

## Trip to Brandywine Museum, Longwood Gardens scheduled

The Worcester County Arts Council is taking registrations for the bus trip to the Brandywine Museum of Art and Longwood Gardens. The bus will depart on Tuesday, May 29 at 8 a.m. from the Walmart parking lot on Route 50 and return approximately around 8 p.m. in the evening.

Registration fee is \$80 for Arts Council's members and \$85 for non-members and includes deluxe motor coach transportation, admission to self-guided tour of the Brandywine Museum of Art (Chadds Ford, PA), admission to a self-guided tour of the Longwood Gardens (Kenneth Square, PA), snacks and beverages on the bus.

Bus Registration form is available on the Arts Council's website: [www.worcestercountycouncil.org](http://www.worcestercountycouncil.org) Deadline to register is May 19.

Seats are limited and early reservations are highly recommended.

For additional questions: Please call the Worcester County Arts Council: 410-641-0809 or email: [curator@worcestercountyartsCouncil.org](mailto:curator@worcestercountyartsCouncil.org).

## Craft club to host open house

The Pine'eer Artisan & Gift Shop will be hosting an open house on Saturday, May 12 from 9 a.m. to 3 p.m. to showcase new spring items. Many are perfect for Mother's Day gift giving. A free raffle will be held for a Pine'eer Artisan & Gift Shop Gift certificate.

All items are handmade by crafters. Profits from sales are given back to the community in the form of donations at the end of the year. The gift shop is open every weekend, Saturdays 9 a.m. to 3 p.m. and Sundays 10 a.m. to 3 p.m.

## Kiwanis to host wine tasting

Celebrate "Cinco De Mayo" one day early at the Kiwanis Wine Tasting & Auction Festival on Friday May 4, in the Ocean Pines Community Center from 4:30 p.m. to 7:30 p.m. The cost is \$15. Please call 410-208-6719 for tickets. Proceeds benefit our local youth.



**Books and donuts** - There was standing room only at "Donuts with Dad" during the Worcester Prep Book Fair in the Guerrieri Library. Students invited their dads or a special guest to the Book Fair for complimentary donuts while purchasing books together. Above are **Spike Sands** with his kindergartener **Taj**.

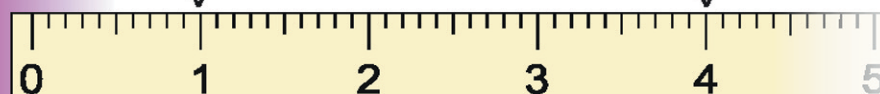
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REGIONAL  
MEDICAL CENTER**  
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# Community Calendar

# May



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

## AARP to meet

AARP Chapter 4509 will meet May 7 in the Asateague Room of the Ocean Pines Community Center. This month's guest speaker will be Melissa Bragg, a firefighter with the Ocean Pines Fire Department, who will discuss home safety. Senator Jim Mathias and Tammy Bresnahan will also be guest speakers.

## Master Gardeners to meet

Starting from May to September, the University of Maryland Cooperative Extension Service is offering, "Ask a Master Gardener," at the Ocean Pines library. The clinic is free and will be held every Tuesday afternoon from 1 p.m. to 4 p.m. Master Gardeners will be available to help you with your gardening questions. Please put your damage plant samples in a plastic bag and label the bag with your name and phone number. If your questions cannot be answered at the time submitted, it will be researched and someone will get back to you at a later date.

## RWWC to host candidate forum

A Worcester County Republican Candidate Forum/Meet & Greet will be held on Tuesday, May 15 at the Ocean City Marlin Club located at 9659 Golf Course Rd in Ocean City from 5 to 8 p.m. All Republican primary election candidates for state, county and local positions have been invited to participate. The public is invited to attend, free of charge and light refreshments will be provided. Come meet all of Worcester County's Republican candidates in one place. This event is being sponsored by the Republican Women of Worcester County.

## Batter up this summer at Baseball Camp

Worcester County Recreation and Parks (WCRP) is bringing back the successful youth Baseball Camp this summer season. Children ages six through 16 years old are invited to experience the game of baseball by learning skills and fundamentals of the sport.

This specialty camp is offered in partnership with baseball club coaches from the Mid-Atlantic Shockers, a partnership that began in 2008 to provide quality baseball instruction to youth of all ages. The Shockers provide a positive environment for the

youth in the community using baseball as an avenue for building character and teamwork. These skills will stick with the youth for years to come.

Baseball is a team-building sport that provides children with opportunities to develop and build upon valued character traits, such as self-esteem, confidence, as well as socialization skills needed for everyday life. The sport includes valuable benefits as well that support active, healthy lifestyles.

"I am excited to be partnered with the Mid Atlantic Shockers organization to provide excellent fundamental skills for baseball and everyday life," Program Manager Jacob Stephens said. "Children enrolled in baseball camp will be placed into a safe, posi-

## Wor-Wic to host golf tourney

Wor-Wic Community College will hold its 17<sup>th</sup> annual golf tournament on Friday, June 1, at Wor-Wic's Ocean Resorts Golf Club in Berlin. Registration begins at 11 a.m., followed by lunch at noon and a shotgun start at 1 p.m. Dinner and awards will be held at 5:30 p.m. Proceeds from the event will benefit Wor-Wic's child development center.

The format will be a scramble with four-person teams. Prizes will be awarded for hole-in-one, closest to the pin, longest drive and to the top three teams for low net and gross scores.

For sponsorship information or team registration, visit the college website at [www.wor-wic.edu](http://www.wor-wic.edu) or contact Linda Jagusiak at 410-334-2948.

## 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

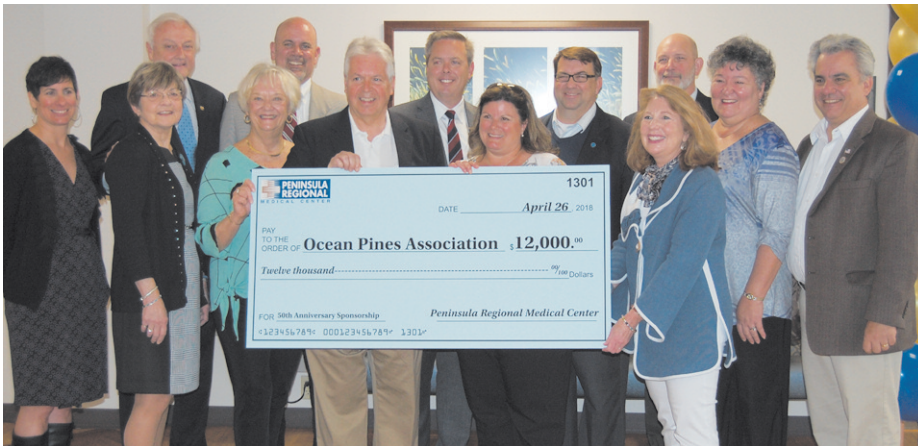
### Creative Writing Forum

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.

skills learned. Skills to be covered will include fielding, throwing, catching, hitting, base-running, and positioning.

Each camper should bring a glove and tennis shoes or cleats every day of camp. A water bottle is also recommended. All campers must also bring a packed lunch Monday through Wednesday. A pizza lunch will be provided for Thursday, the final day of camp.

For more information, contact Jacob Stephens at 410-632-2144, ext. 2506 or [jstephens@co.worcester.md.us](mailto:jstephens@co.worcester.md.us). The registration form and information about other summer camps are available at [www.worcesterrecandparks.org](http://www.worcesterrecandparks.org).



Ocean Pines Area Chamber of Commerce Executive Director **Ginger Fleming**, 50th Anniversary Committee member **Marlene Ott**, Senator **Jim Mathias**, 50th Anniversary Committee member **Sharyn O'Hare**, PRMC Vice President of Strategy and Business Development and Chief Business Officer **Christopher Hall**, Ocean Pines Association President **Doug Parks**, PRMC President/CEO **Steve Leonard**, 50th Anniversary Committee Chair **Jennifer Cropper-Rines**, Ocean Pines General Manager **John Bailey**, Delegate **Mary Beth Carozza**, PRMC Vice President of Ambulatory Services and Corporate Compliance Officer **Tim Feist**, 50th Anniversary Committee member **Carol Ludwig** and County Commissioner **Chip Bertino**. Photo by Ocean Pines Association.

## Medical Center presents check for anniversary

Peninsula Regional Medical Center presented a \$12,000 check to the Ocean Pines Association to mark the community's 50th anniversary last week at the Delmarva Health Pavilion.

"On behalf of the Association and Board of Directors, I want to thank PRMC for their generous donation," said Ocean Pines Association President Doug Parks. "It's a real benefit and it's not just a benefit to the folks in Ocean Pines, but to the surrounding community."

The presentation officially recognized Peninsula Regional Medical Center as a Diamond Sponsor of Ocean Pines' 50th anniversary, which is being celebrated throughout 2018 with several community-wide events.

"The Association's residents are in-

## Aquatics to host mother-son swim

Mothers and sons get their chance to spend a special evening swimming and having fun on Friday, May 4 from 6 p.m. to 8 p.m. at the indoor Sports Core Pool.

Inspired by the popularity of the father-daughter swim this past winter and just in time for Mother's Day, this event will include crafts, a keepsake photo and frame, pizza, cookies and the opportunity to splash and play in the pool.

"After our father-daughter swim

please see **swim** on page 4

deed blessed to have great service providers close by, all of the small businesses that contribute to the community as well as this phenomenal array of medical facilities and services led by PRMC," said Ocean Pines General Manager John Bailey. "A huge thanks to PRMC for its dedication to improving the health of our community and to enhancing the draw of people to this area and specifically to Ocean Pines."

Jennifer Cropper-Rines, chair of the 50th Anniversary Committee, welcomed attendees including local dignitaries Maryland state Sen. Jim Mathias, Maryland state Delegate Mary Beth Carozza and Worcester County Commissioner Chip Bertino.

Peninsula Regional Medical Center's President/CEO Steve Leonard, Vice President of Strategy and Business Development and Chief Business Officer Christopher Hall and Vice President of Ambulatory Services and Corporate Compliance Officer Tim Feist were on hand to present the check and highlighted their commitment to the Ocean Pines community.

Ocean Pines will host its Anniversary Parade and Community Day on Saturday, June 2. The parade will kick off at 10 a.m. along Ocean Parkway and will travel from Mumford's Landing Road to St. Martin's Lane in Ocean Pines. The Community Day celebration is scheduled to begin at 1 p.m. at Veterans Memorial Park, located at 11144 Cathell Road in Ocean Pines.



## Wounded Warrior Bull and Shrimp Feast

**Date : May 26<sup>th</sup> From 3-7 at Post #166**

**Open To Public**

**Roast Beef, Steamed Shrimp, Cole Slaw, Baked Beans,**

**Hot Dogs, Sausage w/Peppers and Onions**

**Draft Beer and Sodas, Cash Bar**

**Music By DJ Don, 50/50s, Lucky wheel and more**

**Tickets Only \$40.00 or Reserved Table Of 6 for \$210.00**

**Come by the Legion or Call Ray at 410-723-1476 for tickets!**

**Have a Great Time and Help Support Our Wounded Veterans!**



## Wounded Warrior Bull And Shrimp Feast Tickets

Saturday, May 26 3 p.m. to 7 p.m.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email : \_\_\_\_\_

Number Of Tickets @ \$40.00 each \_\_\_\_\_ X\$40.00 = \_\_\_\_\_.

Number Of Tables for 6 @ \$35.00 each \_\_\_\_\_ X \$210.00 = \_\_\_\_\_.

"Special Advance Discount Deal" ( Guarantees 6 seats together)

**Make Checks Payable to :**

**Sons Of American Legion Post #166/ Wounded Warriors**

Mail checks to

**America Legion Post #166,  
P.O. Box 63 , Ocean City, MD. 21842**

**Attn:Ray Kudobeck**

*Tickets will be mailed back before May 13th or held at Post at Will Call before dinner.*

# The Courier

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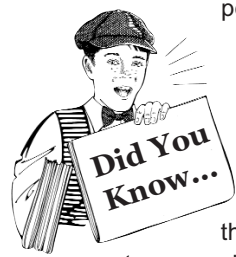
Ron Fisher, June Freeman,  
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 Kelly Marx, and Bev Wisch

Robert B. Adair 1938-2007

## 2012 Business of the Year

**The Courier** is published Wednesday morning by CMN Communications, Inc. Contents copyright 2018. News release items and calendar entries should reach us *Friday noon* prior to publication date. The advertising deadline is *Friday at 5 p.m.* Read **The Courier** online at delmarvacourier.com

According to the American Psychological Association's 2017 Stress in America™ survey, 53 percent of Americans look to physical activity as a means of coping with their stress. Exercising or walking was the most popular form of physical activity cited, with 46 percent of respondents indicating they looked to these activities to cope with their stress.



In addition, more people seem to be looking to yoga and meditation to help them deal with their stress. While only 12 percent of respondents indicated they practice yoga or meditation to deal with stress, that marks a sizable increase from a year earlier, when 9 percent of respondents cited yoga and meditation among the methods they used to cope with stress. While they are not physical activities, listening to music (47 percent) and prayer (29 percent) were other mechanisms people relied on to cope with their stress.

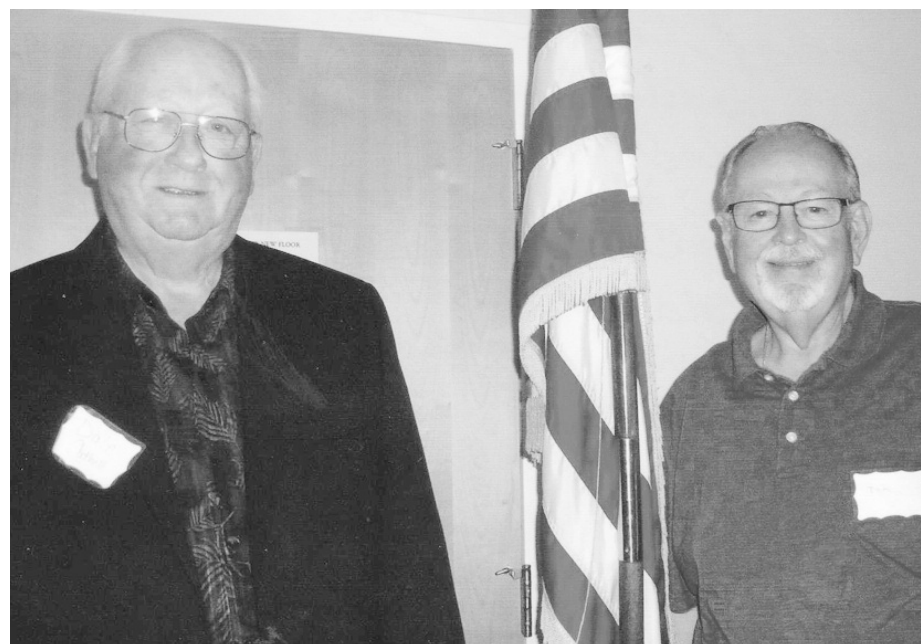
## A history lesson...

Cinco de Mayo celebrates the 1862 defeat of the French by the Mexican army at the Battle of Puebla. That battle occurred during the Franco-Mexican War, which was an invasion of Mexico launched by the French in 1861. The French invaded Mexico as a result of newly elected Mexican President Benito Juarez's decision to suspend interest payments on loans the country took out from foreign countries. France was one such creditor, but the French were not the only country to send troops to Mexico in response to Juarez's decision. Spain and Great Britain also sent troops to Veracruz, but both countries entered negotiations with Mexico and ultimately withdrew their forces. However, France, under the leadership of Napoleon III, wanted to ensure access to Latin American markets. The French naval fleet's arrival in Veracruz forced President Juarez and his government to retreat. Months later, Juarez's force of 2,000 squared off against 6,000 French troops at the Battle of Puebla. Despite being heavily outnumbered, the Mexican forces claimed victory, losing fewer than 100 men while French casualties numbered nearly 500. While the victory itself did not prove a major win in the war against the French, it symbolized the strength of the Mexican people and served to strengthen the resistance movement. Cinco de Mayo is a minor holiday in Mexico, but has grown into a popular celebration of Mexican culture in the United States.

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. Letters 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**



**Here come the Judge** - Judge Dale Cathell was the guest speaker at the Ocean Pines Boat Club (OPBC) general meeting on Wednesday April 18. He spoke about his life growing up in Worcester County. Above are Dale Cathell and OPBC Program Director Tom Southwell. Photo by Anna Fultz.

## Berlin seeks volunteers

America's Coolest Small Town is looking for volunteers to help with the Town of Berlin's Ambassador Program. The Ambassador Program received the 2015 Governor's Award for Volunteerism. "Berlin Ambassadors are a friendly face on Main Street that help our visitors with any questions they might have, hand out town information, and guide our guests towards shops, restaurants or attractions they are looking for," said Sharon Timmons, Administrative Assistant for the Economic and Community Development department.

Ambassadors are needed during the town's peak business hours between May 29 through September

21st, Monday through Friday, from 11 a.m. to 1 p.m. and 1 p.m. to 3:00 p.m. Volunteer Ambassadors will be representing America's Coolest Small Town and helping guests in Berlin to discover the variety of ways to spend time during their visit and learn about the town's many exciting events throughout the year.

Volunteer Ambassadors receive an official Berlin Ambassador shirt, a "Thank You" celebration at the end of the season, and the opportunity to meet new people and experience Berlin from a new perspective. To sign up or learn more contact Sharon Timmons, [stimmons@berlinmd.gov](mailto:stimmons@berlinmd.gov) or phone 410-629-1716.

**swim**  
 from page 3

was so successful, we had a few requests for a mother-son swim and thought it was a great idea as you don't see many events for moms and their boys," said Ocean Pines Aquatics Director Colby Phillips.

She added, "We are always looking to offer new and fun events for families in addition to all ages and welcome any suggestions the community might want to see happen at our pools."

The entry fee for the event, which is open to the public, includes a mother and any sons she brings. The price is \$10 for Ocean Pines swim members, \$12 for Ocean Pines residents and \$15 for non-residents.

Ocean Pines Aquatics hosts a variety of aquatic fitness classes, swim lessons and special events year-round, including a Dive-In Movie showing of "The Incredibles" on Saturday, May 12 at 6 p.m. and a Cinderella Tea Party on Saturday, June 16 from 3:30-5 p.m., both at the Sports Core Pool.

For more information, contact Ocean Pines Aquatics at 410-641-5255.

# The joys, foibles and insecurities of gardening

It's that time of year again when our thoughts and energies turn toward reinvigorating our lawns and gardens. It's a time when we trade in the television remote control for a pair of gardening gloves, a rake and a spade.



## It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

I am always amazed by what I find as the garden beds are raked for the first-time following winter. Aside from the plethora of leaves, it's like the lost and found at a bus station.

For instance, while raking one garden I unearthed three tennis balls, an action figure and a bicycle helmet that one of my kids must have lost years ago. Behind one azalea bush I found a stapler. I have no clue how it got there. But there it was.

I've never been a good one to know what fertilizers to use and when. Acid and nitrogen levels mean nothing to me. Many years ago I concluded that gardening should be considered an extension of nature itself. If the grass is meant to be green then nature will take care of it. My job is to make sure it is kept trimmed.

A recent trip to a garden center reinforced my feelings of gardening inadequacy. It's not hard to become overwhelmed by available choices in plants. There are annuals and perennials. There are early season bloomers and late season bloomers.

Certain flowers require direct sunlight. Others require partial sunlight. And still others require partial shade. Is there a difference between partial sunlight and partial shade? In reality aren't they the same thing? At what point does partial sunlight cross the line to become partial shade? And does the plant know the difference?

How do you gauge if a plant is getting the right amount of sunlight? I

guess the simple answer is whether it dies or thrives. What if there is a period of overcast days? Is it necessary to stay outside shining a flashlight to ensure the plant is getting the right amount of light? With what some of these plants cost, a flashlight might not be a bad idea.

There's no doubt planting can be a fun and rewarding experience. However, it can be the source of frustration and compulsive behavior.

There was a time when I spent a lot of effort making sure flower colors were coordinated so they wouldn't clash. I finally became convinced that if random acts of color juxtaposition are good enough in nature then they're surely good enough for my garden. Besides there's only so much time a relatively normal person should spend

deciding if vermilion and crimson are so disharmonious that the entire garden should be replanted.

Weeding is a part of gardening. It can be a laborious, never ending endeavor. Weeds sprout up so quickly and defiantly that you begin to take their very existence as a personal affront.

I've pulled buckets full of weeds from my gardens only to have to start the entire process again a week

later. I never seem to have luck with weed killers. I can't strike the right balance between killing just the weeds and devastating the entire garden so that it looks like the lunar landscape.

Whether we tend to large gardens or small, there is definitely a feeling of pride associated with making our gardens attractive. When you think about it gardening is similar to some other adult pursuits. It involves strenuous activity, periods of heavy breathing, mussed hair, sore muscles and when everything is said and done, he has the look of satisfaction and she thinks there's still more to be accomplished.



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## Hospice honors volunteers

Coastal Hospice & Palliative Care honored dedicated volunteers from the Lower Eastern Shore who help ensure patients and families facing serious and life-limiting illness find care, compassion and support. Over the past year, volunteers in all roles contributed more than 14,000 service hours.

“Hospice volunteers play an indispensable role in enabling Coastal Hospice to offer the best care possible for our patients, their families and caregivers. By sharing their time, energy, and expertise, our volunteers bring compassion and caring to the lives of those in need,” said Coastal Hospice President Alane Capen.

To recognize and celebrate the 172 hospice volunteers, Coastal Hospice hosted brunches during National Volunteer Week (April 15-21) and honored two volunteers with the annual Heart of Hospice Award – Annette Conger, patient support volunteer, and Cindi Strawley, patient care volunteer.

The Heart of Hospice Award is named for one of Coastal Hospice’s founders and most beloved volunteers, Jean Camie Jackson. This year’s award was presented by retired Circuit Court Judge, W. Newton Jackson, III, Jackson’s son, at the Berlin volunteer brunch.

Coastal Hospice also provided “You Make a Difference” certificates to Jeanne Corbo, Pam Ferinde, Weezie Hartman, Ellen Lowe, Walter McCabe, Diana Pikulsky, Carolyn Post and Pat

Ziolkowski for their remarkable number of volunteer hours in patient care, administrative support, bereavement and thrift shop roles.

Volunteers may provide comfort and companionship to patients and families; administrative office support; emotional support and assistance during a 13-month bereavement period; support to the operation of the Thrift Shop; and special military visits to veteran patients.

Founded in 1980, Coastal Hospice is a nonprofit health care organization that cares for individuals facing life-limiting conditions but who want to remain as active and engaged as possible. Coastal Hospice cares for patients in their home, nursing home, assisted living facility or at Coastal Hospice at the Lake.

### PRMC reinstates normal visitor’s policy

Effective Monday, April 30, Peninsula Regional Medical Center (PRMC) returned to its normal visiting policy and lifted the modified visitor policy that had been in place since February due to widespread flu activity. While PRMC has removed all visitation restrictions, it still recommends to those with a cough, cold or flu-like symptoms to remain at home and not to visit patients.

PRMC’s visiting hours are 8 a.m. to

*please see policy on page 11*



The Wound Care Center team celebrates 10 years of award-winning care. From left: **Andrea Kroger, Jo-Anna Schanno, Brenda Marino, Chante Walker-Beckett, Daniel Ha-keem, PA-C, Dr. Diane Ceruzzi, Babette Pennay, CRNP, Kim Florek, Bonnie Bass, Mary Mullins and Geri Rosol.**

## Wound Care Center recognized

Atlantic General Hospital announced that their Wound Care Center recently became a nine-time recipient of the Robert A. Warriner III, M.D., Center of Excellence award, the only wound care center in the United States to do so.

To be awarded the Center of Excellence, a wound care center must excel in two of three key performance indicators for quality and patient satisfaction over a two-year period. Atlantic General Hospital’s Wound Care Center excelled in all three.

Those performance indicators are patient satisfaction rates greater than 92 percent; a healing rate of at least 91 percent in less than 30 median days to heal; and outliers (those patient cases whose results fall well outside normal parameters) of less than 19 percent.

The Wound Care Center at Atlantic General Hospital achieved patient satisfaction of 96 percent, with a heal rate

of 94.77 percent in 21 median days. Their outliers were just 6.98 percent.

The Center was awarded this prestigious honor by Healogics, the nation’s largest provider of advanced wound care services. The award is named for Dr. Robert A. Warriner III, a pioneer in wound care and the former Chief Medical Officer for Healogics.

“Atlantic General Hospital had the foresight to open a wound center ten years ago, knowing diabetes and heart disease in Worcester County is higher than both national and state statistics. Both diseases can contribute to debilitating wounds,” said Colleen Wareing, vice president of patient care services at Atlantic General Hospital. “Today, with the efforts of many partners, Worcester County is improving in overall health.”

*please see center on page 11*



## 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](mailto:chipbertino@delmarvacourier.com)

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# Speaker to discuss tourism

Celebrate National Tourism Week and rediscover just how integral the tourism industry is to the Eastern Shore, with renowned international speaker John Kennedy at the Ocean City Performing Arts Center at the Roland E. Powell Convention Center on May 10 from 2 p.m. to 4 p.m. Kennedy will highlight "Everything the Customer Needs in the Great State of Maryland, We Got It."

This event is free and open to the public. Join tourism professionals, business owners, managers, front line employees, and other business professionals for a time of networking and refreshments beginning at 1:30 p.m.

"It is important to recognize and celebrate the fact that tourism is an integral part of many lives in our area," Susan Jones, executive director of the Ocean City Hotel-Motel-Restaurant Association (OCHMRA), said. "We're super excited to have such an amazing and inspiring speaker to kick off the season!"

In keeping with this year's National Tourism Week theme "Then and Now," Kennedy will discuss three key components, "Vision, Values, Volition!" utilizing proven strategies and tools to drive a world-class customer experience and to

set the right course for success in 2018 and beyond.

"We were looking for a way to celebrate National Tourism Week at the local level and realized that there's no better way to energize all the dedicated staff that contribute to our tourism economy than to host an event like this," Worcester County Tourism (WCT) Director Lisa Challenger said. "I've heard John Kennedy speak before, and he's one of the very best in the industry."

Kennedy's clients include the Baltimore Ravens, Marriott Hotels, Taco Bell, Canada Bread, Bermuda Electric and Light, the American Bus Association, State Departments of Tourism for New York, Delaware, Maryland, Indiana, South Dakota, West Virginia, and well over 100 government agencies and associations world-wide.

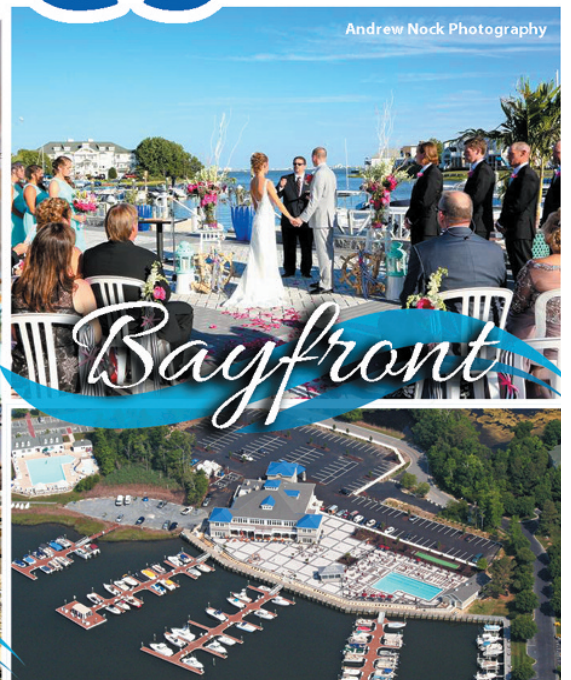
This event is made possible through the University of Maryland Eastern Shore Hospitality & Tourism Program, Ocean City Economic Development Committee, Comcast, OCHMRA, and WCT. To attend, please RSVP to the OCHMRA at 410-289-6733 or inquire@ocvisitor.com.



## Tidewater Physical Therapy visits Kiwanis

Pictured (L-R) are **William "Billy" Hamilton, Jr.**, clinical director for local Tidewater Physical Therapy and Rehabilitation Associates, P.A. receiving the traditional Kiwanis pen from Kiwanis Club of Greater Ocean Pines-Ocean City President **Ralph Chinn** for being the guest speaker at the April 25 weekly meeting in the Ocean Pines Community Center.

# THE VENUES AT Ocean Pines



410-641-7501 info@oceanpines.org

## County seek boards, commissions applicants

Worcester County currently has openings on 10 boards and commissions. County residents interested in volunteering to fill these open seats are invited to contact the County Commissioners, identifying the boards or commissions that are of interest to them.

Vacancies are available on the Agricultural Reconciliation Board, Drug & Alcohol Abuse Council, and Local Management Board/Initiative to Preserve Families Board.

Vacancies are also available on the Local Development Council for the Ocean Downs Casino, Lower

Shore Workforce Investment Board, Property Tax Assessment Appeal Board, Social Services Board, Tourism Advisory Committee, Commission for Women, and Water and Sewer Advisory Council in Ocean Pines.

Please send a letter of interest, along with a resume or cover letter outlining any pertinent experience, to the County Commissioners at [admin@co.worcester.md.us](mailto:admin@co.worcester.md.us) or Worcester County Government Center, One West Market Street, Room 1103, Snow Hill, Maryland 21863.

## Nominations being accepted for volunteer spirit awards

Volunteers make Worcester County a better place to live, work and visit. To honor volunteers whose contributions help improve the quality of life here locally, Worcester County residents are invited to nominate individuals, organizations, and businesses for the 2018 Volunteer Spirit of Worcester County awards. The deadline to submit nomination forms is June 9, 2018. A recognition ceremony for all

nominees will take place August 22.

Nominations will be accepted, with one winner to be chosen from each of the following 13 categories: youth, emerging leader, individual, lifetime achievement, member of the board, exemplary service-learning, faith-based, group/team, non-profit volunteer program, local business, county employee, first responder, and veteran.

Nominees should reside in and represent the volunteer spirit of Worcester County. Nomination forms are available online at [worcestervolunteer.org](http://worcestervolunteer.org).

Hard copies will be available at the following locations: Human Resources in the Worcester County Government Center in Snow Hill, all five branch libraries or by contacting Volunteer Services Manager Kelly Brinkley at 410-632-0090 or [kbrinkley@co.worcester.md.us](mailto:kbrinkley@co.worcester.md.us).



**Race** - On April 28 local Athletes from Achilles International's Maryland chapter participated in the Ocean City Island to Island Half Marathon. Pictured (from left to right) are **Thomas Gorman** who finished in second place, Chapter President **Jeremy Goetzinger** who finished first, **Scot Seiss** who finished fourth and **Dave Swope** who finished third. Achilles Maryland's next local race will be the Ocean Pines 7<sup>th</sup> Annual Freedom 5k on July 4.

## Annual Pirate Party planned

Worcester Youth and Family Counseling Services will host its tenth Annual Pirate Party fundraiser to benefit vulnerable children in Worcester County. The event will be held on Friday, May 18, from 6 p.m. to 9 p.m., at Sunset Grille in West Ocean City, (with a rain date of June 1). Attendees are encouraged to join in the fun by coming dressed in their best pirate garb. The pirate themed fundraiser is always a big hit with locals since it is the most unique kick-off party of the summer. A \$49 donation at the door includes a light fare buffet, two drink tickets, live entertainment, raffles, and a gift auction.

Each year nearly 20 people volunteer to be "Honorary Pirates" and raise at least \$500 each toward the fundraiser. A combination of pirate fundraising, corporate sponsors, raffles, and party entry donations makes this Worcester Youth and Family's largest fundraiser of the year. All money raised is used to support youth programs managed by the organization. Worcester Youth and Family's CASA program helps abused and neglected children so that all children in our community can have a safe and permanent home. The organization's youth enrichment programs help build personal strengths, interpersonal relationships, family and school functioning, and personal temperament. These programs have a huge

impact on our community by engaging children in healthy, structured, social activities and working with them in therapeutic environments to improve their lives.

Those interested in becoming an event sponsor or an Honorary Pirate, should contact the organization for details.

Worcester Youth and Family Counseling Services is a non-profit organization located in Berlin, Maryland and has been serving the community since 1975. For more information about services provided by the organization, please telephone the office at (410) 641-4598, or visit the website at [www.gowoyo.org](http://www.gowoyo.org).

## Students to perform 'Mary Poppins, Jr.'

Most Blessed Sacrament Catholic School will host performances of "Mary Poppins" in which students will perform. Performances will be at 6:30 p.m. on Thursday, May 10; at 7 p.m. on Friday, May 11; and Saturday, May 12. Adult tickets are \$5 and student tickets are \$2. Tickets are available at the school office. Tickets will also be available at the door prior to each performance. For the convenience of guests with disabilities/wheelchairs, etc. doors will open early. For all other guests, doors will open at 6 p.m.

**The LORD will surely save me  
So we will play my songs on  
stringed instruments** Isaiah 38:20



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*Baked Cheese Ravioli*

*served with side of bread & a small salad*

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Inside South Gate Ocean Pines 410-208-2782



# Apple cider vinegar has many well-being benefits

Vinegar is a fermented liquid made from a wide array of ingredients that is used primarily to preserve and flavor food. But the uses for vinegar are almost as extensive as the variety of flavors in which it is available.

The word vinegar comes from the French “vin aigre,” or “sour wine.” Vinegar is a diluted solution of acetic acid that forms with the fermentation of grapes, apples, rice, corn, and many other ingredients.

Apple cider vinegar, or ACV, is a type of vinegar that has recently skyrocketed in popularity due to its purported health benefits. ACV is formed from cider or apple must and has a long history as a home remedy, making it the most popular type of vinegar in the natural health community. The following are just a handful of the purported benefits credited to ACV.

1. ACV improves healthy gut flora. Like other fermented foods and beverages (think yogurt and kombucha),



ACV is rich in enzymes and probiotics. Probiotics can aid in digestion and make sure that the digestive system is working efficiently. According to the health and wellness team at MyFitnessPal, unpasteurized ACV can deliver probiotics and energize digestion. Others say that ACV can assist with easing an upset stomach by addressing unhealthy bacteria. Some remedies suggest that the pectin in ACV can help soothe intestinal spasms as well.

2. ACV can be used as a disinfectant. ACV and other vinegars can kill harmful bacteria or prevent them from multiplying, according to Healthline. ACV has historically been used as a disinfectant and natural preservative and may help reduce instances of E. coli. Those same antibacterial properties also may help head off infections of the throat. “Reader’s Digest” indicates that gargling with ACV can soothe a sore throat and create an acidic environment in the esophagus that most germs cannot survive.

3. ACV contributes to feelings of fullness. Many people insist that ACV helps with weight loss. According to dietician and certified diabetes instructor Katie Rankell at UC Irvine Medical Center, ACV has been shown to lower blood sugar by reducing the absorption of carbohydrates, while also contributing to feelings of fullness that can help people avoid overeating.

4. ACV naturally lowers cholesterol. A 2016 study published in the “British Journal of Nutrition” found

consumption of the acetic acid found in ACV reduced serum cholesterol and triglyceride levels in rats. More research is needed to determine if humans can reap similar rewards.

5. ACV can treat dandruff and other skin ailments. The acidity of ACV changes the pH of the skin and scalp, making it harder for yeast to grow. Applying ACV to the scalp can inhibit dandruff. It also can be used as a toner that exfoliates the skin and makes it less oily.

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Manklin Creek	O.P. South Gate Entrance
OCEAN PKWY	
A Bagel and...	Manklin Creek

Southgate - Ocean Pines  
(Manklin Creek & Ocean Pkwy)

## Summer camp registration underway

Registration is now open for Worcester Prep Summer Camps for students entering Grades one to 12 in September.



Two camp sessions are offered: July 9 to 13 and July 16 to 20. There are a wide variety of camps to choose from including S.T.E.M, Investigative Science, Famous Films Appreciation, Keeping Fit with Games Galore, Lacrosse, Field Hockey, Basketball, Space, Arts, Cooking, Sewing & Crafting, Cartooning, and 2D Game Coding. Many of the Summer Camps sell out quickly, so register today at <https://worcestereprep.org/summer-camps>. Camps are full or half-day and are open to everyone. For questions, please contact WPS Head of Middle School Megan Wallace at 410-641-3575.

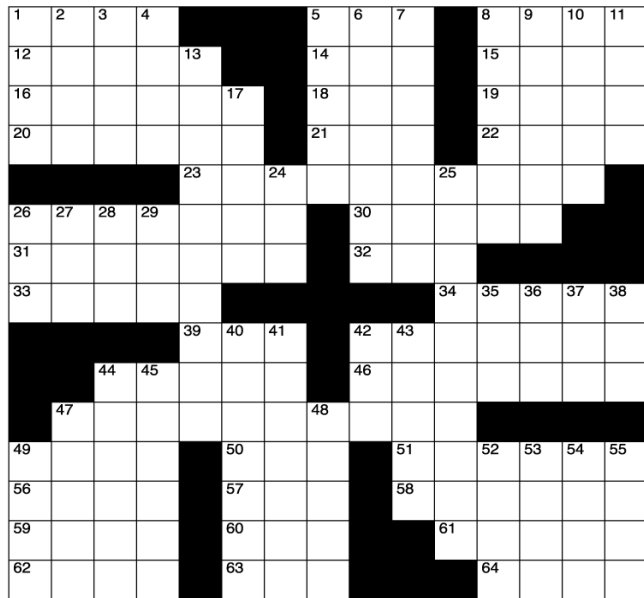
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**CLUES ACROSS**

- 1. In bed
- 5. Project portfolio management
- 8. \_\_\_ Bator: Mongolian capital
- 12. Roamed
- 14. Notre Dame legend Parseghian
- 15. Nothing (Spanish)
- 16. Not level
- 18. Self-contained aircraft unit
- 19. Baseball broadcaster Caray
- 20. \_\_\_ Tomei, actress
- 21. "The Raven" writer
- 22. Bathrooms
- 23. Skilled inventors
- 26. Forcefully silence
- 30. Remove
- 31. The arrival of daylight
- 32. Split lentils
- 33. "Walking Dead" actress
- 34. A lazy person
- 39. Doctors' group
- 42. Crooks
- 44. Fragrant essential oil
- 46. Conjured
- 47. One who predicts
- 49. Scarlett's home
- 50. Television network
- 51. Something comparable to another
- 56. What a thespian does
- 57. Word element meaning life
- 58. Italian island
- 59. "King of Queens" actress Remini
- 60. Jogged
- 61. Norse gods
- 62. Lazily
- 63. Midway between northeast and east
- 64. Hindu queen

**CLUES DOWN**

- 1. Top Rank boxing promoter
- 2. \_\_\_ fide (Latin)
- 3. At all times
- 4. Hindu female deity
- 5. Tufts of hairs on plant seeds
- 6. Edited
- 7. Portuguese archipelago
- 8. Your parents' brothers
- 9. Pakistani city
- 10. Farewell
- 11. Short sleep sessions
- 13. Remove salt
- 17. Drug officers
- 24. One and only
- 25. The Golden State
- 26. Fabric baby carrier (abbr.)
- 27. Quid pro \_\_\_
- 28. New England research university
- 29. Baseball pitcher's stat
- 35. Western India island
- 36. \_\_\_ Angeles
- 37. Midway between east and southeast
- 38. British singer Stewart
- 40. Suggesting the horror of death and decay
- 41. Riding horse
- 42. Where wrestlers work
- 43. Regions
- 44. Of a main artery
- 45. Not classy
- 47. Competed against
- 48. Biscuit-like cake
- 49. Large ankle bones
- 52. Computer company
- 53. "Friends" actress Kudrow
- 54. "Chocolat" actress Lena
- 55. Brain folds



Answers for Apr. 25

# Eyes on the Skies

## Ancient and "starburst" celestial sights

By Douglas Hemmick, Ph.D.



May is sometimes regarded as the best month for stargazing. Local stargazers may enjoy the spring season, before the summertime lights from the beach resort compete with the stars. Binocular targets for the month are a globular cluster M13 and the galaxy M94.

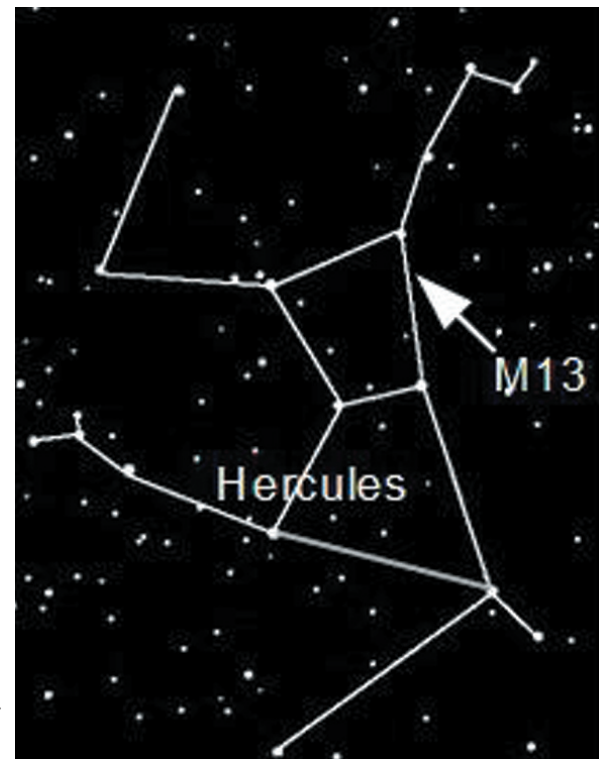
M13 is a globular cluster located in the constellation Hercules the Hero. The cluster, which is also known as the Great Hercules Cluster, contains about 300,000 stars. M13 was discovered by Edmond Halley in 1714. With binoculars, this cluster appears as a fuzzy white ball with a well-defined center. Its angular width is just a bit smaller than the full moon. The Great Hercules Cluster is located about 25,000 light-years away.

M13 is considered a fine example of a globular cluster, with its well-rounded appearance typical of these objects, unlike the open star clusters with their irregular shapes. The Coma and the Beehive discussed earlier this year are examples of open clusters. Astronomy fans may be aware that globular clusters are less abundant than open star clusters.

From past columns, readers may recall that the Milky Way galaxy consists of both a central disk containing most of the galaxy's plentiful population of stars, and a vast expansive halo surrounding the disk. Over the eons, the open star clusters, at their locations within the disk, are subjected to gravitational tugs of many other stars serving to "break up the family" resulting in their eventual separation. Globular clusters, however, do not suffer the same fate. Being located in the sparse regions of the halo area, their fellowship endures the passing ages. This means that the globular clusters are as ancient as the galaxy itself. M13 is estimated to be 11.65-billion years old.

May's next binocular target is the

M94 galaxy located in the northern sky, not far from the Big Dipper. M94 was discovered by Pierre Méchain in 1781, and this discovery was confirmed and catalogued just two days later by his friend Charles Messier. The galaxy, which contains 40-billion stars, is located about 16-million light-years away.



To find M94, imagine a line going southwards from the tip of the Big Dipper's handle to Leo's tail-star Denebola. About one-third of the way along this line is the prominent star Cor Caroli and M94 is very closeby, a bit northward. One trick for seeing this galaxy is to keep the binoculars very steady, with a tripod or monopod. While M94 is among the brighter of the galaxies, it is difficult to locate with hand-held binoculars — it might be preferable to resort to a telescope.

Binocular and small telescope viewers are likely to see a small white glowing patch, but astronomers have spied much richer details. Professional telescopes clearly show the inner core region glowing much more brightly than M94's outer bands,

please see **eyes** on page 11

**eyes**  
from page 10

M94 is also known as the Cat's Eye Galaxy, with its brightly glowing core. This bright inner region indicates a heavy rate of new star formation. Astronomers use the term "starburst" for galaxies like M94 with rapid pace of stellar births. Ultraviolet and infrared observations have clearly revealed many young, hot blue stars resulting from M94's starburst activity. The Cigar Galaxy, M82, discussed last month is another example of a starburst galaxy.

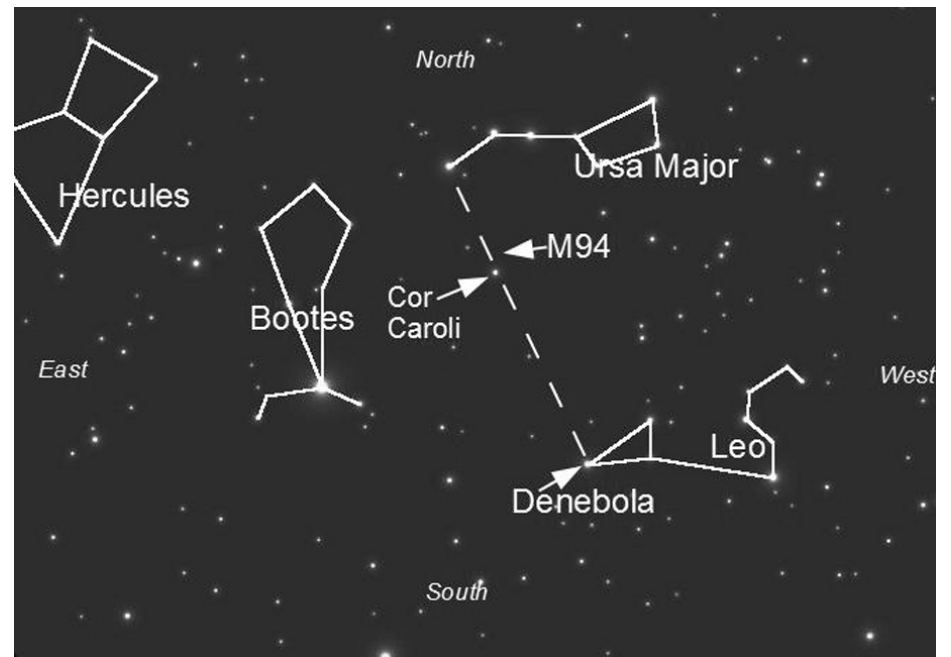
Once again, stargazing begins early in the evening, with the bright planet Venus. The planet can be seen hovering over the western horizon, just as the sun is setting at about 8 p.m. This month Venus allows a little more time, and one can get a good glimpse until about 9:15 when it slips down towards the horizon.

As the stars become fully visible around 9 p.m., the sky will be dominated by Leo the Lion flying high over-

head. Look for the familiar "kite shape" figure of Bootes (boh OH teez) the Herdsman as it returns again to the eastern skies. Towards the northern horizon the Big Dipper (Ursa Major) can be seen. After about 10:00 p.m., Hercules the Hero will be in view in the northeastern horizon.

The planet Jupiter is beginning to join the evening show, after about 10:45 p.m., appearing in the southeastern sky. Jupiter along with its four largest moons are among the most popular targets for binocular observers. This lunar quartet is well known as the Galilean group of moons, honoring the famous Italian astronomer who first observed them in 1610, shortly after aiming his new telescope into the night skies.

Wishing good luck and clear skies to all stargazers.



**policy**  
from page 6

8 p.m. seven days a week. A few specialized care areas, like the Intensive Care Unit that welcomes visitors from 10 a.m. to 7 p.m., still maintain their own visiting hours for patient comfort and safety. As well, areas like the Labor and Delivery and Mother/Baby units that have customized visiting plans to accommodate moms and their support person will maintain their visitation processes. Peninsula Regional reminds visitors to see the nurse caring for their friends and loved ones, upon arrival, for additional and specific information on those specialized units.

While Peninsula Regional encourages everyone to comply with the established visitation hours, the Medical Center absolutely understands that there are times families may be required to visit outside of the established visiting hours or wish to spend a

longer time with their loved ones.

If arriving prior to 8 a.m., after 8 p.m. or if staying beyond 8 p.m., all visitors must report to the PRMC Security station located at the Emergency Walk-In entrance across from the visitor parking garage on the first floor. Visitors will be required to provide identification and be given a badge that must be worn at all times. The badge will identify them and will detail for our staff and security team the area that person will be visiting.

If wishing to spend an overnight with your loved one, the request must first be approved by the unit's charge nurse. Those visitors must also report to PRMC's Security station in the Emergency Department for a specialized badge to be worn at all times.

PRMC reminds its visitors to please take into consideration the needs of your loved one for rest, recovery and privacy, and to please sanitize your hands each time you enter or exit a patient's room.

**center**  
from page 6

"Our wound center is still greatly needed, however, until we can, as a community, eliminate diseases through prevention, earlier identification, and treatment. I am so proud of the team of associates who have achieved excellence in clinical outcomes for ten straight years," Wareing said.

The Wound Care Center at Atlantic General Hospital is a member of the Healogics network of nearly 700 Wound Care Centers, with access to benchmarking data and proven experience treating approximately 2.5 million chronic wounds.

The Wound Care Center offers highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds which have not healed in a reasonable amount of time. Advanced treatments included negative pressure wound therapy, bio-engineered skin substitutes, hyperbaric oxygen therapy, biological and biosynthetic dressings and growth factor therapies.

"We pride ourselves in providing patient-centered care and being quality focused. By putting the patient first, and utilizing evidence-based pathways for chronic wound healing, our wound care team has consistently achieved distinction as a wound center of excellence," said Geri Rosol, director of the Wound Care Center.

# HELP WANTED

## 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  
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[chipbertino@delmarvacourier.com](mailto:chipbertino@delmarvacourier.com)

EOE

<h2 style="margin: 0;">Tide and Sun Chart</h2>				
<small>* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide</small>				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., May 3	11:03 a.m. 11:23 p.m.	4:54 a.m. 4:49 p.m.	6:01 a.m.	7:54 p.m.
Fri., May 4	11:46 a.m.	5:39 a.m. 15:33 p.m.	6:00 a.m.	7:55 p.m.
Sat., May 5	12:07 a.m. 12:31 p.m.	6:25 a.m. 6:20 p.m.	5:59 a.m.	7:55 p.m.
Sun., May 6	12:54 a.m. 1:20 p.m.	7:14 a.m. 7:12 p.m.	5:58 a.m.	7:56 p.m.
Mon., May 7	1:45 a.m. 2:14 p.m.	8:04 a.m. 8:06 p.m.	5:57 a.m.	7:57 p.m.
Tues., May 8	2:40 a.m. 3:12 p.m.	8:54 a.m. 9:02 p.m.	5:56 a.m.	7:58 p.m.
Wed., May 9	3:37 a.m. 4:08 p.m.	9:44 a.m. 9:59 p.m.	5:55 a.m.	7:59 p.m.

# Aquarium goldfish require attention and maintenance

Parents eager to instill a sense of responsibility in their children may turn to pets to facilitate such lessons. But dogs or cats may not fit in with

primary companions because they are hardy and are especially inexpensive. Feeder goldfish cost mere cents per fish, and while they may be primarily bred to be used as live food for larger prey, these goldfish can still provide many of the same pet care lessons as other pets.

eration as other pets. "National Geographic" says that goldfish are descendants of carp and originate in China. There are hundreds of varieties of goldfish found around the globe. In fact, koi are cousins of the traditional aquarium goldfish.

Despite their name, goldfish come in a variety of colors. Commercial goldfish are typically yellow, gold and red. Wild goldfish are almost exclusively olive green or dark gray, according to PetMD. They are one of the most common aquarium fish and also have some of the longest life expectancies. The old-

est recorded living goldfish reached the age of 49. Goldfish come in different sizes, but the average aquarium goldfish grows to between four and seven inches.

Goldfish that are won at state fairs may come home in plastic bags or small bowls, but they are best cared for in traditional aquariums. Goldfish are omnivores that will thrive on a healthy diet

made up of pellets, vegetables, algae, and flakes. These fish tend to produce a lot of ammonia waste, so if they are kept in a bowl, the water will need to be changed quite frequently and the bowl should be large. Many aquarium experts say a tank that is between 10 and 20 gallons is ideal for a goldfish. Such tanks will not stunt its growth and will keep it healthy and comfortable.

Goldfish like relatively low water temperatures, advises the fish resource The Goldfish Tank. They should not be mistaken for tropical fish. Goldfish are typically best kept alone or with other goldfish so that their living environments are easily maintained. Also, some goldfish will try to eat smaller fish.

A clean tank is vital to the health of goldfish. Filtration is ideal, as is an air pump to help agitate the surface of the water and make oxygen more accessible. It is important to use a de-chlorinator product to remove chlorine and other chemicals from tap water so that the fish can thrive.

According to CaringPets.org, people who choose a bowl for their goldfish instead of a standard tank should follow the rule that the greater the amount of surfaces area, the more oxygen in the water. For this to be achieved, choose a wide goldfish bowl over a tall narrow one. In addition, the water will need to be changed every few days, and 50 to 75 percent of the water in the bowl should be replaced with fresh water.

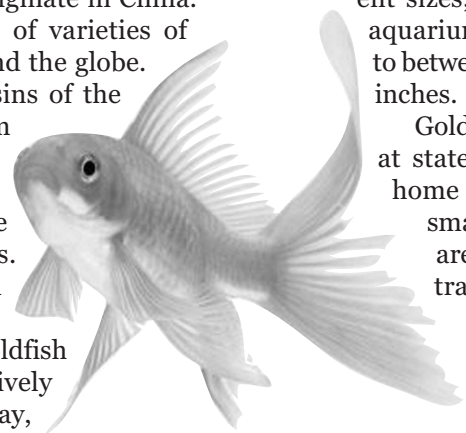
Keeping goldfish as pets can introduce children and even adults to the task of caring for a living animal. With the right care, these fish can thrive and provide many hours of entertainment and enjoyment.



everyone's lifestyle or living arrangements. In such instances, fish may be parents' best friends.

Freshwater fish tend to be inexpensive and relatively easy to care for. Goldfish, in particular, can make ideal

On the way to becoming fish experts, it is important to point out that, despite their low-price tag and availability, goldfish should not be viewed as disposable. These are live animals and deserve the same care and consid-





**Rotary Club of Ocean City/Berlin  
and  
Worcester County Veterans Memorial Foundation**



## Flags for Heroes 2018

**Veterans Memorial Park  
Rt 589 between Manklin Creek Road and Cathell Road**

**Armed Forces Day, May 19th - Memorial Day, May 28th**



Flags for Heroes is a tribute to the people who have supported and inspired us. Each flag honors a person who has made a difference in someone's life. Honor your personal heroes - a military member, first responder, teacher, community leader, anyone who has been a hero in your life.

**Sponsor A Flag for \$50**

Each flag will be identified by a medallion with your name and the name of your hero.

**Your tax-deductible contribution will provide funding for Ocean City Berlin Rotary Club scholarships and local charities and the Worcester County Veterans Memorial Foundation Educational Outreach Program. Both are 501(c)(3) Nonprofit Organizations.**

To help assure accuracy, please list only **ONE HERO** per form

Name of Hero \_\_\_\_\_

Sponsor \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email Address \_\_\_\_\_

**Make your check\* payable to: Worcester County Veterans Memorial Foundation**

**Please write "Flags for Heroes" on the memo line.**

**\*One check may be written for multiple flag sponsorship forms at \$50 each.**

**Mail to: Worcester County Veterans Memorial Foundation  
P.O. Box 1576  
Ocean Pines, MD 21811**

**For more details, e-mail: [cliff0917@aol.com](mailto:cliff0917@aol.com)**

## I Love to Cook!

by Bev Wisch



Summer is officially here when you can get steamed crabs. I've had my first steamed crabs of the season at Waterman's and they were a real treat. Fresh crab meat is available also and crab cakes are on the menu at our house. My Mom made the best crab cakes and I use her recipe. She grew up on the Eastern shore in Cambridge and I remember her telling me stories of how she took her own row boat out in the bay to catch crabs when she was a young child. My children remember crabbing when they were quite young with chicken necks on a line and netting them in. We would spend the day crabbing and cook the crabs, make soup, crab cakes, etc.



Try this recipe for the best crab cakes you will ever eat. I'm sure I've published this before but here goes again in honor of summer.

### The Best Crab Cake

- 1 Lb. backfin lump or jumbo lump crabmeat
- 1 slice of bread
- 1/2 t. Old Bay seasoning
- Salt and pepper to taste
- Fresh parsley or parsley flakes
- 1 egg
- 1/2 cup mayonnaise
- 1 t. mustard

Panko bread crumbs (optional before frying)

*please see bev on page 14*



## KIWANIS INVITES YOU TO JOIN US FOR A CINCO DE MAYO WINE TASTING AND AUCTION FESTIVAL

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# Steps to take to avoid identity theft

Identity theft is a serious concern that affects millions of people. The 2017 Identity Fraud Study, released by Javelin Strategy & Research, found that 15.4 million consumers in the United States were affected by identity theft of some form in 2016. In those instances, \$16 billion was stolen. Protecting one's identity is not as complicated as it may seem, and it can safeguard consumers against fraud and theft.

Password protect all smartphones and other digital de-

VICES. Many are used to transmit sensitive information and may store passwords and other data that connects to financial institutions.

Do not click on links in unsolicited emails. Such links may contain malware or computer viruses.

Do not provide Social Security numbers, birth dates or other personal information to unsolicited callers, no matter how official they may sound.

Do not use the same password or PIN number on multiple sites. Vary the password and

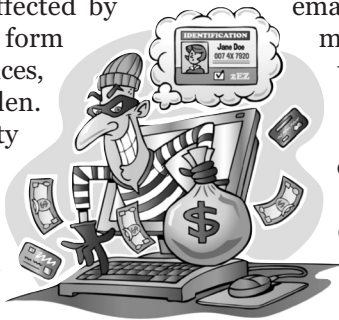
use a combination of numbers, symbols and uppercase letters to make it more difficult for thieves to decode.

Do not keep all credit cards or important identification cards in a wallet at all times.

Shred or destroy private records

and statements.

Monitor your credit report. Consumers can receive a free credit report from the three major credit agencies free of charge each year. Address any inconsistencies and report them promptly.



bev  
from page 13

Remove any shells from crabmeat. Crumble bread into crabmeat. Add dry ingredients. Whip egg, mayonnaise and mustard together with a fork. Gently fold into crab meat mixture. Form into cakes. Refrigerate for at least an hour to prevent them from falling apart. Brown on each side in hot skillet (with a little oil and butter). Recently I've lightly coated the cakes with the Panko bread crumbs before frying for extra browning and my family seems to like it. Makes 6 or 7 crab cakes.

I also use this recipe for appetizer crab balls. Serve with a small dish of tartare sauce for dipping. (1 cup mayonnaise, 1 t. chopped onion, 2 T. chopped sweet pickles, dash, lemon juice, parsley).

Happy Summer!  
bevvisch@aol.com

## Star Charities to meet

Star Charities will hold monthly meetings on Friday May 4 and Friday, June 18 in the Ocean Pines library starting at 10 a.m. For further information, or if you want to join, please contact Anna Foutz, president, at 410-641-7667.

# Service DIRECTORY

To place your business card call  
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**The Republican Women of Worcester County**  
**invite you to a**

## **WORCESTER COUNTY REPUBLICAN CANDIDATE FORUM / MEET AND GREET**

Tuesday, May 15  
5:00 p.m. to 8:00 p.m.  
Ocean City Marlin Club  
9659 Golf Course Road, Ocean City, MD

The purpose of this event is to provide Republican Candidates an opportunity to network with voters  
Included are the Worcester County candidates for:

State Senate  
House of Delegates 38C  
State's Attorney  
Register of Wills  
Clerk of the Circuit Court  
Judge of the Orphans' Court  
Commissioner Districts 1-7  
Sheriff  
Republican Central Committee  
Board of Education

**This event is free for both candidates and attendees**

*Light refreshments will be provided by RWWC*

Charlotte Cathell will coordinate the candidates in contested races who wish to participate  
in a moderated forum

Mike Bradley WGMD radio personality will emcee the candidate forums

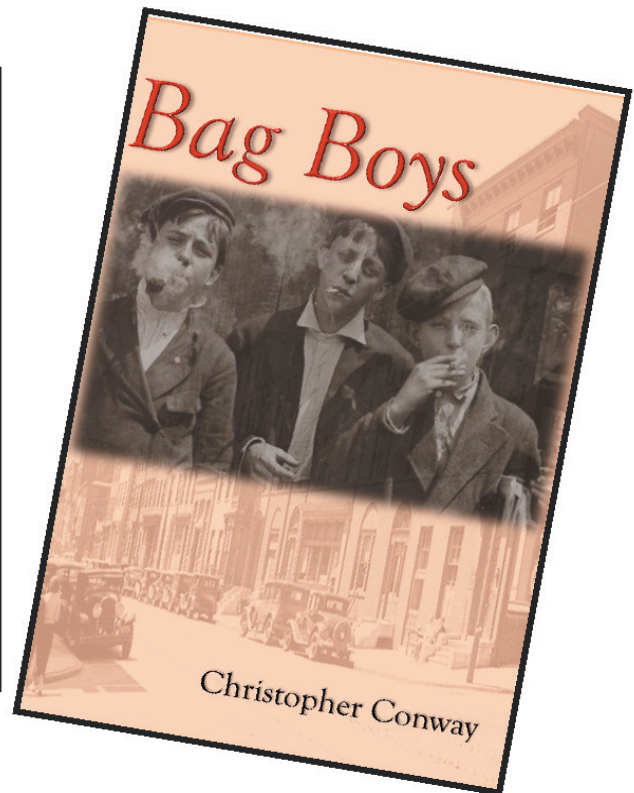
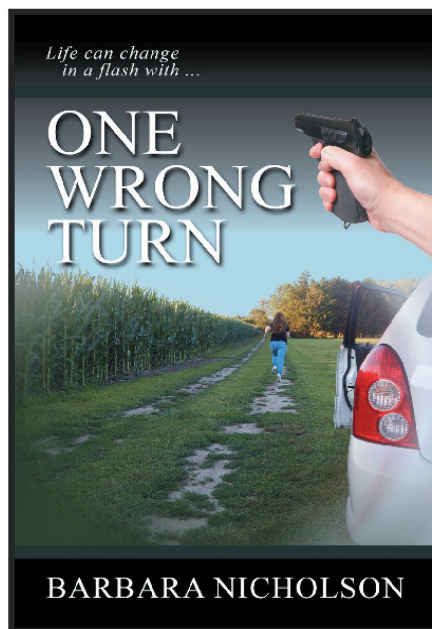
To help facilitate the Candidates' Forum, we will be producing a candidates' profile packet which  
will be distributed to attendees at the door and to the press

***Come out on Tuesday, May 15***

***Bring your friends and neighbors to get to know our candidates and  
hear why they feel they are the best candidate for the position***

If you would like to volunteer the night of the event or for more information  
contact Beth Rodier [brodier@comcast.net](mailto:brodier@comcast.net) or 443-668-8864

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