

# The Courier

April 8, 2015 Volume 19 Number 32

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## Craft club to meet

The Pine'eer Craft Club will meet Thursday, April 16 at the Ocean Pines Community Center. The meeting will begin at 10 a.m. For more information call 410-430-0284.

## Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, April 11, 9:30 a.m. in the Ocean Pines library. Stacy Weisner, new Executive Director for the Pocomoke Discovery Museum, will discuss this popular destination for locals and visitors. The Anglers will also hear from DNR representative and fisheries biologist Erik Zlokowitz about the Maryland Artificial Reef Initiative and how local anglers can help with data collection. Club member Tom Nelson will share his expertise on catching Black Drum in the surf. Everyone is welcome to attend.

## Flea market is Saturday

Attention bargain hunters and treasure seekers! Ocean Pines Recreation and Parks will be hosting their annual Spring Indoor/Outdoor Flea Market on Saturday April 11 from 8 a.m. to noon. Spaces are still available. You can clean out that attic or garage, turn your trash into cash, or fundraise for your favorite cause or organization. The flea market will be located at 235 Ocean Parkway at the Ocean Pines Community Center. If you wish to be a vendor, call (410) 641-7052.

## Paws & Claws to hold yard sale benefit

Ready to do some Spring cleaning? Paws & Claws can help turn your slightly used items into cash for yourself and the Worcester County Humane Society (WCHS) at a "spectacular, gigantic, huge yard sale" on Saturday, April 11 from 9 a.m. to 1 p.m. at Paws & Claws on 11934 Ocean Gateway, West Ocean City. Those interested in setting up a table to sell items will donate 20% of sales to the WCHS. There will be no set up fee. To reserve a spot to sell your gently used items call Jan at 410-213-7490.



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## Honor Society members pass torch

Eighty-four students were inducted into the Stephen Decatur High School (SDHS) chapter of the National Honor Society on March 24. To be inducted, students had to satisfy character, scholarship, leadership, and service requirements. Throughout the school year, the SDHS NHS is involved in several service endeavors including running the school tutorial program, working with Worcester G.O.L.D., and donating to Believe in Tomorrow.

Juniors **Reagan Dunham, Alea Aul, Emily Cook, and Alison Alvarado** pose after being inducted into the National Honor Society on March 24.

## Health conference held

By Dolores E. Pike

At its Sixth Annual Public Health Conference held last Wednesday, April 1 at the Carousel Hotel in Ocean City, the Worcester County Health Department (WCHD) pursued issues concerning the health of its citizens. Following a welcome by Madison J. Bunting, president, Worcester County Commissioners, Health Officer Debbie Goeller, delivered the opening remarks to those in



attendance, including community leaders, health professionals, law enforcement, interested organizations, volunteers and the press. The topics of general concern on the agenda were chronic diseases, opioid awareness, tobacco in Ocean City and working/living a fit and active lifestyle.

Ms. Goeller announced with pleasure that WCHD had received accreditation from the Center for Disease Control and Prevention (CDC) by meeting national standards and services to all county residents. They were the first of only two health departments to receive this honor. A video presentation outlined the background steps undertaken to meet the stringent requirements of the CDC. Ms.

please see **conference** on page 15

## APRIL BARGAINS of the MONTH



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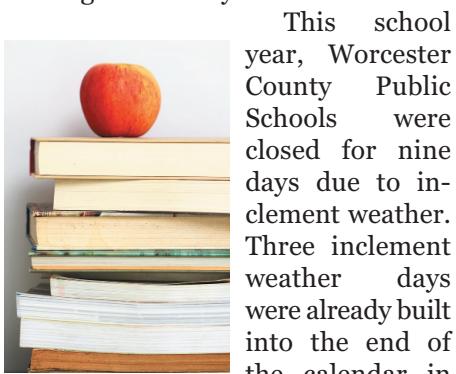
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# June 18 is last day of school

At their March 17 Board of Education Meeting, the board unanimously voted to approve a modified calendar, contingent on the State Superintendent's approval of a three day waiver. The waiver request has been approved, making the last day of school June 18.



This school year, Worcester County Public Schools were closed for nine days due to inclement weather. Three inclement weather days were already built into the end of the calendar in the event of bad weather, leaving a deficit of six make-up days. At the March 17 meeting, the board voted to turn one day, which was initially closed for students (April 2), into a half-day, thus recouping another day and leaving only five days to make up. The Board also voted to add two days to the end of the calendar and to seek a waiver for the remaining three make-up days. With waiver approval, the last

day of school will be June 18 – as long as there are no more inclement weather closings.

As part of the Board's adoption of a modified 2014-2015 school calendar, the following changes are in effect:

-Thursday, April 2 will be a half-day for all students and a full-day for all staff;

-Monday, June 15 will be a full-day for students and staff;

-Tuesday, June 16 will be a full-day for students and staff;

-Wednesday, June 17 will be a half-day for all students and a full-day for all staff; and

-Thursday, June 18 will be a half-day for all students, the last day of school for all students, and a full-day for all staff.

Lunch time is scheduled during half days and bus transportation will operate accordingly. There is no afternoon pre-kindergarten on half days. High school final exams will be administered on June 17 and June 18.

For a modified school calendar for 2014-2015, please visit the school system website at [www.worcesterk12.com](http://www.worcesterk12.com).

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# Deer Run Golf to have grand re-opening

By Dolores E. Pike

*"We can't wait for all our friends to see it! They won't believe it! It's gonna be that good."*

-Ed Colbert

In talking with Ed as president of Deer Run Golf Club, he displays obvious pleasure and is brimming with enthusiasm about the grand re-opening on target for Thursday, April 16 at the course located off Route 50 on Logtown Road in Berlin. After 17 years in business here, Ed and his partners decided it was time to consider a makeover and then celebrate with a party...like in the old days when you would invite the whole neighborhood to celebrate a special occasion. In this case – an Open House for a community. "We wanted to give back to the community," said Ed who notes that a part of their Mission Statement proclaims "We are the friendliest golf course on the eastern shore and we focus on charity events."

The April 16 grand re-opening at Deer Run will begin at 10 a.m. with free golf in a shotgun start-off... all golfers go off at once. Please call to RSVP the field is limited to 100 golfers. In the afternoon there will be the ribbon cutting at 3 p.m. conducted by the Chambers of Commerce of Ocean City, Ocean Pines and Berlin. Afterwards there will be a press conference followed by refreshments, which include free hamburgers and hot dogs along with a cash bar. Local dignitaries have been invited to attend and say a few words. Ed will close the festivities with a brief history with plans for the future and give away some door prizes. Ed wants to see that everybody has a good time as well as be able to check out the club house and renovations.

Deer Run is offering membership rates that are far below the competition. Individual, family, six month, corporate and custom memberships have all been reduced if you commit prior to May 1, 2015.

The makeover at Deer Run began when Ed felt that their old events room

needed to be spruced up to make it a more inviting place. They have spent this past winter putting up a new exterior and then moved inside to do the painting, recarpeting and install recessed lighting. He believes the upgrades open up new possibilities and will welcome more than just golfing events. He and his accommodating staff can branch out to host wedding receptions, bridal or baby showers and to do more for the charity events they currently schedule and encourage new charities to check them out.

According to Ed, his priority at Deer Run has been charity events and senior golfers but he wants to entice the baby boomers and all others to come play golf too. In his work with a charity he helps them obtain free promotional giveaways; they might want some shirts or hats or maybe that gift of dining at a local restaurant. Ed boasts ownership of a

please see **deer run** on page 15



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# The Courier

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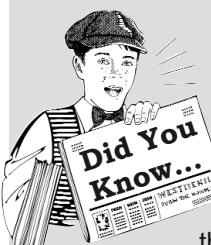
## 2012 Business of the Year

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First sponsored in 1958, National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April,

this year it runs from April 12 to April 18. It is a time to celebrate the contributions of our nation's libraries and librarians and to promote library use and support. All types of libraries - school, public, academic and special - participate.

Today's libraries are more than just books. Increasingly, they are places of creativity where people can meet to share a hobby, use a 3D printer, edit a video, or use software to record their own music. Libraries offer access to the tools and technology essential to the economic and cultural lives of their communities.



# Local Kiwanis club helps community

By Kelsey Reichenberg

The Ocean Pines/Ocean City Kiwanis club, a branch of the Kiwanis international organization, has been working diligently in local schools to teach students responsibility, leadership, and community service. "We have six programs in schools in this area," explained president of the Kiwanis Club, Carolyn Dryzga. "We have the K-Kids Club in the Showell and Buckingham Elementary Schools, the Builder's Club in Berlin Intermediate and Stephen Decatur Middle School, and the Key Club in Salisbury School and Stephen Decatur High School."

Students who are members of these programs take a pledge of loyalty and commitment to their communities and schools. Then, they design and implement community service projects on their own with the mentoring of a Kiwanis advisor, as well as a school advisor.

The international Kiwanis organization is comprised of clubs around the world that are organized to act as a unit and individually. One of the missions of the international Kiwanis organization is to provide funds for vaccines to women who are expecting, a global undertaking that has been successful. Another goal of the Kiwanis International includes serving the children of the world. The Ocean Pines/Ocean City Kiwanis club puts particular emphasis and focus on this aspect of the overall Kiwanis mission as they work to make a difference for the children and citizens of Worcester County. "Our club is comprised of local people making a local difference," said Dryzga. "We deliver to youth groups and promote leadership and community service." The club also hosts fundraisers throughout the year to support student programs, not only for schools but for agencies as well, such as the Cricket program, the 4STEPS Therapeutic Riding Program



## Kiwanis holds food drive for Diakonia

Usually on April 1 people Play April Fool's pranks, but not Kiwanis. Members came in with their donations of items for the Easter Dinner and Pantry at Diakonia. The guest speaker for the meeting was Diakonia Communications Director Anna O'Neill who accepted the traditional Kiwanis pen from President Carolyn Dryzga while Programs and Speakers Chair J. Graham Caldwell (l) looked on.

Anna is a native of Berlin and attended Stephen Decatur High School. She then attended American University and immediately went into the Peace Corps stationed in Bulgaria from 2009 until 2011. The experience she had helping people was a factor in her decision to work at Diakonia. Diakonia has an emergency shelter program with 40 beds for people trying to get back on their feet. Currently, all beds are filled by six families including nine children of which the youngest is 6 months old. Anna explained there are other Diakonia programs: small housing program, the Food Pantry which is open seven days a week, Supportive Services for Veterans, and the Emergency Solutions Program to help prevent those on the brink of becoming homeless.

Diakonia is totally dependent on support of the community and some government grants to provide these services.

in Parsonsburg, the Court Appointed Special Advocates (CASA) for Children and many more youth and family services.

The Ocean Pines/Ocean City Kiwanis Club currently consists of fifty eight members and is always recruiting. Although there is no formal process of recruitment, the club plans to develop one. As of now, potential members find out about the organization through friends and neighbors. Each new member must have a sponsor who presents the potential member's application to the Kiwanis Club board. The application is then re-

viewed and either accepted or denied by the board. If accepted, induction takes place at the next meeting that the new member is able to attend.

Although the club enjoys inducting new members and expanding, one does not have to be a member to support the organization. Locals are encouraged to support the club by attending their fundraising events in the area. The club will hold an Italian dinner at Denovo's Restaurant in Ocean Pines on May 3, from 5 p.m. to 8 p.m., thanks to the generosity of restaurant owner Bob Beck who is donating the restaurant space to the event. All fundraiser proceeds go back to the community to support the Kiwanis scholarship fund for Stephen Decatur graduating seniors, as well as other community service organizations.

"We couldn't support the projects we do without the support of the community," Dryzga affirmed. The Kiwanis Club appreciates the generosity of the community and hopes to see locals at their upcoming events.

## Residential gun storage exception sought in Ocean Pines

The Worcester County Board of Zoning Appeals will consider a special exception to allow the stock and storage of guns associated with a home occupation in Ocean Pines. The board will meet Thursday, April 9 at 6:30 p.m. in Room 1102 in the Worcester County Government Center in Snow Hill. This is a public meeting. Residents will have the opportunity to express their concern.

# The gardening games

It's again that time of year when I go out in the garden to clear away a season's worth of natural debris, find the missing hose nozzle lost sometime last year and decide what type and color plants I want to buy to replace



## **It's All About. . .**

By **Chip Bertino**

chipbertino@delmarvacourier.com

the ones that died last year under my care.

We have several relatively small gardens around our house. Neither my wife nor I are gardeners but through the years we have attempted to masquerade as such hoping to fool ourselves and the plants. The results have been mixed: we've been fooled more than the plants.

Pictures of masterfully tended flowers and plants in gardening magazines always grab my attention and inspire me. "I can do this," I think to myself. The problems start just after I return the magazine to the store rack. I like the concept of a lush, colorful and inviting garden. Where I run into problems is in creating and caring for a lush, colorful and inviting garden. I get impatient and bored with the process. I dislike clearing and weeding the beds just as much if not more than I dislike going to the dentist for root canal work. Just thinking about the labor associated with spreading mulch gives me sharp pains that require me to sit quietly while smoking a cigar and imbibing a favorite adult beverage while I contemplate the task ahead. Or more truthfully, as I ponder how I can get someone else to do the work; sort of like Tom Sawyer whitewashing the fence. I've never achieved Tom's success.

There are things I like about gardening such as going to the garden

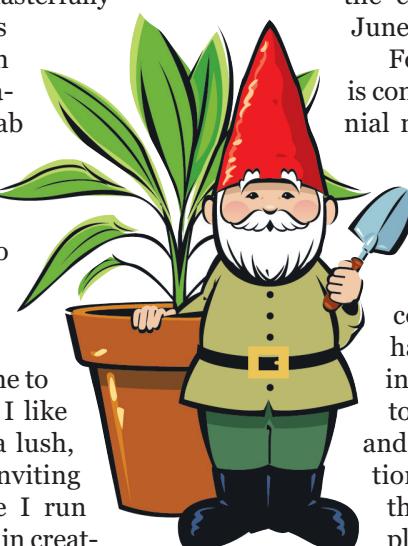
center to select plants. Colors are what attract me to certain plants. Rarely do I give but a casual glance at the little plastic care card that's stuck in the soil. That could be why my green thumb is albino. Nonetheless each spring I

burst with enthusiasm, hope and great visions of what might be. My shopping cart is filled with flowers that offer a splash of this and a touch of that.

Marigolds have always been a favorite of mine. Maybe that's because it was the first flower I grew myself from a seed planted in a Styrofoam cup when I was in first or second grade. Over the years I've observed a common life cycle to my marigolds: lush and pretty to stalky and less pretty to droopy and dead. It seems not to matter that I water them. I guess it's just the circle of life. I've always hoped though that the circle would reach beyond June.

For the most part our garden is comprised of plants of a perennial nature. We've done pretty well with these. Most of them were planted more than a dozen years ago by my mother who has two green thumbs. Our contribution to their survival has consisted mostly of leaving them alone which seems to have worked out well for us and the plants. With the exception of the lilies, I don't know the names of most of these plants that occupy my garden. There's the green spiky one, the little green fluffy ones and the ever sprawling green ground hugger that tries to envelop everything in its path. My annual attempts to cut that one back have been fruitless. I've even tried killing it to no avail. If only it was a marigold I'm sure I could render it lifeless in short order with hardly lifting a finger. Well I guess there's no benefit to complaining. At least it's covering the dirt.

So despite my history of planticide I shall sally forth this season with great expectations, uncompromising enthusiasm and the scent of success as my guide. Imagine my results if only I could transform such prose into fertilizer.



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# Betty's Corner

By Betty Cianci



It is acknowledged world-wide that high standards have been held for those in the nursing profession throughout the years.



Dawn Denton

These values are based on human nature, scientific knowledge plus technical skills and have remained globally consistent. Enumerating the values that regis-

tered nurses provide include attributes such as, intellect, family values, honesty, responsibility, human dignity and prevention of suffering. A nurse has been defined as one who is compassionate, sympathetic, self-aware and with a thirst for knowledge. An unknown author once said that "nursing isn't a profession, it's a vocation." The four "C's" of nursing are universally defined as "care, compassion, courage and commitment."

One of our area's dedicated nurses is Dawn Denton, RN, BS, who serves as the Community Education

Manager at Atlantic General Hospital (AGH). Dawn embodies the above four Cs of nursing. She not only enjoys sharing her enthusiasm for this field of work but finds it fulfilling, imparting knowledge to people about their health. She comments that this type of information allows individuals to live a better quality and longer life span. Dawn makes the comment that, "It is wonderful when the light bulb goes off and a person sees the connection between choices and the effects' on their health."

Dawn was born in Covington, VA. She married after high school graduation and started her family two years later. She is currently the proud mother of a 41-year-old daughter, a 39-year old son and three stepsons, ages 35, 38 and 40. She admits to always wanting to be a nurse

or teacher but waited until her youngest child started kindergarten.

Dawn's choice of a nursing career was influenced by her older sister (by two years) who died of cancer at the age of 30. Dawn stated that she spent a lot of time in hospitals assisting in her sister's care. When her sister died she left Dawn a small amount of money with instructions to invest it in something that would provide for her and her family in the future. Dawn commented that she thought what better investment than one in education and what better career than one in nursing. After completing her nursing degree, Dawn went on to receive her degree in education. She commented that in her current job as community educator, she works both as a nurse and in teaching the community about staying healthy, which will allow them to live a longer and better quality of life.

When asked about incidents that convinced her of the importance of being a nurse and being able to help others, Dawn replied that in her clinical nursing career, she has worked in the labor and delivery rooms, plus in the newborn and special care nurseries. She enthusiastically said that, "every day has been fulfilling and never boring." She commented that she was part of many deliveries before she stopped crying tears of joy every time a baby was born. She added that childbirth is the most special time in a person's life and that she has been blessed to be able to have a part in it for many years. Dawn also commented that this has been especially true when she became a childbirth educator and was able to spend time prior to the birth educating the parents.

When asked about encouraging young people to follow in this career, Dawn commented that if a young person is considering this field, they should go for it. She mentioned the great experience that you can carry with you into a teaching path, a management path or a specialty field. Dawn concluded by saying, "Once you are working, you will learn where your gifts and interest lie." We also must remember that since the early 1980s demand is exceeding the number of available nurses. Nursing is a demanding but rewarding career that gives joy and pride to those individuals entering this field. It is also well recognized that nurses are the heart of healthcare.

## ATTENTION WORCESTER COUNTY RESIDENTS ONLY!!!

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Saturday, April 18, 2015 – 10 AM – 2 PM – Collections to be held at the OCEAN CITY PARK & RIDE – RT. 50 – W. OCEAN CITY

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**Theater** — *The Snow Queen* was presented to parents, friends and students by Grades 7 and 8 students and directors, Science teacher Lindsay MacWa and Social Studies teacher Linda Smith. (row 1, l-r) Spencer Paquette, Logan Derrickson, Jacob Lewis, Gavin Carmody, J.P. Issel, Stephen Perrotta, Ty Burton, (row 2) Aryton Pryor, Alec Burbage, Jordan Campbell, Ashley Laws, Chloe Ruddo, Molly Pugh, Carly Hoffman, Hailey Merritt, McKenzie Blake, Abigail Plylar, Caleb Foxwell, (row 3) Director Linda Smith, Max Huber, Basil Christian, Maddy Shanahan, Hana Miller, Willards; Jenna Elrick, Saylar McGuiness, Abbi Nechay, Sami Repass, Rylie Carey, Quinn McColgan, Sam Tinkler, Kyra Marshall, Director Lindsey MacWha, Liza Moore, (row 4) Devin Wallace, Landon Greene, Alannah Curtis, Jaye Eniola, Dominic Anthony, Hannah Merritt, Kaitlyn Hamer, Julia Godwin, and Maria Deckmann,

## Scholarship deadline approaching

The scholarship application deadline for Delegate Mary Beth Carozza's (District 38C) House of Delegates Scholarship for the 2015-2016 school year is Wednesday, April 15. All completed scholarship applications must be postmarked by that date.

Current high school seniors and full-time or part-time, degree seeking undergraduate and graduate students who reside in Maryland Legislative District 38C are eligible to apply for this scholarship. These scholarship funds must be used toward attending a Maryland college or university or an out-of-state institution



Mary Beth  
Carozza

if the student demonstrates he or she has a unique major approved by the Maryland Higher Education Commission.

Students who live in Legislative District 38C may apply for the scholarship program by emailing MaryBeth.Carozza@house.state.md.us to request a scholarship application. The staff contact for the scholarship program is Jimmy Williams, who may be reached by calling 410-841-3356 or by the above official email address.

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MD #2294

# Kiwanis Annual ITALIAN DINNER FUNDRAISER AT DENOVOS TRATTORIA



Sunday, May 3, 2015

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

Reservations recommended

Walk-ins welcome - space permitting - Carry-outs

Adults: \$10 - Children 12 and under: \$5.00

For tickets and information, please call

Ralph Chinn

410-208-6719



NAMI Maryland Lower Shore  
Presents the:



**NAMI Family-to-Family  
Education Program**

Free for family members and friends of individuals with:

**Major Depression**

**Bipolar Disorder (Manic Depression)**

**Schizophrenia and Schizoaffective Disorder**

**Borderline Personality Disorder**

**Panic Disorder and Obsessive Compulsive Disorder**

**Co-occurring Brain Disorders and Addictive Disorders**

These 12 classes, held MONDAYS and THURSDAYS (twice a week) for 6 weeks, are structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers. Over 80,000 people in the U.S., Canada and Mexico have completed this course. Visit: [www.NAMI.org](http://www.NAMI.org).

Classes begin: Mon., April 13, 2015 at 6:30 pm – 9 pm

**Worcester Youth & Family Center  
124 N. Main St., Berlin, MD**

Registration required.

Classes fill quickly. Sign up now.

Leave message at 443-229-2744, or

Email: [namimdl@gmail.com](mailto:namimdl@gmail.com)

We thank the community individuals and agencies who have funded this program.

## Italian dinner set

The Kiwanis Italian Dinner will be held Sunday May 3 at DeNovo's Trattoria in the Manklin Station Shopping Center. Tickets for both the 5 p.m. and 6 p.m. seatings are on a first come first serve basis. The cost is \$10 for adults and \$3 for children under age 12. The event benefits youth programs in the community. Seating is limited to 100 per seating. For tickets contact Ralph Chinn at 410-208-6719.

## Golf tourney to be held

Seaside Christian Academy will host the 8th Annual Swing for Christian Education Dwayne Purnell Memorial Golf Tournament on Friday, April 10 at The Bay Club in Berlin. Registration begins at 11a.m. with a noon start. The cost for an individual golfer is \$100; 4-person teams may register at \$500 which includes the cost to sponsor a hole. Please contact Seaside Christian Academy at 410-213-7595 for further information.

## Ravens Roost to hold dance

The Ravens Roost #44 is holding its 5th Annual Fund Raising Dance on April 18 at the Elks Lodge Hall located at 137th Street Bayside in Ocean City between 7 and 11 p.m. The event will feature the band "Tranzfusion." Tickets are \$25 and include beer, wine, soda, snacks, cash bar, door prizes and money wheel. Tickets may be purchased by calling Ron Apperson, at 302-436-4790. Major charities of the Roost include the awarding of six local high school scholarships to graduating seniors and supporting the AGH Penguin Swim.

## Day trip planned

On Saturday, April 18 a bus trip to Baltimore's Inner Harbor is planned. Participants will enjoy a few hours of shopping, sightseeing and dining before the 2 p.m. show of "Wicked" at the Hippodrome Theatre. This is the untold story of the Witches of Oz. Tickets are \$150 for second row orchestra and \$135 for center lower balcony seats. Cost includes bus transportation, show ticket, bus driver tip and a small donation to the Community Church Relay for Life team for the American Cancer Society. Call Beverly Meadows at 443-235-1019 for further information.

## Commissioners Bunting and Bertino to host budget meeting

Worcester County Commissioners Jim Bunting and Chip Bertino invite area residents to join them for a town hall meeting Tuesday, April 21, 2015, at 6:30 p.m. at the Ocean Pines Branch Library.

Chief Administrative Officer Harold Higgins will give a brief presentation on the FY16 Requested Worcester County Operating Budget. Requested general fund operating expenditures of \$189,825,601 exceed estimated revenues of \$167,485,109 by \$22 million. This difference must be reconciled by reducing expenditures, generating additional revenues or a combination of the two.

A question and answer session will follow the presentation. The purpose of this first-of-its-kind, dual, commissioner hosted meeting is to familiarize residents with county finances in advance of the annual public budget hearing Tuesday, May 5, 2016, at 7:00 p.m. in the Snow Hill Middle School auditorium.

## Choral Concert scheduled

Worcester County Choral Concert will be held Sunday, April 19 at 3 p.m. at Community Church at Ocean Pines on Racetrack Road. Singers from throughout Worcester County present a program of selective music under the direction of Jean Anne Shafferman, Sacred Choral Music Editor for The Lorenz Corporation with accompaniment by organist David Leahy. The concert is free.



by Jean Marx

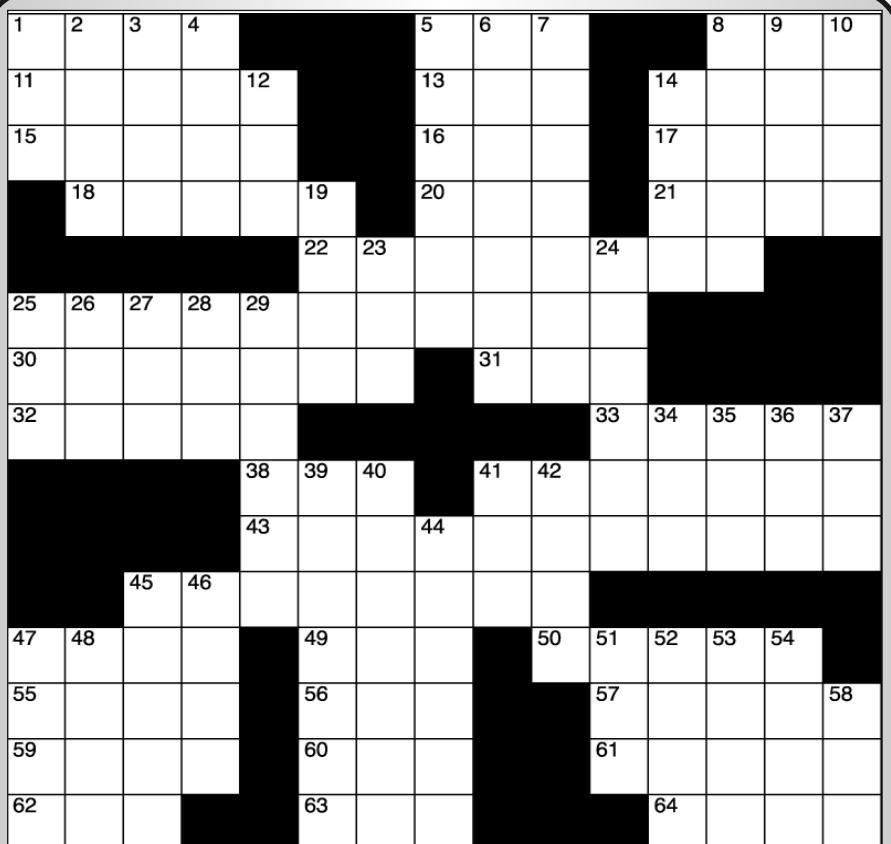
## Breaking Cabin Fever

"Breaking Cabin Fever with a Little Wine" was the perfect theme for the Kiwanis Wine Tasting event held on Friday, March 20 at the Ocean Pines Community Center. The weather outside was gray and rainy but that did not dampen the spirit of those who attended the festivities inside. In the back were tables adorned with tasty hors-d'oeuvres and a great assortment of Chinese Auction items donated by area merchants. The main attraction, however, was the front table lined with ten wines with cheerful servers ready to pour our samples.

First, some background on the Kiwanis organization is in order. According to Mike Morton, the evening's emcee and a past president, the purpose of Kiwanis is to serve the children of the world. The proceeds of the Wine Tasting were for the scholarship fund that provides scholarships to graduating high school seniors. Mr. Morton expressed sincere appreciation on behalf of all the Kiwanis members for the generosity of the merchants that donated a wide variety of items to be auctioned off. The theme of the evening was officially celebrated at 6:45 p.m. when Mr. Morton directed everyone to raise their glasses to salute spring's official start. Additional presidents of Kiwanis in attendance were current president through September, Carolyn Dryzga, and incoming president in October, Mark Joseph. The local chapter will be celebrating its 35th anniversary this May.

As I mingled, I polled a few attendees about their favorite wines. Ms. Dryzga favors the Orvieto Classico Italian dry white wine for its crisp and fruity taste that isn't too sweet. Laura Allen, the Town Administrator for Berlin and Mr. Joseph's wife, prefers Malbec wines due to their peppery, smooth finish. Kiwanis members Charlie Warner and Charlotte Cathell each expressed fondness for mellow wines. Mr. Warner prefers red wines with the Cabernet Sauvignon as his favorite varietal while Ms. Cathell prefers Pinot Grigio.

&lt;/

**ACROSS**

1. Harsh grating sound
5. American Resource Bureau (abbr.)
8. Fiddler crabs
11. Mex. soccer goalie Guillermo
13. After B
14. Jai \_\_\_, sport
15. Brief ad or notice
16. Certified public accountant
17. Vexation
18. Rough gemstone
20. Annual grass of Europe and N Africa
21. Metal cooking vessels
22. Suspiciousness
25. "Purple Haze" musician
30. In a way, built up
31. Runner used for gliding over snow
32. In a way, initiated
33. Was inclined
38. Divides evenly into
41. Born early

**43. The Ocean State**

45. Rifle blades  
47. Whale ship captain

49. Scientific workplace

50. Fill with high spirits

55. Ancient kingdom near Dead Sea

56. 7th Greek letter

57. Peoples of the Middle East

59. Height x width

60. A way to drench

61. Artificial waterway

62. Possessed

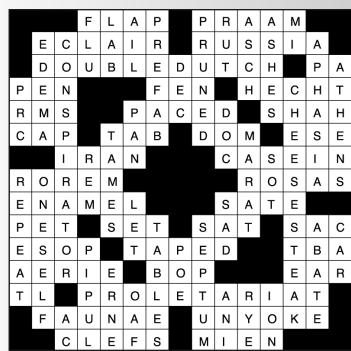
63. Turns into noun

64. Capital of Yemen

6. Fixes
7. A member of the Beat Generation
8. Arm bones
9. Abel's brother (Bible)
10. Small Island (British)
12. \_\_ Dhabi, Arabian capital
14. Egyptian cobras
19. Overly precious (British)
23. Not or
24. Foreigners
25. Stab
26. Frost a cake
27. Microgram
28. George's brother composer
29. Famished
34. Snakelike fish
35. Doctors' group
36. Anais \_\_\_\_,
40. Given
41. Favorite
42. Lift
44. Discuss opposing points
45. Bleated
46. Swedish rock group
47. Indian housemaid
48. Israeli dance
51. Insect secretion used in shellac
52. Macaws
53. Source of the Blue Nile
54. Abba \_\_\_, Israeli politician
58. Patti Hearst's captors

**DOWN**

1. Take by force
2. Liberal rights organization
3. Avoid and stay away from deliberately
4. Meat from a pig (alt. sp.)
5. Harmoniousness



Answers for April 1

# That's how my garden grows...

By Betty McDermott

**Hello Fellow Gardeners,**

I am with all of you as we welcome spring, but am patiently waiting for those warm, balmy, spring days filled with lots of sunshine. My yard beckons me for that major clean-up and I am very eager, as all of you are to be out in the fresh air.

Many of my readers have asked me questions about what they can do with their indoor Christmas plants that are still quite beautiful, such as amaryllis, paper whites and poinsettia, so this article will address those questions.

Here are some facts about caring for your amaryllis plants after they have finished blooming. Yes, there is such a thing as reblooming amaryllis and here are the tips:

When the last of the trumpets (blossoms) fade, cut off the flower stalks.

Grow the plant in a sunny east, south, or west facing window at temperatures between 62 and 72 degrees F.

From January to August, at every other watering, apply a half strength dose of bloom buster type fertilizer that is high in phosphorous.

When the outdoor temperatures stay above 62 degrees, put the plant outdoors in partial light.

Keep the soil evenly damp and fertilize until the end of August.

Between the end of August and when October turns cold, bring the amaryllis indoors. You can either allow it to dry, or let it grow on a windowsill. Either way, it needs to be kept at about 55 degrees F. for eight to 10 weeks.

In two or three months, a tongue of green will appear in the center of the bulb. Repot the plant in all purpose potting soil for indoor plants. Always pot or repot an amaryllis in a container that is no more than an inch larger than all around the bulb and that it has a drainage hole.

Set the bulb so its top is about one inch below the top of the container and fill the container with the potting mix to within two inches of the rim.

Return the plant to a sunny east,

south, or west facing window in a room that has an average temperature of 62 to 72 degrees F.

Moisten the soil every four or five days and at every second watering; add a half dose of fertilizer for house plants in the water.

The trumpets should unfurl in three to four weeks, just in time for the Christmas holidays or a little later.

Your amaryllis may eventually send-off offsets or baby bulbs with slim new leaves.

Break the new babies off when you repot and grow them like you do the parent plant. They may take a few years to come into bloom. Remain patient!

Now, for those plant lovers that asked me about their paperwhites. It is not good news. When they have finished their blooming period, they are done. Finished! Just chuck them out. They will not come back

Now, for you gardeners who have poinsettias that are still blooming, like me, just continue to water them and add a little house plant fertilizer, every third time. Keep them inside until the chance of frost is gone. At this time you can plant them outside and they will continue to grow but probably no longer bloom. However, they will grow beautiful green foliage. Make sure you provide a spot outside that is large enough for them to expand. You can try bringing them inside in the fall as the temperatures drop but I have not had good luck with that. I just let them go and get new plants each holiday.

Well, if the weather cooperates and our April is mild, remember you can plant your lettuce and spinach plants in containers on your deck or around your house and have fresh greens all spring and well into summer. Now is the time for lots of planting for those serious gardeners. Just remember, no planting of vulnerable plants until after Mother's Day. And ladies, that includes your flowering annuals. Enjoy Spring!

*"Adapt to the pace of nature; her secret is patience"*

-Ralph Waldo Emerson

# New adult programs offered this spring

Worcester County Recreation & Parks (WCRP) is excited to offer two new programs this spring that are

from 5:30 - 6:30 p.m. Open to those ages 18 & older PiYo will help give you dramatically visible, incredibly

days and Wednesdays, April 6 through June 24. The cost for each class is \$35 per person.

"We have a lot of good momentum working right now with our recreation staff," WCRP Director Paige Hurley said. "We continue to offer new programs for citizens to enjoy."

An Adult Flag Football league will be offered for the first time this spring as well. This competitive league is open to those ages 18 and up and is not for the faint of heart. The cost is \$325 per team. The league will consist of eight weeks of games plus playoffs. League play will be 8 versus 8, and teams may have up to 15 players on a roster.

Scores and standings will be kept throughout the season. The registration deadline is Monday, April 6, so if you are going through football season withdraw, break out those cleats and join us on the field!

Please contact WCRP at [recandparks@co.worcester.md.us](mailto:recandparks@co.worcester.md.us) if you would like to share ideas or suggestions for programs, classes or leagues that you would like to see offered. For more information about any of these new programs, call 410-632-2144 or visit [www.WorcesterRecandParks.org](http://www.WorcesterRecandParks.org). You can also join the online mailing list to receive email notifications about our programs and don't forget to like us on Facebook.

## County Connection



designed to keep adults fit and active. These are Enhance Fitness and PiYo.

Enhance Fitness is an evidence-based, group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class is open to those ages 45 and older for a full hour of fun from 8:30 - 9:30 a.m. The class focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility.

PiYo, the newest fitness craze, combines the muscle-sculpting, core-firming benefits of Pilates, with the strength and flexibility advantages of yoga without straining your body. PiYo also cranks up the speed to deliver a true fat-burning, low-impact workout that's sure to leave your body looking long, lean, and defined. Classes will be held



beautiful results no matter your age or body type.

Both classes will take place at the Worcester County Recreation Center (WCRC) in Snow Hill on Mon-

## Pets event to help Humane Society

Ocean city is going to the dogs April 24 through 26. Join the Worcester County Humane Society for a weekend of fundraising fun which includes the 16th Annual Boardwalkin' for Pets on Saturday, April 25.

The weekend kicks off on Friday, April 24 at Adolfo's on the Ocean (13th St.) from 5-9 p.m. Advance tickets are being sold online ([www.worcestercountyyhumane.org/boardwalkin-for-pets](http://www.worcestercountyyhumane.org/boardwalkin-for-pets)) or at Adolfo's for \$15 which includes spaghetti and meatballs, side salad, fresh baked rolls, dessert and nonalcoholic beverage. Tickets will also be available at the door for \$20. Adolfo's will donate a percentage from every ticket purchased to the Worcester County Humane Society. There will also be some fantastic items available for a silent auction.

On Saturday, April 25 from 9 a.m. to noon, grab your best friend and head to the boardwalk inlet for the 16th Annual

Boardwalkin' for Pets. Registration starts at 8:30 a.m. with the walk starting at 9 a.m. Raise money for the walk and receive prizes. This is the perfect opportunity to create a team. After the long winter what better way to gather some family, friends, classmates, coworkers or neighbors and raise money, walk and have fun. There is a \$25 minimum for individuals and a \$25 per team per member minimum. Prizes will be awarded to the highest pledge earners, top individual and team. Enter contests and win prizes for largest dog, smallest dog, best dressed dog and best dog trick. There will be refreshments provided by Harrison's Harbor Watch Restaurant and Layton's Family Restaurant 16th Street.

For the out of town walkers, special rates are available at the following dog friendly hotels- La Quinta Inn & Suites, Comfort Inn & Suites and Clarion. Mention Boardwalkin' for Pets to receive the special rates.

Don't have a dog to walk? "Adopt" a shelter dog for the event. Arrangements must be made in advance by calling the shelter at 410-213-0146.

Bring a photo of your cat to the walk with your contact information written on the back. A special prize basket will be awarded to the cutest cat. Photos will not be returned and become property of W.C.H.S.

"This year's event promises to be like no other," says Boardwalkin' for Pets Chair, Heather Bahrami. "We are excited for many new additions to the schedule of events including red carpet photos for the dogs as well as training tips from K9

Heeling."

After the walk on Saturday head over to South Moon Under on 81st Street and Malibu's Surf Shop on 8th & Boardwalk for some shopping. Both shops will donate a percentage of sales for the day to the Worcester County Humane Society.

No trip to the beach is complete without some water fun. On Sunday, April 26 from 11a.m. to 2 p.m. head down to Coastal Kayak in Fenwick Island for "Paddle with your Pooch." For a donation of your choice take a kayak out with your pooch and enjoy a scenic paddle on the bay. All are welcome with or without a dog. Life jackets for the dogs will also be available at Coastal Kayak. All proceeds go to the Worcester County Humane Society.

The Worcester County Humane Society located on 12330 Eagles Nest Road, Berlin, is a nonprofit, no-kill animal shelter and operates mainly on donations. Boardwalkin' for Pets is the shelter's largest fundraiser held every year. All money raised is used to care for the many dogs and cats that call the shelter home. In addition to providing everyday care, the animals also receive veterinary care which can be quite expensive. The animals receive loving care until they are adopted into suitable homes. Last year walkers raised \$25,000 for the shelter. This year the goal is \$50,000.

For more information on any of the events or to pre-register for the walk visit the event website [www.worcestercountyyhumane.org/boardwalkin-for-pet](http://www.worcestercountyyhumane.org/boardwalkin-for-pet) or check out the Boardwalkin' for Pets facebook page.

## 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., April 9	11:37 a.m.	5:41 a.m. 5:44 p.m.	6:33 a.m.	7:31 p.m.
Fri., April 10	12:02 a.m. 12:26 p.m.	6:33 a.m. 6:37 p.m.	6:32 a.m.	7:32 p.m.
Sat., April 11	12:55 a.m. 1:22 p.m.	7:29 a.m. 7:36 p.m.	6:31 a.m.	7:33 p.m.
Sun., April 12	1:55 a.m. 2:26 p.m.	8:28 a.m. 8:39 p.m.	6:29 a.m.	7:34 p.m.
Mon., April 13	3:00 a.m. 3:31 p.m.	9:27 a.m. 9:44 p.m.	6:28 a.m.	7:34 p.m.
Tues., April 14	4:04 a.m. 4:33 p.m.	10:26 a.m. 10:48 p.m.	6:26 a.m.	7:35 p.m.
Wed., April 15	5:04 a.m. 5:31 p.m.	11:23 a.m. 11:50 p.m.	6:25 a.m.	7:36 p.m.

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## EVENTS

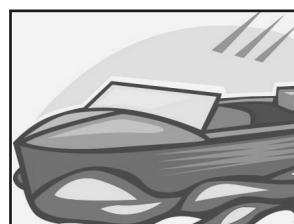
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## Tortoise, Hare Dare walk scheduled

The 18<sup>th</sup> Annual "Tortoise and the Hare Dare," a 5k walk/run, will be held on Saturday, April 11 at 9 a.m. at Pocomoke River State Park-Shad Landing, Snow Hill. Registration for the event begins at 8:30 a.m. and participants will receive a commemorative T-shirt. There is no cost to take part in Tortoise and the Hare Dare.

The 5k is co-sponsored by the

Worcester County Health Department, Worcester County Department of Recreation and Parks, and Pocomoke River State Park with funding provided by the Maryland Department of Health and Mental Hygiene Office of Minority Health and Health Disparities. After the walk, participants are encouraged to visit local health, recreation and community exhibits from 9:30 a.m.

to 11 a.m. This year's event will feature the Zoo-2-U program sponsored by Worcester County Recreation and Parks.

Zoo-2-U educates the public about the wonderful local animals that are at risk in the area. The display will

be open from 10 to 10:45 a.m. This is a great opportunity to enjoy the outdoors while getting some physical activity with friends, family and other community residents. Pre-registration is encouraged and participants can register by calling 410-632-0056.

## Prevention honoree nominations sought

The Worcester County Drug and Alcohol Abuse Council is seeking nominations of individual adults, youth, or groups who have made outstanding community contributions to drug and alcohol prevention or treatment. The awardees will be honored by Worcester county residents, elected officials, and Council members at the 24th Annual Drug and Alcohol Awards Reception and celebrating the 32nd year of the Council's existence. This will be held at the Worcester Career and Technology High School on Tuesday, April 21 at 6:00 p.m.

Nominations of individuals or groups who have performed commendably and beyond the call of duty are currently being accepted at the Worcester County Health Department. Criteria for selection of honorees include: program impact on community, appropriateness of approach, and personal contribution to the program. Anyone who received an award in the past three years is not eligible. The deadline for nominations is April 13, 2015. Please call 410-632-0056 or e-mail marty.pusey@maryland.gov to request a nomination form or to make a reservation.

## Suicide Grievers group to meet

The Suicide Grievers' Support Group has two meetings scheduled for April. The group will meet Wednesday, April 15 at 6 p.m. at the Worcester County Health Department adjacent to Atlantic General Hospital. This group meets the third Wednesday of every month.

The second meeting will take place Thursday, April 23 at 6 p.m. in the Pocomoke City library in Pocomoke. This group meets the fourth Thursday of every month.

These sessions are open to anyone who has lost a loved one to suicide. They offer quiet listening and caring from those who have been there. There is no judgment. For more information visit www.choosetolivemaryland.org or call 410-726-3090.

# Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to [thecourier@delmarvacourier.com](mailto:thecourier@delmarvacourier.com)

## Mondays

### **Ocean Pines Poker Club**

Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

### **Sweet Adelines**

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

## Mon. & Tues.

### **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

## Mon., Wed. & Sat.

### **Church Thrift Shop**

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

## Tuesdays

### **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.

**Take off Pounds Sensibly Meeting.** Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: [jean-duck47@gmail.com](mailto:jean-duck47@gmail.com)

**Tuesdaysand Thursdays**  
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.

## Wednesdays

### **Kiwanis Club Meeting**

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

### **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@delmarvahanddancing.com](mailto:info@delmarvahanddancing.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](mailto: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.

## Wed., Thurs. & Fri.

### **Church Thrift Shop**

Stevenson United Methodist Church in Berlin is open Wed. - Fri. 10 a.m. - 2 p.m. Sale Fridays. Call 410-641-1137.

## Wed., Thurs., Fri. & Sat.

### **Church Thrift Shop**

The Shepherd's Nook at Community Church at Ocean Pines is

open 9 a.m. to 1 p.m. Call 410-641-5433.

### **Diakonia Thrift Shop**

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

## Thursdays

### **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.

## Fridays

### **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.

## Sundays

Sunday Night Serenity **Al-Anon Family Group** at The Woodlands/Independent Living Apt. Bldg. 1135 Ocean Parkway-Ocean Pines, Md. 21811

## Third Sunday

### **Sharing Sunday**

Bring non-perishable groceries and paper goods to the Ocean Pines southside fire hall 1 -3 p.m. to benefit local food banks.

## Third Monday

### **Democratic Women**

The Democratic Women meet 9:30 a.m. for coffee followed by a meeting at 10 a.m. at the Ocean Pines Community Center. Guests and new members are welcome.

## Third Tuesday

**Widows & Widowers Social Club.** Group meets in Ocean Pines at 1 p.m. for luncheon meeting. Call 410-208-1398.

## Third Wednesday

### **Survivors of Suicide Meeting**

Starts at 6 p.m. at the Worcester County Health Department. 9730 Healthway Drive, Berlin. Open to anyone who has lost a friend or loved one to suicide. Quiet listening, caring people, no judgment. For more information, call 410-629-0164 or visit [www.choosetolivemaryland.org](http://www.choosetolivemaryland.org).

## Fourth Wednesday

### **Marine Corps League**

First State Detachment Marine Corps League raises funds for a variety of charities and meets at 7 p.m. in VFW Post 8296, 66th St. Ocean City. Open to all fellow Marines and FMF Corpsmen. Visit [www.firststatemarines.org](http://www.firststatemarines.org).

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It's About Pets ...

## Maintaining bird feeders and baths essential to avian health

Bird watching is a pastime enjoyed by people of all ages. While many people trek into the woods to see their favorite birds, homeowners can take steps to entice these fascinating and feathered friends right to their backyards.

Homeowners who want to attract birds to their properties can do so by providing the birds food, shelter and places to wash up or cool off. Installing a bird feeder and a bird bath in your yard is one way to attract a bevy of winged creatures that can provide hours of enjoyment.

Establishing a bird-friendly environment may seem as simple as hanging a feeder on a pole or tree and erecting a bird bath nearby. But a certain level of maintenance is needed to keep birds healthy and happy.

According to the experts at the "Bird Watcher's Digest," recent research indicates feeders can sometimes be a source of disease for the birds visiting them. The Audubon Society echoes that warning, saying that bird feeders and baths

can serve as transmission stations for diseases such as aspergillosis, avian pox and salmonellosis. Recently, scientists noted that the spread of trichomonad protozoan parasites is on the rise, especially among mourning dove and band-tailed pigeon populations.

Such warnings are not meant to deter budding birding hobbyists. Organizations like the Audobon Society hope that such warnings send the message that disinfection and maintenance is necessary to maintain sanitary environments for birds. Doing so is relatively easy and well worth the time for birding enthusiasts.

The Humane Society of the United States advises cleaning hanging feeders once every two weeks or more often if they're heavily used. Ground-feeding designs should be cleaned every two days. Feeders can be immersed in a very-diluted solution of bleach to water (nine parts water to one part bleach). Let soak for a few minutes, and then scrub the feeder with a stiff brush or

scouring pad before rinsing. Allow the feeder to dry completely before refilling it with seed.

- Bird baths should be emptied of water each day. Brush or wipe the bath clean, then rinse and refill with fresh water. Do not leave standing water overnight; otherwise bird baths can easily become a breeding ground for mosquitoes and other parasites.

- Frequently collect discarded seed hulls and clean bird droppings from beneath feeders. If the area around the feeder has become especially soiled, relocate the feeder elsewhere and clean its initial location.

- Follow proper instructions with regard to seed and other bird food. For example, reduce the amount of suet offered in hot weather. Heat can cause suet to spoil, and sticky suet can become stuck in birds' feathers and make it hard for them to keep clean.

- Try to provide more than one feeder and bird bath to prevent overcrowding. Crowding can contribute to

the spread of disease.

- Do not situate feeders and bird baths under perches where they can be soiled by droppings.

- If you notice birds look sick or are not acting strangely, halt feeding and bathing to prevent healthy birds from becoming ill. Wait a week before resuming feeding and notify wildlife officials if you find dead or sick birds around your property.

- Locate feeders and baths at least 30 feet away from windows so birds do not get confused by reflections and collide with the glass.

- Store seed in a dry container with a tight-fitting lid to prevent mold from forming and moisture from getting in.

Creating a thriving habitat for bird watching is easier than one might think. But once birds begin visiting a yard, homeowners must diligently maintain clean feeders and bird baths to ensure the birds stay as healthy as possible. Any questions about wild-bird care can be directed to a local Audubon Society chapter or by visiting a pet store or bird hobby center.

### **conference** from page 1

Goeller said, "Everyone should take pride in this."

State's Attorney Beau Oglesby talked about the formation of the Opioid Awareness Task Force, a subcommittee of the Drug and Alcohol Council. The task force will consist of people from law enforcement, WCHD, schools and various community representatives, especially the faith-based, as well as Commissioner Diana Purnell, all to be pro-active in dealing with addictions and overdosing. This will, "Not only alert the community to what they already know but to understand the problem," said Mr. Oglesby.

A panel of representatives from Taylor Bank, the town of Ocean City and the Snow Hill Fire Department related the benefits from incorporating healthy awareness programs into daily work environment. It fosters healthy relationships between employees and encourages friendly competition. It becomes a benefit for both employees and employers as chronic diseases especially continue to impact both. For any businesses that might want to inaugurate such a program, WCHD has a handy resource guide available.

A Youth Risk Behavior Survey is administered nationally by the CDC to dif-

ferent states with a series of pertinent questions for school children. State involvement varies from year to year and in 2013 Maryland took part. The questions posed ranged from alcohol abuse to texting while driving and many areas in between. "The results were alarming but the data has been great," said Tamara Mills, a coordinator of health education in the public school. The full results from the survey can be seen on the health department's website.

And what would any conference be without the latest in technology and its ever-changing landscape? To see what's available and what devices work a panel discussed being active, losing weight and monitoring your own personal health. A video of one such success story illustrated how an individual lost weight by monitoring physical activity along with counting calories, all worked in conjunction with a series of smartphone apps. (Basic instructions on how to download an app on your I-phone or droid are available from the WCHD.) Along with apps there are a variety of devices on the market. Among them trackers which measure an individual's steps (ideally 10,000 per day) such as Fitbit, Jawbone and Misfit, all retailing for approximately \$100. "Sometimes just having the tracker helps people improve their activity with a better picture of their health," said panel member

Laura Marinaro. There are also smart-watches that sell for \$200-\$400. Smartphone apps not only address health and fitness but ones attuned to general wellbeing such as an app called "Know Bullying." Depending on one's own personal goals or needs technology is right there to help out.

Mary Knight a member of the Ocean City council spoke to the continued usage of tobacco on the boardwalk and beaches. This stands to exacerbate the problems already encountered by sea life and humans. Many states, including Delaware, have already enacted prohibitive legislation involving their beaches. Therefore smoking is banned on the Ocean City boardwalk, including the use of E-cigarettes, and smoking on the beaches permitted only in designated areas. Appropriate signs announcing these restrictions and bright orange disposal containers will be conveniently located. The cost of the signs and containers, approximately \$38,000., has been adequately covered through grant money. Ms. Knight re-iterated her plea of the need to keep Ocean City beaches pristine.

The morning conference ended with an upbeat work-out by Kerri Daye, conducted as she allowed attendees to remain seated in their chairs at the conference tables.

### **deer run** from page 3

massive Rolodex from which he can select names to call upon and he says he doesn't hesitate to use his influence and contacts. He personally sits down and puts together a business plan to help a charity raise money. "I do this free of charge to make sure the charity event is successful" he said.

"Across the street from this property we started the first phase of an RV park, which we project to have finished by November 5, 2015. We did our due diligence when we saw that the RV park business is booming. In the summer all the local RV parks have a two year waiting list," said Ed. And he continued, "Our vision is to go outside the box with events other than golf."

According to Ed, "This year we were off to a slow start due to this horrific winter and renovations but there is light at the end of the tunnel. We love spring and summer and golfers do to."

*Deer Run Golf Club, 8804 Logtown Road, Berlin. For information or tee times call (410) 629-0060. Open Monday through Sunday from sunup to sundown. "We don't leave until the last golfer leaves."*

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