

The Parke to host garage sale

The Parke at Ocean Pines is holding its community sale on Saturday, April 28 (rain date is May 5) from 7:30 a.m. to noon in the driveways of its residents. The Parke is an active 55+ Adult community of 503 homes. Parke residents are selling their treasures for others to enjoy. There are clothes, lamps, artwork, household items, electronics, furniture and more.

On April 28, maps will be available at the main entrance of the Parke located at Central Parke West, located off of Ocean Parkway at the south entrance of Ocean Pines.

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

Arbor Day ceremony scheduled

The Ocean Pines Garden Club will host its annual Arbor Day memorial tree planting ceremony on Thursday, April 12, at 10:30 a.m. in Pintail Park in Ocean Pines. The ceremony is open to all.

A tree will be planted in memory of loved ones who have passed away during 2017.

A luncheon at The Lighthouse Sound restaurant will follow the ceremony. The cost of the luncheon is \$22. per person. Menu choices are: (1) Lighthouse Salad, (2) Turkey Wrap, or (3) Philly Cheese Steak. The cost includes beverages, tax, and gratuity.

For information or reservations for the luncheon, please contact Marian Bickerstaff at mbickerstaff@mchsi.com or 410-208-2508.

Easter Service to be held

An Outdoor Sunrise Service will be held Easter Sunday, April 1 at 6:30 a.m. at Assateague Island State Park located at 6915 Stephen Decatur Hwy, Berlin, MD. Follow the directional signs to the pavilion. Bring lawn chairs and dress warmly. Breakfast follows the service at Bethany United Methodist Church located at 8648 Stephen Decatur Hwy. in Berlin. For more information, call 410-641-2186.



Presentation - Sons of Italy special guest, Dan Cowell, gave a great presentation about Italy at club's meeting on March 1. Above are Sons of Italy Vice President Vincent Mallicone and Dan Cowell. Photo by Anna Foulz.

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Community Calendar

MARCH



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Historical Society to host dinner

The Worcester County Historical Society will hold its annual spring dinner meeting at the Pocomoke Community Center on Market Street, Friday, April 13. Dinner guests will learn about Worcester County's past while enjoying a delicious meal of chicken and dumplings with all the fixings prepared by the Ladies Auxiliary.

Following the dinner Mabel Rogers will present a maritime history of Ocean City entitled "Storms, Wrecks and Party Boats." During her talk she will display aerial photographs of the storm of 1933 that cut the present inlet at the south end of Ocean City. She will also talk about the mystery of the *Pisces*, which sunk in the Caribbean in the early sixties. She will tell stories of Coast Guard rescues, including the last time the breeches buoy was used.

The granddaughter of the engineer on the train that took passengers to the resort, Rogers grew up in Ocean City. After graduating from Stephen Decatur High School she attended the Peninsula General Hospital School of Nursing and embarked on a nursing career. Since her retirement she has been active in community organizations and busy researching local history. She serves on the board of the Ocean City Life-saving Station Museum and the Worcester County Historical Society.

Doors will open for the event at 5:30 p.m. Friday evening and the dinner will begin at 6:30 p.m. Tickets are \$22 per person and can be purchased by sending a check to Robert Fisher, WCHS Treasurer, 230 South Washington St., Snow Hill, MD 21863. The deadline for reservations for the dinner, which is open to the public, is April 6.

County office to close Friday

Worcester County Government offices, including all five branch libraries and Recreation and Parks, will be closed Friday, March 30, in observance of Good Friday. Normal business hours will resume Monday, April 2.

The Central Landfill and Homeowner Convenience Centers (HOCCs) will be closed Friday, March 30, and open during standard hours of operation on Saturday, March 31. The Central Landfill and HOCCs will also be closed Sunday, April 1, and resume standard hours of operation on Monday, April 2.

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.

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 Pinestepers 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 or Kate at 410-524-0649 for more activities. BeachSingles.org.

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.

Local pregnancy center to host gala

Shirley Grace Pregnancy Center located in Berlin is an organization dedicated to providing a safe haven for women during their maternal years. In the past seven years the center has served over 2000 women and children by providing free pregnancy tests, ultrasound for pregnancy viability, parenting education and support groups. These services can only continue to be provided here on the Lower Eastern Shore through the financial support of the community at large.

On Saturday, April 21, the organi-

zation's annual gala will be held at the Roland E. Powell Convention Center in Ocean City. This evening will run from 5 p.m. until 10 p.m. and include fine dining, silent auction items, a 50/50 Raffle, dancing, and special features that will touch your heart. A financial invitation will be extended during the evening so that participants can partner with the center, to support clients.

Special guests for this event will be Nikki Leonti Edgar and her husband who were top 10 contenders on "America's Got Talent," making it to the semi-finals in 2016. Nikki will share her personal journey as a teen mom as well as her singing talent with

us.

Reservations may be made by contacting the Shirley Grace Pregnancy Center at 443-513-4124 or through email at sgpregnancycenter@gmail.com. The cost to attend is \$25 a person and must be paid by the reservation deadline of April 11. If you do attend, please know that you will be expected to make an additional contribution the night of the event. If you are able to help offset the cost of the gala before the event by becoming a sponsor with a donation of \$500 or more, please contact the center. This will help assure that all monies raised during the event will go toward supporting clients.

Casino trip planned

The public invited to join members of the Ocean Pines Boat Club on their Thursday, April 19 bus trip to the Harrington Casino. The cost is \$20 per person which includes \$15 Slot Play and a \$7 food voucher good towards the lunch buffet. The luxury bus will leave from the Ocean Pines Yacht Club parking lot at 10 a.m. and return at about 5 p.m. Seating is limited to the first 56 reservations.

If interested, please contact Tom or Barbara Southwell at 410 / 641-5456.



Gift - **Judith Bittdorf** of the Working Artists Forum of Easton, Maryland presented Ocean City Elementary School (OCES) Art teacher **Betsy Dykes** with a donation of a \$150 Blick gift card to be used for art materials at OCES.

Annual Earth Day clean-up is Saturday

Maryland Coastal Bays Program (MCPB), Ocean City Surf Club (OCSC) and the Town of Ocean City will host the 9th annual Earth Day Clean Up, Saturday, April 7.

Last year, almost 200 volunteers joined forces to help the town and coastal protection organizations pick up trash in the wetlands and sand dunes in Ocean City.

Volunteers are encouraged to pre-register with MCPB in advance so there will be plenty of supplies and assignments. Garbage bags, gloves and a commemorative tee shirt are provided to all volunteers while supplies last. Register your team by either emailing sandis@mdcoastalbays.org or calling 410-213-2297 ext. 106.

You can also register the day of this clean up. Check in and registration on Saturday will be held in the Gazebo on 3rd street at the City Town Hall beginning at 10 a.m. A clean up area will be assigned to you at registration unless you have an area of preference.

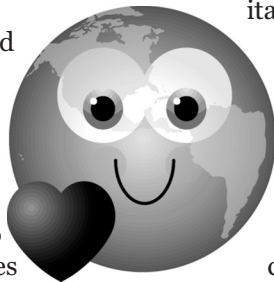
In 1963, the Ocean City Fire Department requested that the week of April 21 be proclaimed as Clean Up

Week. And the request was honored. Earth Day, an annual worldwide event to raise public awareness about pollution, wasn't established until 1970.

MCPB is a non-profit organization dedicated to protecting the five coastal bays behind Ocean City and Assateague. The OC Surf Club celebrates our ocean community, its heritage and future.

MCPB is promoting an Adopt Your Street Program where area residents and homeowners will commit to at least four days annually of picking up trash on a specific street. OCSC has a similar program with adopting a beach. The April 7 cleanup is a great inaugural event to commit to keeping your environment clean. You can sign up for a street through the MCPB website at www.mdcoastalbays.org. If you are interested in adopting a beach, you can sign up on the OCSC website at www.oceancity-surfclub.org.

Students participating in this event receive community service credits.



Ocean Pines' Dog Whisperer

By **June Freeman**

How does a farm boy from Virginia end up as one of the top dog handlers in the country and get inducted into the Professional Handlers Association Hall of Fame? The answer is simple. As a child, George Alston was taught to never use the word "can't." Alston was born blind in one eye and up until high school had trouble putting two words together without stuttering. There was nothing that could stand in his way and nothing he could not do once he made up his mind to do it. His intelligence, determination, and belief in himself is part of his fabric. And this amazing gentleman lives in Ocean Pines.

As a youngster, he handled some of his parents' boxer show dogs. His love and innate ability to understand dogs was a calling which he could not ignore. Alston turned down a variety of scholarship offers so that he could follow his passion.

George's first taste of winning was at the early age of fourteen when he traveled to New York City and com-

peted in the ring at Westminster against approximately sixty junior dog handlers. He beat them all but as Alston would tell it, "I didn't win. The dog did."



George Alston

He spent over thirty years as a dog handler, winning countless shows. He asserts that in the ring "every movement made in a dog show was choreographed, just like a dancer." Alston reverently described how he had "the privilege of showing some of the great-

*please see **whisperer** on page 15*

Job fair to be held at Wor-Wic

The public is invited to attend a free job fair being offered by the career services office at Wor-Wic Community College on Thursday, April 5, from 2:30 p.m. to 6 p.m., in Guerrieri Hall and the Allied Health Building at the college campus in Salisbury.

More than 50 area employers are planning to participate in the fair, including Atlantic General Hospital, Cato Gas & Oil, Chesapeake Health Care, Coca-Cola Bottling Co., Delaware Elevator, Focus Point Behavioral Health, State Highway Administration, Maryland Department of Public Safety and Correctional Services, McCready Health, Mountaire Farms, Nurse Professionals Home Care, Peninsula Regional Medical Center, Perdue AgriBusiness, Real Hospitality Group, Somerset County Public Schools and Taylor Bank.

Attendees should check in at Guerrieri Hall and come dressed in interview attire and bring resumes to give to prospective employers. Interpreter services will be available for people who are deaf or hard-of-hearing.

Job seekers can go to www.collegecentral.com/worwic and submit a resume prior to the job fair for a free critique by the career services office.

Visit www.worwic.edu for more information or a full list of participating employers.

Club to hold fling

The public is invited to attend the annual Ocean Pines Boat Club's Spring Fling dinner and dance on Sunday, April 29, at BJ's On the Water (75th St. in Ocean City) at 6 p.m. Please contact Nancy Engelke at 410/208-0314 for information. The cost is \$39 per person for club members and \$42 per person for non-members.

The Courier

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2012 Business of the Year

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Easter Trivia

The UK's first chocolate egg was produced in 1873 by Fry's of Bristol.

The tallest chocolate Easter egg ever was made in Italy in 2011. At 10.39 metres in height and 7,200 kg in weight, it was taller than a giraffe and heavier than an elephant!

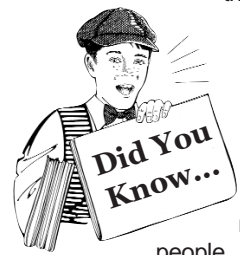
Jellybeans were first made in America by Boston candy maker William Schrafft, who ran advertisements urging people to send jellybeans to soldiers fighting in the Civil War.

The traditional act of painting eggs is called Pysanka.

In the old days pretzels were associated with Easter because the twists of the pretzel were thought to resemble arms crossing in prayer.

In medieval times, a festival of 'egg-throwing' was held in church. The priest would throw a hard-boiled egg to one of the choir boys, and then tossed from one choir boy to the next. When the clock struck 12, whoever held the egg, was the winner and got to keep the egg.

Americans buy more than 700 million marshmallow peeps during the Easter holiday, which makes Peeps the most popular non-chocolate Easter candy.



Fallen soldiers to be honored Friday

Vietnam Veterans Chapter #1091 located in Ocean City is dedicating a memorial bench to the eight Worcester County Veterans who gave their all during the Vietnam War. The dedication is scheduled for March 30, at 11 a.m. at the Worcester County Veterans Memorial in Ocean Pines. Family, friends and the public are especially invited to attend this dedication for these eight heroes.

Those who will be honored are PFC Barry H. Berger USA, LCPL Frederick W. Bivens USMC, SP4 Charles L. Bridle USA, SGT Michael E. Gordy USMC, PFC Alphonso L. Harmon USMC, PFC Lewis M. Haywood USA, SP4 Freddie Marshall Jr. USA and MAJ Nutter J. Wimbrow III USAF

Following the dedication, all are invited to attend a "Welcome Home" Vietnam Veterans celebration at American Legion Post #166, 24th St. in Ocean City. For further information contact Nelson Kelly 410-213-5228.

Pines to host Easter events

The Ocean Pines Recreation and Parks Department will host its annual Easter/Spring Celebration at White Horse Park, on Saturday, March 31 between 11 a.m. and 2 p.m.

The festivities will include egg hunts, carnival games, moon bounces, face painting, pony rides, arts and crafts, an Easter bonnet parade and much more.

Volunteers and candy donations are needed for the Easter/Spring Celebration. Please contact the Ocean Pines Recreation and Parks Department at 410-641-7052 if you are interested in helping, or if you have questions about the event.

Doctors to be celebrated

On Friday, March 30, Atlantic General Hospital and Health System will celebrate National Doctors' Day. Celebrated annually, this day is an opportunity to express gratitude toward the highly-skilled and talented medical staff that provide healthcare to the residents and visitors of our community.

On March 29, a luncheon will be held to celebrate and honor providers.

AGH encourages members of the community to show their appreciation to their personal practitioner on this day.



Visit - Claudia Nagle, executive director of Diakonia Inc., the only comprehensive provider of emergency and transitional housing for men, women and families on the Lower Shore, spoke at the March meeting of the Democratic Women's Club of Worcester County (DWC). The club, with more than 160 members, meets monthly in the Ocean Pines Community Center. **Left to right are Past President DWC Em Hench, Claudia Nagle, DWC President Vicky Wallace.**

Artists sought for competition

The Worcester County Arts Council invites all interested artists to participate in a juried art competition and exhibit to be presented during the month of April at the WCAC Gallery located at 6 Jefferson Street in Berlin.

The exhibition is open to all artists (18 years old and older), professional or amateur with work in all media.

All work must be original and completed within the last three years. All entries will be juried in for the inclusion in the competition by local artist, Peggy Warfield.

Monetary prizes will be awarded

for first, second, and third place at 5:30 p.m. during the Second Friday Arts Stroll reception to be held on April 13 from 5 p.m. to 8 pm.

Entries for the competition will be accepted March 29 – March 30; 11 a.m. 3 p.m. and should be delivered to the Arts Council.

Detailed guidelines for the competition are available on the Arts Council's website: www.worcestercountyartscouncil.org

For more information, please call the Arts Council's office at 410-641-0809.

Evening fitness programs offered

Evening adult fitness classes will take place at the Worcester County Recreation Center (WCRC) in Snow Hill this spring. Core and circuit conditioning classes, for ages 18 and older, are a wonderful way to get active, fit, and revive after a long day.

Core Training is an intense workout that will keep your heart racing and abs burning. Core Training will be held on Monday and Wednesday evenings from 5:30 p.m. to 6:30 p.m. from April 2 through May 9. For more info, contact Program Manager Myro Small at 410-632-2144, ext. 2512 or msmall@co.worcester.md.us.

Circuit Conditioning is a training program that divides participants into stations. Each station will consist of a different exercise to complete a full body workout. This fun program, which allows participants to keep their own pace, while working out in a group setting, will take place Monday and Wednesday evenings from May 14 through June 20 from 5:30 to 6:30 p.m. For more info, contact Program Manager Mike Hedlesky at 410-632-2144, ext. 2509 or mhedlesky@co.worcester.md.us.

The cost for each program is \$20 and will cover all six weeks of classes. For more information about Worcester County Recreation and Parks programs and activities, visit www.WorcesterRecAndParks.org.

Missing bunny ears

Inevitably each Easter my grandmother would present my brother and me and later my sister, with a choco-

worked well through the years. Another part of the tradition was that not long after the baskets were ready, I “sampled” a couple pieces of the candy, usually the Reese’s cups for which I have an addiction.



It’s All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Growing up I remember Easter dinner was pretty standard: a canned ham brought by my Aunt Anna, my grandmother’s sister-

late Easter egg that had our names scrolled in icing on the top. It was a tradition. We looked forward to them. Usually too, she would give us each a hollow chocolate bunny. Inevitably one of the bunny’s ears would be missing. My grandfather would break them off for a snack. That also became a tradition.

Since the time our children were infants, my wife and I have had our own Easter tradition: she bought all the Easter treats, prepared the baskets and ensured that each one had a small gift, usually a movie video (later a DVD and later still a BluRay). I sat on the recliner. It’s a tradition that

in-law. She would insert many cloves on the top of it for flavor. What flavor she sought I have no clue. But I can report without hesitation that I never liked the resultant taste. The meal was rounded out with mashed potatoes and carrots. Carrots were a regular part of any meal prepared by my grandmother. We had carrots five days a week when we stayed with her. The only exception was the two nights we had spaghetti and meatballs. So identified was she with carrots that one year my mother gave her a framed picture of the vegetable. That picture hung in the kitchen until the day she passed away. I don’t know where it is

now.

On Easter my mother always dressed my brother and me in our finest “Sunday” attire. We usually had to wear a tie and jacket and our best shoes. This created problems when our grandfather played touch football with us on the front lawn. Many times we’d come back into the house with grass-stained knees. Mom wasn’t happy but I really don’t remember her yelling; probably because we had been with Gramps and he could get away with anything in my mother’s eyes even if it meant she had to scrub the stains out of our slacks.

One Easter that has had a lasting impression on me was in 1984. My brother, sister, mother and I drove to my grandparents’ home to spend the holiday weekend. We had a nice time. There was ham without the cloves fortunately and of course carrots. The weather was comfortable. We walked the beach and talked about plans for the coming summer. We headed home Easter afternoon, saying our goodbyes like we had many times before. Not long after arriving home my grandmother called. My grandfather had had a heart attack. My mother and I raced to the hospital about two hours away; we made it in just under

an hour and a half. I remember it was a silent trip; we were both inside our heads turning over thoughts and concerns. We made our way to intensive care. Granny was in the waiting area with a neighbor. We went to Gramps’ room. I thought he would be unconscious with tubes in him. When we opened the door we found him propped up on the bed playing solitaire. “What are you doing here,” he asked matter of factly. It relieved the tension somewhat.

We spent the week with him in the hospital, taking turns to ensure he was not alone. One afternoon I had to leave to take my final exams. I hugged him and left. When I got into the hallway I thought to myself, “I didn’t say I love you. Oh, well, I’ll see him tomorrow,” and I went on my way. Several hours later while taking my exam the dean of students pulled me from class to tell me that Gramps had passed away.

To this day I regret not going back into his room that last time.

Easter that following year was subdued as was each holiday in between. We still got an egg with our names on them and a hallowed chocolate bunny but the ears were still attached and it just wasn’t the same.

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Service, volunteerism nominations sought

The Governor's Office on Service and Volunteerism has announced the opening of the nomination period for the 2018 Governor's Service Awards,

marking the 35th year for this awards ceremony, which will be held this fall. The Governor's Service Awards recognize Marylanders who have provided significant volunteer contributions to communities around the state during 2017 (or longer for Lifetime Achievement category), and are working to change Maryland for the better.

"The Governor's Office on Service and Volunteerism remains committed to Governor Hogan's directive to recognize, promote, and encourage volunteerism throughout the state," said Van Brooks, Director of the Governor's Office on Service and Volunteerism. "In addition to the upcoming Governor's Service Awards, we celebrate the service of Maryland's outstanding volunteers through various initiatives, including the Black History Month Community Leaders Awards introduced earlier this year. Our office has recognized the significant contributions of volunteers to our communities by giving over 1,400 volunteer certificates just since the beginning of 2018."

"The continued efforts of the Governor's Office on Service and Volunteerism, through initiatives such as the Governor's Service Awards, help to grow Maryland's volunteer community – an important partner in ensuring that all citizens have access to the resources they need to thrive in Maryland," said Steve McAdams, Executive

please see nominations on page 15

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Maryland history

The Literacy Committee members of the Republican Women of Worcester County judged Maryland History Day entries from Pocomoke, Snow Hill and Stephen Decatur Middle Schools. The theme "Conflict and Compromise" was examined by Grade 8 students and exhibited in several media. Pictured L-R, **Kris Heiser, Barbara Johnson, Leah Olson** (Maryland History Day Competition Coordinator & Stephen Decatur Middle School Social Studies teacher and **Carol Rose**.

Volunteers needed at the Discovery Center

The Delmarva Discovery Center is looking for volunteers to help through the busy spring and summer season. To that end, the Center is hosting a Coffee Meet & Greet on Tuesday, April 10, at 10:00 a.m.

The program will include an introduction to the Discovery Center followed by an overview of the Center's diverse opportunities for Volunteers. The orientation will also include a tour of both the public exhibits and the

back of the house operations. The Center welcomes anyone interested in exploring the possibilities for volunteering to attend this program

The Discovery Center is located at 2 Market Street, Pocomoke City, MD, and is open seven days a week.

It is requested that if you plan to attend that you call (410) 957-9933 or email Christy@DelmarvaDiscoveryCenter.org.



Advertising Sales Professionals

The Courier, a weekly community newspaper seeks experienced advertising sales individuals with strong interpersonal skills to build advertising relationships and assist in publication growth.

You must be professional, well-spoken, deadline and customer oriented, and highly motivated with strong communication and organizational skills. Work from home. Must have vehicle and valid driver's license.

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Send cover letter and resume to
Chip Bertino at

chipbertino@delmarvacourier.com

EOE



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Aktion Club celebrates anniversary

The Aktion Club located at the Worcester County Developmental Center held its first anniversary celebration at the center. The new officers were sworn in and a luncheon was held. After the luncheon first anniversary certificates were handed out. During the past year the club made cards that were sent to active members of the military. The club also collected items for Operation We Care which sends everyday items to active military personnel. The club also collected pet items for Kennille's Cupboard which gives out pet items to owners who cannot afford them. Members also made companion dolls that were given to seniors at the Worcester Commission on Aging in Snow Hill Maryland.

Country star to share diabetes story

Country singer-songwriter RaeLynn burst onto the music scene in 2012 after placing third in "The Voice" musical competition in 2012. Born into a musical family, she discovered her love for country singing at age 12, the same age at which she was diagnosed with diabetes. On Monday, April 9, RaeLynn will bring her message of living well with diabetes to Peninsula Regional Medical Center, at a special diabetes awareness event in the Hallowell Conference Center.

The event begins at 5:30 p.m. with exhibits from companies involved in diabetes care and services. RaeLynn will speak at 7 p.m. on her personal diabetes journey. Coming to Delmarva courtesy of Novo Nordisk, a global health care company dedicated to diabetes care, RaeLynn's mission is to raise awareness of the importance of properly managing blood sugar levels. She wants to demonstrate to others living with diabetes that the condition should not hinder them from following their dreams but instead can be integrated into their lives and ambitions. RaeLynn actually credits her diabetes with helping her take better care of herself, and says she is grateful her diagnosis has taught her how to live a healthy lifestyle.

Free parking and free valet service will be available and everyone is welcome to attend. The Hallowell Conference Center is accessible via the Hanna Outpatient Entrance of Peninsula Regional Medical Center; take the elevator to the ground

floor. To register, please call Peninsula Regional Nutrition & Diabetes Education at 410-543-7061. There is no cost to attend.



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Outdoor soccer registration open, coaches sought

Calling all youth soccer enthusiasts. Join Worcester County Recreation and Parks (WCRP) for the youth outdoor soccer season, which kicks off this spring at John Walter Smith Park in Snow Hill. Children will practice basic soccer skills and be able to compete against teams from other local towns.

The season will run from April 8 to June 17, 2018 on Sundays at John Walter Smith Park in Snow Hill. Open to ages three through grade eight, participants will be split into five competing divisions (age 3-4, grade K-1, grade 2-3, grade 4-5, and grade 6-8). The registration deadline

for the spring season is Thursday, March 29.

The cost is \$30 per person to play, and \$25 for each additional child. Any registration submitted after the deadline will be charged an additional \$5 fee, and participants may not have the request met for certain teams or coaches. Checks should be made payable to Worcester County and can be mailed to WCRP or dropped off at the Worcester County Recreation Center (WCRC).

Volunteer coaches are also needed. Soccer teams cannot run successfully without volunteer coaches who donate their time to helping children improve their soccer skills. An orientation meeting will be held for all interested coaches on Thursday, April 5, at 6:00 p.m. at the WCRC.

For more information, contact Program Manager Jacob Stephens at 410-632-2144, ext. 2506 or jstephens@co.worcester.md.us, or visit our website at www.WorcesterRecAndParks.org. While you're there, be sure to click the links to follow us on social media.



DAR recognition

In conjunction with Women's History Month, the General Levin Winder Chapter of the Daughters of the American Revolution (DAR) annually recognizes a woman, past or present, who has made a difference in her community, and submits a brief biography and photo of the honoree for inclusion in the National Society's Women in American History Project database. This year, the chapter voted to posthumously honor Shirley Phillips for her outstanding contributions in the hospitality industry that have made Ocean City a world-class resort. The tribute to Phillips, a member of General Levin Winder Chapter since 1991, was given at a recent luncheon meeting and her granddaughter, Joanna Phillips, accepted the certificate on behalf of the family from American History chair Suzanne Zantzinger and Regent Patricia Ayers.

Above are American History Chair **Suzanne Zantzinger**, Joanna Phillips, and Chapter Regent **Patricia Ayers**.

Adult fitness morning classes offered

Start the day with morning fitness classes at the Worcester County Recreation Center (WCRC) in Snow Hill this spring.

Early Bird Morning Fitness is a group class designed for those ages 45 and older to increase their activity and fitness. Participants will feel more energized and empowered to maintain independent and active lifestyles. This class will involve walking, strength training, and flexibility and coordination exercises. Classes will take place Mondays, Wednesdays, and Fridays from 9 a.m. to 9:40 a.m. April 2 through June 22. For more information, contact Program Manager and Instructor Myro Small at 410-632-2144, ext. 2512 or msmall@co.worcester.md.us.

Stretching, Flexibility, and Range of Motion is a whole-body program for ages 18 and older, with a focus on improving flexibility, mobility, and range of motion in every joint in the body. This class will take place in a quiet, and low impact set-

ting on Mondays and Wednesdays, April 2 through June 20 from 10 a.m. to 11 a.m.

Tai Chi is the perfect fall prevention program and is designed to improve overall health. Participants ages 45 years and older will feel an increase in lower blood pressure, stress relief, and feel aid to arthritis pain with Tai Chi. Classes will take place Tuesdays and Thursdays, April 3 through June 21, from 10 a.m. to 11 a.m. For more info about Stretching, Flexibility and Range of Motion or Tai Chi, contact Program Manager and Instructor Mike Hedlesky at 410-632-2144, ext. 2509 or mhedlesky@co.worcester.md.us.

The cost for each 12-week program is \$40. For more info about Worcester County Recreation and Parks (WCRP) programs, visit www.WorcesterRecAndParks.org. While there, be sure to click the links to follow WCRP on social media.

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



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

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

thecourier@delmarvacourier.com

KIWANIS ANNUAL ITALIAN DINNER FUNDRAISER AT DENOVO'S TRATTORIA



Sunday, April 8, 2018

5:00 and 6:00 p.m. seatings

Reservations recommended

Walk-ins welcome - space permitting - Carry-outs

Adults: \$12 - Children 12 and under: \$5.00

For tickets and information, please call

Ralph Chinn

410-208-6719



Pictured above are Kiwanis Club Advisor to the SDHS Key Club **Roy Foreman**, **Dana Kim** and Kiwanis President **Ralph Chinn**.

Kiwanis student leader in action

By **David Landis, Sr.**

The Kiwanis Club of Greater Ocean Pines-Ocean City sponsors the Key Club at Stephen Decatur High School. Key Club is the high school version of the Kiwanis Club and the club is very active under the leadership of its two-term president, Dana Kim. Now a junior, Dana became the president in her sophomore year and just this month she was elected to the office of Lt. Governor Designate for the Key Clubs on the Eastern Shore, known as Division 5. Her term begins in April. It is a big

commitment which she has demonstrated she can handle based on the leadership she has provided during the past two years for her club of 65 members.

So far this school year, members have collectively completed 510 hours of volunteer service by working at Kiwanis Club events including three pancake breakfasts, an Italian dinner and bingo at the Berlin Nursing Home. They held a successful blood drive of their own in February at the high school.

Registration open for toddler gym

Worcester County Recreation and Parks (WCRP) is pleased to announce the return of Toddler Gym this spring.

Toddler Gym is open to children ages 18 months to five years old and provides toddlers with opportunities to exercise, practice social interaction, and enjoy stimulating games in a safe and fun environment. A variety of age-appropriate games, exercises, songs, and group activities will be provided for parents and children to enjoy together. Toddler Gym is designed to encourage young children to explore their environment, enhance their learning through play, and meet new friends.

Toddler Gym will take place at the Worcester County Recreation Center in Snow Hill on Tuesdays, April 3 through June 12, from 10 a.m. to 11:00 a.m. A parent or guardian is required to attend and participate with their child/children. The cost is \$30 for participation in all 12 weeks, and \$25 for each additional child.

For more information about this program, contact Program Manager Kelly Buchanan at 410-632-2144, ext.2503 or kbuchanan@co.worcester.md.us or visit www.Worcester-RecAndParks.org. While there, be sure to click the links to follow WCRP on social media.

After school spring sports registration open

Registration is now open for the Worcester County Recreation and Parks (WCRC) After School Sports programs for youth this spring. The sports lineup guaranteed to get kids active and engage in team-building activities includes field hockey, tennis, and dodgeball.

After School Field Hockey is open to grades kindergarten through eighth and will take place on Thursdays, April 5 through May 10. Children will learn basic field hockey skills and fundamentals in a safe and fun environment and then strengthen those abilities through drills and modified game play. The registration deadline is Friday, March 30. For more info, contact Program Manager Trudy Porch at 410-632-2144, ext. 2520 or tporch@co.worcester.md.us.

After School Tennis is open to grades k-8 on Mondays, April 16 through May 21. Children will learn the tennis fundamentals needed to practice and grow in this popular game. The registration deadline is Thursday, April 5. For more info, contact Program Manager Kelly Buchanan at 410-632-2144, ext. 2503 or

kbuchanan@co.worcester.md.us.

After School Dodgeball is open to middle school students, grades four through eight on Tuesdays, April 3 through May 8. Children will participate in friendly competition, while they enjoy both traditional and modified versions of the classic dodgeball game. For more info, contact Program Manager Myro Small at 410-632-2144, ext. 2512 or ms-small@co.worcester.md.us.

All after school sports programs will take place at the Worcester County Recreation Center (WCRC) in Snow Hill from 3:30 p.m. to 5:30 p.m. on their respective days. Transportation will be provided for children from Snow Hill Elementary School and Snow Hill Middle School. Parents and guardians will need to pick up their children from the WCRC.

The cost for each program is \$30 per person and \$25 for each additional child. Registrations received after the deadlines will incur an additional \$5 fee. For more info about other WCRP programs, visit www.Worcester-RecAndParks.org.

Adult sports leagues return

Worcester County Recreation and Parks (WCRP) staff are pleased to offer adult soccer and flag football leagues at John Walter Smith Park in Snow Hill this spring. All leagues are open to adults ages 18 and older.

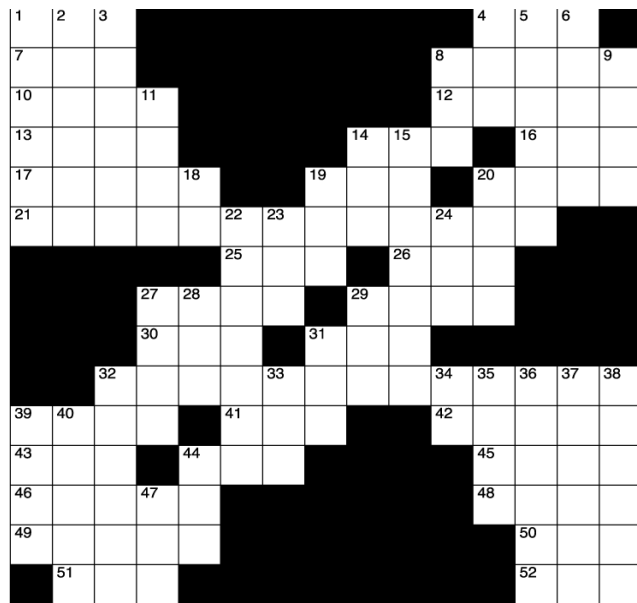
Men's 4 v 4 Outdoor Spring Soccer will take place on Thursdays, April 5 through June 7 from 6 p.m. to 9 p.m. The cost is \$215 per team, which includes referee fees. The registration deadline is Wednesday, March 28. The captain's meeting will be held on March 28 at the Worcester County Recreation Center (WCRC) at 6 p.m. This league will run for eight weeks, followed by an additional two weeks of playoffs. Interested parties may register as teams or individuals, and all team rosters may include up to 8 players. Two games per team will be played each night. For more info, contact Program Manager Jacob Stephens at 410-632-2144, ext. 2506 or jstephens@co.worcester.md.us.

Adult Flag Football will take place on Wednesdays, April 4 through June 6, beginning at 6 p.m. This league is eight weeks of games plus playoffs. Teams will play 8 vs. 8, and may include up to 15 players on a team roster. The cost to participate is \$330 per team, which includes referee fees. The registration deadline is Tuesday, April 3. A League meeting will be held on April 3 at 6 p.m. at the WCRC. For more info, contact Program Manager Mike Hedlesky at 410-632-2144, ext. 2509 or mhedlesky@co.worcester.md.us.

Please be sure to register before each league deadline. Learn more about WCRP programs at www.WorcesterRecAndParks.org. While there, be sure to click the links to follow us on social media.

visit one of the Smithsonian Museums, or walk around the Tidal Basin to view the monuments and cherry blossoms. Join WCRP for this exciting day. The cost is \$60 per person.

For more information, contact Brianna Goddard, at 410-632-2144, ext. 2514 or bgoddard@co.worcester.md.us.



CLUES ACROSS

- 1. Builder's trough
- 4. Pouch
- 7. Adam's partner
- 8. Zelda soldiers
- 10. Network of nerves
- 12. Heinrich __, poet
- 13. Algerian port
- 14. Reciprocal of one ohm
- 16. Title of respect
- 17. Form of expression
- 19. Hoover's office
- 20. Samoan monetary unit
- 21. Cooperation
- 25. Fiddler crabs
- 26. Portion of a play
- 27. Tropical American shrub
- 29. Frosts
- 30. Short-winged diving seabird
- 31. Chemical compound used as a hardener (abbr.)
- 32. Diversion
- 39. __ Turner, rock singer
- 41. __-bo: exercise system
- 42. Large, edible game fish
- 43. Doctor of Education
- 44. Where the Knicks play
- 45. Basics
- 46. Tall tropical American trees
- 48. Men wear them
- 49. Widespread destruction
- 50. Midway between north and northeast
- 51. Vast body of water
- 52. Hair product

CLUES DOWN

- 1. Very brave
- 2. Go too far
- 3. Individual feature
- 4. Drug trials term (abbr.)
- 5. Has emerged
- 6. Helped the Spanish conquer Mexico
- 8. Northern Vietnam ethnic group
- 9. Dried-up
- 11. Reactive structures (abbr.)
- 14. Licensed for Wall Street
- 15. Japanese conglomerate
- 18. Home to the Celtics
- 19. Title given to Italian monk
- 20. Drunkards
- 22. Cylindrical containers
- 23. South American plants
- 24. Frozen water
- 27. Town in Galilee
- 28. Not in
- 29. Journalist and suffragist Wells
- 31. Consumed
- 32. Edible Mediterranean plant
- 33. Poke fun of
- 34. "First in Flight" state
- 35. Fortifying ditch
- 36. Receding
- 37. Christian liturgical creed
- 38. Used to decorate Xmas trees
- 39. High-__: complex
- 40. Thoughts
- 44. __ and cheese
- 47. Constrictor snake



Answers for Mar. 21

For the Love of Travel...

These will app-solutely help in your next trip

By **Kelly Marx**

Many have called this the "smart phone era," usually with a hint of disdain, but nonetheless, we are carrying around tools that can make travel easier. The Internet is extremely useful for traveling and it can be quite difficult to manage without it when it comes to booking hotels and flights, checking e-mails, and trying to navigate. Consider getting a phone plan that allows you to use your data overseas. If not, buy a SIM card upon arrival (usually sold in the airport, bus/train stations, and convenience stores) and at least a few gigabytes of data.

Now that you have Internet, what apps will you need during your trip? This is a list of 15 of my tried-and-true apps:

Agoda: great for combining accommodation needs that range from budget to luxury. Customer service is also decent.

Hostelworld: good for finding, you guessed it, hostels. Better in South America than in Asia typically.

Mobile banking: download the app of your bank. It's great for checking what you're spending and for transferring money.

Uber: in many countries, Uber is much cheaper than just catching a cab. Alternatively, there are regional specific ride-hailing apps, which can be even cheaper than Uber.

Google Maps: I personally think Google Maps is more accurate and recognizes more locations than Apple Maps which comes downloaded on iPhones. It gives you directions for walking, driving, and using public

transportation.

Currency Converter: I use Globe-Convert. It's free and you don't need Internet to use the app. Great when you are traveling with people of different nationalities.

Airline apps: If you book a flight with United, it's a good idea to have their app (this applies to all airlines that have an app). The app can alert you to changes in your flight, and you can usually use the boarding pass in the app instead of having to print it.

Unit Converter: the name of the app I use is Unit Converter, and it's helpful for converting temperature, distance, volume, weight, etc. This is especially helpful for Americans since we don't use the metric system.

Skyscanner: I have consistently found Skyscanner to have the cheapest flight options compared to other third-party flight sites, like Kayak and Expedia. Skyscanner also allows you to watch flights and it will notify you of flight price changes. Skyscanner also allows you to search by month so you can see when the cheapest days to fly in the month are.

Airbnb: Consider staying in someone's house instead of a hotel for a more personal, private, and authentic experience. You may have the house to yourself or stay with the homeowners.

Health insurance: it's a good idea to travel insured, whether it's through travel insurance or from your regular plan. This app has the copy of my health insurance card in case I need to go to the doctor or emergency room

*please see **apps** on page 11*

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Easter symbolism complements the holiday

Tradition plays an important role in Easter celebrations for many families. Cherished traditions and symbols of Easter may include anything from egg hunts to lilies to lambs. Under-



standing the importance behind these symbols can make sharing the miracle of Easter that much more special.

Eggs. Eggs are one of the more recognizable symbols of Easter. For Easter egg hunts, eggs are hard-boiled

and decorated in bright hues. It is believed that the origins of Easter eggs are both secular and religious. From the secular (once pagan) perspective, the egg is an ancient symbol of new life, according to The History Channel, and has been associated with pagan festivals that celebrate spring. Some Christians feel that Easter eggs represent Christ's emergence from the tomb and his subsequent resurrection. Eggs were once a food not consumed during Lent, therefore painting and decorating them to mark the end of fasting and penance became a way to celebrate Easter.

Crucifix. The crucifix is one of the central symbols of Easter and Christianity. The cross is a symbol of Christ's crucifixion and sacrifice. The crucifix also highlights the ability of God to give new life to people after death.

In addition to wearing and display-

ing the cross during Easter, some people bake hot cross buns as another symbol of the season.

Rabbit. The Easter bunny is very much a secular symbol of the holiday, but one that has become so ingrained with the season that many people ascribe to it a Christian meaning. Pagan celebrations of spring often linked rabbits or hares with the season because of their fertility and ability to bring forth new life. According to the Christian living resource Crosswalk, believers associate the rabbit coming out of its underground home as a symbol of Christ emerging from the tomb.

Lilies. Lilies are often exchanged during Easter celebrations or presented as hostess gifts for those sharing the holiday meal with others. The American Bible Society says lilies grow

in the spring around the time when Easter is typically celebrated. Also, because they look like trumpets, they can be a symbol that heralds Christ's resurrection.

Lamb. The lamb is another symbol associated with Easter. Lambs were originally associated with the Jewish holiday of Passover, when lambs were sacrificed and their blood was used to mark which houses contained those faithful to God. As a result of his crucifixion, Christ became the symbolic lamb for all, the ultimate sacrifice. In fact, Christ is often referred to as "The Lamb of God."

Easter is replete with many recognized symbols. Unearthing their meanings can be a learning experience and a way to further immerse oneself in this holy holiday.

Chronic diseases workshop planned

Peninsula Partners in partnership with MAC, Inc. is offering a free seven-week Chronic Disease Self-Management Workshop. The classes will be held on Thursdays from 1:30 p.m. to 4:30 p.m. and begin April 5 at MAC, Inc. located at 909 Progress Circle in Salisbury.

The workshop is designed to help people maintain an active lifestyle and manage their health condition, whether it's diabetes, asthma, heart disease or any other chronic disease.

The first workshop will focus on nutrition and how it affects your overall health, especially when you have a pre-existing condition.

These classes are informative and interactive. Group members encourage and support each other to achieve their health goals. If you are interested in attending the free seven-week workshop to learn about changes that can lead to improvements in your health, please email rhonda.snyder@peninsula.org or call 410-543-7170.

apps

from page 10

and I need to show proof of coverage.

Google Translate: this is a lifesaver for trying to have conversations with people, order food, and anything in between. It even has a feature where you can take a picture of what you need translated (i.e. sign, menu), highlight the specific section, and then the app will translate it into the selected language. This was especially helpful for me in China with trying to understand the characters.

Skype: not only is Skype good for free video calls to home with friends and family, you can add money to your Skype account (\$5 at a time) so that you are able to call landlines. It costs 2.3 cents per minute. This is often cheaper than the international rates your phone company at home would charge. You can call different countries, which is especially helpful for calling hotels or airlines.

Facebook Messenger: stay connected with your friends while you're away and make free calls if calling another Facebook user.

WhatsApp: message, call, and video chat for free with other users from around the world.

Once you have downloaded these, I will give you the next set. I'm currently writing from Ulaanbaatar, Mongolia. I will be back in Berlin in late March. Happy traveling, everyone!

Advertising Sales Professionals

The Courier, a weekly community newspaper seeks experienced advertising sales individuals with strong interpersonal skills to build advertising relationships and assist in publication growth.

You must be professional, well-spoken, deadline and customer oriented, and highly motivated with strong communication and organizational skills. Work from home. Must have vehicle and valid driver's license.

Earn 30% sales commission. Open sales territory in Worcester, Wicomico and lower Sussex counties. This is a key position with considerable income growth potential. Enjoy flexible schedule.

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Chip Bertino at
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EOE

| 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., Mar. 29 | 6:36 a.m. 6:56 p.m. | 12:20 a.m. 12:58 p.m. | 6:50 a.m. | 7:21 p.m. |
| Fri., Mar. 30 | 7:26 a.m. 7:45 p.m. | 1:14 a.m. 1:43 p.m. | 6:48 a.m. | 7:22 p.m. |
| Sat., Mar. 31 | 8:12 a.m. 8:31 p.m. | 2:04 a.m. 2:26 p.m. | 6:47 a.m. | 7:22 p.m. |
| Sun., Apr. 1 | 8:57 a.m. 9:15 p.m. | 2:51 a.m. 3:07 p.m. | 6:45 a.m. | 7:23 p.m. |
| Mon., Apr. 2 | 9:40 a.m. 9:59 p.m. | 3:36 a.m. 3:47 p.m. | 6:44 a.m. | 7:24 p.m. |
| Tues., Apr. 3 | 10:22 a.m. 10:42 p.m. | 4:21 a.m. 4:28 p.m. | 6:42 a.m. | 7:25 p.m. |
| Wed., Apr. 4 | 11:04 a.m. 11:25 p.m. | 5:07 a.m. 5:10 p.m. | 6:41 a.m. | 7:26 p.m. |



Understanding heartworm

Conscientious pet owners understand they must be on the lookout for a host of issues that can affect the health and well-being of their pets. One such issue is heartworm.

What is heartworm? The American Heartworm Society notes that heartworm is a disease caused by foot-long worms that live in the heart, lungs and associated blood vessels of affected pets. Known as heartworms, these worms can cause severe lung disease, heart failure and organ damage. Some instances of heartworm may even prove fatal.

Who gets heartworm? Heartworm disease affects dogs, cats and ferrets. Heartworms also live in wolves, coyotes, foxes, and sea lions. And while such instances are rare, heartworms have even been found in humans.

How is heartworm transmitted among pets? Mosquitoes transmit many diseases, and they even play a role in the transmission of heartworm. The AHS notes that adult female heartworms living in infected dogs, foxes, coyotes, or wolves produce microfilaria, which are microscopic baby worms that circulate in the animals' bloodstreams. When mosquitoes feed on the blood of these infected animals, they pick up microfilaria. Within 10 to 14 days, these microfilaria mature and develop into infective stage larvae. When mosquitoes then bite another animal, these larvae are deposited onto the surface of the skin of those animals, ultimately entering their new hosts through the wound created by the mosquito's bite. The larvae then spend the next six months maturing into adult heartworms.

How long do heartworms live? Upon reaching maturity, heartworms can live for five to seven years in dogs and for two to three years in cats. According to Peteducation.com, heart-



worm in ferrets can be rapidly progressive and fatal.

What are the symptoms of heartworm? Heartworm symptoms can vary depending on the type of animal that is infected. Dogs infected with heartworm may exhibit few or no symptoms in the early stages of the disease, only gradually exhibiting symptoms as the infection persists. Such symptoms include mild persistent cough, reluctance to exercise, fatigue after moderate activity, decreased appetite, and weight loss. As heartworm progresses, dogs infected with the disease may develop swollen bellies due to excess fluid in their abdomens. Dogs infected with large numbers of heartworms may develop sudden blockages in their heart, which can lead to cardiovascular collapse, threatening the dog's life.

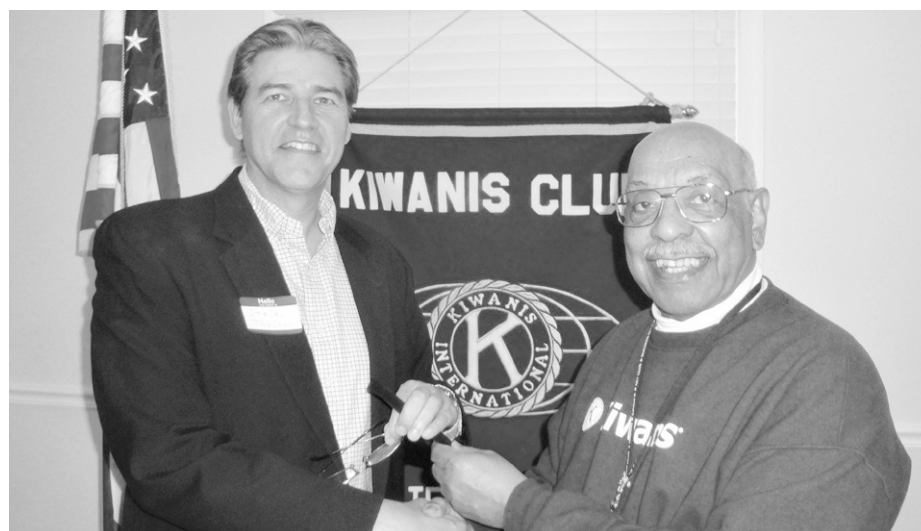
Cats may exhibit subtle or dramatic symptoms of heartworm. Coughing, asthma-like attacks, periodic vomiting, loss of appetite, and weight loss are some of the more subtle symptoms of heartworm in cats. But some cats may struggle to walk, experience fainting spells or have seizures as a result of heartworm. The AHS notes that the first sign of heartworm in cats is sometimes sudden collapse or sudden death.

Ferrets with heartworms may seem tired all the time and exhibit shortness of breath even after just a few minutes of activity. Ferrets may also experience fluid buildup in their abdomens due to heart failure and blocked blood vessels.

Can pet owners protect their pets from heartworm? The AHA recommends that pet owners get their pets tested for heartworm every 12 months. In addition, the AHS advises pet owners to give their pet heartworm preventive 12 months a year.

More information about heartworm is available at www.heartworm-society.org.

More information about heartworm is available at www.heartworm-society.org.



WCYFS at Kiwanis

Executive Director of Worcester County Youth & Family Services **Steve Taylor** accepting the Kiwanis Speakers Pen from Kiwanis Club President **Ralph Chinn**. WCYFS offers counseling, education, resource assistance, advocacy and outreach programs. For more information visit their website at www.shine@gowoyo.org for more information and how you could help.

Wor-Wic's fall dean's list announced

A total of 508 Wor-Wic Community College students have been recognized for superior performance by being named to the dean's list for the recently-completed fall semester.

Area students who maintained a grade point average of 3.5 or higher while taking six or more credit hours during the fall semester include:

Berlin: Kelly Adelhardt, Alison Alvarado, Ellen Bargar, Hailey Beck, Jessica Bennett, Rolando Butler, Angela Chronister, Amber Dale, Daniel Del'orso, Thuc Uyen Do-Balster, Stephanie Eklund, Kiana Fisher, Jacob Forrester, Sandra Garcia Moreno, Nicholas Gerthoffer, Jonathon Hanley, Samantha Hill, Caroline Hoffman, Morgan Hoffman, Chelsea Hulburd, Mary Jones, Kaitlyn Kahl, Liliia Khmarskaia, Lucinda Kuehn, Jill Loppnow, Jessie Lupiwok, Tifanee Mask, Blaine Mason, Katrina McDonald, Jacqueline McGuire, Joseph Miller, Isabel Nava-Guzman, Marisa Newcomb, Santana Owens, Kayla Parsons, William Paul III, Stacy Purnell, Garrett Rites, Diana Sabia, Sherwood Schaffernoth, Tayler Smith, Emily Strickland, Chad Tobias, Emily Trimble, Daniel Tyndall, Kyleene Weller, Kristina Wester and Ashley Zlotorzynski.

Bishopville: Cole Espy, Antonio Kokkinos and Damian Lockhart.

Newark: Nicholas Barbely, Amber Donoway and Sarah Lewis.

Ocean City: Joshua Anderson, Claire

Bowersox, Daryin Bryant, Maggie Bunting, Jake Clapsadle, Robert Cook II, Hannah Duckworth, Kimberly Florek, Abigail Gorman, Diana Grechukhina, Ana Maria Hajiyev, Tiffany Hastings, Casie Hayes, Ryan Jasinski, Megan Moyer, Calvin Nguyen, Brian Nieto, Gina Pappas, Jenna Ramadan, Brandon Scheeler, Marlee Scherlag, Ryan Swindell, Edward Taboada, Olivia Turk, Cyle Walker, Matthew Ward, Kristen Winner and Volodymyr Yonyak.

Pocomoke City: Katie Bodley, Kristof Bothazi, Hope Bowden, Rhea Bowden, Leah Bundick Courtney Chance, Jason Dennis, David Halsey, Savannah Hoffman Tatum Hurlley, Mitchell Krystofiak, Kristy Mason, Laura Melton, Deyonna Parker, Antony Perez, George Schoepf, Joanne Scott, Takiara Taylor, Jodie Turley, Charles Ward and Derrick Waters.

Snow Hill: Cindy Allebach, Amber Bailey, Katie Cherrix, Areyhon Collick, Daniel Downes, Bryan Dykes, Samantha Hunter, Hunter Johnson, Erica Jones, Sierra Lewis, Kaitlin Losh, Calvin McCardell, Emily Riebert, Jesse Saidla, Angel Smythers, Ty Steele Jr., Mackenzie Thomas, Joseph Tolbert and Kiara Wharton.

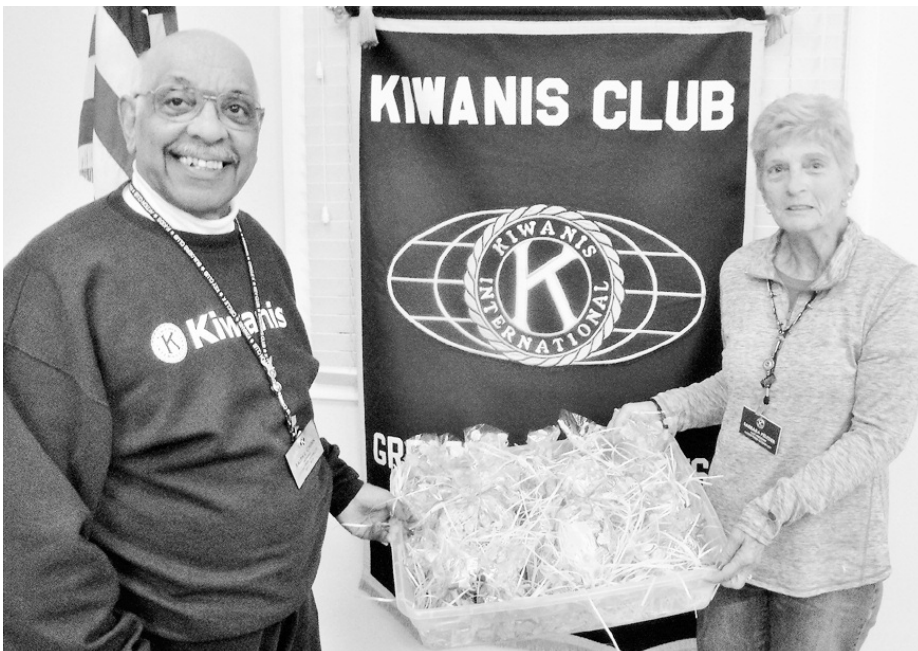
Stockton: Skylar Nock and Raelenia Smith.

Whaleyville: Jacquelyn Failla and Jeremiah Failla.



Safety - The Worcester County NAACP hosted a community forum, "Keeping Our Kids Safe," on March 15 at the Ocean Pines library. Steve Price, Assistant Superintendent Worcester County Schools, and Lt. McGee of the Worcester County Sheriff's Office presented information on school safety procedures and answered attendees questions. Many pro-active plans are in place, including a deputy being assigned to every public school in the county.

Above are **Judy Davis**, NAACP press, **Dr. Kirkland Hall**, 38A House Delegate Candidate, **Thomas Zimmer**, Stephen Decatur High School principal, **Steve Price**, **Eloise Henry-Gordy**, Worcester County Schools Student Services, **Beth Shockley-Lynch**, Worcester County Teachers Association, **Lt. McGee**, **Dr. Roxie Achonlonu**, NAACP President and **Donna Chandler Bailey**, NAACP member.



Easter gifts

Kiwaniis President **Ralph Chinn** and Kiwanian and Past-President **Barbara Peletier** holding the 35 Easter gift baskets Barbara provided, in the name of Kiwanis, for the recipients of Meals on Wheels delivered from the Northern Worcester County Senior Center in Berlin. It the organization's way to let recipients know they are remembered and wished well during the Easter holiday.

Something to think about ...

The U.S. Environmental Protection Agency notes that there is no practical way to eliminate all mold and mold spores in an indoor environment, including a home. But by controlling moisture in their homes or apartments, men and women can control indoor mold growth. One way to do just that is to prevent condensation in a home by adding insulation. In addition, clean building materials or furnishings that become wet as promptly as possible, and no more than 48 hours after the items have become wet. Mold produces allergens and irritants, and inhaling or touching mold or mold spores can trigger allergic responses such as sneezing, runny nose, red eyes, rashes on the skin, and even fever-like symptoms.

Simple ways to personalize Holy Communion celebrations

Budding flowers and humming birds are some of the first harbingers of spring. So, too, are young Christian children dressed in white as they embark on the next step in their spiritual journeys.

The sacrament of Holy Communion was instituted by Jesus Christ during his Last Supper. It marks the first-time children (or adults) receive the Eucharist during mass. One of the sacraments of initiation, Holy Communion is a momentous occasion in the lives of young or converted Christians.

Holy Communion is rife with tradition. Prayer, preparation and the sacrament of reconciliation figure prominently as Christians prepare to receive the Eucharist for the first time.

Children often wear white to signify purity, and families host parties after the church service has ended. Although many customs help unify those receiving the Eucharist, there are ways to personalize the proceedings to make them more unique.

Something borrowed: Buying a communion gown or suit is customary, but one way to set the day apart is to have children wear clothing passed down by parents or other relatives. This links the generations and solidifies that familial connection through the Church. Families also can gift a treasured prayer book or rosary beads.

Special touches: If relatives cannot gift an entire communion ensemble, incorporate other attire into the communicant's wardrobe. Consider altering a wedding veil for a young girl, or tuck a piece of wedding gown lace into a young man's pocket in place of a pocket square. Children also can wear jewelry that bears some spiritual or sentimental value, such as a crucifix necklace or family ring.

Pray together: Family members can put together a prayer book that includes favorite Bible passages or hymns that resonate with them. This way children can carry on the tradition of sharing these special verses with others.

Make it cross-denominational: Share the occasion with others who may not be of the same faith so they also have a chance to be part of such an important and memorable sacrament. Holy Communion is a great time to bring everyone together in celebration, regardless of their religious beliefs.

Involve children: Include communicants in the planning. He or she may ask that a particular meal be served or request that others share their own Holy Communion experiences.

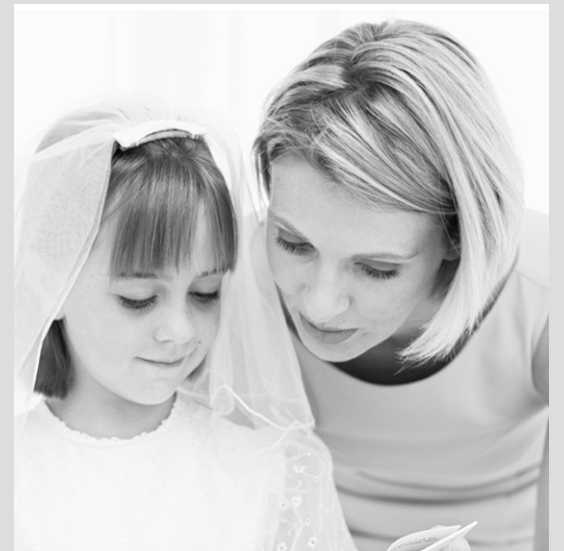
Holy Communion is a special time in a Christian's life, entitling him or her to more fully participate in his or her faith and draw closer to God.

Motorcoach tour planned

Worcester County Recreation & Parks (WCRP) is offering a day trip to Washington D.C. this spring.

On Wednesday, April 4, spend the day in Washington D.C., and take advantage of seeing the sights in the nation's capital. Enjoy time exploring the National Mall, visit one of the Smithsonian Museums, or walk around the Tidal Basin to view the monuments and cherry blossoms. Join WCRP for this exciting day. The cost is \$60 per person.

For more information, contact Brianna Goddard, at 410-632-2144, ext. 2514 or bgoddard@co.worcester.md.us.



School safety dominates supplemental budget

Governor Larry Hogan has introduced a third supplemental budget for Fiscal Year 2019 (FY 2019), which provides a total of \$39,143,148 in funding for a variety of state and local initiatives, including funding for safety improvements in Maryland schools.

The largest line item in the supplemental budget is \$10 million in new funding for the Governor's Office of Crime Control and Prevention to distribute school safety grants to K-12 public schools across the state. This funding is in addition to the governor's comprehensive school safety proposal, which includes \$125 million in funding for school safety enhancements and \$50 million per year in school safety grants, and \$5 million in school safety funding in a previous supplemental budget.

The supplemental budget also includes \$1,006,677 for the Office of Small Business Regulatory Assistance within the Maryland Department of Labor, Licensing and Regulation, which was established in January by the governor's executive order to assist small businesses in complying with the new paid sick leave law. Additionally, it provides \$4,195,039 in Highway User Revenue funding, which will go directly to municipal governments for road maintenance or improvement projects.

Additional highlights of the supplemental budget include:



- \$2 million for capital improvements at Franklin Square Hospital
- \$150,000 in funding to create a Rural Health Collaborative to increase health care access in the Mid Shore
- \$73,500 for security improvements at Camp Shoresh
- \$150,000 for the Maryland Veterans Service Animal Program
- \$834,370 for the State Forest, State Park, and Wildlife Management Area Revenue Equity Program
- \$750,000 to support oyster seeding projects
- \$250,000 for the Cybersecurity Public Service Scholarship Program

-\$84,430 for Somerset Economic Impact Scholarships

The governor submitted the administration's first supplemental budget on March 2, which includes \$2.5 million in funding for the Maryland School Safety Center to expand operations and hire additional personnel, and \$2.5 million in grant funding to assist schools in conducting safety assessments required by emergency legislation submitted as part of the governor's school safety plan. The governor's second supplemental budget, submitted on March 21, provides approximately \$2.5 million for the Maryland State Department of Education (MSDE) to enhance oversight capabilities and perform a requested follow-up audit of the Prince George's County school system.

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whisperer
from page 3

est Irish setters who ever walked the earth.”

Near the end of his career as a handler, Alston was declared to be legally blind. Needless to say, he was not deterred. He competed in California with a beautiful mahogany Irish setter. At the competition, he knelt down beside the dog and felt with his hands in order to be sure all was ready. When the judge pointed at George to let him know that his Irish setter was the winner of the Best of Breed, Alston did not acknowledge the judge. The judge walked over and inquired, “Sir, do you wish to win?” Alston went on to explain to the astonished judge that he was legally blind. Fortunately, since then, surgery has restored his sight.

Due to his eyesight problems, George came up with a plan to help him with his kennel business. He bought himself a magnifying glass and a book on computer programming and taught himself how to write programs. Both kennel operators and breeders found his software to be an invaluable tool, and just ten years ago he sold the copyright for his K9bytes software that is still used today.

His software is not the only thing copyrighted by Alston. Teaming up with Connie Vanacone, he wrote the very first book applying sports psychology to dog showing. In a world where most books usually go out of print within a few years, “The Winning Edge: Show Ring Secrets” has proved to be timeless. Written twenty-six years ago, it is still a top selling book on showing dogs.



George with Marquis

To use George’s expression, it was not in his nature to “let grass grow under his feet.” His next venture was giving seminars and clinics. His talent, insight, and magic with dogs attracted people from all around the world. Each year he would draw two or three thousand people who wanted to learn from Mr. Alston whom the *AKC Gazette* referred to as the “The Dog Whisperer.” He touched many lives and was an inspiration to his followers.

Today two words bring a ready smile to George’s face. Family and golf. George began his life-long addiction to golf at the age of sixteen while life-guarding at a county club. He revealed that “one of the best parts of giving seminars was that the clubs also provided him with the opportunity to golf at the top courses throughout the country.” It was not unusual for him to spot a golf course when driving to a seminar. He would pull over, load up his clubs, play eighteen holes, and continue his trek to the seminar location.

His biggest and brightest smile is reserved for when he talks about his family. His children have inherited his love of dogs; their success with breeding and showing dogs is impressive. His wife Mary Ann is a celebrity in her own right. She has distinguished herself as a professional dog handler and an international judge. George clearly has a great admiration for her. His eyes lit up as he referred to her as “the wind beneath my wings.” He told about how Mary Ann would do a judging in Boston and he would give a seminar in Chicago and they would “meet up in the middle of the week and have fifty-two honeymoons a year.”

This May, George and his wife are headed to Pinehurst, North Carolina to judge at the two day All Breed Show. This will be his “last time.” He insists that he will retire after this but that remains to be seen. George summed it all up by stating he “led a full life and has a good partner and could not have done it without Mary Ann.”

nominations
from page 6

Director of the Governor’s Office of Community Initiatives. “Recently, my office utilized these very relationships to connect volunteer networks to an initiative led by Governor Hogan to distribute hundreds of thousands of food kits to Marylanders in need.”

In 2017, over 150 nominations were received for the prestigious Governor’s Service Awards. Among last year’s award recipients were Grace Callwood, a youth survivor of stage IV Non-Hodgkin Lymphoma and the founder of the We Can Move Movement, Inc., a nonprofit dedicated to finding swift solutions for homeless, sick, and foster children; Miriam Zadek, a lifelong advocate for the deaf and hard of hearing community in Maryland; and Champion of Service Award winner Mr. J.W. Marriott.

The deadline to submit a nomination is Friday, June 1. Nominations are encouraged to include strong narrative writing within the word limit, focus on the previous year of service (excluding the Lifetime Achievement category), and provide comprehensive quantitative data to support service efforts, such as the number of people served and number of hours volunteered. Nominations may be submitted for individuals and groups in one of 15 categories: AmeriCorps Alum, Corporate Business, Emerging Leader, Exemplary Service learning, Faith-based, First Responder, Group/Team, Individual, Lifetime Achievement, Member of the Board, National Service, Nonprofit Volunteer Program, State employee, Veteran and youth.

To learn more about the awards and submit a nomination, visit gosv.maryland.gov/governors-service-awards.

April Fool’s Day has a lengthy history

What do you get when have a select group of people who did not get the memo that the calendar had been modified and the start of the New Year was now pushed back by three months? April Fool’s Day, that is what. Although the tomfoolery that occurs each April 1 may not feel very old, April Fool’s Day traces its origins back several centuries.

One legend states that April Fool’s Day originated in the 1500s and has remained a day for hijinks ever since. Prior to the 1500s, the western world relied on the Julian calendar to keep track of time.

According to the Julian calendar, years began on March 25. However, since March 25 fell during Holy Week, the new year festivities were pushed back to the first day of April. In 1582, Pope Gregory XIII decreed the adoption of the Gregorian calendar, which switched New Year’s Day from the end of March to January 1.

Many people were informed of this change, yet those who lived in rural areas or had not heard about the calendar change continued to celebrate the arrival of the new year on April 1. These people were mocked, and some people in the know would try to confuse people into thinking that April 1 was still New Year’s Day and they were receiving a New Year’s visit. From this tradition grew the one that is observed today, with people trying to fool unsuspecting individuals with all methods of pranks and trickery.

Others suggest April Fool’s Day is connected to pagan festivals celebrated during the change of seasons. On Hilaria, Romans would dress up in disguises. Some historians speculate that April Fool’s Day is connected to the vernal equinox, when people were fooled with unpredictable weather.

April Fool’s antics eventually spread outside of France to Britain, and then around the world. While pranks were once simplistic in nature, many are now more intricate. According to Snopes, a popular April Fool’s hoax dates back to 1957 when the BBC convinced its audience that spring would arrive early, and with it, an early spaghetti harvest in Switzerland. Video showed peasant women harvesting spaghetti from trees, now that the ravenous spaghetti weevil, which had caused havoc to past harvests, was finally defeated. The station received scores of calls asking to view the harvest or inquiring how they could get a spaghetti plant.

In 1996 in the United States, the popular fast food chain Taco Bell convinced the public that it had agreed to purchase Philadelphia’s Liberty Bell and wanted to rename it the “Taco Liberty Bell.”

In 2016, the Texas state comptroller’s office announced that “redback” paper money would be reissued in the state for the first time since 1840, and it would feature Willie Nelson’s face on the \$10 bill.

Create and hide unbreakable Easter eggs

Easter is one of the most important days of the year for Christians. Easter Sunday is filled with symbolism and tradition, some of which harken back to early Christianity, while others trace their origins to paganism.

The Easter Bunny and Easter eggs are two Easter traditions with less extensive histories. The Easter Bunny, according to sources including History.com, first arrived in America in the 1700s via German settlers who brought with them their tradition of an egg-laying hare called Osterhase. Children would make nests where the rabbit could lay its colored eggs. Eventually, the custom spread from Pennsylvania, where many German immigrants settled, to other areas around the country.

Eggs are symbolic of new life and rebirth in many cultures. To Christians, eggs represent the resurrection of Jesus Christ.

Another theory suggests that Christians were once forbidden to eat eggs during the Lenten season pre-



ceding Easter. Therefore, Christians would paint and decorate eggs for Easter to mark the joyous celebration and cessation of penance and fasting.

Even though these traditions have endured, Easter eggs themselves might not be so strong. This year, Easter celebrants may want to experiment with different materials that are more forgiving and more enduring than standard eggs.

Wooden eggs. Families may find that wooden eggs are much more forgiving than standard eggs. Wooden eggs do not have to be boiled, and they do not need time to harden, and they are quite maneuverable for young fingers.

Decorators can explore different ways to color wooden eggs. Acrylic paints are readily available and safe for users of any age. Wood stains or wood markers also can be used to give the eggs a natural finish. Others may want to rip small pieces of decorative paper to create a decoupage effect on their wooden eggs.

Sew soft eggs. Those who are

handy with a needle and thread can explore patterns for making soft, stuffed eggs. Cozy fleece or other fabrics can be sewn together to make the general egg shape. Then the egg is filled with polyester filling, feathers or another soft material. Ribbons, buttons, trims, and other decorative touches can personalize the eggs and add a touch of whimsy. Check out www.sew4home.com for their ideas on handmade Easter eggs.

Modeling clay. Children who love

to get their hands dirty may enjoy making Easter eggs out of modeling materials. Colors can be blended together to create a marbled effect. Depending on the clay medium, the eggs may air-harden or may need to be heated at a low temperature in the oven to fully cure.

Easter eggs are a fun tradition that adds to the festivity of spring. While traditional eggs can be used, many different, more long-lasting materials can be used as well.

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