Known Flyby of a Star to the Solar System." Their calculations show the historic path of Scholz's star actually entering the outer edges of the "Oort Cloud."

Hobbyists may recall regions of the solar system located beyond the planets are the Kuiper Belt and the Oort Cloud. The Kuiper Belt contains many thousands of small icy bodies, and several dwarf planets about as large as Pluto. Space fans may know that the NASA probe "New Horizons" cruised by Pluto in 2015, capturing detailed images of the surface features and its five moons. As the craft continues deeper into the Kuiper Belt, NASA scientists have targeted New Horizons path to encounter further Kuiper objects. Some might be as small as one-

percent the size of Pluto, or about 30 miles diameter.

The Oort Cloud is the vast system containing trillions of comets and icy particles surrounding the solar system and Kuiper Belt. The cloud's comets may be called elusive as they only rarely make themselves visible to the



inner solar system. They are known as "long-period comets" and can be absent for anywhere from thousands to millions of years, as their orbits carry them to the remote, far flung regions. Stargazers may recall that two decades ago the skies revealed a "double treat" when a pair of long-period visitors arrived from the Oort Cloud. The comet Hyakutake appeared in Earth's skies in 1996 and Hale Bopp in 1997.

Scholz's close encounter, or fly-by of the solar system happened about 70,000 years ago, and reached within 0.8 light years from the Sun, in the outer region of the Oort Cloud. For comparison, the nearest star to the sun - Proxima Centauri - is 4.2 light years away, five times further than Scholz's close encounter. Scholz's continuing path after the close encounter has carried the star to a distance of twenty light years away.

Research into such stellar paths is called "astrometry," and the field has a history dating back to Sir William Herschel and notably his work in the late 1700s. The astrometry calculation to encounter further Kuiper objects. Some might be as small as one-

please see **eyes** on page 11

Spring rabies clinics available in Worcester

The Worcester County Health Department has confirmed five rabies cases locally since the beginning of 2017, emphasizing the importance of rabies awareness and proper pet vaccination. Rabies vaccination clinics are available beginning in May in multiple locations across the county. Worcester Health encourages residents with unvaccinated pets, or pets whose vaccinations have lapsed and need a booster, to attend the low-cost clinics and to avoid contact with wild animals, particularly those who are acting sick or in an unusual manner.

While raccoons are the most frequent carriers of rabies, a deadly viral disease, in Maryland, domestic pets are also at risk. Cats are the number one domestic animal species most likely to be unvaccinated and are at a higher risk of exposure to rabid wildlife while outdoors. Of the five confirmed rabies cases locally in 2017, one was a cat that resulted in rabies exposure to six individuals, requiring post-exposure prophylaxis for the people involved.

Besides raccoons and cats, con-

firmed local rabies cases include foxes, skunks, opossums, groundhogs and bats. Worcester Health offers the following tips for avoiding contact with rabies this spring:

- Have your dogs, cats, and ferrets vaccinated regularly and keep those vaccinations current in accordance with the law. (Especially outdoor cats).

- Do not let your pets roam free - they are more likely to have contact with a rabid wild animal.

- Avoid feeding your animals outside; this draws stray and wild animals to your doorstep. (If you must feed outdoors, do not leave the food out overnight and clean up any spillage.) Cover your garbage cans securely.

- Avoid sick animals and those acting in an unusual manner and teach your children not to approach wild animals and animals they don't know.

- If your pet has contact with a wild animal, avoid touching your pet with bare hands (wear gloves) and do not touch the wild animal. Report the incident immediately to the Health Department or your local police in order to

arrange testing of the wild animal, if available, and consult your veterinarian.

Maryland law requires all owners of dogs, cats and ferrets over four months of age to have their pets adequately vaccinated against rabies. Spring vaccination clinics cost \$5 for Worcester County residents with proof of residency and \$10 for non-County residents. If this is not your pet's first rabies vaccination, the previous vaccination certificate must be provided in order to receive a 3-year shot; otherwise, a 1-year shot will be given. Locations, dates and times for the clinics are:

Bishopville Fire Department
Main Fire House at 10709 Bish-

opville Road, Bishopville, MD
Wed., May 10, 5:30 - 7:00 p.m.

opville Road, Bishopville, MD
Wed., May 10, 5:30 - 7:00 p.m.

**Worcester County
Animal Control**

Timmons Rd. (off US RT 113), Snow Hill, MD
Thurs., May 11, 5:30 - 7:00 p.m.

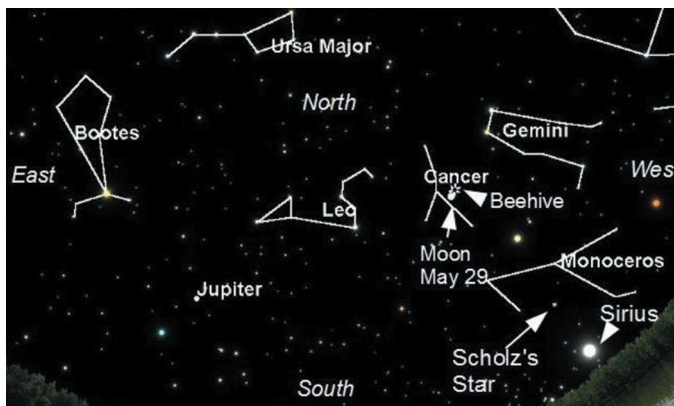
At the clinics, all dogs must be leashed and under the control of an adult while all cats and ferrets must be in a carrier or box with air holes. For further information regarding the clinics, please call 410-641-9559 or 410-632-1340. For more information on rabies visit www.worcesterhealth.org.

eyes
from page 10

tions have been described as measuring the tangential velocity (the motion across the sky) as well as the radial velocity (speed away from Earth).

Measurements of the radial motion of Scholz's star indicate that it is in fact receding. Astronomers can then run the movie (extrapolate) backward to determine the history of the star and the path it traced in bygone eras.

For stargazers enjoying the skies this month, the planet Jupiter opens the evening viewing and may be seen at about 8:20 p.m. hovering over the southeast. As the stars become fully visible around 9 p.m., the sky will be dominated by Leo the Lion flying high overhead and to the northwest of Jupiter. Look for the familiar kite shape figure of Bootes (boh OH teez) the Herdsman as it returns again to the eastern skies. Scholz's star is in the constellation Monoceros (rhymes with "rhinoceros"). At magnitude-18, it is far too dim for the unaided eye and may be seen only by professional astronomers.



Towards the northern horizon the Big Dipper (Ursa Major) can be seen. After about 10 p.m., Hercules the Hero will be in view over the eastern horizon.

For those interested in star clusters, the moon helps to locate the "Beehive" in Cancer the Crab on May 29. Amateurs astronomers with small telescopes may look for the cluster about three degrees above the moon's position and slightly to the right.

seum, and we are delighted that Tina has the skills and experience to help move Rackliffe House forward."



Tina Busko

Ms. Busko brings over 18 years' experience in developing and presenting natural history programs, recreational and leisure activities for children and adults. Prior to joining Rackliffe House, Ms.

Busko conducted interpretive programs in Environmental Education and Recreation for Assateague State Park. As the manager of an organic garden center, and the owner of an urban co-op in Tennessee before she moved to the Maryland's Eastern Shore, Ms. Busko cultivated many skills necessary for the Administrator position, including recruitment, training and management of staff; program development;

design and execution of marketing and PR campaigns; and business reporting systems. Ms. Busko holds an all-but-dissertation Master of Science degree from the University of Tennessee.

"I'm thrilled to join Rackliffe House as their first in-house Executive Director," said Tina Busko. "The position combines my love of natural and cultural history, and my joy in sharing these fields with children and adults. My goal is to help Rackliffe House grow its programs and audience, and represent its significance as a key historical site in Maryland."

Rackliffe House opens for the season on May 18, International Museums Day. Tours at the house are given every Tuesday and Thursday from 1 p.m. to 4 p.m. through October.

Rackliffe House is a restored and furnished 1740's merchant-planter's home overlooking Assateague Island and Sinepuxent Bay. Rackliffe House was constructed by Captain Charles Rackliffe, the grandson of one of the earliest English immigrants to Maryland's seaside.

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., May 4	3:06 a.m. 3:44 p.m.	9:36 a.m. 9:52 a.m.	6:00 a.m.	7:55 p.m.
Fri., May 5	4:10 a.m. 4:44 p.m.	10:32 a.m. 10:55 p.m.	5:59 a.m.	7:56 p.m.
Sat., May 6	5:06 a.m. 5:34 p.m.	11:23 a.m. 11:52 p.m.	5:58 a.m.	7:57 p.m.
Sun., May 7	5:54 a.m. 6:17 p.m.	12:07 a.m.	5:56 a.m.	7:58 p.m.
Mon., May 8	6:36 a.m. 6:57 a.m.	12:41 a.m. 12:47 p.m.	5:55 a.m.	7:58 p.m.
Tues., May 9	7:16 a.m. 7:36 p.m.	1:24 a.m. 1:24 p.m.	5:54 a.m.	7:59 p.m.
Wed., May 10	7:56 a.m. 8:15 p.m.	2:03 a.m. 2:01 p.m.	5:53 a.m.	8:00 p.m.

College advice from the 'experts' who have been there

Only 60 percent of college freshmen will graduate within 6 years according to the latest report from the National Center for Educational Statistics. That is pretty scary stuff for college-bound students and their tuition-paying parents, especially if loans are part of the financial formula.

Even for those students who make it to graduation, there may be some question as to whether they made the most of their time on campus.

As this Northern Michigan University senior reflects, "There I was, about to graduate with some random degree and feeling like I'd wasted my parents money."

And from a University of Florida senior: "The problem with college is that you figure it out about the time you're ready to graduate."

Helping college students figure it out sooner rather than later is what the latest edition of the awarding-winning "Been There, Should've Done That, 995+ Tips for Making the Most of College," continues to do.

The 4th edition again draws from interviews with seasoned collegians across the U.S. According to author, Suzette Tyler, a former academic adviser at Michigan State University, "their 'expert' advice is refreshingly insightful and often more encompassing than might be found in an adviser's office."

"I could talk until I was blue in the face about things like time-management and self-discipline," Tyler explains, "but when a fellow student says, 'I got great grades and I never missed a party and here's how to do it,' it has far more impact.

Here are some tips from "the experts":

"The first few weeks are great. You are

meeting people, partying ... no tests, no papers. Then ...WHAM! Everything is due in the same week! If you were not hitting the books right along, you will spend the rest of the term digging yourself out!" - Senior, University of California, Santa Cruz

"Gather all the syllabi during the first week of classes and write down the due date for every single paper, project, test or whatever. You'll see instantly which weeks are potential killers." - Junior, Wake Forest

"Sitting in a classroom is the easiest part of college and it cuts study time in half. Why make it hard on yourself? GO!" - Senior, University of Iowa

"What separated me from the masses was connecting with a faculty member. I didn't even know what the possibilities were until he laid out a roadmap and showed me a few shortcuts to get there. When my confidence was shaky, he reminded me that I could do it." - Graduate, University of Michigan.

"Pick the professor, not the time of day." - Junior, Duke University

"Get a job in the office of your major. You'll get to know everyone from the secretaries to the dean, all of whom can be very helpful. If any great opportunities come along, you'll be the first to know." - Senior, Indiana University

"There's no reason to fail! There are people here to help and it's free. Actually, you've paid for it so you might as well use it." - Senior, Michigan State University

"The students who make the most of their college experience aren't necessarily the smartest ones. It's often the average kids who know how to utilize the system, connect with the professors, take advantage of extracurricular activities, and manage their time well who reap the rewards," Tyler says.



Project - On April 20, Berlin Intermediate School (BIS) hosted the annual Soup Bowl Project and Passport to Learning Night. Student-made bowls were on sale for \$5 and filled with soup donated from local restaurants. Along with this community fundraiser, BIS also celebrated Passport to Learning night. Passport to Learning Night is designed to showcase activities, projects, and lessons that our students are doing in the classroom and to help parents understand strategies and programs that are available for student's use at home. Many activities were led by students who taught parents and families what they have learned in a particular subject or shared one of their talents learned in a special area.

Above: **Trista Harner** and **Laura Truitt**, pictured next to their booth "Lemonade to Loot" where they displayed tips to opening their own lemonade booth.

Capelli to address graduates

Dr. Stephen L. Capelli, senior vice president for academic affairs at Worcester Community College, will address members of the class of 2017 at commencement on Wednesday, May 10, at 7 p.m., at the Wicomico Youth and Civic Center in Salisbury.



Steve Capelli

Retiring on June 30 after 33 years of service, Capelli is responsible for academic affairs and the continuing education and workforce development division. He oversees curriculum and course planning, the development and evaluation of all programs and the coordination of the collegewide accreditation process. For much of his time at Worcester, he has also been responsible for the student services division. Capelli has also been a major contributor to the design of the college campus and all its buildings.

Capelli received his bachelor's and master's degrees from The College of

New Jersey in Ewing, N.J., and his doctorate from the University of Missouri - Columbia. He began his career in education as a teacher at Trenton (N.J.) Central High School and went on to become a coordinator, director, associate dean and dean of career programs at Missouri Western State University in St. Joseph, Mo., before joining Worcester as dean of instruction in 1984.

He is a member and past president of the Rotary Club of Salisbury. Capelli is a multiple Paul Harris Fellow and was named Rotarian of the Year in 2016. He also volunteers at Peninsula Regional Medical Center's Richard A. Henson Cancer Institute and is a multigallon donor at the Blood Bank of Delmarva.

Capelli has also served on the boards of the Richard A. Henson Family YMCA, the United Way of the Lower Eastern Shore, the Delmarva Education Foundation, the Wicomico County Career and Technology Education program, Worcester Technical High School and the Deer Harbour Improvement Association.

STEVEN W. RAKOW

Attorney at Law

General Practice / Civil Litigation / Criminal Defense
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- President, Worcester County Bar Association
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Winners

The American Legion Auxiliary Unit #166 held its April luncheon on Tuesday, April 18. The following students from Stephen Decatur Middle School were honored as annual Americanism Essay Contest winners. Left to right: **Luke Davis** (3rd place) and **Lydia Woodley** (1st place). Absent from picture is Ferdinando (Fred) Parziale (2nd place).

Eight ways to use less energy when the weather warms

The temperature is rising, and that can be a good thing for those people who love long days of outdoor recreational activities. Sometimes, though, there can be too much of a good thing, and consistently hot temperatures may become uncomfortable and even dangerous. Finding ways to keep cool without spending a fortune or using a lot of energy is challenging but possible.

1. Find your comfort zone. Determine an indoor temperature that works best for the household. Keep the thermostat set as high as possible to maintain that comfort level. If you will be out most of the day, set the programmable thermostat at a higher temperature, and then lower the temperature about an hour before you plan to return home. This reduces the number of hours the air conditioner is running.

2. Keep curtains closed

Draw the blinds and close curtains on south- and west-facing windows during the hottest times of the day. This prevents the interior of the home from heating up.

3. Maintain air circulation

Invest in ceiling fans, which can move air through the home. This will help prevent pockets of hot air in certain spaces. According to the U.S. Department of Energy, even in homes with air conditioning, ceiling fans enable homeowners to raise the thermostats on their AC units by about 4 F with no reduction in comfort. Attic fans can draw heat out of a home through vents, also helping to reduce indoor air temperatures. These devices can reduce reliance on air conditioners, especially on moderate days or cool nights.

4. Cook outdoors

Put that backyard grill to good use. Plan meals around outdoor cooking so the ambient heat will stay outside and you will not have to turn on the oven or the stovetop. Include side dishes, such as salads, fresh vegetables and fruits or gazpacho, that can be served cold. If you must heat something indoors, try doing so in the microwave.

5. Run appliances at night

Wait until the washing machine or the dishwasher is full before turning on the cycle. Temperatures are cooler at night, and you may not notice the extra heat in the home generated by such appliances. Consult your energy bill as well. Sometimes energy rates are lower in the evening than during the peak hours of the day.

6. Line dry clothes

Maximize that fresh air and warm sun by hanging freshly washed clothes to dry outdoors. This also works for quickly drying swimsuits and towels used at the pool or the beach.

7. Rely on natural light

In the summertime, the sun stays out longer, so you will be less reliant on electric energy to keep things illuminated. Spend more time outdoors so you can read, play or chat in the sunlight while keeping indoor lights off.

8. Determine pool filter efficiency

Experiment with reducing the amount of water filtration time until you come up with an amount of time that still maintains water sanitation. If you think your filter and pump are no longer working efficiently, consult with a pool supply retailer.

When the heat is on, learn strategies to keep homes cool and use less energy in the process.

How to plant a tree for successful growth

More sunlight and warm temperatures frequently inspire homeowners to spend more time in the great outdoors during spring and summer.

Outdoor projects often top homeowners' to-do lists in spring and summer, with gardens and landscapes taking center stage. Planting more trees around the yard is one popular project that can improve property value and benefit the environment.

Why plant trees? There are plenty of reasons to plant trees. Trees provide a natural form of shade, reducing air temperature by blocking the sun's rays. This can reduce reliance on air conditioning systems and make it more comfortable to spend time outdoors during the summer.

North Carolina State University College of Agriculture & Life Sciences says trees absorb and block noise and reduce glare. They also can trap dust, pollen and smoke. Trees also absorb carbon dioxide and potentially harmful gasses from the air. One large tree can supply a day's worth of oxygen for as many as four people, while also storing 13 pounds of carbon per year.

Getting started. Visit a garden center or nursery and select a tree that will be hardy in your planting zone. Choosing native trees can increase the likelihood that the new tree will adapt to its surroundings. Also, inspect trees to determine if they are healthy before taking them home. Look for evidence of root girdling, which occurs when the roots circle around the perimeter of the container and surround the trunk. Trees should not have any dead or dormant branches.

The DIY Network suggests locating the tree where it can thrive. This means selecting a spot that can make it easier for the tree to grow tall and wide. Avoid planting near the house, where roots can crack concrete or asphalt, and always

plant away from underground pipes.

Planting the tree. Now it is time to amend the soil. It is not enough to enrich only the soil in the hole where



the tree will be placed. Move out into a circular area beyond where the roots will start so that roots can expand and properly anchor the tree. The next method of success is to ensure that the tree has a large enough hole to contain the existing root ball and allow for roots to grow and expand. Better Homes and Gardens experts say to prepare a hole that is two to three times as wide as the root ball of the tree. Treat the root ball gently. If the roots are wrapped in burlap, remove the burlap or push it to the bottom of the hole.

Backfill the hole with soil and check that the tree is straight. Stake the tree to help it stay upright and straight until the roots anchor it more effectively. A layer of mulch around the base of the tree can prevent weeds and reduce water loss. Water daily for several weeks until the roots have fanned out.

It is best to leave trees be for the first growing season, only removing broken or diseased limbs. Resist pruning and shaping until the tree has survived its first growing season.

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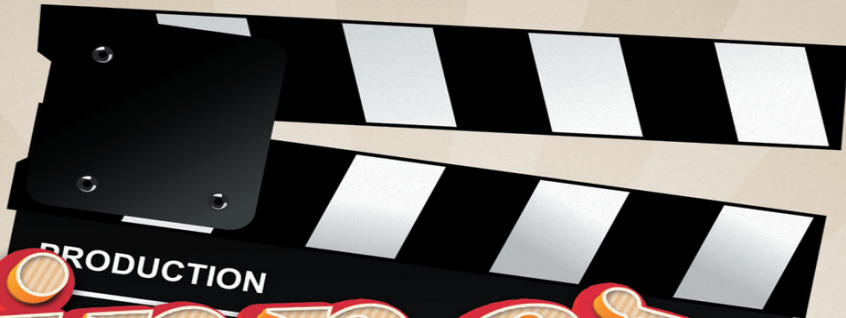
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