

The Courier

July 26, 2017 Volume 17 Number 46

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Craft club prepares for annual fair

Plans are underway for a craft fair in White Horse Park on Saturday, August 5. The Pine'er Craft Club has sponsored this 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 and, stitchery items.

There are still spaces available, so if you have a hand-crafted item and would

CRAFT FAIR

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 delicious cakes, pies, and cookies for sale.

The Pine'er Craft Club also sponsors 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 amazing 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 Community Center. Refreshments are offered at 9:45 a.m. with a business meeting beginning at 10 a.m.

On some months a special craft project is offered after the meeting. 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.



Delegate Carozza visits Kiwanis

Maryland Delegate Mary Beth Carozza recently visited the Kiwanis Club of Greater Ocean Pines – Ocean City and thanked the club for its involvement with children. She specifically singled out the new Kiwanis Aktion Club at the Worcester County Developmental Center, the program where the members who have disabilities are able to work and earn a paycheck for the work they do, giving them a sense of accomplishment. Pictured (L-R) are Kiwanis Club President **Barbara Peletier** and **Mary Beth Carozza**.

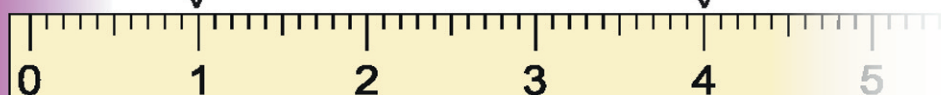
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Community Calendar

July

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Crab feast scheduled

Ravens Roost 58 will host an All You Can Eat Crab Feast on Sunday, August 6 from 1 p.m. to 5 p.m. Proceeds will support local causes and families in need. The menu will include crabs, corn, fried chicken, sides, draft beer and soda. Food will be served starting at 2 p.m. Tickets are \$35 in advance, \$40 at the door and can be purchased at 28th Street Pit & Pub, on the corner of 28th Street and Coastal Highway or by calling 410-916-4006.



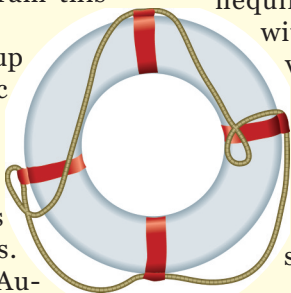
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Canada Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

Aquatics' junior lifeguard program returns

Future lifeguards are invited to join Ocean Pines Aquatics for skill-building, swimming and fun at the community's popular junior lifeguard program this summer.

Participants ages seven and up will learn lifeguard skills, basic CPR, first aid and more at the three-day sessions. Returning Ocean Pines junior lifeguards will serve as junior crew chiefs and will learn additional skills. The program will be offered August 1-3 and August 15-17.

On Tuesdays and Thursdays of each session, class will be held from 4:30 p.m. -7 p.m. at the Sports Core Pool, located at 11144 Cathell Road in Ocean Pines. On Wednesdays, program participants will assist with Family Fun Night at the Oasis Pool, from 5:30 p.m. to 8 p.m.



Those who have already served as junior lifeguards and junior crew chiefs are encouraged to join the junior lifeguard officer program. Officers will practice skills similar to those of official Red Cross lifeguards, including the use of rescue mannequins, full backboard extraction with head stabilization, passive victim and more.

The junior lifeguard officer program will be offered concurrently with the junior lifeguard program during the and August 1 through 3 sessions only.

The fee per session is \$75 per person, which includes a t-shirt, whistle and first aid kit. Dinner, drinks and snacks will be provided on Wednesdays and Thursdays.

Registration for these programs, which are open to the public, will be taken at the Sports Core Pool only.

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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Ice cream truck history

On a sweltering day, few things bring relief as immediately as a favorite frozen treat. The United States leads the world in ice cream consumption, with an average of nearly seven gallons per person consumed per year.

Ice cream has been around for quite some time, and it is believed ancient Greeks ate a crude form of the dessert as early as the 5th century B.C. While ice cream parlors, dessert shops and supermarket freezers are popular places to sample favorite flavors, ice cream also can be purchased from ice cream trucks.

The tinkling of the ice cream truck music box and the sight of that dessert haven on wheels is enough to send any child (and many adults) into sensory overload. Some of the early precursors to the modern day ice cream truck were ice and ice cream sandwich carts that gained popularity in the late nineteenth and early twentieth centuries.

Confectioner and visionary Harry Burt was instrumental in developing the ice cream truck. Burt invented ice

cream novelties that could be enjoyed on a stick, including the Good Humor bar. Burt wanted an easy way to deliver the treat into the hands of hungry

kids, so he commissioned refrigerator trucks and hired drivers who looked pristine and safe to deliver the treats to neighborhood children. To entice the youngsters outside, the drivers

rang a bell so kids would investigate the noise. Eventually the bell and standard routes helped families know when to expect the ice cream man.





Early ice cream trucks may have sold prepackaged treats, but they eventually broadened their offerings. Some turned into mobile ice cream shops, offering soft-serve or hard ice cream in everything from sundaes to cones to shakes.

Many ice cream truck businesses are independently-owned seasonal businesses. The trucks are seen when the first warm days arrive, and many can still be seen patrolling neighborhood streets into late fall.



Graduates - Twenty-two law enforcement officers from Wicomico, Worcester, Dorchester, Talbot, Caroline, Kent, Queen Anne's and Cecil counties graduated in the 78th entrance-level class of the Eastern Shore Criminal Justice Academy (ESCJA) operated by Wor-Wic Community College at the corner of Route 50 and Walston Switch Road in Salisbury.






Graduation exercises, which were held in Guerrieri Hall at the college campus, featured a commencement address by Dr. Stephen L. Capelli, senior vice president for academic affairs at Wor-Wic. Worcester County law enforcement officers who graduated in the 78th entrance-level law enforcement class of the Eastern Shore Criminal Justice Academy operated by Wor-Wic Community College in Salisbury are shown in the front row, from left, **Jason M. Burns** of the Ocean Pines Police Department and **Christopher A. Vieira** of the Worcester County Fire Marshal's Office. In the back, from left, are **Mark W. Cutter**, **Connor J. Finch**, **Yovanny M. Ramirez Perez** and **Tyler L. Sheffy** of the Ocean City Police Department.

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The Courier

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

Chip Bertino

Publisher/Editor
 chipbertino@delmarvacourier.com

Susan Bertino

General Manager

Mary Adair / Comptroller

Contributing Writers

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

Robert B. Adair 1938-2007

2012 Business of the Year

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Modern technology has forever transformed the classroom. As calculators replaced abacuses, mobile phone apps have now replaced calculators, and such advancements



continue to change how students learn. One way schools are notably different from those of the past is through the absence of a once major component of the classroom layout. Chalkboards are either missing or completely retrofitted in modern learning environments. In the 1800s, slate blackboards were the new technology, replacing handheld tablets of wood or slate. Within the last few years, schools have increasingly opted for cleaner white boards or smartboards, which are digitally connected to computers and offer touch interfaces similar to those on tablets and smartphones. As E-books replace textbooks and more assignments are handed in via digital documents, lockers may be the next to vanish.

Making end-of-life choices for beloved pets

End-of-life decisions are not something many pet owners think about when welcoming new pets into their homes. But time sneaks up on pets just like it can for their owners, and pet owners must inevitably consider end-of-life options for their pets.

PetMD states that small dogs tend to live longer than their larger counterparts, and cats may exceed the life expectancy of dogs. But many aging pets ultimately need extra care as they near their final days. Some pets may reach old age and pass away comfortably at home, while others may suffer from illness and require stays in animal hospitals.

Having a plan in place can make this emotional time more manageable for pet owners. The first step is to speak with a veterinarian about end-of-life options. One of the primary factors to consider when mulling end-of-life plans is quality of life. Vet Centers of America says most senior pets develop one or more medical conditions that tend to worsen over time. These conditions can impact quality of life. Senior dogs may develop pain related to osteoarthritis, blindness, cancer, or another underlying disease. Vets can reduce that discomfort by suggesting certain therapies or sup-

plements. Older pets also may need more frequent medical check-ups to catch or track the progression of illness.

It can be difficult for pet owners to gauge how much pain their companion animals may be suffering through. Some signs of pain include excessive panting or gasping for breath. Pets in considerable amounts of pain also may hide or be reluctant to move.

Pet owners whose pets are in pain can surround the animals with comforting toys and blankets. Try not to disrupt pets' schedules very much, as this can prove disorienting.

Euthanasia is a tough decision for any pet owner. Many people also use a quality of life scale to determine if it may be time to say goodbye to their pets, offers the American Humane Society. If pets have lost interest in their favorite activities, cannot stand or walk, have become incontinent, are in pain, or no longer exchange with their owners, it may be time to consider hu-



mane euthanasia. Vets often make the process quiet and comfortable and might even come to the house. Various memorials and keepsakes are now frequently part of end-of-life services.

Aging pets have specific needs, and pet owners should consider end-of-life planning strategies before pets become ill.

Fast-growing vegetables for the impatient gardener

Stepping outdoors and picking a freshly grown vegetable is a joy for many homeowners who like to garden.

Growing vegetables at home offers many benefits. In addition to providing a worthwhile hobby that can increase your physical activity, having control over your own produce can reduce exposure to a number of chemical pesticides and fertilizers. This translates into foods that are healthier for the body and the environment. Gardens also can help the average person save money on often costly produce, all the while reducing gardeners' carbon footprints.

Waiting to reap the rewards of a harvest can try the patience of those accustomed to satisfying their needs on a moment's notice. This is especially true for young gardeners who have grown up in a society that increasingly provides immediate gratification.

While tomatoes, peppers and watermelons require long growing seasons, many other fruits and vegetables grow much faster. This offers plenty of bounty in a short time for those who may have gotten a later start on their gardens or simply do not have the pa-

Art is an outlet for children's expression

Children have long been drawn to expressing themselves through art. According to developmental experts, coloring stimulates creativity, contributes to better handwriting, teaches color recognition, and can promote hand-eye coordination. Coloring books can help children learn to recognize boundaries and structure and develop spatial awareness. Adults, too, have recognized the benefits that coloring can bring, which includes stress reduction and improved focus. Crayons have long been a favorite tool for coloring, and over the years certain colors have emerged as fan favorites. Crayola conducted polls in 1993 and 2000 to find out the most popular colors of crayons in America. Blue was voted the favorite both times. Six other shades of blue, including cerulean, midnight blue, aquamarine, periwinkle, denim and blizzard blue, finished among the top 10. Purple heart, Caribbean green and cerise rounded out the top 10.



please see **vegetables** on page 15

All aboard

For those of you who read this column regularly, you know that I love boating and that my boat is my mistress. My wife has said that I'd probably pause a little too long before answering whether she or my boat is

bars, I would walk around them to get a closer look. Occasionally, old man Hap would chase me away. Many of those old boats are now considered classics. I'm sure though that many of them are long gone.



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

chipbertino@delmarvacourier.com

more important to me. I don't think I'd hesitate when giving the answer; but I would have to sleep on the boat for awhile.

When I was a child I had a fleet of plastic boats that I played with in the tub or on the floor or, during the summer, on the sandbars behind my grandparents' home at the Jersey shore. For hours I would play, pulling the boats behind me with a long string or building marinas out of sand and sticks. I would use fishing sinkers as anchors. My grandfather wasn't too happy when I would raid his tackle box for another "anchor" for yet another toy boat.

My favorite toy boat was a blue and green cabin cruiser. Although this particular boat was one of several dozen in my fleet, it was first among equals, usually getting the best slip in any sand and twig constructed marina. I believe it is drydocked (read: in a bag filled with my old toys) in my attic.

Runabouts under 20 feet have always held a particular interest with me. These are the types of boats with which I grew up. Down the street from my grandparents' house was Hap's Pier. In addition to the fishing pier, he had an anchorage that accommodated about 15 or 20 boats that were owned by what we called "week-enders" who came down to go fishing. The boats weren't fancy really but to me they all had a personality. My brother and I nicknamed many of them. There was the "Bat Boat," the "Gold Boat," "Baldi's Boat" and "Hap's Brother's Boat." The monikers may not have been terribly creative but they worked for us. As I write this I can still see many of them floating at their moorings on a tranquil summer day.

When the tide went out and the boats were resting quietly on the sand-

bars, I would walk around them to get a closer look. Occasionally, old man Hap would chase me away. Many of those old boats are now considered classics. I'm sure though that many of them are long gone.

It pains me when I see an old boat in someone's yard just wasting away, overgrown with vegetation. I can almost hear the boat pleading to be returned to the water one last time. I know that sounds crazy. My wife says I'm a "boat whisperer" and maybe she's right. If I could spend my time anyway I wanted, I would love to restore old boats, making them water-worthy again so that families wanting a boat but unable to afford one could enjoy the pleasure of boating. Boating brings families together in ways that are undeniable and most important. Not only that but boating helps build a lot of family memories. That has certainly been the case with my family.

My first boat was an eight foot wooden row boat built by my grandfather. I loved it and spent countless hours rowing, fishing or just being aboard listening to the water lap her hull. It was time well spent.

I've had many boating experiences. As a teenager I once got caught in a storm on the Delaware Bay: clouds as black as coal and a violent wind scared the you-know-what out of me. The episode lasted about fifteen minutes but seemed like forever. I rode it out and in the process got a whole lot smarter about the fury of nature.

I've had more than my fair share of engine problems, especially with the old outboards we had when I was a kid. They usually got me to my fishing destination but conked out on the way in. Thankfully I always had an alternate propulsion system: oars.

When I think of the boating I've enjoyed through the years, memories of many people come to mind: fishing with my grandfather and father-in-law; and, my children and nieces and nephews diving off the bow of our boat. And now my grandchildren are enjoying the wonders of boating.

It's been a long time since I played with toy boats and constructed marinas with sand and twigs. Oh, but what an influence that time has had on me over the years!

TRAVELING OUTSIDE THE US?

According to a study in the *Annals of Internal Medicine*, half of all eligible travelers are not aware that they should get the measles vaccine



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In the Rear View Mirror

Ranchero: The original automotive hybrid

By **Bruce Palmer**

By its purest definition, a hybrid is a mixture. Two different things are brought together to form an entirely new and different entity. Today, when you hear hybrid in automotive terms you think of a vehicle which runs on either gas or electricity. But let's turn the calendar back to when a hybrid was an entirely different set of wheels.

Hybrid was one of the terms used to describe the vehicle introduced by Ford in November '56 for the coming model year. Promising the best of both worlds, it combined a car and pickup, bridging the gap for people who wanted a car and needed a truck but simply couldn't afford both.

Enter: the Ranchero.

To America this all-new 1957 model was revolutionary, though Ford already had a lot of experience with the concept. As the tale goes, 25 years earlier the wife of a farmer in the land "down under" had written a letter to Ford of Australia asking if they could build a car to take to church on Sunday that could then double as a truck in order to "take (their) pigs to market on Monday." An idea was born.

By 1934 the idea was real: a coupe utility" or "ute" for short. Built on a car chassis with a typical coupe passenger compartment the trunk was replaced by a pickup bed. So while the chassis gave a slightly cramped, yet smoother, car-like ride it could haul much more than a car. Sales were strong.

A few little things got in the way of the "ute" coming to America (ie: WW II). It took until December of '56 before a car-truck hybrid arrived in U.S. Ford dealerships. By this point, the coupe-base had been replaced by the entry level Ranch Wagon (two-door station wagon) as the vehicle's main platform.

Early ads proclaimed Ranchero as "More than a Car, More than a Truck" and the vehicle was an immediate hit with both the automotive press and car-buyers. While it didn't offer the clearance and ruggedness of the basic Ford truck, Ranchero actually boasted a higher cargo capacity (by 50 pounds) and a lower, more-convenient load-height. Sales topped 21,000 in a shortened first sales year, though they would drop back to the 10-15,000 range over 1958 and '59.

As times and needs changed, Ford adapted Ranchero to keep it relevant. First, came a major downsizing for its fourth model year. The initial design

had been based on the full size Ford car-body but headquarters watched how Rancheros were being used and decided the vehicle should be more practical: smaller and lighter than a full size Ford. So when they introduced their first-ever compact car Falcon for 1960, Ranchero downsized with it, dropping load capacity to only 750 pounds. But with up to 30mpg and prices starting under \$2,000, sales rebounded to stay around 20,000 for each of the next seven model years.



peak of over 45,000 in the 1973 model year alone. Load capacities were back up to a half-ton and the interior creature comfort-level began to earn the car-truck hybrid a nickname as the "contractor's Cadillac." But geo-political issues were about to change the rules.

The oil embargo of 1973-74 arrived and with it an overnight demand for smaller, more efficient cars AND pickups. Those who needed full-size pickups continued to buy them but Ranchero sales suffered as smaller trucks arrived, both imported and domestic. Rather than to downsize the Ranchero again, Ford debuted its own little truck, importing compact Mazda pickups to the U.S. market as



the Ford "Courier" by 1975. When the Torino nameplate was retired after '76, Ranchero's structure changed one last time to the all-new Ford LTD II for 1977 but the sales drop continued and the last Rancheros rolled off the lines in '79. This coupe utility's time had come and gone but sales of "Utes" continue strong abroad even today (in fact the very first ute from Ford remains on display in an Australian museum). So, don't be surprised if the Ranchero one day returns in an updated form that still can carry either church-goers OR livestock. Now THAT's a hybrid.

Sales began an upswing, reaching a

the Ford "Courier" by 1975. When the Torino nameplate was retired after '76, Ranchero's structure changed one last time to the all-new Ford LTD II for 1977 but the sales drop continued and the last Rancheros rolled off the lines in '79. This coupe utility's time had come and gone but sales of "Utes" continue strong abroad even today (in fact the very first ute from Ford remains on display in an Australian museum). So, don't be surprised if the Ranchero one day returns in an updated form that still can carry either church-goers OR livestock. Now THAT's a hybrid.



Monday

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Tuesday

Burger and French Fries \$6

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Wednesday

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Thursday

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Friday

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Diagnosing the differences between PT and OT

The body is a complex organism that is the sum of all its parts. When a portion of the body is not working optimally, pain, lack of motion and a host of other concerns can arise. At some point in their lives, many people will visit therapists to restore functionality to a part of their body that was affected by injury.

Therapists come in various types, including physical therapists, or PTs, and occupational therapists, or OTs. Some may not understand what distinguishes a PT from an OT. Although physical therapy and occupational therapy are sometimes used interchangeably, they are actually two different, but similar, disciplines.

According to St. Catherine University, PT involves treating the actual impairment, while OT helps the patient complete necessary tasks with the impairment. To break this down even further, consider the following scenario: An athlete stumbles on the

field, injuring his knee in the process. While the injury does not require surgery, it is severe enough for bracing and requires that the athlete not apply pressure through walking. He visits a PT to help determine which kinds of assistive devices might remedy the situation as well as which exercises and stretches can work the knee safely so that it remains limber while healing. The OT instructs the athlete on the proper way to use crutches, canes or a wheelchair while the knee remains immobile. The OT also can illustrate how to get in and out of the shower or walk up and down stairs with the adaptive devices.

While PT may be focused on treating the injury itself, OT is more likely to help the patient adapt to home and work environments to allow for a better quality of life and help the injured person maintain his or her independence. Some OTs will do on-site assessments and help with those modifications.

Despite their differences, PT and OT do overlap, and some therapists may work together to make sure there

is a seamless integration of practices. Both PTs and OTs are involved in injury recovery or in assisting individuals with life-long disabilities enjoy the highest quality of life.

Both professions require meeting high education standards with knowledge of physical anatomy. According to the U.S. Bureau of Labor Statistics, some entry-level occupational and physical therapists hold master's degrees, but a vast majority of these positions require a doctoral degree in the respective field. However, the schooling required can be worth it, as both fields are expected to grow considerably in the coming decades.

Physical therapists and occupational therapists can help people feel better faster and help injury sufferers main-



tain their independence through an injury or disability.



Volunteer addresses Kiwanis

Worcester County Veterans Memorial Volunteer Linda Shanahan, a USAF veteran of 28 years, addressed the Kiwanis Club of Greater Ocean Pines – Ocean City at a recent weekly meeting. She spoke about the history of American flag. Kiwanis presented Linda with a check totaling \$400 for a brick paver to say “Kiwanis Honors Our Veterans” and for the Veterans Memorial Children’s Education Program. Pictured (L-R) Kiwanian **Carolyn Dryzga**, **Linda Shanahan**, Kiwanis President **Barbara Peletier** and **Jim Spicknall**.

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WWI Commission releases action plan

The Maryland World War I Centennial Commission recently presented Governor Larry Hogan with an action plan to commemorate the 100th anniversary of WWI and Maryland's role in the war. The plan includes more than two dozen recommendations and actions in five broad areas including development and fundraising, history and education, memorials and sites, social media and technology, and partnerships and engagement to highlight the historic significance of "The Great War" for the duration of the centennial.

The presentation of the plan at the Maryland State House coincided with the public display of an original World War I 112th Machine Gun Battalion (29th Division) flag donated to the Maryland State Archives by the family of

Millard Tydings. Tydings was a former State Senator, Speaker of the House, and Member of Congress who served in the U.S. Army during World War I. A reproduction of the flag will be on display next to the World War I plaque in the State House for the duration of the centennial commemoration.

"World War I forever changed our state, as it forever changed the world," said Governor Hogan. "Today, I am incredibly pleased to accept the World War I Centennial Commission's action report which will help us to provide proper recognition to our veterans, and to preserve our history as a state and as a nation."

In addition to lives lost, 62,000 Marylanders fought in World War I.

Among those, 11,000 were African American soldiers. Two thousand



women served in the US Army Nurse Corps and 1,551 women served in the US Navy Nurse Corps at military base hospitals overseas that were provided by Johns Hopkins University, the University of Maryland, and the American Red Cross.

Recommendations include:

Partnering with the Western Front Association in sponsoring a statewide, two-day symposium to provide public access to the history of the war and to highlight the actions of Marylanders during the War.

Supporting the National History Day Contest and encouraging Maryland students to participate by securing a monetary prize to be awarded to a Maryland student selected as the winning entry for a theme focused on World War I.

Collaborating with Maryland arts organizations to display photographs and artwork reflective of people, places, and events from the War including captions and interpretive materials to explain the importance and history of the items.

Partnering with the Maryland Historic Trust and the Maryland Military Monuments Commission to assist with the evaluation and restoration of the 65 World War I

monuments throughout Maryland and developing a book providing information on each of these Maryland's monuments.

Creating an online database of all of the names listed on the monuments and memorials in Maryland to allow people to search for family members or namesakes who served.

Creating a robust website with links to local, state, national, and international organizations as well as primary and secondary sources of materials to assist people in locating information on ancestors, notable people, and significant WWI events.

The Commission will also engage and partner with heritage organizations such as the Maryland Commission on African American History and Culture, the Maryland Women's Heritage Center, and the Jewish Museum of Maryland to help highlight the diversity of Maryland's role in the War.

The World War I Centennial Commission was established by an Executive Order signed by Governor Larry Hogan on November 11, 2015. The Commission consists of eleven members and an executive director who have backgrounds, connections with, or interest in the military, veterans, and the history of World War I.

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Electronic devices inhibit sleep

According to the National Sleep Foundation, using a computer or electronic device before bed can make it hard to fall asleep. Studies have shown that even small electronic devices like smartphones can emit enough light to confuse the brain. Photoreceptors in the retina sense light and dark, helping to align circadian rhythms to the external day-night cycle. The signals these receptors send to the brain help people be alert in the morning and fall asleep at night. But using devices such as smartphones, tablets or laptop computers before bed can miscue the brain and promote wakefulness at a time when the body should be falling asleep. Men and women who like to read before going to bed can increase their chances of getting a good night's sleep by reading print books or print editions of magazines or newspapers rather than e-readers or tablets.



Fun Day - Worcester Prep's Annual Lower School Field Day was a full of fun, food and activities for students, Pre-Kindergarten through Grade 5.

Above Left: third grader, **Lily Phillips** flies high during the sack race.

Above right: Pre-Kindergartener **Michael FitzGerald** skillfully rolls the ball around the cone.



Kiwanis welcomes new member

At a recent meeting Edward Ahlquist of Ocean Pines was inducted as the newest member of the Kiwanis Club of Greater Ocean Pines - Ocean City. Ed and his wife, Connie, have a son and a daughter and two grandchildren. Ed was a utility foreman for 31 years. Above: (L-R) Kiwanis Membership Chair **Pat Winkelmayr**, sponsor **Kitty Wrench**, **Ed Ahlquist** and Kiwanis President **Barbara Peletier**.

Favorite fair foods

State and county fair season has arrived, and that means there will be rides and games galore. While many people are drawn to fairs by the entertainment, just as many are willing to stand in line for the unique and tasty foods that seem to embody fair and carnival fun.

If it can be served on a stick or deep fried, chances are you can find it at a fair. Everything from chocolate-dipped bacon to deep-fried butter may turn up on fair stand menus. The following are some of the more coveted foods revelers can expect to find at their local fairs and carnivals.

Funnel cake: Funnel cake and its close cousin, zeppole, have long been fair favorites. Topped with powdered sugar, funnel cakes can be pulled apart and shared with others.

Corn dogs: Corn dogs are essentially hot dogs on a stick that have been covered in cornmeal and fried. Like funnel cakes, corn dogs have become so synonymous with fairs and carnivals that few people have ever enjoyed them anywhere outside of their local fairgrounds.

French fries: French fries are a favorite at fairs, and carnival-goers can choose from savory shoestrings to

hearty steak-cut potato chunks.

Cotton candy: What fair would be complete without a cotton candy vendor? Cotton candy is made by heating up granulated sugar until it is liquified enough to be blown into thin threads. Those threads are collected and wound into a sweet treat that is loved by kids and adults alike.

Pie: Fair-goers are likely to happen upon a pie-eating contest or pie-tasting tent. Many prefer to indulge in a piece of pie while at the fair, preferring such treats to sweeter, heavier desserts.

Corn on the cob: Corn on the cob is proof that carnivals and fairs provide some healthy fare for customers in addition to the many decadent treats on display. Corn on the cob is most popular in corn-producing areas and can be the ideal complement to burgers and other fair foods.

Anything on a stick: Each year fair vendors experiment with culinary oddities that can be served on a stick. One day it may be skewered pork chops and the next a sleeve of cookies. Those who want the full fair experience should consider trying something served on a stick.



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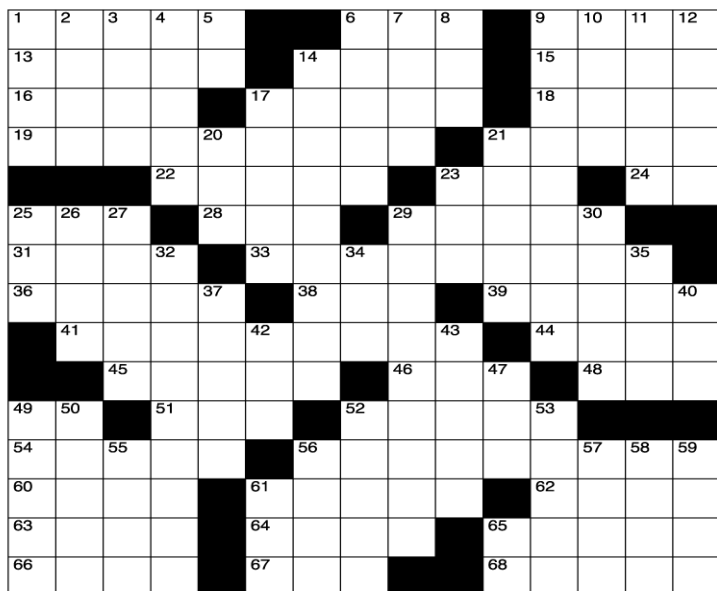
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Southgate - Ocean Pines
(Manklin Creek & Ocean Pkwy)



CLUES ACROSS

- 1. Pile up
- 6. Midway between south and southeast
- 9. Canadian law enforcers
- 13. Bollywood director Prawaal
- 14. Body part
- 15. Ancient Greek City
- 16. Steep cliff
- 17. Korean ruler
- 18. As might be expected
- 19. Takes kids to learn
- 21. Absorption unit
- 22. Parts of the feet
- 23. Political action committee
- 24. Cerium
- 25. Former CIA
- 28. Of she
- 29. Japanese city
- 31. Expression of sorrow
- 33. Artificial body in orbit
- 36. Expressed violent anger
- 38. A way to surface
- 39. Northern gannet
- 41. Outer part of something
- 44. Nothing
- 45. Fathers
- 46. Siesta
- 48. Sino-Soviet block (abbr.)
- 49. Of I
- 51. Cash machine
- 52. Discounts
- 54. ___ Dickinson, poet
- 56. Watches over
- 60. Hindu queen
- 61. Steep banks
- 62. Fertility god
- 63. Port on Danube
- 64. Liquids
- 65. Greek war dance
- 66. In addition
- 67. Data acquisition system
- 68. Crash an aircraft

CLUES DOWN

- 1. Curved shapes
- 2. "Beastmaster" actor Singer
- 3. A female domestic
- 4. Starches
- 5. Without name
- 6. An air cavity within a bone
- 7. Relaxing places
- 8. Midway between east and southeast
- 9. Editing
- 10. Baseball team
- 11. Intended to be sung
- 12. Video game Max ___
- 14. Makes free
- 17. French young women
- 20. Express delight
- 21. Takes to the sea
- 23. Monetary unit
- 25. Paddle
- 26. Hit with an open hand
- 27. Gurus
- 29. Sings to
- 30. Book of maps
- 32. Publish in installments
- 34. Ink (slang)
- 35. American inventor
- 37. Unclean
- 40. Snag
- 42. Mars Excursion Module
- 43. Abnormal rattling sounds
- 47. For each
- 49. Country music legend Haggard
- 50. Electronic communication
- 52. Drenches
- 53. Type of sword
- 55. Lodgings
- 56. Messenger ribonucleic acid
- 57. Figure skater Lipinski
- 58. Acquire by one's efforts
- 59. Stony waste matter
- 61. Offer
- 65. Without issue



Answers for July 19

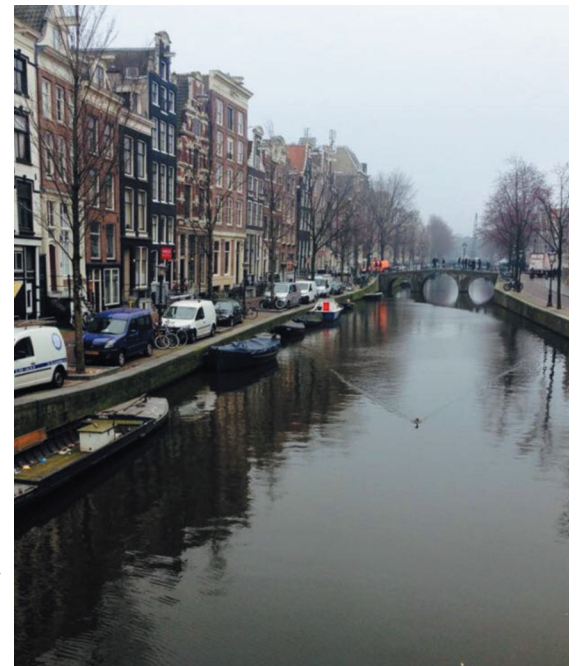
For the Love of Travel

The Allure of Amsterdam

By **Kelly Marx**

When one thinks of the Netherlands, often tulips and windmills come to mind. To celebrate the twenty-first birthday of my best friend and travel partner, Lucy, we flew from Stockholm to Amsterdam. During our time in the Netherlands, we hit Amsterdam, Enschede, Rotterdam, and Urecht. This article focuses on Amsterdam, the capital and most visited city of the Netherlands.

The museums in Amsterdam are world-renowned and there are more than 70 to choose from. Two of my favorites were the Van Gogh Museum and the Rijksmuseum. The Van Gogh Museum is home to the largest collection of Van Gogh's art in the world, consisting of over 200 paintings and 500 drawings. A large number of his personal letters, which give visitors an insight into his troubled mind, are also found here. Perhaps his most recognizable work "Sunflowers" is found here, too. I wasn't sure that I even needed to see it because of how often I had seen the work on t-shirts, mugs, and prints, but I was wrong.



The Rijksmuseum features art from notable artists like Rembrandt and Vermeer and houses over 8,000 pieces. The iconic IAMSTERDAM letters are found behind the Rijksmuseum. You will almost certainly have to fight your way to the front for a photo opportunity, but the shot with one of Amsterdam's symbols is worth it. The letters stand over six feet tall and 75 feet long. If museums aren't your thing, there is another set of the letters at the Schiphol Airport and a third set which change location throughout the city.

I recommend investing in an "I Amsterdam" City Card which gets you free or discounted admission to different museums and attractions and provides free public transportation. Another thing to consider is checking out "Live Lines," which will allow you to check the waiting times at the city's most popular attractions so that you are able to plan accordingly. This is especially important if you want to visit the Anne Frank House, Amsterdam's most visited site. While the

Anne Frank House is open every day, those who have not bought tickets online in advance can only visit after 3:30 p.m.

We visited in March and waited in line for about an hour and a half. Dress warmly and seek out a hot tea vendor. If you wish to buy tickets in advance, they become available two months before your intended date. They are non-transferable and you

must select your date and time and indicate who will use the tickets. Guided tours are not available, but audio tours are an option. In my opinion, you need neither. You are able to walk through the Secret Annex in which two families hid during World War II until their capture and deportation to concentration camps. The front side of the house, which faces the canal, is where the helpers Miep Gies, Bep Voskuijl, and others worked. This exhibition includes original documents and photos. Next door, Anne's diary is on display, alongside a temporary exhibit. While a wait is inevitable and admittedly frustrating, it is well worth the visit. It's impossible for your heart not to constrict while standing in the place where Anne wrote about her hopes, dreams, and fears and knowing what happened to her.

I recommend joining a free walking tour which can be found all over the city hosted by various companies. To me, no way of seeing a city is better (or

United Way reaches platinum status

United Way of the Lower Eastern Shore (UWLES) earned the Platinum GuideStar Nonprofit Profile Seal of Transparency, the highest level of recognition offered by GuideStar, the world's largest source of nonprofit information. By sharing metrics that highlight progress UWLES is making toward its mission, the organization is helping donors move beyond simplistic ways of nonprofit evaluation like overhead ratios.

"In accordance with our long-held belief in being transparent about our work," said Kathleen Mommé, United Way of the Lower Eastern Shore's Executive Director, "we are excited to convey our organization's results in a user-friendly and highly visual manner. By updating our GuideStar Nonprofit Profile to the Platinum level, we can now easily share a wealth of up-to-date organizational metrics with our supporters as well as GuideStar's immense online audience, which includes donors, grant makers, our peers, and the media."

To reach the Platinum level, the Eastern Shore based United Way added extensive information to its Nonprofit Profile on GuideStar: basic contact and organizational information; in-depth financial information; qualitative information about goals, strategies, and capabilities; and quantitative information about results and progress toward its mission. By taking the time to provide this information, UWLES has demonstrated its commitment to transparency and to giving donors and funders meaningful data to evaluate the organization.

The local nonprofit has high

standards and stresses the importance of sharing metrics, both internally and among nonprofit partners. Mommé shares, "We pride ourselves on maintaining low overhead costs, with ours currently at 17%, far below the national average for nonprofits at 35%. While overhead costs are an important piece when evaluating nonprofits, the key to evaluating a successful nonprofit is the scale of impact. The GuideStar tool allows us to clearly demonstrate our metrics and the lasting impact we have had in Wicomico, Worcester, Somerset and Dorchester Counties."

"I encourage you to visit our profile on GuideStar to see what we're all about," added Mommé. "We're thrilled that our GuideStar Platinum Nonprofit Profile and its associated benefits help us better communicate our organization's exciting initiatives at a global scale."

Now in its 73rd year, United Way of the Lower Eastern Shore continues to be the largest non-governmental source of funding for 74 critical programs in Wicomico, Worcester, Somerset and Dorchester Counties. United Way helps Eastern Shore residents obtain Educational Success by reducing the achievement gap between low and middle income students, Financial Stability by advancing the economic security of families and individuals in our community, and Good Health by improving access to and awareness of local health and wellness services. In 2016, United Way provided nearly \$1.4 million to community programs and helped to change the lives of over 82,000 individuals. For more information, visit www.united-way4us.org.



Pictured from left: **Suzanne Zantginger, Betty Whitehead, Pat Arata, Carolynn Foxwell, Barbara May**, chair of General Levin Winder Chapter, **Sherrie Beckstead**, president of St. Martin's Foundation, **Theresa Bruner**, secretary of St. Martin's Foundation, **Susan DeGroft, Joan Chambers** and **Mary Jane Hastings**. Photo by Ted Page

Historic church recognized

Historic St. Martin's Church Museum Foundation was recently presented with a DAR Historic Preservation Recognition award by the General Levin Winder Chapter of the Daughters of the American Revolution (DAR). Historic Preservation Committee Chair Barbara May initiated the award, which recognizes and honors an individual or group that has done remarkable volunteer work at the community level.

St. Martin's Church was built in 1756, 20 years prior to the signing of the Declaration of Independence, and was a thriving church in the area until the development of the town of Berlin and the addition of St. Paul's Episcopal Church. The subsequent loss of attendance left the church to decay. A group of con-

cerned citizens established a foundation in 1990 to preserve this historic church and after years of restoration the church is now a historic museum. It is open part of the year to the public and is also used for events, such as the cultural series, education, weddings, performances, and an annual 18th Century Christmas Eve Service. This Worcester County edifice is listed on the National Historic Register of Places to See.

The DAR is a women's service organization dedicated to promoting patriotism, preserving American History and securing America's future through better education. For more information visit www.dar.org.

travel

from page 10

cheaper) than being shown around by a local who you tip at the end based on how much you enjoyed the tour. Another great tour option is to take a trip through Amsterdam's picturesque canals. The most popular transit option in the city is the bike, so I would add renting one to your agenda as well.

Nightlife in Amsterdam is great fun. Contrary to popular lore, the Red Light District is not an area of no-rules. By placing an emphasis on safety, the city aims to be honest in its portrayal of an area that has more to it than women behind glass windows tinged with red lights. This is the oldest area of the city, so seeing it during the day will allow you to explore its great restaurants, leaning houses, and shops.

One of the things I took away from my trip was that locals wanted people to know that the Netherlands was more than just Amsterdam. I highly recommend traveling outside of just Amsterdam to get a more authentic portrayal of an amazing country. As always, let me know your flight details so I can try to arrange hopping into your suitcase!

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., July 27	11:19 a.m. 11:40 p.m.	5:18 a.m. 5:31 p.m.	5:59 a.m.	8:15 p.m.
Fri., July 28	12:09 a.m.	6:05 a.m. 6:26 p.m.	5:59 a.m.	8:14 p.m.
Sat., July 29	12:27 a.m. 1:01 p.m.	6:53 a.m. 7:22 p.m.	6:00 a.m.	8:13 p.m.
Sun., July 30	1:17 a.m. 1:54 p.m.	7:41 a.m. 8:19 p.m.	6:01 a.m.	8:12 p.m.
Mon., July 31	2:09 a.m. 2:52 p.m.	8:29 a.m. 9:17 a.m.	6:02 a.m.	8:11 p.m.
Tues., Aug. 1	3:06 a.m. 3:48 p.m.	9:18 a.m. 10:15 p.m.	6:03 a.m.	8:09 p.m.
Wed., Aug. 2	4:02 a.m. 4:41 p.m.	10:08 a.m. 11:10 p.m.	6:04 a.m.	8:09 p.m.

Bingo is a versatile game for any occasion

An estimated \$90 million is spent on bingo games each week in North America. What began as a humble county fair game using numbered discs and beans to mark cards has expanded to be one of the more beloved games, and fundraisers, of all time. The local Elks and American Legion offer play each week.

Bingo attracts people of all ages. Bingo is usually won by compiling a pattern of numbers covered on a bingo card, typically vertically, horizontally or diagonally. However, alternative ways of playing bingo have been introduced to increase the excitement and chances of winning. By modifying game play, everyone from teachers to students to party hosts to entertainment coordinators can expand bingo's versatility.

In the classroom. Teachers can use the game of bingo in their classrooms as an entertaining way to engage students. Bingo cards can be marked with just about any image or word to coincide with lessons. World Leader Bingo, for example, requires students to recognize and cover various world leaders' faces. Verb Conjugation Bingo can help foreign language students familiarize themselves with the various conjugates of common verbs. Teachers also can encourage students to come up with their own versions of bingo that they can play with fellow classmates and use during study sessions.

At parties. Bingo is a fun way to entertain guests at various events, such as bridal showers, birthday parties or anniversary parties. While anyone can make his or her own bingo card grid, plenty of pre-made templates are available online. At parties, when the guest of honor opens gifts, party guests can mark off those items on their cards. Not only does the game keep guests engaged in the gift-opening process, but it also presents a way to give them trinkets and other prizes with-

out guests having to do too much.

Depending on the audience, modify the bingo cards according to age and skill level. Young children may enjoy a birthday game of bingo with pictures printed on the cards instead of words.



In the workplace. Employers often seek out ways to boost employee morale, and entertaining games and small gifts are one way to do just that. Raffle off baskets and other prizes while using bingo to lighten up the work atmosphere and keep employees happy.

Dedicate one day each week for bingo play toward the end of the workday when everyone is winding down. Ask employees to gather at a central location or let them play at their desks, with numbers called over the office PA system. The first person to reach bingo must call out and have his or her card verified. Prizes can include a free day off from work, sports tickets or gift cards to a restaurant.

Bingo has been entertaining players since its inception in 1929. Its versatility makes it a winner in any number of settings and applications.

The Elks offer play each Wednesday in Ocean City (behind the Fenwick Inn) starting at 6:30 p.m. For information call 410-250-2645.

American Legion Synepuxent Post 166 hosts the game each Thursday starting at 6:30 p.m. For more information call 410-289-3166. The post is located at 2308 Philadelphia Ave. in Ocean City.



Distinguished - Worcester Prep junior **Sandra Karsli** of Ocean City was selected by the Distinguished Young Women of Maryland to represent the area in the state competition in July. The Distinguished Young Women of Maryland is part of a national scholarship program that promotes and rewards scholarship, leadership and talent in young women.

Beware of Lyme Disease symptoms

Ticks spread Lyme disease to people and other animals. The Centers for Disease Control and Prevention says that, in humans, untreated Lyme disease can create an array of symptoms, depending on the stage of infection. Anyone who has spent time outdoors should be aware of the potential symptoms, which can include fever, rash (classic erythema migrans rash, also called "bull's-eye rash"), facial paralysis, and arthritis. Some people with later stage Lyme disease may have rashes on other areas of their bodies; intermittent pain in tendons, muscles and bones; and experience heart palpitations. LymeDisease.org states that not every person suffering from Lyme disease will develop the same symptoms. The distinctive rash occurs in

less than 10 percent of those who contact Lyme. If a tick bite is verified, promptly contact a physician.

K of C to host breakfasts

The Knights of Columbus will host an All You Can Eat Breakfast buffet on the second and fourth Sundays during July, August and September. Breakfast items will include scrambled eggs, pancakes, French toast, creamed chipped beef, biscuits, sausage, bacon and toast.

The cost is \$10 for adults and \$6 for children ages eight and younger. The event will occur at Columbus Hall located at 9901 Coastal Highway in Ocean City. Call 410-524-7994 with questions.

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Worcester Prep Headmaster's list

Headmaster Dr. Barry Tull congratulated the students who made the Worcester Prep Term 4 Headmaster's List for the 2016-2017 school year. Students on the Headmaster's List earned an average of 93 percent or above in their major subjects and have no grade lower than 76 percent in any subject. Students on the Honorable Mention List achieved an average of 89-92 percent in their major subjects and have no grade lower than 76 percent in any subject. The students are listed below by grade:

Grade 6

MaryKate Barnhart, Zoe Brafman, Brody Bushnell, Annie Carter, Kaitlyn Cronin, Aleezah Ehtasham, Saad Faisal, Carlie Gates, Austin Gentry, Logan Ginnavan, Haris Gjikuria, Linley Hill, Caitlyn Hoen, Ian Lewis, Cooper Ludt, Bridget McCormick, Riley Moyer, Rory Pugh, Sajiv Satyal, Morgan Schoch, Sophie Spadaro, Nicole Telo, Parker Tingle, Chris Todorov and Thalia Vasilikos.

Grade 7

Grace Baeurle, Lily Baeurle, Ayush Batra, Alex Bunting, Austin Cannon, Anna Carpenter, Kate Conaway, Myra Cropper, Tabitha Curry, Brooke Emeigh, Mac Gates, Nick Hearne, Sydney Lamson-Reich, Abbey Miller, Maggie Miller, Katharine Moore, Marshall Mumford, Camden Rayne, Brice Richins, Pranay Sanwal, Riley Schoch, Sumira Sehgal, Anders Taylor and Tristan Weinstein

Grade 8

Armeen Aziz, Chipper Becker, Ryan Brafman, Ben Brandt, Mason Brown, Connor Carpenter, Daniel Chen, Waverly Choy, Meredith Cummings, Anna Dashiell, Bryn Elliott, Hunter Gentry, Ava Gerachis, Alex Koppenhaver, Cole Lamson-Reich, C.C. Lizas, Sophia Ludt, Kaden Mault, Graham McColgan, Kat McCormick, Will Mears, Brugh Moore, Nathan Oltman, Fiona Pando, Tenley Pelot, Hannah Perdue, Vincent Petrera, Joseph Schwartz, Sydney Stebenne, Marika Vasilikos, Summer Walker, Tiernan Weinstein and Lexi Willey.

Grade 9

McKenzie Blake, Rylie Carey, Frank Carter, Dom Colley, Emily Lewes; Ryan Cronin, Jenna Elrick, Carly Hoffman, Max Huber, Kennedy Humes, Annika Larsen, Ashley Laws, Kurt Leinemann, Kathryn Marini, Quinn McColgan, Saylar McGuinness,

Hana Miller, Liza Moore, Abbi Nechay, Joe Perrotta, Abigail Plylar, Kelly Polk, Sami Repass, Maddy Shanahan, Abby Taylor, Max Taylor, Ellie Todorov, Madison Van Orden, Devin Wallace and Enzo Zechiel.

Grade 10

Delaney Abercrombie, Dominic Anthony, Hailee Arrington, Virginia Bateman, Cole Berry, Parker Brandt, Alexander Canakis, Sam Cantor, Basil Christian, Maria Deckmann, Matthew Durkin, Ally Elerding, Jared Gabriel, Grace Gardner, Jay Gosnear, Kaitlyn Hamer, Cameron Hill, Molly McCormick, Hailey Merritt, Hannah Merritt, Colin Miller, Maya Natesan, Cooper Richins, Chloe Ruddo, Ethan Scheiber, Grace Schwartz, Andrew Stickler, Henry Taboh, Will Todd, Remy Trader, Owen Tunis, Jack Walinskas and Kendall Whaley.

Grade 11

Anchita Batra, Joshua Bredbenner, Tucker Brown, Sam Cantello, Connor Cebula, Eliza Chaufournier, Emilee Dorey, Stevie Eppard-Annis, Reese Gittelman, Marissa Grosso, Cameron Langelier, Deborah Marini, Brenner Maull, Brendan Miller, Ankita Mohan, Reid Odachowski, Caroline Pasquariello, Jayan Poduval, Maddie Simons, Camryn Sofronski, Rachael Weidman, Matthew Wilson,

Samantha Wolpin and Maya ZiaShakeri.

Grade 12

Niko Alexander, Sambina Anthony, Reid Carey, Spencer Copeland, Macayla Costleigh, Margaret Coutu, Isabel Dashiell, Ross Deckmann, Chandler Dennis, Riley Dickerson, Emily Dignan, Kathleen Emche, Jamie Gittelman, Lauren Gosnear, Melissa Laws, Leigh Lingo, Regan Lingo, Trent Marshall, Stormy McGuinness, Davis Mears, Lauren Meoli, Nick Moondra, Rayne Parker, Eva Parks, Patrick Petrera, Clare Riley, Caroline Savage, Ava Schwartz, Karlie Southcomb, Julie Talbert, Allen; Davis Taylor, Paul Townsend, Alexandra Van Orden, Josh Willey, Zachary Wilson, Sara Mapp Young and Lily Zechiel.

HONORABLE MENTION LIST – TERM 4

Grade 6

Meeta Agarwal, Austin Bren, Mark Dahr, Jack Gardner, JR Hamer, Hunter Hammond, Timmy Hebert, Harrison Humes, Vance Jenkins, Ibrahim Kazi, Luke Loeser, Sara Miller, Cole Myers, Owen Schardt, Sophie Swier, Jason Todorov, Ava Vane, Cayden Wallace and Ava Wilsey.

Grade 7

Myranda Beebe, Hannah Brasure,

Carter McCabe, Ava Nally, Brooke Phillips, Jarett Sofronski, Amith Tatineni and Morgan White.

Grade 8

Vishnu Mohan, Abby Reynolds and Carly Young.

Grade 9

Ty Burton, Gavin Hentschel, David MacLeod, Kyra Marshall, Aly Matha, Spencer Paquette, Steve Perrotta, Molly Pugh, and Alec Willing.

Grade 10

Meghan Cummings, Alannah Curtis, Michael Curtis, Thomas Fager, Caleb Foxwell, Julia Godwin, Liam Hammond, Jacob Meakin, Dakin Moore, Aiden Mullins and Anthony Reilly.

Grade 11

Nic Abboud, Sophia Bandorick, Sydney Boright, Annemarie Cherry, Kaylee Dickson, Anna Engel, Ronnie Ferrell, Ethan Gaskill, Leigh Menendez, Grace Nichols, Colby Noble, Olivia Parker, Racheal Rodimak and Austin Taylor.

Grade 12

Alex Abbott, Livy Bescak, Maddie Bescak, Grant Brown, Luke Buas, Carter Hill, Seth Lewis, Amy Lizas, Flynn Mullins,; Owen Nally, Thomas Polk, Tate Shockley, Jordan Welch and Aria ZiaShakeri.

Mums not exclusive to fall

Chrysanthemums, often referred to as "mums," are among the most popular flowers for autumn plantings and landscape decor. But these hardy, often vividly colored plants are worthy of attention as early as the spring gardening season.

Although mums are most often purchased in September and October and cast aside shortly thereafter, the plant that many people mistake for an annual is actually a perennial, meaning with the proper care it can come back year after year. By planting mums in the spring, gardeners ensure the plants have enough time to develop solid root systems, including their hallmark underground runners that enable them to grow tall and wide and over-winter.

While it is best to plant potted mums that were used in fall decorating after the flowers die and before winter sets in, some container plants can still thrive and come back the following year. When cleaning gardens in the spring, do not trash withered mums that may have been stashed behind the shed. Try planting them and you may be surprised that they



thrive and rebloom in the garden this year. Remove the dead branches and dried-up parts of the plant only after new shoots begin to grow.

Gardening experts advise planting mums in sunny spots with southern exposure. However, be sure to keep the plants away from artificial lighting, such as streetlamps or garden accent lighting, as mums are short-day plants that bloom only when the hours of darkness are greater than the hours of daylight.

Mums that get too much light at night may not bloom to their fullest capacity, or they may be "leggy," with longer stems instead of being compact. Pruning or pinching mums in June and July will help keep mums compact as well, resulting in more flowers.

Mums desire a rich and moist but well-drained soil. Planted mums will require less water than container plants, but the ground should never become soggy. Well-watered plants will offer more flowers.

Hardy mums work well as edging, in mass groupings to create a shrub-like appearance and even in containers. Thanks to their relative affordability, mums are an inexpensive way to dress up landscapes. Mums are hardy in USDA zones five through nine.

Although fall-flowering mums may not be the first plants to come to gardeners' minds at the onset of spring, planning chrysanthemum landscaping now can help ensure beautiful plants when spring and summer flowers begin to wither.

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Worcester students graduate Wor-Wic

The following Worcester County students completed their program requirements to graduate with a certificate of proficiency (CT), associate of applied science (AAS), associate of arts in teaching (AAT), associate of science (AS) or associate of arts (AA) degree from Wor-Wic Community College this past fall and spring.

Berlin: Justine Angelo, CT, Emergency Medical Services; Morgan A. Brown, AS, Nursing; Philomena M. Cannuli, AA, General Studies; Jill Owens Caton, AAS, Office Technology; Logan Brooke Duncan, AS, Nursing; Britaney R. Dunkle, AA, Business; Samuel David Faggert, CT, Criminal Justice; Leanne Tate Ferraro, AAS, Physical Therapist Assistant; Julia Rae Finecey, AAS, Radiologic Technology; Gerald T. Freeman Jr., AAS, Electronics; John B. Gilheany, AAS, Computer Studies; Evan J. Gottlieb, AA, General Studies; Nidia G. Hall, CT, Nursing; Sabra Hendon, AA, Business; Kevin Herbert, CT, Criminal Justice; Numan Ishfaq, AA, General Studies; Jerred Alexander Johnson, AA, General Studies; Kirsten Elizabeth Jones, AS, Nursing; Cory Lee King, AS, Nursing; Mackenzie

Challenger Lane, CT, Nursing; Bianca Raquel-Marie Leech, AA, Business; David R. Macia, AAS, Emergency Medical Services; Keeley Marks, AAT, Education; Michael P. McCabe, AAS, Radiologic Technology; Brittany Nicole Mumford, AS, Nursing; Victoria Murcia, AA, Business; Jessica Plumley, AA, General Studies; Krasimira Purnell, AS, Nursing; Jake C. Rites, AAS, Criminal Justice; Shanna Marie Seibert, AA, Business; Anne M. Silva, AA, General Studies; Kanneisha Smith, AAS, Criminal Justice; Ashlie M. Spock, AAS, Accounting; Levi Timmons, AAS, Computer Studies; Michael C. Ward, AAS, Accounting; Kylene Lorraine Weller, AS, Nursing; Carly Michaela Wilkinson, AA, General Studies; and Krista Young, AS, Nursing.

Bishopville: Amber Marie Ray, AA, General Studies; Ana Septefrati, AAS, Accounting; Joshua Michael Shaffer, AAS, Hotel-Motel-Restaurant Management; Hanna Tuck, AA, General Studies; and Lance C. Ward, AS, Science.

Newark: Jacob E. Bowden, AA, General Studies; Alana M. Rush, CT, Emergency Medical Services; Brandi Sierra Rush, AS, Nursing; and Robert M.

Smith, AA, General Studies.

Ocean City: Leigh Ann Biggerman, AAS, Physical Therapist Assistant; Christopher Hannon Dombrosky, AA, Business, AA, General Studies; Danielle Ashley Fiore, AAS, Radiologic Technology; Travis G. Hearn, CT, Emergency Medical Services; Jennifer Lee Hetherington, AS, Nursing; Cathy Hunter, AS, Nursing; Jessica Caryn Johnson, CT, Criminal Justice; Aliya Ramazanovna Kishtykova, AA, General Studies; Emily Knopp, AA, General Studies; Jessica Anne Malicki, AS, Nursing; Kathleen Marie McCauley, AAT, Education; Lee Graham Messick, AAS, Business; Joseph Andrew Moyer, AA, Business; Claire Patt, AA, General Studies; Robert W. Pippin Jr., CT, Hotel-Motel-Restaurant Management; Matthew N. Ramsey, AAS, Hotel-Motel-Restaurant Management; Alexis Reynolds, AS, Nursing; Julia Kathryn Shockley, AS, Nursing; Anna Rae Smith, AS, Nursing; Emily Nicole Staley, AAS, Accounting; Angeleia Talley, AAS, Criminal Justice; Karis Aldra Twinning, AAS, Radiologic Technology; Yessenia Vega, AA, General Studies; Corwin Vincent, CT, Criminal Justice; and Amanda Leigh Wiles, AAS, Radiologic Technology.

Pocomoke City: Jason C. Bashor,

AAS, Computer Studies; Kathryn Bashor, AAS, Occupational Therapy Assistant; Robert Lewis Beebe, AAS, Criminal Justice; Michael Bennett, AA, Business; Justin Lee Benton, CT, Nursing; Hope Bowden, AAS, Criminal Justice; Magdalene E. Graves, AAS, Criminal Justice; the late Jacob Andrew Howser, CT, Emergency Medical Services; Abigail Huerta, AAS, Criminal Justice, AS, Science; Brianna Sue Jones, CT, Office Technology; Paul J. Leimbach, CT, Emergency Medical Services; Susan Rebecca McClyment, AA, General Studies; Sara Elizabeth Randall, AA, General Studies; Malena Smith, CT, Nursing; Amanda R. Trussell, AA, General Studies; and Emily Louise Walters, AAT, Education.

Snow Hill: Linda G. Carlton, AAS, Chemical Dependency Counseling; Hettie Matilda Epison, AA, General Studies; Jacquelyne Elise Hunter, AAS, Occupational Therapy Assistant; Jerry Leonard Jeffra III, AA, General Studies; Claire Maria Klingenberg, AS, Nursing; Whitney Layfield, CT, Emergency Medical Services; Janean N. Mauzy, AAS, Physical Therapist Assistant; Amanda Lynn Mumma, AAS, Chemical Dependency Counseling; and Paige Pusey, AA, General Studies.

vegetables

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tience to wait on the more time-consuming growers.

Arugula: Some people call arugula “rocket” because of just how quickly it grows. The green has been growing in popularity as a salad starter or vegetable side dish. Simply cut the leaves when they are large enough and as needed for recipes. Other fast-growing greens include kale, chard mustard greens and watercress.

Radishes: Radishes are typically ready for harvest about one month after planting, making them among the fastest-growing vegetables around.

Snap beans: Beans can be steamed, added to salads or eaten raw with dips. They are often a summer staple. Some of the fastest producers are ready to harvest in about 50 days.

Turnips: Both the roots and the leaves of turnips can be eaten, and this old-fashioned vegetable makes a great addition to soups and stews. Because the plants tend to be tolerant across many gardening zones, they are handy and easy-to-grow even as the weather cools.

Squash: Do not mistake the squash in the garden for cucumber. Both look similar but green squash, or zucchini, can be much more versatile. Zucchini can be grilled, baked, sauteed, stuffed, fried, and even turned into noodles.

Green onions: To add fresh flavor to foods, green onions (scallions) grow much more quickly than it takes onion bulbs to mature.

Speak with a garden center expert to learn more about which vegetables, fruits and herbs grow quickly and will thrive in your home garden.



Ideas for rainy summer days

Summer vacation means spending time outdoors and enjoying sunny skies. But not every day will be sunny and clear. For those banking on spending long summer days outside, rainy days can put a quick damper on those plans. However, poor weather does not have to diminish all the fun. The following are some go-to ideas that can keep summer vacationers happy even when the rain is falling.

1. Visit area museums. It is probably been a while since you have looked at the sights in your hometown, and rainy summer days provide the perfect opportunity to take them in from a tourist's perspective. If you are away from home when the rain starts to fall, inquire about any unique indoor activities the area has to offer. Hotel lobbies and concierge offices typically have lots of brochures advertising nearby activities.

2. Do a scavenger hunt. Make up clues and hide a prize to be discovered at the end of the hunt. Scavenger hunts can keep children or adults occupied until the rains subside.

3. Have an indoor campout. If weather cancels your plans to camp out under the stars, pitch your tent indoors and camp under the ceiling. Tell scary stories and tinker with s'mores recipes to make your indoor camping seem more like the real thing.

4. Stock up on board games. Board games are the original boredom-busters. They are portable, and they can quickly turn a rainy day into something much more tolerable. Up the ante and have winners from each game compete against one another in a game of a different type.

5. Head to the theater. Catch that summer action flick or curl up next to a sweetheart and watch the latest romantic comedy. Some movie theaters even offer discount tickets at certain times during the summer.

6. Don't be afraid of the rain. Unless you are a certain witch with a wicked streak, chances are you will not melt in the rain. Summer rain actually can be refreshing, so put on your rain jacket and enjoy a stroll or even find a way to have fun in the rain. It is alright to get messy during a rainy day volleyball or football game. Just be sure to run inside the moment you see any lightning.

How to escape a rip current

The world's oceans cover nearly two-thirds of the planet. Such an abundance of water allows many people take to the ocean for recreation, but the ocean can be as dangerous as it is relaxing.

Those who frequent the ocean have no doubt encountered a rip current or two in their day. Understanding how rip currents form and how to get out of a rip current can make the difference between a fun or tragic seaside afternoon.

What are rip currents? The ocean is a powerful body of water that is governed by tides, winds and underwater currents. Swimming in the ocean is not as easy as swimming in a pool. The currents and waves can tire even seasoned swimmers.

The National Weather Service says rip currents form on just about every surf beach on any day. Rip currents are often slow and will not pose much of a threat to swimmers. However, under certain conditions, the strength and velocity of a rip current can increase and pose a threat to swimmers.

As waves travel from deep to

shallow water, they break near the shoreline. Should waves break strongly in some areas and weakly in others due to the undersea patterns of beach, jetties and other formations, circulation cells can form. These cells form a narrow, fast-moving belt of water that travels off shore. This is a rip current.

Rip currents form typically at low spots or breaks in sandbars. The strength of a rip current tends to increase during high surf conditions.

Recognizing rip currents. The seaward pull of a rip current is sometimes visible to the naked eye. The water in the area may have a different color from the surrounding ocean. There may be an apparent break in the incoming wave pattern. You also may be able to see a channel of choppy water with foam, debris or seaweed moving out toward the ocean. Sometimes, though, rip currents are not readily apparent, or may only be so to the trained eye.

The United States Lifesaving Association, in partnership with NOAA's National Weather Service, is working to raise awareness about the

dangers of rip currents, and also to research ways to predict the strength and occurrence of rip currents.

Swimming out of a rip current. USLA estimates rip currents account for more than 80 percent of rescues performed by surf beach lifeguards. Understanding how to safely navigate a rip current can help save a life.

Whenever possible, avoid swimming in waters where rip currents have been observed. Consult with a lifeguard to see if there are any areas of water best avoided on a given day.

When swimming, swim only in waters monitored by a lifeguard. This increases your visibility should you need help while in the water.

Never swim alone. Having a buddy with you means one person can call for help if the other is in danger.

Remain calm if you get caught in a rip current. Conserve energy and think through your plan.

Rip currents will drag you outward into the sea, but they do not pull you under the water. This

means you can escape a rip current with some clear thinking.

Swim parallel to the shoreline to get out of the narrow channel that is the rip current. Do not attempt to fight the current and swim back toward the shore directly. Move in a direction following the shoreline and then gradually back to the beach in a diagonal pattern. This should get you out of the rip current.

If you are unable to get out of the rip current, tread water until it pulls you far enough out to calmer waters. Then swim toward the shore. If you are unable to reach the shore, draw attention to yourself to alert a lifeguard.

If you notice someone in a rip current, it is best to seek the help of a lifeguard rather than try to help the person yourself. Many people drown while attempting to assist someone caught in a rip current.

Rip currents can be treacherous components of ocean swimming. But recognizing the dangers and knowing what to do if you encounter a rip current can help prevent tragedy.

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