

The Courier

May 17, 2017 Volume 17 Number 36

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Memorial Day event planned

The Worcester County Veterans Memorial Foundation invites all to attend the annual ceremony honoring those who made the ultimate sacrifice. The ceremony will be held Monday, May 29, at 11 a.m. at the memorial site on Rte. 589, between Cathell and Manklin Creek Roads.

The ceremony will feature patriotic music and pageantry, honoring the service men and women who gave their lives for our freedoms. Gold Star mothers and American Ex-POWs will be honored. Mike "DJ Batman" Beatty, will be the Master of Ceremonies. Music will be provided by Frank Nanna and the WWIIunes, featuring Todd Crosby, Randy Lee Ashcraft and the Delmarva Chorus.

Golf carts will be circulating from tent to parking lot for those needing some assistance. Please bring a lawn chair, as seating under the tent is limited. The ceremony will move to the Ocean Pines Community Center in the event of inclement weather.



Dazzle Store liquidation to benefit Worcester GOLD

Dazzle is holding a store-wide liquidation sale. This is a chance to purchase gifts and furniture at unbelievably low prices while benefiting Worcester GOLD. Dazzle will donate a percentage of sales to them. Store displays, racks, spinners and furniture are reduced for immediate sale. Also, clothing, jewelry, accessories, Christmas trees originally priced up to \$400 are as low as \$35, ornaments, table top, Christopher Radko retired collectible ornaments. Lladro figurines, Fitz and Floyd and much more.

This is a great opportunity to save on great gifts and merchandise while helping a worthwhile local charity.

Everything must be sold. The sale runs through May 25, Monday thru Saturday 11 a.m. to 5 p.m. Dazzle is located in Manklin Station Shopping Center near DeNovo's.



Winners - Each year, the National American Legion Auxiliary sponsors an Americanism Essay Contest for students in grades three through 12. This year's theme for the essay was, "How does learning about government and our America help you become a future guardian of the liberties of our country?" Winners from Ocean City Elementary School are pictured, front from left, **Melih Unal**, third place; **Ksenia Drakos**, second place; and **Aleksey Klimins**, first place. They are pictured with fourth-grade teachers **Melanie Biscoe** and **Faith Murray**, and Principal **Dawn Rogers**.

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Community Calendar

May

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RWWC to meet

The Republican Women of Worcester County will hold their May luncheon meeting on Thursday, May 25 at the Captains Table Restaurant, located at 15th Street at Baltimore Ave. in Ocean City. The speaker will be Mr. Bill Jarman, executive director of the Harriet Tubman Museum in Cambridge, MD. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. To make your reservation or for more information, please contact Pat Addy at 410-208-0171 or gorpataddy@aol.



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

Groundbreaking set for new Berlin library

The Worcester County Commissioners invite the public and members of the press to join them and the Library Board of Trustees to the groundbreaking ceremony for the new Berlin Branch library. County and state officials will break ground at the site, which is located on Harrison Avenue in Berlin, on Tuesday, June 6, 2017 at 1:30 p.m.

The 12,000-square-foot Berlin Branch library will be a two-story structure, designed to complement the historic architecture of the Town of Berlin. The library will have expanded children and teen reading areas, community meeting space, art gallery, and a local history room. Additional space will be provided for both public computers and laptops. A children's porch and second-floor deck will allow visitors to take advantage of the natural setting. The site will also allow for the expansion of the community garden.

Project funding is being provided by the Worcester County Commissioners, Worcester County Library Foundation, and the

County Library Capital Grant Program, Maryland State Department of Education, and Division of Library Development and Services. Project construction will get underway in June 2017 and should be complete by July 2018.

Individuals with disabilities who may need special accommodations are invited to contact Public Information Officer Kim Moses at 410-632-1194.

For more information about the Berlin Branch Library project, contact Library Director Jennifer Ranck at 410-632-0026.

Dinner to benefit Veterans

A Memorial Day dinner to benefit Diakonia's Veterans will be hosted Monday, May 29, between 5 p.m. and 7 p.m. The menu will include chicken parmesan, pot roast, potatoes, vegetable, salad, and dessert. The cost is \$8 for adults and \$5 for children. The dinner will take place at Bethany United Methodist Church located at 8648 Stephen Decatur Highway in Berlin. For more information call 410.641.2186.

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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Hospice to host Preakness party

The sixth annual Hats for Hospice Preakness Party will be held on Saturday, May 20, from 4:30 p.m. to 8 p.m. at Hamilton Fox Farm in Salisbury.

The event is the signature fundraiser for charity care at Coastal Hospice. The need is profound and growing. Last fiscal year, Coastal Hospice provided more than \$650,000 in charity care to patients on the Lower Shore who did not have the resources to pay. No one who needs hospice services is ever denied care by Coastal Hospice.

Reservations are \$75 and can be made at CoastalHospice.org or by calling 410-742-8732.

The event features a live Preakness broadcast on a big screen, heavy hors d'oeuvres by Chef David Easton of Jade, Inc., plus race-day drinks including mint juleps, black-eyed susans, beer and wine. The Larks will entertain with music. Celebrity bartenders from WBOC and WMDT will host the drink stations.

This year's Charter Society Anchor Award recipient is Norman Conway, who will be honored at the event.

A Hats for Hospice hat decorating contest sponsored by Vernon Powell returns for 2017. Hats embellished by 12 talented local designers will be on display prior to the event at Vernon Powell Shoes on Naylor Mill Road in Salisbury. The public is invited to view the hats and vote for their favorite online at CoastalHospice.org. Each vote requires a minimum \$10 donation that also funds Coastal Hospice charity care. Two designers will be recognized at the event for their submissions based upon most money raised and most creative hat, and the hats will be auctioned to the highest bidder.

The Hats for Hospice committee members are chair Nancy Hall, co-chair Alan Merritt-Hyle, hat contest co-chair Kathleen Abercrombie, and Diana Barber, Nancie Booth, Hope Morgan, Jenna Bowne and Gayle Widowson.



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Dolphins: (Ages 10 & Up)
Stroke Technique, Diving Skills

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(Ages 6- 14 months)
Intro Babies to Water
Toddler & ME:
(14 months-3 years)

SWIM LESSONS
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The Courier

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2012 Business of the Year

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The American Psychological Association (APA) recommends that men and women interested in making lifestyle changes begin by making realistic short- and long-term goals and then starting small. Unrealistic short-term goals can compromise people's efforts at making positive changes, ultimately derailing their efforts. But realistic short-term goals can pave the way to realizing the loftier long-term goals. For example, the APA recommends that people who set a long-term weight loss goal of 20 pounds begin by aiming to lose one pound a week. Accomplishing that short-term goal can give people the confidence and satisfaction they need to propel them toward achieving their long-term goal. The APA also advises that men and women who want to change unhealthy behaviors do so one unhealthy behavior at a time, unless several unhealthy behaviors are putting their overall health in imminent danger. Quitting smoking and eating healthy requires considerable effort and dedication, and individuals may encounter problems when they try to do too much at one time. As a result, the APA recommends waiting until one new healthy behavior has become routine before attempting to change another unhealthy behavior.



Safe boating week to kick off

National Safe Boating Week is May 20 to 27 May this year. It will be celebrated locally with a kickoff event at the West Ocean City public boat launch ramp at 10 a.m., Saturday, May 20. After brief opening comments about boating safety, there will be tours of a Coast Guard boat and the Ocean City fire boat. There will be demonstrations of safety gear, knot tying, fishing tips and free safety boat inspections. There will also be free

hot dogs and soda for all participants in the children games and the 'Wear it' group photo of everyone wearing a life jacket for the Guinness book of records. The event is sponsored by the USCG Auxiliary in conjunction with the National Safe Boating Council to make recreational boating as safe as possible for the more than 70 million boaters around North America.

Safety on the water is a positive state of mind combining situational awareness and practiced good habits. Operator inattention, operator inexperience, improper lookout, machinery failure, and excessive speed rank as

the top five primary contributing factors in boating mishaps, but alcohol use is the leading contributing factor in boating accident deaths.

Life jackets are the number one

piece of safety gear and can be the determining factor between life and death in many boating accidents. Each year, 700 people die in boating-related accidents in North America. While drowning was reported as the cause of death in three-fourths of these fatalities, it is interesting to note that 8 out of every 10 vic-

tims were not wearing a life jacket. Ninety percent (90%) of deaths occurred on vessels where the operator had not received boating safety instruction from a National Association of State Boating Law Administrators (NASBLA) approved course provider.

Here are some good habits that can improve your recreational boat safety: Have a pre-departure check list; file a float plan; wear a life jacket, boat sober; keep hydrated; keep a look out and monitor VHF radio channel 16; be prepared to return to port if fatigue or bad weather becomes imminent; practice man-overboard recovery and hy-

pothemia prevention on a calm day; get a free vessel safety check; and take a boat safety course and know the rules of the road

The kickoff event on May 20 includes free vessel safety inspections and handout information that include 2017 tide charts and information on the Coast Guards' American Waterway Watch program.

Vessel Safe Inspections are also conducted every Saturday and Sunday from 8 a.m. to noon during the summer months at the boat ramp in West Ocean City. If it is more convenient, an auxiliariast can come to your boat. You can call Al Parra at (443) 614-3666 to make arrangements.

The auxiliary is also holding Maryland Safe Boating classes at the library in Ocean Pines. The State of Maryland requires that all boat operators born after July, 1972, must pass the Maryland Department of Natural Resources Safe Boating Class. Seating is limited if you are interested attending a Maryland Safe Boating class please contact Barry Cohen at (410)-935-4807.

The United States Coast Guard Auxiliary is dedicated to helping boaters understand the need for boating education and annual vessel safety inspections, as well as the importance of wearing life jackets while boating. Whether you are going out the Ocean City inlet in pursuit of that award winning blue marlin or just cruising the Assawoman, Isle of Wight and Sinepuxent Bays—make your safety and that of your passengers your top priority by being informed, equipped, and prepared.

The USCG Auxiliary, the uniformed volunteer arm of the Coast Guard, has a myriad of ever-evolving missions that include our primary responsibility to promote and improve Recreational Boating Safety as well as to support all USCG missions except roles that require "direct" law enforcement or military engagement. In one recent year, auxiliary operators performed more than 66,000 hours of Search and Rescue (SAR) mission support saving over 470 lives and assisting 13,000 members of the boating public. There are approximately 30,000 active auxiliariasts.

If you are interested in joining the Coast Guard Auxiliary contact Martin Killian at (717) 701-1021.



Golf Club renovations finished

Phase one of the renovations to the Ocean Pines Golf Club has been completed. It included work to The Tern Grille, men and women's bathrooms, men's locker rooms and the patio.

The 47-year-old building dates back to 1970, when construction on Ocean Pines Golf Club, originally named Seabright and later Ocean Pines Golf & Country Club, began. Now it's out with the old and in with the new tile, carpet, sinks, countertops and paint.

"The renovations to the locker rooms and bathrooms have given the downstairs of the clubhouse a rejuvenated and fresh look," PGA Director of Golf John Malinowski said. "The golfers have responded well to the changes and are looking forward to the completion of the new construction and floor plan upstairs this summer."

Located next to the Ocean Pines Golf Shop, the newly renovated and expanded Tern Grille restaurant is serving a new dining experience. The pub-like restaurant is now featuring an extended bar, an expanded dining area, more flat-screen televisions, a new menu and live entertainment.

"We can now accommodate larger groups of golfers and non-golfers at The Tern Grille," Venue Director Brian Townsend said. "We have more than tripled our dining capacity."

A wall in the men's locker room was moved and the three-season room was transformed into an enclosed room to expand the dining area at The Tern Grille. The Ocean Pines Public Works department removed and replaced the preexisting bar with a new bar and countertop. Staff also installed a new walk-

please see **tern** on page 8

Happiness floats

Some men love sports. Some men are car lovers. And some men are boaters. I fall very happily into the latter category.

There's nothing I enjoy more than spending time on my boat. It doesn't

against her sides while she was at anchor. She was a great little boat even if she was very heavy to row.

My next boat was a 15-foot Newport Gramps bought when I was 12. She was an old boat, one of the earliest

fiberglass boats manufactured in the 1950s. It mattered not at all because she was mine. She had a steering wheel, throttle controls and most importantly a windshield. Her name was G.G. Gramps put an old fifteen horsepower Johnson

outboard on her and I spent countless hours cruising the bay. I learned a lot about seamanship with that boat. On more than one occasion I found myself in the middle of turbulent weather on the Delaware Bay doing my best to keep the bow into the wind. I was in my mid-teens at the time but after experiences like those I felt like an Old Salt.

G.G. had a personality or so I thought. Nonetheless she was a wonderful, simple boat whose company I sought quite often.

Shortly after getting married my wife and I purchased a used, very used, boat. I took out a bank loan to buy it. We used the boat twice before the engine froze up. In lieu of repairs we could not afford, we just gave it to the mechanic. It took me another year to pay off the loan. I never became attached to that boat as you would expect. Ironically, we had named that boat, *Empty Pockets*. It wasn't funny at the time and even now thinking about it evokes a twinge of pain.

It was quite a few years before I got another boat. The *Susan B. Anthony* was a fifteen and half foot bow rider. I first saw her when my in-laws' neighbor put her on his lift. Two years later, I bought her. She was 15 when I got her. I had her ten seasons during which time my family and I were aboard quite a bit. She was a great family boat and had a very friendly, personality. I nearly cried when the new owners took her away, even though it was my decision to move on.

The *Susan B. Anthony II* is the boat we have now. She's been with us for twelve seasons and we've become quite close. And as I ready her for yet another season of fun, the memories of those that came before make me smile. And it's nice to smile.

See you on the water!



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

even have to be in the water for me to have a good time. I love getting her ready for the season. I'll spend countless hours inside, outside and under my boat making sure she's in tip-top shape for the new season.

My boat is nothing fancy, but to me there is no boat better, no boat I would rather have. Although she's just under 20 feet, she is, to me, a home away from home, my yacht. My family and I as well as good friends, spend a lot time on her during the season fishing and cruising. Sometimes we have her packed in such a way that you would think she were a floating station wagon.

I don't remember a time not being around boats. Before I could walk I was sitting on my grandfather's knee as he steered his boat. The spray of salt water on my face is intoxicating, triggering many happy memories of times past and encouraging good times yet to be had. Being on the water is paradise.

Maybe I'm unusual (and certainly there are plenty of people who would agree), but I have a personal relationship with my boat. She's not an inanimate object but rather a living, breathing personality who must be treated respectfully. When I was about five years old I remember talking to my grandfather's old boat, the *Jo-Lin*, when she was about to be replaced. She was under a green winter cover canvas, perched on several cinder blocks in the yard. She would be missed I told her. In my child's mind, she let me know she was sad too.

My first boat was an eight-foot wooden row boat that Gramps built. He gave her to my brother and me when I was eight. Her name was *Marylou*. I spent a lot of hours on that little boat, rowing to favorite fishing spots or just lying on her floor looking up at the sky listening to the waves lap



**MAY
20**

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Be Part of National Safe Boating Week

West Ocean City Boat Ramp
10 a.m. to noon Saturday, May 20



Special group photo of everyone in a life jacket to break the Guinness World Record at 10:30 a.m.

Tours of the Coast Guard, the Maryland Natural Resources Police and the Ocean City Fire Department boats.

Free courtesy boat safety inspections.

Exhibits on marine safety, fishing, communications, life jackets, the environment, knot-tying, and safety equipment.

Free hot dog and soda for anyone who is wearing a life jacket.

Bring the family, bring your boat and bring your LIFE JACKET!



PRMC, stroke center receive achievement award

Peninsula Regional Medical Center (PRMC) and its Peninsula Stroke Center have been presented with the American Heart Association/American Stroke Association's Get With The Guidelines-Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll. The award recognizes PRMC's commitment to providing the most appropriate stroke treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines-Stroke achievement indicators for two or more consecutive 12-month periods and achieve 75 percent or higher compliance with five of eight Get With The Guidelines-Stroke

Quality measures to receive the Gold Plus Quality Achievement Award.

To qualify for the Target: Stroke Honor Roll, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reduce the effects of stroke and lessen the chance of permanent disability. PRMC and the Peninsula Stroke Center earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period.

These quality measures are designed to help hospital teams follow the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

"A stroke patient loses 1.9 million neurons each minute stroke treatment is delayed. This recognition further demonstrates our commitment to delivering advanced stroke treatments to patients quickly and safely," said Warner Crumb, Executive Director of Orthopaedics and Neurosciences. "PRMC and our Peninsula Spine Center continue to strive for excellence in the acute treatment of stroke patients. The recognition from the American Heart Association/American Stroke Association's Get With The Guidelines-Stroke further reinforces our team's hard work."

Peninsula Regional and the Peninsula Stroke Center have also met spe-

cific scientific guidelines as a Primary Stroke Center and have been certified by The Joint Commission and the American Heart Association/American Stroke Association, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

"The American Heart Association and American Stroke Association recognize PRMC and its Peninsula Stroke Center for its commitment to stroke care," said Paul Heidenreich, MD, MS, National Chairman of the Get With The Guidelines Steering Committee and Professor of Medicine at Stanford University. "Research has shown there are benefits to patients who are treated at hospitals that have adopted the Get With The Guidelines program."

Get With The Guidelines-S puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping hospital care teams ensure the care provided to patients is aligned with the latest research-based guidelines. Developed with the goal to save lives and improve recovery time, Get With The Guidelines-S has impacted more than 3 million patients since 2003.

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, someone dies of a stroke every four minutes, and nearly 800,000 people suffer a new or recurrent stroke each year.

Climate change impact to be discussed

The Maryland Coastal Bays Program (MCBP) is hosting a meeting Tuesday, May 23, at the Ocean Pines library from 5:30 p.m. to 7:30 p.m. for residents to discuss the program's Comprehensive Conservation and Management Plan (CCMP) and future climate change impacts.

The CCMP is a 10-year plan of goals and actions that include emerging issues such as climate change, and the challenges those risks bring to the management of our surrounding bays' natural resources. This plan can be found at <http://www.mdcoastalbays.org/pdf/ccmp.pdf>. All are encouraged to participate in this important conversation that will help shape the future of the MCBP watershed management plan.

Science and technical experts have weighed in on their view of likely climate change impacts to the goals of

the CCMP. Now it's time to hear from community residents who may speak first hand of changes locally, and share observations with the MCBP and University of Maryland Sea Grant staff. Citizen stakeholder participation is critical to helping the science community better understand likely climate change risks to the goals of the CCMP. The result of this meeting will allow the plan to move forward and include important action and mitigation steps for the management of our watershed and its tremendous natural resources.

Please RSVP if you plan on attending by contacting Katherine Phillips at 410-213-2297 ext. 109 or mcbp@mdcoastalbays.org. Feel free to contact her with questions or comments you may have in regards to this meeting and its topic. Light snacks will be provided.

MCBP is a 501 (c) (3) non-profit dedicated to protecting the bays behind Ocean City and Assateague Island through restoration and educational programs.



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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PRMC recognized for fragility fracture care

Every May, clinicians and health professionals come together in a national awareness campaign for the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease. Through National Osteoporosis Awareness and Prevention Month, people are encouraged to understand the risk factors associated with this condition and make the lifestyle changes needed to build strong bones for life.

Although an estimated 10 million adults in the U.S. have osteoporosis

and an additional 43 million have low bone mass, most will go undiagnosed and untreated.

A broken bone, also known as an osteoporotic or fragility fracture, is a serious complication of osteoporosis and often the first sign that a person has the disease. Unfortunately, only about 20% of the nearly two million individuals who experience fragility fractures each year are tested or treated for osteoporosis.

Those fractures are costly; nearly \$18 billion in related costs every year. By 2025, experts predict those numbers to rise to nearly three million fractures and \$25.3 billion in costs each year. Failing to prevent future fractures can be deadly; nearly 25% of patients who suffer a hip fracture die within a year. The majority who do survive experience a loss of independence and often require long-term nursing home care. It's time to address this silent public health epidemic in health care.

Peninsula Regional Medical Center

please see *prmc* on page 8

Bertino to hold Town Meeting

Worcester County Commissioner Chip Bertino will host a town meeting 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 as well as the Fiscal 2018 county budget. Commissioner Bertino's guests include Register of Wills Charlotte Cathell and Chief Administrative Officer Harold Higgins.

Commissioner Bertino is pleased that Mrs. Cathell will be a guest speaker at the meeting. She has served as Register of wills for nearly 20 years and served ten years as president (and a founder) of Worcester County G.O.L.D. (Giving Other Lives Dignity).

"Charlotte has been active member of our community for many years and I think residents will be interested to learn more about how her office works in service to county residents," said Commissioner Bertino.

Mr. Higgins will provide insight into the operations of county government. He was appointed chief administrative officer by the county commissioners in 2013. Before that he served as chief finance officer for 17 years.

"Most people may not realize the important and unique role Harold plays in county government. I think his presentation will be illuminating to residents," said Commissioner Bertino.

This town meeting will be the tenth Commissioner Bertino has hosted since being sworn in in 2014. "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 interest," said Bertino.

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Pines nominated 'Best of' contest

Ocean Pines, voted the safest residential community in Maryland by National Council for Home Safety and Security, has been nominated as the "Best Residential Community" in Worcester County in an online voting contest promoted by "Coastal Style Magazine."

"Ocean Pines has long been a favorite destination for Maryland visitors. Now residents and guests alike can show their fondness by voting in the 'Best Of' contest," Ocean Pines Marketing and Public Relations Director Denise Sawyer said. Also on the ballot is the title of "Best Wedding Venue of Worcester County." The Venues at Ocean Pines, formerly known as the Clubs of Ocean Pines, has also been nominated in Coastal Style Magazine's 2017 "Best Of"



Awards.

The Ocean City-based publication invites its readers to vote for their favorite people, food, drinks and businesses on the Eastern Shores of Maryland and Delaware. "We are encouraging folks to vote for Ocean Pines," Sawyer said. "It's a premier coastal community that features five safe pools, two clean marinas, a championship golf course, a spacious sports complex, a skate park, several parks and scenic walking and/or jogging trails."

For your ballot to be counted, you must complete a minimum of 15 categories and include your name, address, phone number and email. Ballots submitted without contact information will not be counted, according to Coastal Style Magazine.

Visit www.coastalstylemag.com/best-of-coastal-style-ballot to cast your vote.

Voting ends June 15, and the 2017 "Best Of" awards will be published in the September/October issue of "Coastal Style Magazine." The publication will host a celebration party for its "Best Of" winners at an awards dinner on Friday, September 29 at Seacrets in Ocean City.

prmc

from page 4

has taken steps to ensure its osteoporotic fracture patients receive the treatment and care they deserve through participation in the American Orthopaedic Association's Own the Bone® quality improvement (QI) program. Peninsula Regional joins more than 200 health care institutions nationwide that have joined Own the Bone and taken initiative to ensure their osteoporotic fracture patients receive the treatment and care they deserve.

Peninsula Regional announced it has received an Own the Bone Star Performer designation this year, an achievement reserved only for institutions that perform the highest level of fragility fracture and bone health care. Own the Bone Star Performers like Peninsula Regional must achieve a 75% compliance rate with at least 5 of the 10 Own the



Food collection

AARP collects food for Sarah's Pantry, a local organization. Kiwanis Club of Ocean Pines-Ocean City President Barbara Peletier recently joined AARP President Larry Walton to collect the food for the Spring Food Drive. (L-R) **Larry Walton, Barbara Peletier and Ken Walter.**

GM to hold town hall meeting

Acting General Manager Brett Hill has announced he will hold a town hall meeting to provide the latest update on all the capital projects and improvements the Ocean Pines Association has accomplished over the past several months.

The meeting is set for 7 p.m. on Thursday, June 1, on the second floor of Mumford's Landing in Ocean Pines, located at 1 Mumford's Landing Road.

All are invited to attend and participate.

A brief presentation will outline past efforts and present opportunities for the public to comment. The public is encouraged to come with questions, concerns and ideas. Membership participation and feedback is very important. Questions may be submitted in

please see **gm** on page 9

Bone prevention measures, including: educating patients on the importance of calcium and vitamin D, physical activity, falls prevention, limiting alcohol intake and quitting smoking; recommending and initiating bone mineral density testing; discussing pharmacotherapy and treatment (when applicable); and providing written communication to the patient and their physician regarding specific risk factors and treatment recommendations.

Through the Own the Bone program and its national web-based quality improvement registry, Peninsula Regional has been provided with the tools to establish a fracture liaison service (FLS) and to document, track and benchmark care of fragility fracture patients. Through an FLS program, a care coordinator, such as a nurse or physician's assistant, ensures that fragility fracture patients are identified, evaluated and treated.

Through its participation in Own the Bone and recognition as an Own the Bone Star Performer, Peninsula Regional has demonstrated a commitment to helping patients understand their risk for future fractures and the steps they can take to prevent them.

What can people do to protect their bones? Get adequate calcium and vitamin D, either through diet or supplements, if necessary. Engage in regular weight bearing and muscle strengthening exercise. Emphasize fall prevention and external risk factors (stairs, railings, clutter, etc.). Avoid smoking and limit alcohol to 2-3 drinks per day. Have you or a loved one had a broken bone over age 50? Talk to your health care provider and get a bone density screening to determine if osteoporosis might be the cause and learn additional steps you might need to take to prevent future fractures.

tern

from page 4

in refrigerator and cooler, breakers in the kitchen, sprinkler system and pull stations for fire alarms.

The association is now turning its attention to the second floor of the facility. All mechanical equipment in the attic and ceiling area of the dining hall has been removed. Cedar shakes, doors, room dividers, ceiling and floor joists will also be removed.

"We are very excited to see how quickly we've progressed with the first floor and we are even more excited on the hopes that the second floor will be completed before the summer season," Acting General Manager Brett Hill said. "We will have a new facility for our Board Meetings, plus a place for community and committee gatherings."

In addition to the supplemental meeting spaces, the second floor of the Ocean Pines Golf Club will accommodate banquet events. "I think we're going to fill a unique void for mid-size parties," Hill said. "I think it will be a nice addition to our portfolio of party venues available through Ocean Pines."

The Tern Grille is now open daily to the public, from 7 a.m. to 6 p.m.

911, what's your emergency?

By **Fred Webster**
Emergency Services Director
Worcester County

"Worcester 911, what's the address of your emergency? Tell me exactly what happened. What's your name? How many people are involved?" These are questions a 911 call taker, telecommunicator, will ask a caller.

"Why are you asking so many questions? Just send help!"

These are common concerns voiced by callers.

Every day highly-trained, nationally-accredited telecommunicators answer calls from victims, friends, and bystanders who are part of or witness emergencies. If you ever need to call the 911 Center, here's what you can expect to occur.

The process starts with the telecommunicator answering and entering your information into a Computer Aided Dispatch system. Once the telecommunicator knows where you are and the nature of the problem, that information is relayed to dispatch. Depending on the nature of the call, the telecommunicator will ask additional questions specific to your emergency.

gm

from page 8

advance via email to info@ocean-pines.org.

The acting general manager will be joined by department directors of the Ocean Pines Association.

Those unable to attend the meeting may view it live at www.OceanPines.org or on Mediacom channel 78. It also will be posted on the Ocean Pines website and will air on channel 78 afterward.

Does that slow the arrival of help? No. Step one, you provide the address and nature of the call to the call taker who electronically passes that information to the person who dispatches the call to emergency responders. Step two, you remain on the line and answer additional questions that the telecommunicator passes to responders en route to you. Step three, the call taker provides information or instructions to you to perform until help arrives.

Fire and emergency medical calls are handled like police calls. During medical emergencies, expect to be asked a series of questions, like "Is the patient breathing?" During fire emergencies, you will be asked if you see flames or smoke, what type of building is involved, whether anyone may be trapped inside, and the number of floors or stories. While such questions may not seem relevant to you, your answers help fire officials make critical decisions, such as where to position equipment on the scene or how many crews to send into the building.

Two minutes. That's typically the time it takes for the Telecommunicator to calm a caller, obtain an accurate account of the incident, and provide any critical information to the caller. Then the call ends, and the telecommunicator moves on to the next emergency call.

Telecommunicators are the "first responders" to incidents. They are trained to be patient and listen closely. In some cases callers are hesitant to reveal all the necessary information to the 911 call taker. For example, many police callers say "Just send the police. I'll tell them what they need to know when they get here!" How callers convey certain in-

formation often gives a telecommunicator clues that the caller may not be providing all the needed information, and withholding information is not uncommon with callers who are anxious or in distress.

One thing is certain at the 911 Center. While no two calls are the same, the professional telecommunicator who will answer, "Worcester 911, what is the address of your emergency?" if you call will be working on your behalf to get you the help you need when you need it.

Chapter raises money for PEO

P.E.O.'s local Chapter AK of Ocean Pines held its May fundraiser at Adolfo's Restaurant in Ocean City. With forty chapters in Maryland, the philanthropic organization has raised over \$304 million for scholarships, loans and grants which help to promote educational opportunities for women. More than 100 guests attended the gala. A total of \$2,531.00 was raised.

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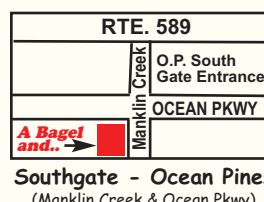
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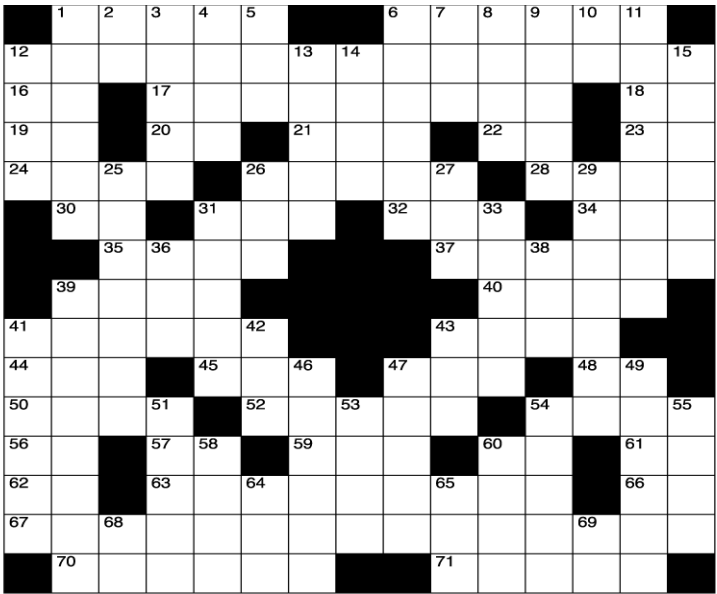
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CLUES ACROSS

1. Member of Jamaican religion

6. Explodes

12. "Walter White" produced this

16. Promo

17. In a harmful way

18. Aluminium

19. Cerium

20. Female title

21. Singer DiFranco

22. Beloved alien

23. Free agent

24. Tax

26. Change

28. Heaviness

30. Third note of the solfège

31. Printing speed measurement

32. Pouch

34. Brew

35. Female of a horse

37. Platforms

39. Type of hemline
40. "Traffic" actor Guzman

41. Counts on

43. Inhabitant of Media

44. Pitcher's statistic

45. Beloved dish ___ and cheese

47. An association of criminals

48. Samarium

50. Describes an action

52. About oviduct

54. Holy fire

56. Audio frequency

57. Stephen King novel

59. Rocky peak

60. South Dakota

61. Gallium

62. Larry and Curly's buddy

63. One-dimensionality

66. Soldier

67. Act of foretelling future events

70. Envisaged

71. Establish by law

CLUES DOWN

1. Regain possession of

2. Indicates position

3. Con games

4. Checks

5. Atomic mass unit

6. Large groups

7. Utah athlete

8. Abnormal sound

9. Scandal vocalist Patty

10. Atlanta rapper

11. Takes without permission

12. Apple computers

13. Hymn

14. Clue

15. Makes happy

25. Close to

26. Mimic

27. Cool!

29. Simplest

31. Preface

33. Represents the Tribe of Judah
36. Boxing great

38. Birth control means

39. English cathedral city

41. Refurbish

42. Test for high schoolers

43. "Boardwalk Empire" actress Gretchen

46. Most adorable

47. Large Pakistani tribe

49. Enemy to grass

51. Along the outer surface of a hull

53. Travels on water

54. Innermost Greek temple sanctuaries

55. Fire and ___

58. Singer Turner

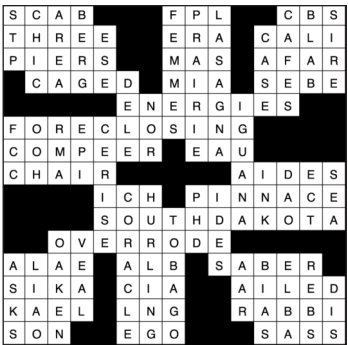
60. "___ the Man" Musial

64. ___ de plume

65. Frozen water

68. An alternative

69. Intensive care



Answers for May 10



Spring Flounder Fishing

Fishing Report: Some nice keeper flounder were caught in late April and early May when the weather and water clarity cooperated. Also, don't forget this year flounder must be 17" minimum size and you may keep four per person/day. Nice blues have been caught in the bay at the inlet and off the Route 50 Bridge. Surf fishing has been rough with the wind but a few blues are being caught and some skates. The head boats are catching tog when they can get out given the windy conditions. I'm sure they are patiently awaiting the opening of Black Sea Bass season May, 15.

What's the secret to catching big flounder? I wish I had the answer. I have talked to many flounder fishermen, tackle shop owners, charter boat captains and others who all have their own secret to catching big fish. Of course these could just be "Fish Tales." I'll try to give you some pointers based on what I have learned from them as well as my own personal experience.

What about water temperature verses water clarity? Many fishermen will tell you that in the spring water temperature is critical. A temperature of 52 degrees will get flounder actively feeding. If you are fishing the bays don't stay home because of the reported ocean water temperature being low because the bay waters warm up much faster. On a sunny day this warming is due to shallower water and the surrounding marshes. This is particularly true on the outgoing tide as the water is drawn from the warm marsh. Although I feel water temperature is important even more important is water clarity. Few

flounder are caught in cloudy water. Flounder are an ambush fish and feed on sight rather than smell. If you decide to fish when the water is cloudy and have a boat, travel around to find some clear water before fishing otherwise don't waste your time or the fuel.



Joe holding up his catch

What is the right bait to use in the spring? Each fisherman will likely give you a different answer. You will also hear use big bait to catch big fish. One thing I can tell you is that every spring as long as I have been fishing the flounder are full of grass shrimp. I will usually start with a double rig baiting the bottom hook with a frozen shiner and squid strip or a live minnow. On the top I'll use a pink Gulp 4" swimming mullet to represent a grass shrimp. If pink does not work I'll alternate with chartreuse and pearl white. Flounder also love sea robin so if you catch one cut a fillet off the side and fish it on either hook. I have also found that early fish usually do not like a lot of hardware such as spinners, beads and bucktails; they become more important starting in late May

When is the best time to fish? You could spend all day fishing but to

please see *flounder* on page 11

How to avoid hot weather automotive breakdowns

When the weather warms, many people take to the outdoors to enjoy the sunshine and rising temperatures. Summer road trips or vacations are the norm, but it is important to realize that hot weather can take its toll even on a new, well-maintained vehicle.

High temperatures can cause all sorts of damage to a vehicle, from zapping battery power to overtaxing the cooling system. Recognizing potential hot-weather risks and performing routine checks on the vehicle are the keys to keeping vehicles in top form.

Battery. Excessive heat can shorten the life of a battery because it causes battery fluid to evaporate more quickly. This, in turn, can damage the internal structure of the battery. AAA reports that car battery issues are the most common breakdown calls.

It is a good idea to top off a battery with distilled water if it is the kind that requires it. Low-maintenance batteries may not have filler caps and will not require water. Inspect the battery for corrosion and leakage of battery acid. This could be a sign that the battery is getting old and will need to be replaced.

Cooling system. Cooling systems work hard to keep the flow of air to the engine and prevent it from overheating during warm seasons. Compromised cooling fans or lack of coolant can be troublesome. To avoid overheating, check coolant levels before getting on the road. In addition, have the cooling system checked by a trained mechanic prior to the summer driving season. It is a small price to

pay to avoid extensive engine damage from overheating.

Tires. Hot weather causes the pressure inside of tires to rise. Overinflated tires can wear down prematurely or result in blowouts. The Car Care Council



recommends checking tire pressure routinely in the summer, when tires are cold. Follow the guidelines in the owner's manual for recommended air pressure. Look for improper tread wear, weak spots or other tire damage that may end up causing flats.

Fluid levels. Hot weather can put extra demand on all fluids and engine components. Check transmission fluid, power steering fluid, brake fluid, and engine oil levels. Top off or change when necessary.

Pack with breakdowns in mind. Plan ahead for potential summer breakdowns by bringing along water, snacks, sunscreen, and an emergency medical kit. Be sure mobile phones are fully charged and that the number of a tow service or roadside assistance crew is entered into your list of contacts in the event of an emergency.

With warm-weather road trips beckoning, it is time to plan accordingly to prevent breakdowns that can derail fun.



Beach fun - Eliza Mason-Burt's third graders **Collin Pennington, Adriana Staley** and **Sasha Yonyak** enjoyed a fun day full of exercise and beautiful weather on their Ocean City Elementary School Boardwalk Fitness field trip on May 9.

flounder
from page 10

really target big flounder you should make it a point to check the tide charts. Flounder fishing is best the last two hours of the incoming tide and the first two hours of the outgoing tide. Also remember the tides flow two hours behind in the bay so if the beach high tide is 1 p.m. the bay high tide is 3 p.m. or will occur sooner if you are closer to the inlet. Fishing is also usually better with a mild northeast or easterly wind. A south wind seems to dirty up the bay.

These are only a few helpful hints. I must admit I have witnessed some of the nicest flounder caught in the most unconventional ways over the years. A few years ago while I was on a local flounder charter boat a young boy caught a 26" flounder on a half frozen shiner, the other half was bitten off by a bluefish.

Another day a 24" fish was caught on just a strip of squid. I was certainly humbled by the experience but learned a very important lesson. Never think you know all about fishing. Every fishing trip will teach you something new.


Until next time remember to take a kid fishing,
Capt. Ron



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Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., May 18	1:14 a.m. 1:46 p.m.	7:45 a.m. 7:53 a.m.	5:46 a.m.	8:07 p.m.
Fri., May 19	2:08 a.m. 2:43 p.m.	8:46 a.m. 8:52 p.m.	5:46 a.m.	8:08 p.m.
Sat., May 20	3:06 a.m. 3:41 p.m.	9:28 a.m. 9:52 p.m.	5:45 a.m.	8:09 p.m.
Sun., May 21	4:03 a.m. 4:37 p.m.	10:20 a.m. 10:52 p.m.	5:44 a.m.	8:10 p.m.
Mon., May 22	4:58 a.m. 5:30 a.m.	11:12 a.m. 11:51 p.m.	5:44 a.m.	8:11 p.m.
Tues., May 23	5:52 a.m. 6:21 p.m.	12:04 p.m.	5:43 a.m.	8:12 p.m.
Wed., May 24	6:44 a.m. 7:13 p.m.	12:47 a.m. 12:55 p.m.	5:42 a.m.	8:12 p.m.

WCHS to hold golf tourney

Worcester County Humane Society invites golfers to the 4th Annual “Pars for Paws” on Thursday, June 1 at Eagles Landing golf course, in Berlin. Registration starts at 11:30 a.m. with a 12:30 p.m. shotgun start. Entry fee is \$100 per player and includes greens fee for 18 holes, a cart, box lunch, and awards ceremony immediately following the tournament at Harborside Bar and Grill which includes appetizers and drinks sponsored by Absolut. All money raised goes to the care of the animals at the no-kill shelter.

Golfers, donations and sponsors are needed to make this a success. The humane society is looking for individ-

uals and businesses that would like to make a monetary donation or would like to donate raffle prizes.

“By having generous sponsors, the money raised at the event goes directly to the care of our animals instead of paying for the event,” says Sandy Summers, “Pars for Paws” chairwoman.

For more information about “Pars for Paws” contact Sandy Summers at 443-235-5647.

Worcester County Humane Society, located at 12230 Eagle’s Nest Road, is a private, nonprofit, no-kill animal shelter that relies primarily on donations to care for the many animals that find their way to the shelter.



Outstanding – *Trista Harner, Ethan Justice, Brianna Swartz and Sadie Peters* from Berlin Intermediate School were recognized by Worcester County School Superintendent **Lou Taylor** for being overall outstanding students. Principal Tom Sites sent Mr. Taylor a small biography of each student and in return, Mr. Taylor presented each of them with a handwritten note congratulating them on their accomplishments and wishing them good luck in their future endeavors.



Fish tales

The Maryland Saltwater Sport Fisherman’s Association assisted Berlin Intermediate School students in Diana Jolley’s Advanced Fishing Club as they took boat rides in the bay to hunt for bluefish and rock fish.

At left: **Aryavir Sangwan** with two fish he caught.

Some potential health benefits of paddleboarding

Paddleboarding, which involves participants standing on a paddleboard or surfboard and using their arms to paddle through the ocean, is an increasingly popular recreational activity.

Often seen as a relaxing way to spend a peaceful day on the water, paddleboarding might provide some hidden health benefits. The following are just a few potential health benefits of paddleboarding.


Stress reduction: According to the American Psychological Association, in 2015 a greater percentage of adults reported feeling extreme levels of stress than in 2014. Many paddleboarding enthusiasts acknowledge the soothing qualities of paddleboarding, and a 2016 study published in the academic journal “Health & Place” found that increased views of blue space, including oceans, can be linked to lower levels of psychological distress.

Exercise: While it might not be high-intensity exercise, paddleboarding is exercise and can provide an avenue for otherwise sedentary men, women and children to begin increasing their levels of physical activity. Muscles in legs get a workout when paddleboarding, as these muscles are tasked with holding the body steady. In the meantime, core abdominal muscles also get a workout as they work to maintain the body’s balance. And of course, muscles in the arms, back and shoulders are needed for paddling. While

paddleboarding may not qualify as vigorous a cardiovascular or strength-training exercise, it does provide a low-impact way for participants to engage muscles throughout their bodies.

Balance: Paddleboarding can be a relaxing activity, but those paddleboarders who are most relaxed are the ones with great balance. Fortunately, paddleboarding can help men, women and children improve their balance because it requires a stable core and strong legs. While novice paddleboarders might struggle to stay upright at first, in time they are likely to notice their balance is improving.

Vitamin D: Human skin produces vitamin D in response to sunlight, which paddle boarders get plenty of. Vitamin D serves a host of functions in the body that can promote short- and long-term health. Vitamin D facilitates normal immune system function, which can help paddleboarders fight off disease and infection. Vitamin D deficiency has been linked to a host ailments, including diabetes, as inadequate amounts of vitamin D can cause insulin resistance. In addition, in 2014, researchers at the University of Georgia, the University of Pittsburgh and the Queensland University of Technology in Australia uncovered a link between vitamin D deficiency, seasonal affective disorder, or SAD, and a lack of sunlight. A type of depression related to changes in season, SAD affects millions of people across the globe.



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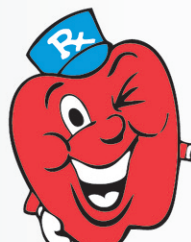
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Tea for many - The Tea Fashion Show held on May 2, was presented by the women of United Methodist Church. The clothing came from the Shepherds Nook. **Lou Ann Trummel** (center) organized the food. The women surrounding her cooked. Photo by Anna Foultz.

Problems that can lead to lawn damage

A beautiful lawn is a goal for many homeowners. Some homeowners may find that lovely lawns may last momentarily, only to disappear when damage, be it pest, weather or child-related, sets in.

While well-established turf can be resilient, even the most well-maintained lawns can be vulnerable. Preventing lawn damage first involves getting to the root of the problem.

Lack of sunlight: All plants need the proper ratio of sunlight to grow. Too much sunlight and plant blades can scorch. Too little sunlight and grass may turn brown and die. Although there are shade-tolerant varieties of grass, homeowners also can explore alternative landscapes. Work in a garden bed or create a design that utilizes gravel or mulch. Avoid aggressively pruning back trees to give the lawn more sunlight in that area, as this may just damage the trees.

Chemical spills: Gasoline and fertilizer spills and pesticide applications in high concentrations can cause the lawn to yellow or brown in spots. Carefully refill lawn gas tanks and fertilizer spreaders on the sidewalk or driveway to avoid overflow onto the lawn. If spills occur, flood the area promptly with water to dilute.

Foot traffic: Lawns can take a pounding from foot traffic, leading to compaction and spots of dead lawn. Try to redirect the traffic elsewhere to give worn down areas a break.

Aeration can relieve soil compaction. If a certain area has become the de facto pathway, install a paver, gravel or concrete walkway in that spot.

Debris: Leaving a tool, kids' toys, piece of wood, or any debris on the lawn can quickly suffocate the grass beneath and cause the lawn to die quickly. Make sure that no items are left on the lawn for an extended period of time.

Mowing patterns: Running the mower in the same pattern over and over can cause ruts in the grass that lead to damage, so avoid mowing in the same direction on consecutive cuts. Avoid mowing on very hot days or when the lawn is soggy. Both can cause tracks to form in the lawn.

Mowers: Dull lawn mower blades can damage lawns, as can mowing too fast. Grass blades can be torn, snapped and more, resulting in brown spots.

Wildlife: Animals and insects can destroy turf roots. Animals or insects may feed on the grass from underneath its surface, compromising the lawn's ability to procure nutrients and water. Animals like moles or raccoons may feed on grubs in the lawn, and treating for grubs can alleviate torn-up turf.

Lawns can be hearty, but they are also highly susceptible to damage. Even seemingly harmless things can compromise the integrity of a lawn. Understanding the causes of lawn damage can help homeowners protect their lawns.

MCBP to host watershed event

The Maryland Coastal Bays Program (MCBP) will be hosting the second series of the 'Discover Your Watershed' program, Saturday, May 20 at the Ilia Fehrer Nature Park from 10 a.m. until 1 p.m.

The Ilia Fehrer Nature Park is a former loblolly pine monoculture owned by Worcester County in which MCBP is managing a restoration project of restoring the pines with Atlantic white cedars, hardwood tree species and other native plants.

The Ilia Fehrer Nature Preserve is not open to the public yet, so this event is a unique opportunity to see this hidden restoration property firsthand. The first half of the day will consist of identifying and documenting the unique flora the Ilia Fehrer forest has to offer. We will be looking at areas of the forest using a technique called quadrat sampling. Our primary goal is collect data regarding the hardwood trees we recently planted. Then we will work to

clear trails that were previously developed. These activities will require hiking through challenging, un-even terrain.

This is the perfect opportunity for school groups, church groups, families, and individuals to explore a MCBP management property that is typically closed to the public.

Lunch will be provided after the event. Long pants, old shoes or boots, sunscreen, and bug spray are encouraged. This event is free and open to the public.

Please RSVP by contacting Amanda at amandap@mdcoastalbays.org or call 410-213-2297 ext 103.

The third program will be held June 17 10 a.m. to 1 p.m. at the Bishopville dam.

Discover Your Watershed series is a program dedicated to providing residents and visitors the opportunity to explore and learn about area restoration properties in the coastal bays watershed.

Plein air artists sought

The Worcester County Arts Council is accepting registrations from artists to participate in the annual Paint Berlin, plein air event to be held September 20 through 23. Registration is limited to 50 artists, 18 years or older. Artist's early registration fee is \$30.00. After June 30: \$40.00. The registration deadline is August 31.

Artists will have an opportunity to network, exhibit, and sell their artwork as well as compete for a very attractive cash prizes: \$1,000 - 1st Place, \$500 - 2nd Place, \$250 - 3rd Place, \$100 - Honorable Mention, \$100 - Artists' Choice, and \$100 - MD Legislators' Choice award.

This event will feature talented artists from across the region who will paint the beauty of Berlin and surrounding areas to capture and preserve the best aspects of our Community.

Kirk McBride will be this year's judge for Paint Berlin. Kirk is an accomplished and well recognized plein air artist as well as Berlin resident! He has been elected a "Signature Member" of the Mid Atlantic Plein Air Painters Association and has participated in many painting events.

Visitors are invited to come and watch artists work during this event and attend the free and open to the public "Wet Paint" sale and exhibit to be held at the Worcester County Arts Council Gallery located at 6 Jefferson

Street on Saturday, September 23 from 11 a.m. to 3 p.m. The exhibit will feature artwork created during this event.

Summer arts camp registration is open

The Worcester County Arts Council is now accepting registrations for the annual Summer Arts Camp for children to be held June 19 through June 23 at Berlin Intermediate School.

This camp is designed for students entering third through eighth grades in fall 2017. Last year over 100 children attended.

The cost is \$100 for the weeklong camp which is held from 9 a.m. to 2:30 p.m. Bus transportation from Pocomoke and Snow Hill for an additional \$15 for the week will be offered.

The registration form, including selection of various visual and performing art workshops offered this year, is available on the website www.worcester-countyartsCouncil.org and the Arts Council's office, located at 6 Jefferson Street in Berlin. The deadline for registration is June 9.

Financial support provided by Berlin/Ocean City Optimist Club and patrons of the Council will allow limited financial assistance. For details on how to apply, please call the office at 410-641-0809.

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Still Rockin' / 4 p.m. / The Cove at Mumford's
First Class / 8 p.m. / The Cove at Mumford's
First Class / 4 p.m. / Ocean Pines Beach Club

SUNDAY, MAY 28

Randy Lee Ashcraft / 6 p.m. / The Cove at Mumford's
Kaleb Brown / 3 p.m. / Ocean Pines Beach Club

MONDAY, MAY 29

Suzette Pritchett / 1p.m. / The Cove at Mumford's
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