

Candidates' Draw results announced

Five of the seven eligible candidates for this year's OPA Board of Directors election attended the Candidates' Draw, which was held in the Administration Building on Friday, June 9 at 11 a.m.

Two candidates, Paula Robertson Gray and Arie Klapholz, have submitted a formal letter of withdrawal. Five candidates now vie for two vacant Board positions.

The Candidates' Draw determines the order of the names on the ballot and order of seating at the Ocean Pines Association Candidates' Forum.

Colette Horn won the 2017 candidate draw. Horn will appear first on this year's ballot and will speak first at this year's Candidates' Forum on Wednesday, June 21 at 7 p.m. at the Assateague Room in the Ocean Pines Community Center. Here are the results of the drawing: Colette Horn, Nicole Schafer Crosariol, Douglas Parks, Martin Clarke and Brenda Lynn Wascak

The Elections Committee is seeking questions from members of the Association for the Candidates' Forum. Residents are encouraged to submit questions, 75 words or less, by calling the Elections Committee Telephone Hotline at 410-208-3989, or sending questions by email to Elections Committee Chair Steve Tuttle at sltuttleo8@gmail.com.

The deadline for submitting questions is Sunday, June 18.

The cutoff date for voter eligibility in Ocean Pines is July 1. Ballots will be mailed on July 11 and are due on August 10. Votes will be counted on August 11. The two winners, each serving a three-year term, will be announced during the annual meeting on Saturday, Aug. 12 at 10 a.m. at the Assateague Room in the Ocean Pines Community Center.

For more information, contact Elections Committee Chair Steve Tuttle at atsltuttleo8@gmail.com or Denise Sawyer, director of marketing and public relations for the Ocean Pines Association, at (410) 641-7717 ext. 3006 ordsawyer@oceanpines.org.



Spelling Bee winners announced

Yetive Delaney's and Julie Wilsey's third graders participated in the Worcester Prep Annual Grade 3 Spelling Bee on Monday, June 5. The following students finished top three in the contest (L-R): 1st place **Sydney Todorov**; 2nd place **Lena Parker**; and 3rd place **Ansh Batra**.



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Community Calendar June

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Carey Road detour to begin June 23

The Public Works Roads Division will be closing Carey Road at its intersection with the Maryland and Delaware Railroad in Berlin beginning June 23, while the train track is being reconstructed.

Detours will be in place throughout the course of the project.

The railroad project is expected to be complete and Carey Road once again open to the public by June 30. For more information regarding this road closure, please contact Roads Superintendent Frank J. Adkins at fadkins@co.worcester.md.us.



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	

Craft fair planned

Plans are underway for a huge craft fair in White Horse Park on Saturday, August 5, 2017. The Pine'er Craft Club has been sponsoring this craft fair in the park for 40 years. Crafters come from neighboring states as well as local areas to display and sell their hand crafted items. There is something for everyone – jewelry, decorative items, hand painted décor, stitchery items.

There are still spaces available, so if you have a handcrafted item and would like to secure a space in the fair, contact Lois Schultz at 215-888-7147. The club also sponsors a bake sale at the event with cakes, pies, and cookies for sale.

The Pine'er Craft Club operates the Artisan & Gift Shop located in the small building in front of the Ocean Pines Community Center. A peek in the windows will allow you a glimpse of the items created by craft club members. The shop is open every Saturday 9 a.m. to 3 p.m. and every Sunday 10 a.m. to 3 p.m. Credit cards are accepted.

The craft group meets on the third Thursday of each month at the Ocean Pines Commu-

nity Center. Refreshments are offered at 9:45 a.m. with a business meeting beginning at 10 a.m. During some meetings a special craft project is offered. In recent months, the group has done glass etching, created beaded watchbands, and made favors for local Meals on Wheels recipients. For additional information please contact President Sharon at 410-208-3032.

RWWC to meet

The Republican Women of Worcester County (RWWC) will host their June Red, White and Blue Luncheon Meeting on Thursday, June 22 at the Captains Table Restaurant, located at 15th Street at Baltimore Ave. in Ocean City. The meeting will salute immigrants and you will hear from Hanne Nilsson and from RWWC members Vera Beck and Rosemary and Johan Nykist. They will tell their story about immigrating to the United States. Cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation or for more information, please contact Pat Addy at 410-208-0171 or gorpataddy@aol.

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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Student summer reading program kicks off

By Gloria Dietz

The Worcester County elementary schools kicked off their summer reading program for first through third graders on Monday, June 5. This program is carried out by the Worcester County Commissioner for Women (WCCW) that was founded 12 years ago.

Over two thousand students received three to four books in a color coded book bag for summer reading. WCCW has been raising money through different fundraisers such as the Women's History luncheon and donations from various clubs, businesses and individuals.

The book bags were distributed by volunteers and sponsors of the Worcester County literacy program known as the McGuffey Bookworm Club. Officers were on



hand as students were sworn in with the McGuffey Pledge where each student promises to read, share and take good care of their books over the summer. Linda Dearing, head of the McGuffey distribution project said, "We made it like a club because we thought that would make it more exciting for them to belong to a reading club." Over 7,000 books have been distributed.

This program is named after William Holmes McGuffey who was a 'roving' teacher at the age of 14 and became a college president. He is best known for writing the McGuffey Readers which were the first series of textbooks used for teaching reading. It is estimated that millions of copies sold in the 19th century has placed its sales in the same category as the Bible and Webster's Dictionary.

Research shows that children lose as many as three months of reading skills over one summer break. Students may find it difficult to read when the schools are not in session. Being enrolled in a reading program helps them to develop good reading habits, as well as their retentive ability leading them to do better in class. The Women's Commission hopes to continue to provide this project in future years to reverse summer reading loss. They encourage taking your

child to the local library over the summer to read together.

For more information about this program, please contact Linda Dearing at l.dearing@verizon.net. Donations of any amount will help to buy books for the McGuffey Bookworm Club; \$20.00

to sponsor one child, \$400 sponsors an entire classroom, and \$2500 sponsors an entire grade. If you would like to make a donation, please send to Friends of WCCW-McGuffey Bookwork Club, PO Box 1712, Berlin, MD 21811.

Kids' fishing event is Saturday

The Ocean Pines Anglers Club offers kids of all ages the opportunity to "test the waters" and learn fishing skills and techniques on Saturday, June 17 from 9 a.m. to 11 a.m. at the South Gate Pond in Ocean Pines near the Sports Core Pool. This is an opportunity for parents and grandparents to share their love of fishing with a new generation. Please bring your own rod. Bait and water will be provided and the pond is stocked with several varieties of fish. Participants are also advised to bring insect repellent. Members of the Anglers Club, DNR and other local groups will offer fishing tips and general fishing information. There will be a drawing for a free rod and reel. The event is free and no pre-registration is required. For more information please call Walt Boge at 410-208-2855.

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atlanticgeneral.org/WomensHealth

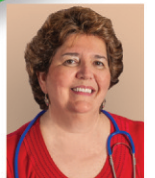
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MSN - Gynecology,
colposcopy



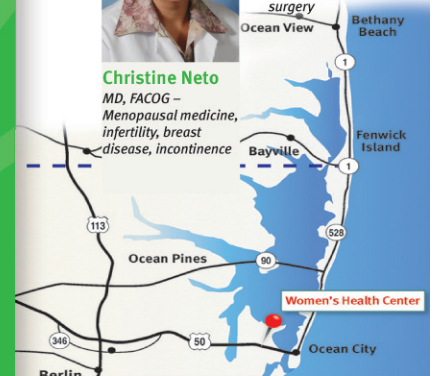
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Menopausal medicine,
infertility, breast
disease, incontinence



Nicki Akstinas
CRNP - Family
planning, cervical
colposcopy



Kevin J. Lee
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Hours of Operation:

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

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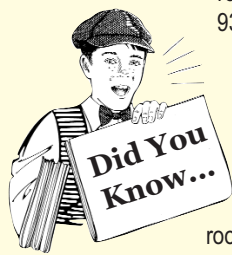
2012 Business of the Year

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Teachers provide many things to their students. In addition to an education, support and guidance, many teachers also feel compelled to enhance their classrooms with supplies they've purchased out-of-pocket. According to a poll of 1,500 teachers conducted by the educational

resource Edutopia, 93 percent of teachers feel obligated or somewhat obligated to buy school supplies for their classrooms with their own money. The Education

Market Association says that virtually all teachers wind up paying out of pocket for supplies. The amounts spent annually can be upwards of \$1,000 per teacher. In addition, not all of the teachers funding supplies work in low-income districts. A report published in early 2016 by the Center for Budget and Policy Priorities found that many states now provide less financial support per student than they did before the recession took hold roughly nine years ago. Districts forced to work under tight budgets are increasingly outsourcing the costs of supplies to parents. When parents fail to provide supplies, teachers are bearing the brunt of the costs to avoid seeing their students go without necessary resources.



Commissioners pass FY 18 budget, no tax increase

On June 6, the Worcester County Commissioners approved the fiscal year 2017/2018 (FY18) Operating Budget of \$198,932,675 in appropriations for the coming fiscal year. This reflects an increase of \$10,060,020 or 5.3% more than the FY17 budget while reducing the requested expenditures of \$204.0 million by \$5.1 million.

The approved FY18 budget maintains tax rates at their current levels of 83.5¢ per \$100 of assessed value for real property taxes and 1.75% for the County's local income tax rate.

The budget maintains funding for public services residents can count on, such as public safety, education, infrastructure and existing social service programs.

Anticipated General Fund Revenues

Based on the Real Property tax rate of \$0.835 net property taxes increased by \$3,148,939. The Homestead Credit cap remains unchanged at 3% and is estimated to be \$1,306,668 for the County's qualified principal resident homeowners effective July 1, 2017.

Local Income Tax rate remains the same at 1.75% which began January 1, 2016. Revenues are anticipated to increase by \$4.2 million over the current year based on actual receipts and increased estimates for the local income tax revenue.

Other Local Taxes increased by \$2,110,731 and includes an increase of \$250,000 for both Transfer Taxes and Recordation Taxes and an increase in Room Tax of \$1,502,836 based on current year estimates and \$107,895 in Food Tax.

State Shared revenues decreased \$6,039 mainly due to a slight decrease in Highway User Revenues as projected by the State.

Federal Grants decreased by \$57,964 which includes a decrease in funding of \$75,000 for the Emergency Management Performance Grant and an increase of \$15,225 for the Emergency Shelter Grant.

State Grants decreased by \$100,762 which includes a decrease of \$297,900 in Program Open Space Grants for Parks and includes an increase of \$164,657 in the State Grant for Roads.

Licenses and Permits increased by \$25,726; changes include decreased estimates for Vending Machine Licenses of \$30,000 due to a decrease in the number of machines. Increases are

also included for the bi-annual Occupational Licenses of \$31,000 and building permits for \$15,000.

Charges for Services increased by \$173,950 mainly due to increases of \$17,750 in Library

E-Rate reimbursement, \$65,000 in Fire Inspection Fees for upcoming projects and \$98,000 in various accounts for Recreation and Parks for increased Tournaments and Special Events.

Interest on Investments increased by \$200,000 due to improving interest rates.

Transfers in

Other Funds decreased by \$146,480 based on the final transfer in of bond premium proceeds that occurred in fiscal year 2016.

Transfers In of existing Budget Stabilization Funds increased by \$498,524 which will be passed through to the Solid Waste Enterprise Fund to cover the cost of Recycling at \$1,042,255 and Homeowner Convenience Centers at \$624,068.

Planned use of Casino/Local Impact Grant Funds increased by \$1,594 for the debt payment for the Worcester Career and Technical High School in FY18.

Major Approved General Fund Expenditures

County Departments and Agencies:

Significant increases and decreases are outlined as follows:

Circuit Court increased \$129,924 mainly due to a Court Security Grant for \$120,000

Elections Office decreased \$161,087 due to the statewide voting system allocation

Sheriff's Office increased \$219,736; Increased by \$214,579 in salaries and includes on new Deputy Sheriff and increased Court Deputies hours; increased by \$133,932 for software licensing and replacement laptops; decreased by \$88,920 in fuel and new vehicle equipment; decreased by \$40,480 in capital yet includes one vehicle for a new hire, six replacement patrol vehicles and two animal control pickup trucks; all total \$289,915.

Emergency Services increased \$326,010; increased by \$71,581 in salaries and includes a new position in Information Tech-

nology; increased by \$258,009 for a grant from the Emergency Number Systems Board for the approved County Fiber project, increased by \$23,550 for operating additional transmitter tower sites; decreased by \$24,000 for a new vehicle approved in the current budget year.

County Jail increased \$317,876; increased by \$276,213 in salaries; decreased by \$53,098 in savings of \$25,000 for inmate food services due to vendor savings and \$30,000 reduction in medical services and supplies due to the medical contract; increased by \$141,440 for maintenance and services including the medical contract of \$44,815 and \$80,000 in water and sewer based on actual and changes in federal laws; decreased by \$44,185 in capital equipment over the current year while supporting an inmate transport van, kitchen equipment and vehicle for administration

Volunteer Fire and Ambulance increased \$528,736: Fire Company Grants increased by

\$150,000 due to an increased base grant of \$250,000 for each volunteer fire company (additional \$15,000 per fire company); Ambulance Grants increased \$243,441 based on the current funding formulas.

Public Works - Roads Division

increased \$180,684; increased by \$67,017 in salaries and includes a new Roads Worker; increased by \$205,842 for road maintenance materials and \$164,657 from the State Transportation Highway Grant for road repairs; decreased by \$358,357 for State Aid for Bridges over the current year budget; increased by \$265,487 in capital equipment to include two dump trucks with snow plows, two tractors, rotary cutters and utility pickup trucks; level funded \$1,000,000 for blacktop materials for local road paving.

Health Department decreased \$202,815; decreased by \$300,000 due to state pick up of contractual employees' health benefits; increased by \$77,557 to expand the Safe School Mental Health Initiative with an additional Social Worker; increased \$28,368 to upgrade the keyscan security and access systems of 5 health buildings.

Commission on Aging increased \$141,300; increased for addi-

please see **budget** on page 8

Beach envy

Author's note: I wrote this several years ago. Unfortunately it still holds true.

It may have been a mistake for me to go to the beach the other day,

performed acrobatic feats while running down the beach and diving into the water to impress attractive young women who were nearby. At this stage of my life the only way I would be able to attract the attention of a beautiful young woman is if she were a life guard trying to revive me after I lost consciousness while attempting to suck in my belly so it didn't hang over my bathing suit.

Watching these young bucks stroll along the beach, athletic and trim reminded me of all the my false dieting starts during the winter, last winter, the winter before that and the winter before that. There's no place I can hide on the beach. I'm right there in the open for all to see, like a wayward whale in the surf.

I am so far out of shape that if I were a rectangle I'd look more like a droopy oval, with nipples. I have no one to blame but myself for this. Well, my wife is partly to blame because she's an excellent cook. Yeah, it's her fault.

It's easy to be jealous of young people at the beach. Their bodies are toned, their hair is shiny and their teeth are white. They tan perfectly and the sun seems to follow them wherever they go. I tan like orange swirl ice cream: patches of orange with white streaks from where I was sitting on a webbed chair.

Young people look good because they are young. They live life to its fullest. While they're playing Frisbee, touch football and/or volleyball, my athletic prowess on the beach consists of digging my toes in the sand while sitting in my 12 year-old beach chair with frayed webbing.

I enjoy going to the beach and I don't plan on giving it up because of young people enjoying youth. In fact I could be just like them if I really wanted. A little black hair dye, a corset under my T-shirt and a truss would no doubt work wonders for my self-esteem.

The only thing left would be to convince the gulls to stop laughing. That might be a little more difficult.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

my first time this year. It wasn't the weather. It was ideal. It wasn't for a lack of bringing reading material. I had. It wasn't because I did not have money for refreshments. I did.

The problem was not something I could easily put my finger on until, and this is a big until, I noticed the other people around me. They were all young. They were all buff. They were all tan. And they were all beautiful. I thought I had inadvertently walked in on auditions for the "Bay-watch" reunion.

Here were all these young, appallingly in-shape twenty-somethings enjoying the sun and surf with seemingly not a care in the world. I bet not one of them had to slather on sunscreen before heading to the beach. I bet not one of them had to worry about making sure his kids were where he could see them at all times while they were in the water. I bet not one of them had to pay a mortgage or worry about the cost of a child's braces.

There I sat under my umbrella taking in the scenes around me. I watched as young men with evenly tanned, perfectly chiseled physiques strutted along the water's edge. You could almost hear choirs of angels heralding their every step. In fact I think I saw several sea gulls, those that weren't circling above me contemplating target practice, bow their heads in awe.

If I manage to make it from under my umbrella to the water's edge without getting winded the best I can hope for is a wave won't crash over me leaving me covered in a seaweed residue.

I watched as some young men



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Diakonia golf tournament scheduled

Diakonia, the only comprehensive provider of emergency and transitional housing for men, women and families on the Lower Shore, is accepting registrations for its 8th annual golf tournament on Wednesday, July 19, at the Ocean City Golf Club, Seaside Course, on South Point. This is the organization's most important fundraiser of the year.

Registration includes golf cart, Captain's Choice Scramble, tee gift and complimentary refreshments. Mulligans will be available. A catered lunch begins at 11:30 a.m., followed by a shotgun start at 1 p.m., with hors d'oeuvres and a cash bar during the final scoring segment. The event concludes with an awards presentation and announcement of all raffle and 50-50 prize winners.

Sign up with a team of four, or as an individual and be assigned to a team.

Cost is \$100 per player, \$400 a team. Business or professional sponsorships are also available at the \$1,000, \$460 and \$150 level. Event and Team sponsorships include free golf for four players and prominent inclusion, with logo, in the program. Tee Flag sponsorships include business logo on flags on the course.

To register to play, or inquire about being an event, team or tee-flag sponsor, contact Sandy Sribnick at 301-922-4127 or email at diakoniagolftournament@gmail.com

Vendors sought for health fair

Worcester County Recreation & Parks (WCRP) is again hosting the 2017 Health Fair, in conjunction with Falls Prevention Week. This event, which is free to the public, will take place Wednesday, September 20, from 9 a.m. to 1 p.m. at the Worcester County Recreation Center in Snow Hill.

WCRP staff are looking for vendors who are interested in participating in the event to advertise their business or health and wellness practices to the community. Participation is free for vendors as well, and tables will be provided for set-up. All health and wellness related vendors are encouraged to take part in the health fair, including but not limited to health professionals, physical therapists, hospitals, assisted living, foot & vision experts, assistant devices and independent living specialists, health departments, nutritionists, health screenings, and more.

Anyone interested in registering as a vendor or obtaining more information should contact WCRP Program Manager Myro Small at 410-632-2144, ext. 2512 or msmall@co.worcester.md.us or visit our website at www.WorcesterRecAndParks.org.



Fleet Blessing

On June 4, the Ocean City Power Squadron held its annual Blessing of the Fleet at the Ocean Pines Marina. The event was attended by OC Power Squadron members and guests and was followed by a cruise to Seacrets for a lunch and social gathering.

The Blessing of the Fleet ceremony has been passed down through generations of sailors, fishermen, merchant mariners and navies around the world and is intended to safeguard crews and ships from the dangers of the seas through a traditional blessing given by a clergyman at the waters edge. Senior Pastor Boyd Etter, of the Community Church at Ocean Pines, provided the blessing this year.

In the picture aboard the Steal Aweigh from left to right are LT/C Linda Hess, LT/C Bonnie Curro, CDR John Hess, P/C Tony Curro and P/C Fred Stiehl. At the waters edge Pastor Boyd Etter gives the blessing.

The Ocean City Power Squadron, a unit of the United States Power Squadrons, the oldest and largest recreational boater education organization in the country, provides boating seminars and courses to members and the public throughout the year and conducts free vessel safety checks to assure that boaters have all the necessary safety equipment on their vessels required by the US Coast Guard and the State of Maryland. For further information on the Power Squadron or its classes or to schedule a free vessel safety check contact Executive Officer John Hess at 410-208-0431 or Educational Officer Mort Brown at 410-641-8040.

Free vascular screenings available

The Guerrieri Heart & Vascular Institute at Peninsula Regional Medical Center will be sponsoring free vascular screenings for people 55 or older, by appointment. All screenings will be performed at Peninsula Regional Medical Center between the hours of 8 a.m. and 3 p.m. Appointments are required.

The free screenings will include ultrasound testing for carotid artery blockage and abdominal aortic aneurysm, and ankle-brachial index tests for peripheral artery disease.

The screenings are for individuals who exhibit at least three prominent risk factors or one symptom. Risk factors for vascular disease include smoking, high blood pressure, high cholesterol, diabetes, sedentary

please see **screenings** on page 11



Monday

Chicken Parmesan over Pasta \$9.95

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

Tuesday

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

Wednesday

Pasta Night

Thursday

Steak Night!

Friday

Fried Shrimp with French Fries
& cole slaw \$14.75

Saturday

Crabcake Platter with 2 sides and a
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Obituaries

Carol Ann Kastner

Carol Ann Kastner, age 73, died on Wednesday, June 7, 2017 at Peninsula Regional Medical Center in Salisbury. Born in Newark, New Jersey, she was the daughter of Harold Honchen and Ethel Jones Honchen. She is survived by her husband, Allan George Kastner, three sons; Kurt Kastner of Virginia Beach, Eric Kastner and wife Jenine of Lopatcong, New Jersey, Karl Kastner and wife Justine of East Stroudsburg, Pennsylvania, a daughter, Krista Harmon and husband Craig of Honolulu, Hawaii and brother, Larry Honchen and Vickie of Utah. She is also survived by seven grandchildren; Derek Kastner, Tess Kastner, Kevin Kastner, Violet Rose Kastner, Faith Harmon, Grace Harmon, and Jack Harmon.



Carol was a member of the Community Church of Ocean Pines and a member of the Delmarva Chorus of Sweet Adelines. A memorial service will be held on Wednesday, June 14 at 10 a.m. at The Community Church at Ocean Pines. Family has requested visitors to dress in Beach Casual attire. In lieu of flowers please make donations in Carol's memory to Richard A. Henson Cancer Institute at Peninsula Regional Health System at 100 E. Carroll Street Salisbury, MD 21801, Mercy Hospital at 7927 Richie Highway Glen Burnie, MD 21061 or John Hopkins Sidney Kimmel Cancer Center at P.O. Box 17029 Baltimore, MD 21297. Arrangements are in the care of the Burbage Funeral Home in Berlin. Letters of condolence may be sent to the family at burbage@burbage-funeralhome.com.

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budget

from page 4

tional staff and benefits to support the County Senior Centers due to the increase in membership and services provided

Wor-Wic Community College increased by \$363,544; Worcester County local funding allocation is 29.38%.

Parks decreased by \$274,434; increased by \$45,418 in salaries for additional Parks Workers to support increased Tournaments and maintain the County's nine boat landings, ramps and facilities; decreased by \$325,210 for Park improvements from the State Program Open Space funds over the current year budget; increased by \$13,000 for a replacement zero turn lawn mower.

Library increased by \$151,571; increased by \$81,339 in salaries which includes two new positions to begin May 2018 for the new Berlin library; increased by \$46,472 to increase library books and materials for the libraries; increased by \$29,285 for the new Berlin library fiber/data connection with 60% reimbursement from the Federal E-Rate program.

Other Natural Resources increased \$236,046: increased due to the county's share of the Beach Maintenance Replenishment Appropriation to the State.

Taxes shared with Towns increased \$1,995,217: increased by \$500,000 to cover income taxes passed through to towns; increased by \$102,500 to cover food tax passed through to Ocean City; increased by \$1,392,417 to cover room tax passed through to the municipalities

Grants to Towns increased \$386,000: increased by \$83,000 for pass through fire grants to Municipalities and Ocean Pines Association based on actual credit runs; increased by \$303,000 in grants to towns and Ocean Pines Association.

Insurance & Benefits increased by \$680,894: increased by \$690,619 based on an estimated increase of 5.75% for health benefits; decreased by \$138,638 for Retirement contributions based upon State rates; increased by \$106,545 for Workers Compensation insurance; increased by \$14,954 in property & liability insurance due to a 1% increase in premium; increased by \$16,639 for the State's retirement administration fee

Other Post Employment Benefits is level funded for \$4 million.

Debt Service increased by \$413,483: increased due to 2015 bond for county projects and existing debt.

Interfund Charges increased by \$498,524: increased by \$378,961 for Transfers Out to Recycling for the Solid Waste Enterprise Fund; increased by \$119,563 for Transfers Out to Homeowner Convenience Centers for the Solid Waste Enterprise Fund.

Salary accounts increased to include a 1.0% cost of living adjustment for county employees and a step increment of 2.5% for those eligible.

Board of Education

The county allocation for the Board of Education's operating budget is \$84,912,776, an increase of \$3,262,637 over the current year adopted budget as shown below.

School construction debt is paid by the county on behalf of the Board of Education. It is not reflected in the board's budget; however, it is included in the county's operating budget. The board's approved oper-

ating budget of \$84,912,776 plus debt service of \$10,720,812 totals \$95,633,588 or 48% of the County's total estimated revenue.

Fiscal 2018 Maintenance of Effort (MOE) level is \$83,580,814 which required an increase of \$2,387,012 in FY18 based on 33 additional students and the following: an MOE escalator provision that will take effect in FY18 for 2.4%. This provision was enacted as part of Senate Bill 848 of 2012, Section 5-202(d)(ii)2 and became effective FY15. Due to a negative statewide average for FY15 and FY16, the escalator effects FY17 and FY18.

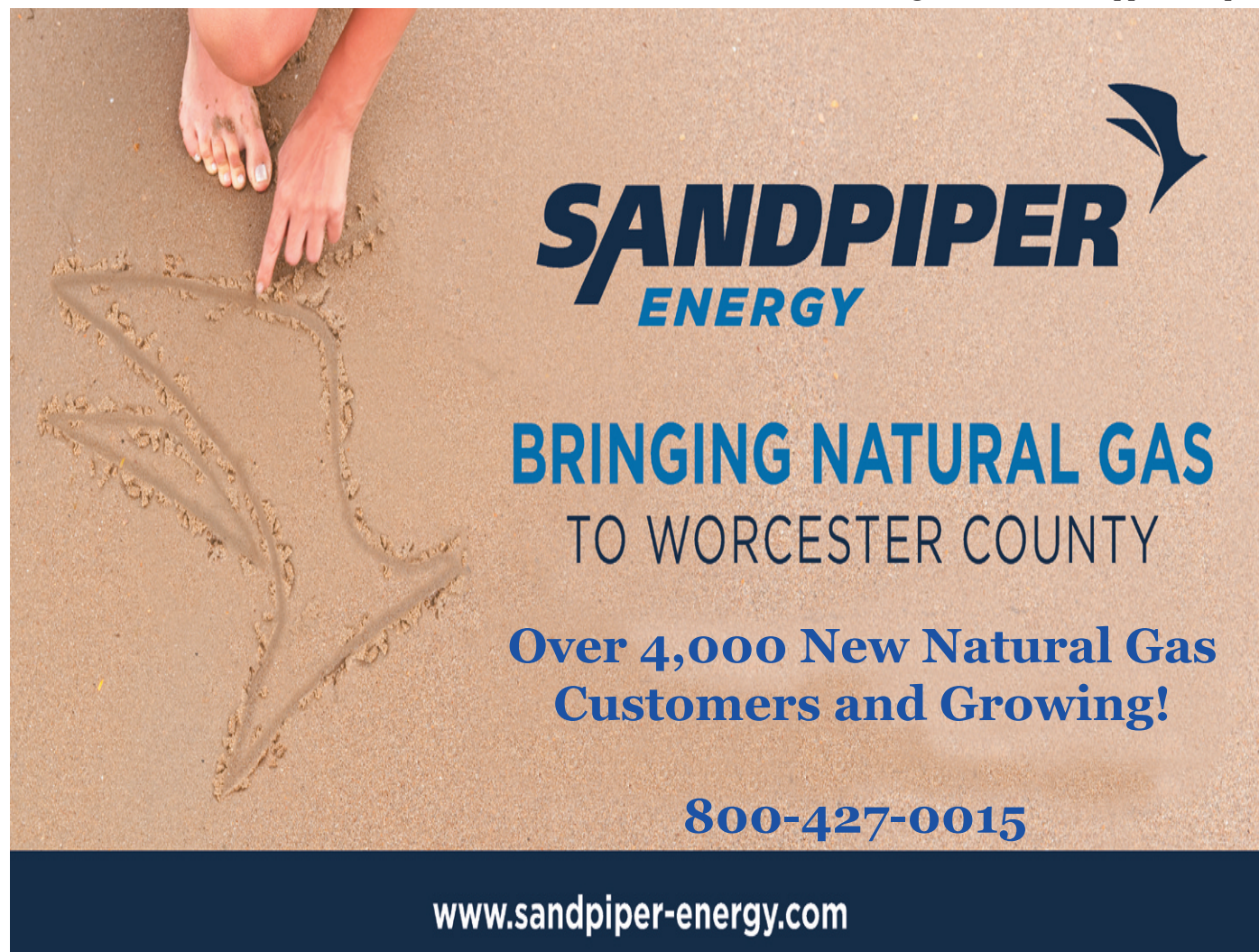
The salary package for the Board of Education reflects a payroll increase of 2.8%, which includes a step, longevity step for those eligible and salary scale adjustments as negotiated.

The bus contracts account increase over FY17 is \$120,915 and reflects a 1% increase to bus contractor's hourly rate and mileage rate effective July 1, 2017. The increase includes funding to several contractors to purchase new buses and 3 additional spare buses.

Starting Teacher pay would increase 2.0% from \$43,384 to \$44,257. In FY18 step 1 will be increased by \$873 to be the same pay as step 2 and 3.

Fixed Charges increased by \$872,310 over the current year budget: increased by \$25,838 for the Board of Education's Local Share of Teacher Pension now included in the MOE calculation; increased by \$846,472 for health insurance and social security.

The total FY2018 Worcester County Education funding per student based on the estimated student population of 6,667 equates to \$17,322 per student, an increase of \$479 per student over the current year budget.



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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



Beginning - The Worcester County Commissioners, and Library Board of Trustees, along with Whiting-Turner Contracting Company and other state and local officials, break ground at the site for the new 12,000-square-foot Berlin Branch Library on Harrison Avenue in Berlin.

Phone hotline offers health, human services

The 2-1-1 Maryland hotline is open 24 hours a day, seven days a week in more than 180 languages. Services are available locally through the Worcester County Health Department by dialing 2-1-1. These services include peer recovery support and access to treatment.

According to 2-1-1 Maryland, "every hour of every day, people need essential human services. They are looking for help finding affordable housing, food, employment training, utility payment assistance, services for their children or aging parents, and many other issues." Worcester recently created a new algorithm for the county's 2-1-1 support network to make it faster and easier to connect residents to those essential services.

Residents may call 2-1-1 any time to receive information about addiction and mental health services. A trained

staff person will connect all callers to needed services or recovery support specialists. Worcester County's partnership with 2-1-1 Maryland is a core element of the Heroin/Opioid Community Response Plan recently released by the Health Department.

"The 2-1-1 service will improve access to care by providing a simple way to be connected with information about treatment for any addiction or behavioral health problems that they or a loved one might be experiencing," said Jennifer LaMade, Director of Planning, Quality and Core Services for the Worcester County Health Department.

The 2-1-1 Maryland initiative is a partnership of four agencies: Community Crisis Services, Inc, Life Crisis Center, Mental Health Association, and the United Way of Central Mary-

please see service page 11

American flag etiquette

The American flag symbolizes many things to many people. While the American flag is proudly displayed in millions of buildings and homes across the United States year-round, it tends to draw special attention each summer, when Americans celebrate their independence on July 4.

The Flag Code formalizes and unifies the standards of respect that must be given to the flag, even containing specific instructions regarding how the flag should not be used. The following are some of the rules that govern how to display the American flag.

Raising and lowering the flag. According to USFlag.org, the American flag should be raised quickly and lowered slowly and ceremoniously. While the Flag Code suggests the flag should be displayed only between sunrise and sunset, if it is displayed at night, it should be illuminated. The flag should be saluted as it is hoisted, and when lowered that salute should be held until the flag is unsnapped from the halyard or through the final note of



music, whichever is the longest.

When displayed indoors, the flag should be displayed to the right of the speaker, staging area or sanctuary. Any additional flags hanging in the room should always hang to the left of the American flag. When flags are grouped for display, the American flag should be in the center and at the highest point of any flag.

In mourning. The American flag is often displayed in mourning. When placing the flag at half staff, first hoist it to the peak for an instant before low-

please see flag page 11

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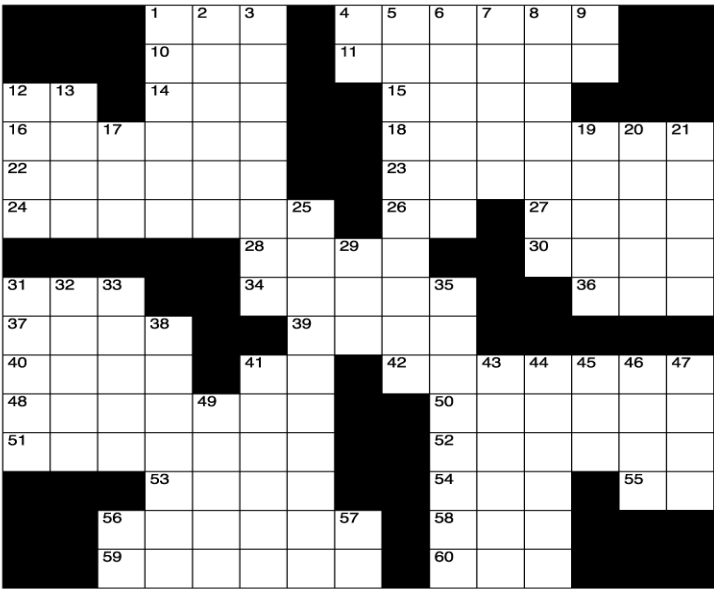
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CLUES ACROSS

1. Neither

4. Edema (archaic)

10. Geological time

11. Confidence

12. Cerium

14. Virtual audio cable

15. World's longest river

16. A way to inform

18. Agents of one's downfall

22. Secretly follow

23. Put into a position

24. Of the desert

26. And (Latin)

27. Spanish city

28. Over there (archaic)

30. Regard

31. Midway between south and southeast

34. Entrap
36. Married woman

37. A place to explore

39. Assist, usually in some wrongdoing

40. Arab ruler

41. Centiliter

42. To which

48. "The Friendly Island"

50. Inspire with love

51. Being cheeky to

52. Up

53. Middle Eastern country

54. Compass point that is one point north of due east

55. Thus

56. Covered

58. Brew

59. Enter hostilely

60. Type of bulb

CLUES DOWN

1. American state

2. Speaker

3. Courses for cars

4. Deutschmark

5. Beloved "Dubliner"

6. Countries of Asia

7. Hands have them

8. Came down as ice pellets

9. Thou

12. Utter obscenities

13. Hebrew unit of measurement

17. Morse code term

19. Home to the witch trials

20. One who is older

21. Closes violently

25. Unaffiliated
29. Tag the runner

31. Trickeries

32. Polynesian island group

33. Immoralities

35. Extremely delicate

38. Gradual destruction

41. North American country

43. Provide the means to do

44. Fell down on

45. Emergency medical services

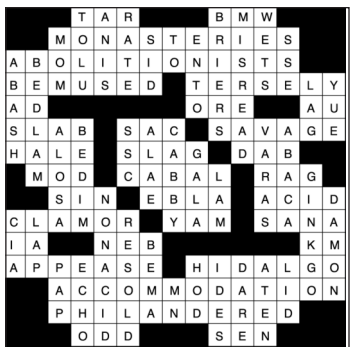
46. ___ the line

47. Church booklet

49. Russian ballet

56. Hello

57. Delaware



Answers for June 7



The charming Elk Run Winer

The Elk Run Winery in Mount Airy, Maryland has quite an interesting background story. For one thing, the land sits on a land grant property that was bestowed by the King of England to Lord Baltimore in the 1700s. A home built circa 1756 still sits on the property today. Secondly, it is the third oldest winery in the state with its vineyard being planted in 1980 and the winery opening in 1984. Another interesting fact is that it was the first vineyard to be planted with all Vinifera grapes (these are classic European-grafted varieties).

The winery gets its name from the Elk Run Stream that is located across the street from the winery, and there are actually two vineyards on the property. The first and the oldest is Liberty Tavern Vineyard, and it is primarily planted with Chardonnay, Cabernet Sauvignon, and Pinot Noir grapes. In fact, the winery was the first to successfully plant the Pinot Noir grape in Maryland, and it was the first to make a Gewurztraminer wine and an Ice wine. Who would have thought the rolling hills of Frederick County could produce these Scandinavian specialties?

A second vineyard was planted on the property in 1995 with the intriguing name of the Cold Friday Vineyard. The name goes back to the 1756 land grant, as the name given to the deed to the overall property was "Resurvey of Cold Friday." Many grapes are grown on this 25-acre vineyard including Pinot Gris and Merlot.

Fred and Carol Wilson have owned the winery since 1983. Along with their friend and business partner, Neill Bassford, the Wilsons have earned over 600 awards at the international, national, and regional levels. Within the past five years, Julian and Lauren Wilson, Fred and Carol's son and daughter-in-law, have taken on expanded roles in field management and winemaking, as well as the winery's marketing and event promotions.

When we visited the winery in March of this year, we received a great tour and sampled many of Elk Run's award-winning wines. Along our tour, we enjoyed seeing the barrel room,

starting with its gorgeous, red door that used to adorn an area church in the 1700s. The barrel room was custom-designed to accommodate this beautiful door with its high, pointed arch shape at the top. Inside the room along with numerous oak and stainless-steel barrels was a wall-mounted elk's head that is a fitting tribute to the winery's name. Outside is a lovely patio that overlooks the winery grounds and the circa-1756 home.

Some of our favorite wines were the *Pinot Gris* (a very smooth and fruity white), the *2014 Sauvignon Blanc* (a light white with a crisp apple finish), the *2014 Malbec* (a soft red with cherry flavors), and the *2014 Pinot Noir* (medium-bodied with cherry and cranberry flavors). Additionally, the *2015 Gewurztraminer* was delicious with its honey, peach, and melon flavors; it was crisp with only light sweetness due to its mere 1% residual sugar. It was easy to see why this wine earned the Double Gold at the Tasters Guild International Competition in 2016. Another of our favorites was the *Annapolis Sunset* with its tropical fruit taste; the beautiful sunset design on the label added to the wine's appeal.

One other fun tidbit from our visit was spotting two framed photos in the tasting room. The photos were of the two main stars in the acclaimed Netflix series, "House of Cards." The actors, Kevin Spacey and Robin Wright, were drinking Elk Run wines during two different episodes – one in the second season and one in the third. It just so happened that we had recently watched these seasons, so we knew which episodes the photos were taken in. When we asked Carol if the actors actually drank the real wines during the episodes, she laughed and said it was staged to appear that way. Nevertheless, to be called on for your wines in two episodes means the winery is making quite a name for itself. If you're in the greater Westminster area, stop by and see if you'll agree with me that the winery is well worth the visit and you might find yourself purchasing a few bottles to bring home.

The history of the American flag

National flags serve to unite citizens of a given country. Flags wave proudly in front of government buildings and schools, and they also identify athletes during international sporting competitions. In many coun-



tries, flags also serve as symbols of honor for members of the military and their families.

For more than 200 years, the American flag has been a symbol of

unity and pride in the United States. The red, white and blue flag has a storied history and has gone through various incarnations. The following are some of the more interesting facts pertaining to the American flag.

Six different flag designs were flown before Betsy Ross announced that she had sewn the official American flag. These designs included a series of alternating red and white stripes, the Liberty Tree, the Sons of Liberty, and the Forester flag designs. The Continental Navy once used a flag featuring a snake with the mantra “Don’t Tread on Me.”

On June 14, 1777, the Second Continental Congress proposed and

passed the Flag Act of 1777. This resolution was designed to facilitate the creation of an official flag for a nation that was aiming to earn its independence from Great Britain. The flag was to have thirteen stripes, alternating red and white, with thirteen white stars on a blue field. The thirteen stars signified the original members of the Union.

service
from page 9

land. Individuals looking for peer recovery support and access to treatment for themselves, a friend, or a family member, are encouraged to call 2-1-1. No matter what time someone calls, they can expect to be quickly connected with a trained specialist that can help, with the 2-1-1 database containing information on more than 5,000 agencies and programs across Maryland.

For more information on 2-1-1 Maryland, visit www.211md.org. For a connection to trained specialists and local resources in Worcester County, dial 2-1-1.

The American flag remained unchanged until 1795, when the stripes and stars were increased to 15 for the addition of Kentucky and Vermont to the Union.

After seeing the new 15-star and striped flag flying over Fort McHenry
*please see **history** on page 12*

screenings
from page 6

lifestyle, obesity, heart disease and a family history of vascular disease. Symptoms include leg pain when walking, numbness in the leg or foot, stroke-like symptoms (numbness, weakness, dizziness and difficulties with speech or vision), a family history of aneurysm and unexplained abdominal or back pain. Those currently under a physician’s care for vascular or arterial health issues and those who have participated in this screening in the past are not eligible to participate.

If you are 55 or older, please call the Guerrieri Heart & Vascular Institute at 410-543-7123 to find out if you qualify for the free vascular screenings and to reserve a date and time.

flag
from page 9

ering it to a position halfway between the top and bottom of the staff. During mourning, when the time comes to lower the flag, it should once again be momentarily raised to the peak before it is lowered.

The American flag is flown at half staff when mourning designated, principal government leaders. It also must be flown at half staff upon presidential or gubernatorial order.

When covering a casket, the American flag should be placed with the union at the head and over the left shoulder. The flag should never be lowered into the grave.

Parading the flag. When the American flag is carried in a procession, such as in a parade, the flag should always be to the right of the marchers when it is the lone flag being represented. When other flags are carried, the American flag may be centered in front of the others or carried to their right. Parade audiences should salute the flag as it passes in the procession.

Flag restrictions. There are many conditions under which the American flag is not to be used. These include:

-The flag should never be used as a decoration. Use bunting to decorate with the colors of the American flag, always ensuring the blue stripe of the bunting is on top.

-The flag should not be used as part of advertising. The flag also should not be embroidered, printed or impressed on articles such as cushions, napkins, boxes, or anything considered temporary that is likely to be discarded after use.

-The flag should not be used as part of a costume. The uniforms of military personnel, firemen, policemen, and members of patriotic organizations are permitted to wear American flag insignias on their uniforms.

-The flag is not to be used as a receptacle to carry, deliver, hold, or receive anything.

The American flag is an enduring symbol of freedom and sacrifice to millions of people across the globe. The flag should always be displayed with the utmost respect and in adherence to the guidelines set forth by the Flag Code.

STEVEN W. RAKOW

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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., June 15	12:23 a.m.	6:25 a.m. 6:29 a.m.	5:36 a.m.	8:26 p.m.
Fri., June 16	12:42 a.m. 1:15 p.m.	7:12 a.m. 7:25 p.m.	5:36 a.m.	8:26 p.m.
Sat., June 17	1:33 a.m. 2:11 p.m.	8:02 a.m. 8:26 p.m.	5:36 a.m.	8:27 p.m.
Sun., June 18	2:30 a.m. 3:10 p.m.	8:53 a.m. 9:25 p.m.	5:36 a.m.	8:27 p.m.
Mon., June 19	3:29 a.m. 4:08 p.m.	9:36 a.m. 10:28 a.m.	5:37 a.m.	8:27 p.m.
Tues., June 20	4:27 a.m. 5:05 p.m.	10:40 a.m. 11:30 p.m.	5:37 a.m.	8:27 p.m.
Wed., June 21	5:25 a.m. 6:00 p.m.	11:36 a.m.	5:37 a.m.	8:27 p.m.

Courier Bookshelf

by Dolores E. Pike



Everybody's Fool

by Richard Russo

Returning to the fiction of Richard Russo periodically has become a habit of mine and one that has given me a boatload of pleasure and hopefully produced a smidge of insight. Is it the stellar writing? Bigger-than-life characters? A building drama with unexpected surprises? Or just a plain old story involving ordinary people like you and me? If you checked all of the above you're right. So now on the shelves with his eleventh novel I present you with Richard Russo's "Everybody's Fool."

Typically, as he has done previously in "Empire Falls" (a 2002 Pulitzer Prize winning novel) and "Bridge of Sighs" Mr. Russo treats readers to the daily life of small upstate New York towns. These sleepy fictional backwaters may not yet be circling the drain but reside dangerously close to swirling waters. In this book, the town is North Bath which the author introduced along with its inhabitants to readers in an earlier

novel, "Nobody's Fool" and made into a movie (1994) with Paul Newman, Jessica Tandy and Philip Seymour Hoffman. Now it is 10 or so years later with many of those same residents resurfacing but most not much wiser with the passage of time.

The "Everybody's Fool" of the title purportedly refers to Police Chief Raymer. His re-election slogan was "We're not happy until you're happy." The printer goofed and before all the business cards could be pulled, 50 or so were distributed proclaiming "We're not happy until you're not happy." To his chagrin a card will miraculously rise from the ashes, like the proverbial Phoenix, every so often to haunt him. The Chief is in charge of a staff of two; Charice, who always questions his decisions and Miller who's not the brightest bulb on the porch. He later confesses to the chief he has a crush on

Charice and typically, Miller-style, he's not sure how he should feel about his feelings because Charice is black. So as you can see, Mr. Russo provides us with more than one chance to select best choice for the "fool" of the title.

During the two-day span wherein the action unfolds, we meet a lot of people and a lot goes down. Beginning with the cemetery gathering for a prominent judge (who enjoyed making Raymer the butt of all his honor's nasty put-downs) through the arrival of several snakes in town. Two of these are of the two-legged variety. One has

just been released from prison after a lengthy term for breaking his ex-wife's jaw. He returns armed with his list of five names, including his ex-wife's, itching to personally inflict on them some serious score-settling. Just thinking about it causes him to ball up his fist in happy anticipation of what he might do. Obviously a

slow learner even in prison. But then as Mr. Russo muses at one point, "People just couldn't gauge their own circumstances with anything like objectivity." Though I must say the ex-con receives his just deserts when his ex-father-in-law tosses him like a rotten sack of garbage the length of a room.

Whereas the second two-legger is only a visitor in town, professing all kinds of innocence but bearing cages of poisonous exotic-African snaky specimens. That's a powerful lot of snakes for one police chief who believes himself "unequal to the most important tasks" he faces daily in his job. But despite these feelings of inad-

equacy he performs his official duties to the satisfaction of the beleaguered mayor and townspeople alike.

Mr. Russo introduces readers to a "rattlebag of characters," many railing against a life "where rules were made and enforced by fools of every stripe." He parades them here extolling their hopes, fears, cruelties and kindnesses dispensed from barstools, SUVs, sheds, cemeteries and yes, even a chair plunked down on Main Street. That would be elderly Mr. Hynes who spends each day in his chair enthusiastically waiving an American flag to all who pass, though the person committing a serious crime fails to notice him.

Once again we witness drama that winds in and out of the lives of several people moving just two more days through their allotted calendar of time. Mr. Russo sees to it that the bad guys get their come-uppance and the good guys shine. As for myself, I'm going back to the library to pick up his previous book "Nobody's Fool" and settle in to read the back story of all these people.

Discounted amusement park tickets available

Amusement park tickets are available for purchase at discounted prices at the Worcester County Recreation Center in Snow Hill. Purchase your tickets before heading out of town to save your family money and time waiting in ticket lines.

Discounted tickets are available for Mid-Atlantic parks including Busch Gardens, Diggerland USA, Dorney Park, Dutch Wonderland, Hershey Park, Kings Dominion, Sahara Sam's,

please see tickets on page 13

history

from page 11

during the War of 1812, Francis Scott Key was inspired to write the poem that would eventually become the nation's national anthem.

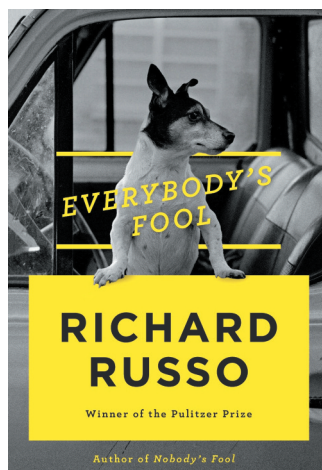
A sea captain from Massachusetts named William Driver named a large, 10-foot-by-17-foot flag "Old Glory" after it survived multiple defacing attempts during the American Civil War. Driver's nickname of the flag inspired the name to be used for all American flags.

Although Flag Day was established as a formal national holiday in 1949, it was not made a federal holiday. Flag Day is only an official holiday in the state of Pennsylvania. This may be fitting because legend holds that Betsy Ross sewed the first flag in Pennsylvania.

Today's flag features the original 13 alternating white and red stripes (in 1818, another design went into effect, permanently setting the number of stripes at 13 in honor of the original colonies) and 50 stars to represent the states of the Union. The colors of the flag signify as follows: red for hardiness and valor, white for purity and innocence, and blue for vigilance, perseverance and justice.

The Color Association of the United States creates the palette of colors used for both private and public institutions and the U.S. Army. Mass-market flag manufacturers tend to use Pantone Matching Shade of Dark Red (193 C) and Navy Blue (281 C).

The American Flag has been a fixture of the United States for centuries and continues to serve as a symbol of pride, valor and history.



Michael B. Mathers, P.A.

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Transition - Ocean Pines platform tennis inducts its new officers. Left to right: **Larry Bohanan** (member-at-large), **Sue Walter** (treasurer), **Bob Baker** (secretary), **Meg Herrick** (vice president) and **Jim Freeman** (president).

Pines aquatics offers hydro exercises

The Ocean Pines Aquatics Department is refusing to dip its toes into shallow waters when it comes to unconventional hydrotherapy and aqua fitness courses. Instead, the department and its employees are diving into the deep end of hydro-exercises.

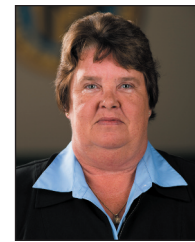
Ocean Pines is tapping into a wave of underwater treadmill and trampoline lessons. Fitness instructors at the Sports Core Pool are going beyond the well-established pool classes.

"The community is receiving it very well and the people who have come to use and learn about the treadmills have given positive feedback," said Ocean Pines Aquatics and Recreation Director Colby Phillips. "The trampolines have been used and will be added into the classes coming this fall with a few 'sneak peaks' in some current classes. Everyone who has used them has truly enjoyed them."

please see exercises on page 15

New jail warden appointed

The Worcester County Commissioners appointed Donna Bounds, as the new Worcester County Jail warden.



Donna Bounds

"Warden Bounds is an outstanding professional who knows the Worcester County Jail, and she is highly respected by public safety officials throughout the state," Commission President Jim Bunting said. "She is the right person to lead the Worcester County Jail."

Bounds is a certified corrections officer, who is dedicated to the humane treatment of legally confined inmates, and who has 35 years of experience overseeing all aspects of Worcester County Jail operations. She is part of the outstanding team whose ongoing commitment to excellence and years of leadership have played a pivotal role in the jail earning the Recognition of Achievement Award from the Maryland Commission on Correctional Standards (MCCS) for achieving 100% compliance for 14 consecutive years.

"I would like to thank the County Commissioners for the opportunity to serve the citizens of Worcester County as the new warden," Bounds said. "I look forward to continuing to work in unison with the team of dedicated staff and professional correctional officers at the jail and all our partner agencies to maintain the security and safety of the jail."

Bounds is a 2003 graduate of Wilmington University, where she earned a Bachelor of Science Degree in Criminal Justice, and a graduate of Wor-Wic Community College, where she earned correctional officer certification in 1982

and an Associate of Arts Degree in Criminal Justice in 1989. She received certification from the Maryland State Police to collect DNA samples. Bounds is also Prison Rape Elimination Act (PREA) certified by the Department of Justice, and a state-certified in-service corrections instructor.

Prior to being appointed to serve as the new warden, Bounds rose through the ranks at the Worcester County Jail, where she began her career in 1982 and was most recently promoted to shift commander in 2006, operations commander in 2007, and security and custody assistant warden in 2011. She is the PREA coordinator for the Jail as well as the liaison between the jail and allied agencies, including the State's Attorney's Office and criminal court system. She has played a key role in developing and enforcing jail policies and procedures.

Bounds is a lifelong Worcester County resident who was born and raised in Snow Hill.

Stealth Bomber to appear in air show

The B-2 Spirit Stealth Bomber will make an appearance at the 2017 OC Air Show on Saturday, June 17, over the beach and boardwalk of Ocean City to help commemorate the 10th anniversary of the event.

The B-2 Spirit, also known as the B-2 Stealth Bomber, is a strategic bomber designed to penetrate deep into hostile territory undetected. The B-2 features stealth technology making it virtually invisible to enemy radar allowing it to pass by anti-aircraft defenses to deliver its payload and return to base. The B-2 is a flying wing design and carries a crew of two.

The B-2 is capable of all-altitude attack missions up to 50,000 feet with a range of more than 6,900 miles on internal fuel and over 12,000 miles with one mid-air refueling. It entered service in 1997 and was first used in combat over Kosovo in 1999. It has since been used in the conflicts in Iraq, Afghanistan and Libya. A total of 20 B-2s are in service with the United States Air Force.

The B-2 joins the lineup in OC Air Show history that includes demonstrations by the U.S. Navy Blue Angels, U.S. Air Force F-22 Raptor, A-10 Thunderbolt II and USMC MV-22 Osprey.

Flight Line Club, Drop Zone Beach and VIP Skybox premium viewing tickets remain on sale. Purchase online at www.ocairshow.com.

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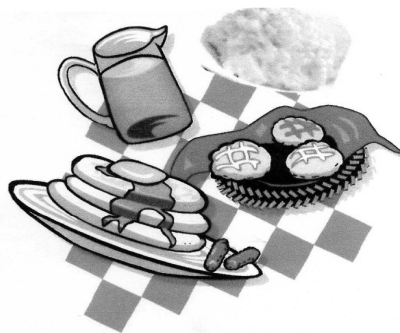
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tickets

from page 12

Sesame Place, Six Flags America (MD), Six Flags Great Adventure (NJ), and Water Country tickets.

All ticket prices are at a discounted price compared to what you would spend purchasing the tickets at the gate. Tickets can be purchased Monday through Friday from 8 a.m. to 4:30 p.m. using cash or credit card.

Visit www.WorcesterRecandParks.org for a complete list of prices. For more information and availability, contact the Recreation Center at (410) 632-2144.

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Paddling - As part of the outdoor educational experience, fifth graders from Berlin Intermediate School, **Riley Nagler** and **Sienna McVicker**, learned to canoe on the Pocomoke River.

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 temperatures for meats and poultry (https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/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 gad-



gets 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 Ñ 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.

Keep in touch with kids at camp

Summer camp is an exciting way for children to spend their extended vacations from the classroom. Camps cater to various interests, including sports, crafts and even technological hobbies.

Children who attend overnight camps may spend several nights away from home. Some kids take this in stride, while others, possibly away from home for the first time, may experience some homesickness. Staying in touch while the kids are at camp can help alleviate fears and show children their parents care.

Camps now handle communication issues differently than they might have when today's parents were campers. While it once common for campers to send handwritten letters or short missives home to mom and dad, technology has changed that. Today's campers may have access to email accounts, or they even may be allowed to bring mobile phones along. This can facilitate communication, but it also may take away from the camping experience.

Parents need to find a balance between what might be too little or too much contact with campers. After all, camp is kids' chance to grow independent for a few days or weeks.

Learn camp rules. The camp will likely provide information regarding correspondence. Camps may permit parents to send one-way emails and regular mail, but limit campers to handwritten letters only. Determine if mobile phones are allowed or

should be left at home. Knowing the rules can help parents and kids plan accordingly.

Pack correspondence supplies. Send kids to camp with fun papers, stickers, pens, and other crafty items. This way they will be inspired to write home once or twice. Provide brief lessons on how to address an envelope for campers who may not know how.

Check blogs and texts. Some camps may blog about campers' progress, post information on social media or send out mass texts. These messages can reassure parents that their youngsters are doing just fine. Figure out which tech options are available from camp administrators.

Send a care package. Treat the campers to some supplies from home. Pack camp-approved snacks and other reminders of home. Be sure to include enough for the entire cabin and your son or daughter will be the camp star.

Expect some silence. If camp is going well and campers' days are fun-filled, they may be too busy for daily correspondence. Parents may get nervous when they do not routinely see or hear from their children, but chances are everything is going swimmingly.

The camp experience is often harder on parents than children, as campers have their friends and activities to keep them busy. Brief communication helps campers grow more confident and independent.

exercises from page 13

Aqua fitness classes, which include underwater treadmills and trampolines, target every muscle in the body with zero impact on joints, making it ideal for those recovering from injuries and others who are looking for results with the help of a quirky exercise.

"The treadmills are something we wanted to have for anyone to be able to come at any time without being on a class schedule," said Phillips. "The trampolines will be used for not only adult classes but for kids as well. Plus trampolines are known for their positive effect on cancer patients with the rebounding. Rebounding can induce a state called neutrophilia, which is the increase in the number of neutrophils, a type of white blood cell responsible for destroying cancer cells. With the cancer centers opening up in Ocean Pines, we thought this would be a great thing to offer. Our instructors will be taking the class on how to teach this in July."

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