

The Courier

May
9
2018

Volume 18 Number 36

Anglers to meet

The Ocean Pines Anglers Club will meet on Saturday, May 12, 9:30 a.m. in the Ocean Pines library. The speaker will be Captain Ken Thompson, an avid fisherman since childhood who originally fished in Bass Tournaments from Maine to Florida and California. He then fought his first tuna and since then has fished all over the world, crewed with some of the best in the world and decided it was his turn at the helm. After mating on the *Shelly II* under Captain John Brobst he enrolled in Sea School and received his OUPV Maritime Credentials and Maryland Natural Resources Guides license. Aside from placing in several local tournaments such as the White Marlin, Mako Mania, Marlin Club Small Boat, Captain Ken charts an offshore vessel, *Opportunity Too*, a 34-foot Bahia Cat and the Back bay *Opportunity*, a 25-foot World Cat. He will cover targeting different offshore species along with the gear and some tactics. All are welcome.

GOP women to meet

The Republican Women of Worcester County will host its May luncheon meeting on Thursday, May 24 at the Dunes Manor Hotel in Ocean City. The guest speaker will be Pastor David Whitney who will speak about the Maryland Constitution. The cost of the luncheon is \$20 per person. Doors open at 10:30 a.m. and the meeting begins at 11 a.m. To make your reservation and/or for more information, please contact Ann Lutz at annlutz60@gmail.com or at 410-208-9767.

Dem women's club to meet

The Democratic Women's Club of Worcester County will meet Monday, May 21 in the Assateague Room of the Ocean Pines library. Dr. Memo Diriker, professor at Salisbury University, will discuss the healthcare needs of seniors on the Eastern Shore. Visitors are welcome. For more information call 410-973-1021. The meeting begins at 10 a.m.



Stewart honored

The Pine'er Craft Club announced that **JoAnn Stewart** is the group's Crafter of the Month. Originally from New Castle County, DE JoAnn moved to Ocean Pines full time upon retiring in 2003 from The DuPont Company in Wilmington.

"I started making jewelry several years ago for the Ocean City Marlin Club to sell at their annual jewelry show fundraiser and have continued making jewelry as a hobby, along with china painting and adding jewels to my women's Ball Caps," said Stewart.

"A featured jewelry item in my collection is the Kumihimo, an ancient Japanese method of braiding beads. Each Kumihimo necklace requires approximately 800 to 1,000 beads."

The Pine'er Artisan and Gift Shop, at White Horse Park in Ocean Pines is open year-round, Saturday 9 a.m. to 3 p.m. and Sunday 10 a.m. to 3 p.m.

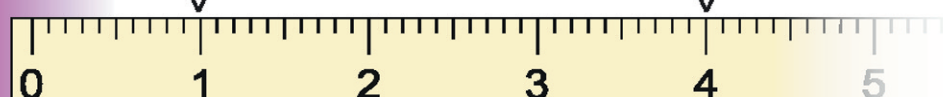
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Community Calendar
May

A call to arms, a call to hope

Please join the Grace Center for Maternal and Women’s Health (previously known as the Shirley Grace Pregnancy Center) for a free viewing of the critically acclaimed documentary, “Resilience” which explores the devastating effects that Adverse Childhood Experiences (ACE’s) have. The Centers for Disease Control (CDC) considers ACE’s and toxic stress the most important health crisis facing the nation today. The event will occur Thursday, May 10 between 6:30 p.m. and 8:30 p.m. at the Ocean Pines library. To reserve seating, please call 443 513 4124.

RWWC to host 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.

Craft club to host open house

The Pine’er Artisan & Gift Shop will be hosting as 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 help for a Pine’er 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.



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		

Candidates invited to speak

Worcester County Branch 7029 of the NAACP has invited candidates for Sheriff and States Attorney in Worcester County to make a brief presentation and answer questions about their qualifications.

The appearances will be May 17 at 6 p.m. at the Snow Hill High School Auditorium during the group’s regular meeting. All are welcome.

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 Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin
Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Thursday

Story Time
Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles
Beach Singles 45 for Happy Hour at Harpoon Hanna’s at 4 p.m. Call Arlene at 302-436-9577 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.

Holistic Health Fair debuts in Ocean Pines

Taking its cue from a vigorously growing interest in healthy living practices that go beyond traditional medicine, the Ocean Pines Recreation and Parks Department will debut its first Holistic Health Fair on Saturday, May 19 from 8 a.m. to noon at the Ocean Pines Community Center.

The idea for the free event, which is open to the public, was conceived by Brittany Jarman, a program supervisor with the department. It will feature local businesses that focus on holistic health practices for whole-self wellness.

“I wanted the community to know about all of the different approaches

to health care and healthy living that are not held in a doctor’s office,” Jarman said. “Holistic health is booming but there are still so many people who do not know about the benefits of a holistic health approach.”

Event-goers will be introduced to a variety of holistic health topics such as natural products, life coaching and floatation therapy. Vendors include Ocean Elements Salt Spa & Float Center, Lighthouse Acupuncture, Positive Energy, The Personal Wellness Center, Oasis Healing Center, Seas the Day OC, Essential Oils and more.

Jarman is excited about spotlighting this growing sector of the local business community. “There are so many local small businesses that the community should know and learn

about that could help with their daily living,” she said.

Businesses interested in participating in the event should contact Jarman at 410-641-7052 or bjarman@oceanpines.org. Vendor spaces are \$20.

For information about this and other recreation programs, call the Ocean Pines Recreation and Parks Department at 410-641-7052 or visit OceanPines.org.

Wor-Wic to host golf tourney
Wor-Wic Community College will hold its 17th 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.worwic.edu or contact Linda Jagusiak at 410-334-2948.

Behind the ‘Bag Boys’ story

By **Jean Marx**

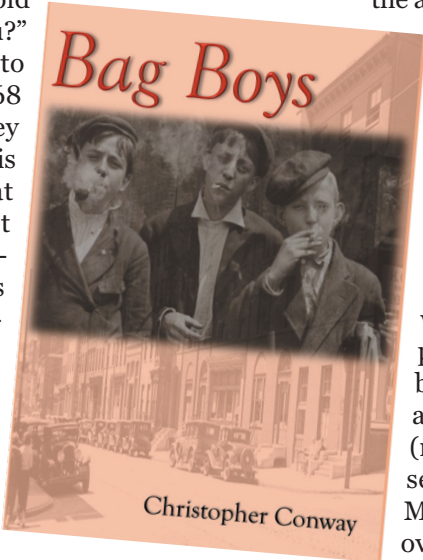
You may know Phil Sigismondi, a beloved 92-year-old man who leads a youth group ministry at the Ocean City Worship Center with his characteristic question of, “Have I told you lately that I love you?” He has been married to his wife Lorraine for 68 years, and together they have five daughters. It is Phil’s colorful past that you probably wouldn’t know. And it would surprise you. Author Chris Conway, who was introduced to Phil by the pastor of the O.C. Worship Center, Bryan Pugner, was mesmerized by Phil’s story when he heard it.

This is the third book Chris has written, and while it is an historical fiction account of Phil’s life, it has a unique charm that will hook you right from the outset. In his numerous interviews with Phil, Chris chose to write in first person using

Phil’s vernacular from growing up on the streets of downtown Baltimore’s “The Block” in the 1930s. It was in 1932 that Phil unwittingly gets recruited into the Mob as a bag boy at the age of eight. His job was to deliver bags to night clubs or stores around town, and he was told not to look in them. He usually had two bags, one tied shut and the other filled with pieces of paper with numbers on them. He and his two friends (referring to themselves as the Three Musketeers) ran all over town helping the Mob run numbers and collect its cash in the sealed bags. For this, Phil and his friends were usually paid a dollar a day.

Phil was always looking to make

*please see **boys** on page 15*



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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

Though many people lament their lack of leisure time, the 2016 American Time Use Survey from the U.S. Bureau of Labor Statistics found that nearly everyone age 15 and over engaged in some form of leisure activity every day. Men spent an average of 5.5 hours each day engaging in



leisure activities, while women spent 4.8 hours. Watching television dominated most people's leisure time, as the average person age 15 and over spent 2.7 hours per day watching television. The survey found that the amount of time people spent watching television varied by age. Some may be surprised to learn that those ages 65 and over, who averaged more than four hours of television viewing per day, watched more television on average than any other demographic. At two hours per day, people between the ages of 15 and 44 spent the least amount of time watching television. The second most common leisure activity was socializing and communicating with friends. However, the average person spent just 39 minutes per day socializing and communicating with friends.

Coastal Hospice receives honors

Coastal Hospice, Inc. was named a 2018 Hospice Honors recipient, an award that recognizes the organization as among those providing the best patient and caregiver experiences during end-of-life care.

HEALTHCAREfirst, the leading provider of web-based home health and hospice software, coding and billing services, Consumer Assessment of Healthcare Providers and Systems (CAHPS) surveys, and advanced analytics, announced the recipients of the 2018 Hospice Honors, a prestigious program that recognizes hospices providing the highest level of quality as measured from the caregiver's point of view. The official list of recipients was unveiled this week at the National Hospice and Palliative Care Organization's Management and Leadership Conference in Washington, D.C.

"We are honored to be recognized nationally as among the best in hospice and palliative care," said Coastal Hospice President Alane Capen. "This recognition acknowledges the level of excellence our organization provides as we continuously strive to promote the dignity and quality of life for patients and families facing life-limiting conditions."

Award criteria were based on Hospice CAHPS survey results for an evaluation period of October 2016 through September 2017. Award recipients were identified by evaluating performance on a set of 24 quality indicator measures. Performance scores were aggregated from all completed surveys and were compared on a question-by-question basis to a National Performance Score calculated from all partnering hospices contained in the **HEALTHCAREfirst** Hospice CAHPS database. Hospice Honors recipients include hospices scoring above the **HEALTHCAREfirst** National Performance Score on 20 of the evaluated questions.

"With increased transparency to the public eye, hospices have a greater incentive for quality performance improvement, as well as an opportunity to shine in a competitive market," said J. Kevin Porter, CEO of **HEALTHCAREfirst**.

Hospice Honors methodology and a full list of 2018 Hospice Honors recipients can be found at www.healthcarefirst.com/hospice-honors.



Chorus seeks members

The Delmarva Chorus of Sweet Adelines International, under the direction of Carol Ludwig, will hold an open house/guest night on Monday, May 14, at 7 p.m., in the Ocean Pines Community Center. This will also be the kick-off night for plans to form a chorus of at least 50 female singers to perform at the June 21, opening of the Free Summer Concert Series in White Horse Park in Ocean Pines.

Come on May 14 and find out what the group is all about, or plan to attend at least two Monday rehearsals between May 14 and June 18 to learn the two songs being performed, acapella, in barbershop harmony style. Each week, 7 p.m. to 7:45 p.m. will be ded-

icated to the two songs before the chorus continues with regular rehearsal activities.

For the Anniversary Chorus: No auditioning necessary. Females of ages are welcome. The ability to read music is not required. Word sheets will be provided for the two very familiar selections. Attendance at two or more 45 minutes rehearsals is preferred.

Here's your chance to be in the spotlight with your friends and neighbors with no pressure, just fun. For more information, contact Carol at 410-641-6876, Char at 410-641-6014 or visit delmarvachorus.org.

Low-cost Spring rabies clinics available

The Worcester County Health Department has confirmed six rabies cases locally since the beginning of 2018, highlighting the importance of rabies awareness and proper pet vaccination. Rabies vaccination clinics are available in May in two locations in the county. Worcester Health encourages residents with unvaccinated pets, or pets whose vaccinations have lapsed and need a booster, to attend the low-cost clinics and to avoid contact with wild animals, particularly those who are acting sick or in an unusual manner.

Maryland law requires all owners of dogs, cats and ferrets over four months of age to have their pets adequately vaccinated against rabies. Spring vaccination clinics cost \$5 for Worcester County residents with proof of residency and \$10 for non-county residents. If this is not your pet's first rabies vaccination, the previous vaccination certificate must be provided in order to receive a three-year shot; otherwise, a one-year shot will be given. Locations, dates and times for the clinics are:

-Bishopville Fire Department, Main Fire House at 10709 Bishopville Road, Bishopville, Wednesday May 16, 5:30 to 7 p.m.

-Worcester County Animal Control, Timmons Rd. (off US Rte. 113), Snow

please see **clinic** on page 15

How nice it would be to have a time machine

How interesting and exciting it would be to again experience special and meaningful events in our lives for the first time. As if everything old was new again.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

There are many life memories I hold close and dear, recalling them at times when I need a little pick-me-up. It would be enjoyable, and maybe a little disconcerting, if some sort of contraption existed that could transport me to specific events so they could again be experienced in real time. There's never a time traveling DeLorean available when you need one.

When my daughter, my first child, was born my heart skipped a beat or two during the very emotional moment when I first saw her. How nice it would be to again stand in that delivery room at Burdett Tomlin Memorial Hospital in Cape May Court House, NJ holding my little girl for the first time imagining what her future, our future, would be. She was so small. She was so beautiful. Those first few moments were a powerful, once in a lifetime experience. Remembering it now gives me goose bumps. Alas, nearly thirty years have passed. She was a great kid then and a great kid now. Kid? She's a mom herself now. No matter how much time passes, she'll always be my little girl.

On a warm, sunny afternoon on the first day of October in 1984 my wife and I kissed for the first time while

standing on a large rock in the middle of meandering stream adjacent to a shady lane. The afternoon was special and one that I wouldn't mind enjoying again.

Another moment worthy of another go around was when I disembarked from an American Airlines jet in San Diego and saw my grandparents in the waiting area. They bought me a ticket so I could visit them during their winter vacation on the west coast.

The year was 1978. I was 12. (I know some of you are doing mental math to figure out how old I am now). I had never flown before. And as much as flying was a new experience, it paled in importance to seeing my grandfather, tanned, wearing his big sunglasses, waving at me and calling my name as I maneuvered through the throng of adults. What I wouldn't give to hear his voice calling my name just once more. He was a wonderful man who left us too soon.

Gramps and me at Universal Studios.
(You can see I inherited his nose.)



Many, many holidays have come and gone since we got married. And there have been many enjoyable ones. But there's one that I wouldn't mind experiencing again. It was the Thanksgiving before we moved to Ocean Pines. We lived in North Cape May, NJ. Our second child had just been born. We didn't travel that holiday; it was just my wife and me and the two children. Our daughter had celebrated her second birthday the month before. As my wife prepared dinner, my daughter and I played in the backyard, raking into piles leaves into which we enthusiastically jumped. There was jumping. There was rolling. There were giggles. Our Border Collie Brandy got into the action as well. When my wife finally called us in, we had leaves clinging to our clothes and our hair. Even Brandy had leaves randomly stuck to her. In-

side, dinner was on the table. The baby was in his seat, positioned at one end of the table. Our daughter was in her high chair. At the time I remember telling myself that it doesn't get much better than this. And in some ways it never did.

Another once in a lifetime experience occurred the day after my sixteenth birthday, the day I got my driver's license. My mother had taken me to the State Police Barracks off Roosevelt Boulevard where I took my driver's test in the 1972 Volkswagen 411 we had at the time. After driving through the course with the stoic officer (a large man with no apparent sense of humor) in the passenger seat, we stopped in front of the barrack's building. The officer scribbled something on my application. Had I passed? Did I fail? Time stopped as I waited to find out. It seemed an eternity before he finally detached a portion of the form, handed it to me and said, "Congratulations."

"YEAH!"

Pulling into the driveway my grandparents and brother were waiting for me to learn if I had achieved a major milestone. My mother got out of the car. Seeing that I was still sitting behind the wheel, she leaned through the open window, "I guess you have someplace you want to go?"

"Uh huh!" I replied. I really didn't. Would she let me take the family car out by myself? She looked at my grandfather who was standing beside my window. He must have given her a nod.

"Okay. Be back in a half hour." I already had the car in gear and my brother was pushing past my mother to ride shotgun. My adrenaline was pumping as we backed down the driveway and onto Verree Road. "Yeah Baby!" I've traveled many miles, perhaps more than a million

miles since backing down that driveway for the first time by myself, but that first experience was thrilling, even if my younger brother was with me.

No time machines. Just memories. They'll have to do.

Author's Note: Since writing a couple weeks ago about my new companion, my puppy Chooch, many people have asked how he's doing. He's doing just fine. He's very inquisitive and believes he should know everything that's going on. I don't want to jinx anything, but he's housetrained. He's not quite making it through the night without waking me to take him out but he's getting close. An interesting note about that. My wife is really enjoying the fact that



Chooch wakes me up to go out at night. After all the years and countless nights when she was the one who got up to take care of our children in the wee hours of the morning, she's not minding at all that it's my turn. She's even nudged me on those nights when I've not heard Chooch request my attention. She's nice that way.

He's learning words like, "Sit," "Stay," "Stop," and "Lay." He loves to eat. Fortunately, he's not chewed anything except his toys. And speaking of toys, he has many of them strewn around the house, reminding me of when our kids were little and there were doll clothes, Star Wars action figures and Legos all about.

In short, he's settling in nicely. As was uttered at the end of one of my favorite movies, "I think this is the beginning of a beautiful relationship."

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Pines, MCBP to host Bay Day

Ocean Pines Bay Day, which is hosted by Maryland Coastal Bays Program and the Ocean Pines Association, is set for Sunday, May 20 from 11:30 a.m. to 3:30 p.m. at White Horse Park.

The event will showcase food from local vendors such as Street Kitchen, Gilbert's Provisions, Eastern Shore Kettle Korn, the Kiwanis Club of Ocean Pines/Ocean City and Baked Desserts; local beer from Burley Oak; nature-inspired artwork from area school children and a save-the-bay campaign that aims to improve the health of waterways that shoulder Ocean Pines.

"There will be hand-painted canvas bags handed out to the first 300 individuals who come through the entrance," said Liz Vander Clute, education coordinator at Maryland Coastal Bays Program. "These bay-inspired bags were decorated by students from five different schools in Worcester County."

From free boat rides and kayaking to educational exhibits, this public event will be a day of fun, hands-on activities and educational talks.

Event speakers include Ginny Rosenkraz, commercial horticulture, Master Gardener coordinator; Bryan Gomes, education program manager at Oyster Recovery Partnership; Frank Piorko, executive director of Maryland Coastal Bays Program; Roman Jesien, Maryland Coastal Bays Program; and Dave Brinker, regional ecologist for the Maryland Department of Natural

Resources.

Conservation partners from Assateague State Park, Pocomoke River State Park, Chincoteague Bay Field Station, Naturally Sunkissed Farm and Delmarva Discovery Center and Museum will be in attendance. They will offer event participants the opportunity to meet animals like birds, fish, goats, and snakes.

The National Aquarium will have a 56-foot inflatable sei whale on display, giving visitors access to walking through the life-size replica.

Ocean Pines Bay Day will serve as a catalyst to a year-long campaign to raise awareness and educate residents on environmentally friendly practices that could enhance the quality of local waterways.

Students to perform 'Mary Poppins, Junior'

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.



Honored - American Legion Post #166 in Ocean City recently honored past presidents. Tony Curro of Ocean Pines was honored. (L-R) Neal Lookner, Tony Curro and his wife Bonita. Photo by Anna Foulz.

Pines police promote bike safety

In observation of National Bike Month, a month-long showcase of the many benefits of bicycling, Ocean Pines Police are rolling out a bike safety awareness effort that is geared to both drivers and bicyclists throughout the month of May.

The police department will be distributing new, high-quality helmets to children in need. The free bike helmets can be picked up at the Ocean Pines Police Department, located at 239 Ocean Parkway.

"Bicycle safety is a two-way street," said Ocean Pines Marketing and Public Relations Director Denise Sawyer. "By law, helmets are required for anyone under 16 years old and bicycles on the roadway are vehicles with the same rights and responsibilities as motorized vehicles."

According to the National Highway Traffic Safety Administration, there

were almost 467,000 bicycle-related injuries in the United States in 2015.

Ocean Pines Police would like to remind residents and guests that a large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other.

Officers are asking drivers to yield to bicyclists as you would motorists, especially along Ocean Parkway. They are urging motorists to give cyclists room and remember to pass bicyclists as you would any other vehicle, when it's safe to move over into an adjacent lane.

Bicyclists should increase their visibility to drivers by wearing fluorescent or brightly colored clothing during the day, dawn, and dusk.

Sawyer said it's important to make your intentions clear to everyone on

*please see **bike** on page 15*



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

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MCBP seeks terrapin counters

The Maryland Coastal Bays is looking for volunteers to participate in the Annual Diamondback Terrapin count from May 29th through June 2nd.

The diamondback terrapin may be Maryland's state reptile and the mascot for the University of Maryland, but its current population status in the Coastal Bays is poorly understood. In an effort to better understand its status, both organizations coordinate annual counts.

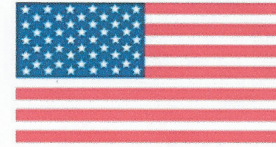
Trained volunteers will conduct these surveys throughout the week of May 29 through June 2. If you are interested in becoming a trained volunteer to conduct surveys, training classes will be held at the MCBP office on Thursday, May 17 from 5:30 p.m. to 6:30 pm and Wednesday, May 23 from 5:30 p.m. to 6:30 p.m. Please RSVP to Katherine Phillips at kphillips@mdcoastalbays.org if you would like to attend. The class will take place at the Maryland Coastal Bays Program office, located at 8219 Stephen Decatur Highway Berlin, Maryland.

The surveys will take place in the Coastal Bays including brackish-water

creeks throughout the designated week. Counts take place both on water and on land. From motorboats to kayaks and SUPs, all are encouraged to participate.

Terrapins are the only turtle occupying brackish water, but other turtles, such as snapping turtles, may venture into more brackish water, so it's important that you are trained to identify the correct species.

Locations of surveys will depend on the number of crews that are available and may take place in all of Maryland's Coastal Bays. If you are interested in participating in the survey, please contact Katherine Phillips at kphillips@mdcoastalbays.org or by calling 410-213-2297 ext. 109.



Wounded Warrior Bull and Shrimp Feast

Date : May 26th 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.

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Hurricane Preparedness Week is a reminder to stay ready

National Weather Service Hurricane Preparedness Week (May 6-12, 2018) is your time to prepare for a potential land-falling tropical storm or hurricane. After last year's disastrous storms Harvey, Irma, and Maria, the U.S. probably won't see much of a reprieve this year according to early season forecasts. A total of 14 named storms, seven hurricanes and three major hurricanes, can be expected this season.

It only takes one storm to change your life and community.

"We work hard every year to try to educate the public on the dangers of tropical storms and other severe weather," Worcester County Emergency Services (WCES) Director Fred Webster said. "Tropical cyclones are among nature's most powerful and destructive phenomena, affecting both coastal and inland areas."

Each year, many parts of the United States experience heavy rains, strong winds, floods, and coastal storm surges from tropical storms and hurricanes. As we have seen in past seasons with Hurricanes Sandy and Matthew, the Atlantic coast is no different when it comes to the threat of tropical systems.

"Planning now for this season can

help you avoid the rush when a storm approaches the Atlantic coastline" Webster said. "The unprecedented hurricane season of 2017 showed us the destructive nature these storms and what they are capable of. Worcester County has been extremely fortunate not to have been directly impacted by anything stronger than the Tropical Storm remnants of a Category 1 or 2 Hurricane."

Hurricanes can cause loss of life and catastrophic damage to property along coastlines and can extend several hundred miles inland. The extent of damage varies according to the size and wind intensity of the storm, the amount and duration of rainfall, the path of the storm, and other factors such as the number and type of buildings in the area, the terrain, and soil conditions.

"Many areas of the southern U.S. are still trying to recover from last year's storms," Webster said. Having a family emergency plan in place before bad weather arrives is key. Hurricane preparedness information that can help you and your family develop an emergency plan is available online at www.co.worcester.md.us/departments/emergency or mema.maryland.gov.

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.worcestercountyartscouncil.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.

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



We do that!

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Sunday 9:00AM
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410-641-6000



Contribution - Tom Sites, Principal of Berlin Intermediate School and co-owner of the Fenwick Islander Motel in Fenwick Island DE, recently made a contribution of \$5,000 to the Worcester County Education Foundation, on behalf of the Fenwick Islander Motel.

Pictured: L to R: WCEF Vice Chair **Greg Shockley**, Berlin Intermediate School Principal **Tom Sites**, Superintendent of Worcester County Schools **Lou Taylor**, WCEF Chairman **Todd Ferrante**.

Discover Your Watershed program offered

The Maryland Coastal Bays Program (MCBP) will be hosting the second series of the 'Discover Your Watershed' program, Saturday, May 12 at the Lizard Hill Restoration site from 10 a.m. until 1 p.m.



Originally a large sand pit, Lizard Hill is now a spectacular 30-acre Atlantic white cedar community, a once very common ecological community of trees that is now virtually non-existent in Maryland. The objective of this restoration project is to reintroduce this native tree while also reducing nutrient inputs into the St. Martin River.

Lizard Hill is a State Highway Administration (SHA) property so public access is very limited. This Discover Your Watershed program is a great opportunity to see and experience this successful restoration project first hand.

This watershed event will be a Citizen Science Bio Blitz! This will involve looking for birds, reptiles, amphibians, plants, fish, and

macroinvertebrates, and recording what we find! If you don't know too much about the plants or animals in this area, don't worry about it...we will have experts there to assist us in identifying all the critters. This event will be all about learning, having fun, and collecting valuable scientific data!

This is the perfect opportunity for school groups, church groups, families, and individuals to explore a MCBP management property that is typically closed to the public.

Lunch will be provided after the event. Long pants, old shoes or boots, sunscreen, and bug spray are encouraged. This event is free and open to the public.

Please RSVP by contacting Amanda at amandap@mdcoastalbays.org or call 410-213-2297 ext 103.

The third program will be held September 15 10 a.m. to 1 p.m. at Grays Creek.

Discover Your Watershed series is a program dedicated to providing residents and visitors the opportunity to explore and learn about area restoration properties in the coastal bays watershed. Our first Discover Your Watershed event was a great success as over 30 volunteers participated in the Bishopville restoration project last month.

Ways to commemorate Mother's Day when mom has passed away

Losing a loved one is never easy. Whether the loss is recent or not, many people find the void created by a loved one's passing never leaves them. Celebrating holidays or milestones can magnify feelings of loss, and such feelings may surface on Mother's Day among people whose mothers are deceased.

People approach Mother's Day in unique ways when their mother has been laid to rest. Such an experience is extremely personal, and there's really no right or wrong way to mark the occasion. It can be challenging scrolling through other's social media posts about happy brunches and thoughtful gifts. Some, particularly those for whom the wounds may be especially fresh, may opt to avoid the celebration or go through the motions for the benefit of children or spouses. Others may embrace the bonds they had with their mothers by reflecting on their memories. Those opting to stay connected to their mothers this year can recognize that, although Mom may be gone, they are not motherless. While Mother's Day may be painful for people who have lost their mothers, the following are five ways to

make the most of Mother's Day

1. What would make her happy? Take a heartfelt moment to really think about what made Mom tick and brought joy to



her life. Was it pouring over recipes in the kitchen? Did mom like to trek to the top of a mountain in her hiking shoes? Pay homage to her by walking in her footsteps and you may just feel a deeper connection.

2. Get together with siblings. If you are lucky enough to have siblings, you can share the day together. This way you can remember the happy times, comfort each other and laugh together. If you do not have siblings, consider a visit with an

aunt or uncle or another close relative who may be feeling the loss, too.

3. Relay fond stories to others. Celebrate Mother's Day by doing things to ensure Mom's spirit and personality live on. Bring up fond stories of Mom with your spouse, friends or your own children. Help blur out the sadness of the loss by focusing on happy memories, such as those depicted in family photos.

4. Put mom front and center. Take out a beautiful photograph of your mother and display it in a prime location in the house. This way you may feel like

she is sharing the day with you, and you can think about her fondly each time you see the photo.

5. Enjoy your favorite childhood meal. Whether Mom was a master chef or could not boil water, there is bound to be a meal you associate with her. If that special meal is Chinese takeout or a slow-cooked roast, enjoy it on Mother's Day in her honor.

Coping with loss on Mother's Day is seldom easy. With time and by focusing on the positive, people who have lost their mothers can enjoy Mother's Day.

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www.bookandtoygarden.com

New veterans center opens at Wor-Wic

With funding from a \$1.32 million TRIO Veterans Upward Bound grant, Wor-Wic Community College is inviting Lower Eastern Shore veterans who are interested in continuing their education to visit the new veterans center that recently opened on campus.

Area veterans who are low-income or potential first-generation college students, whether they are interested in attending Wor-Wic or any other higher education institution, can obtain help with career exploration; placement testing for math, reading or writing; financial literacy; the college admissions process; applying for financial aid; evaluating military transcripts; academic advising, mentoring and coaching; GED completion; academic tutoring in math, English, writing or basic computer skills; study skills preparation; or referrals to local community agencies and regional veterans service providers.

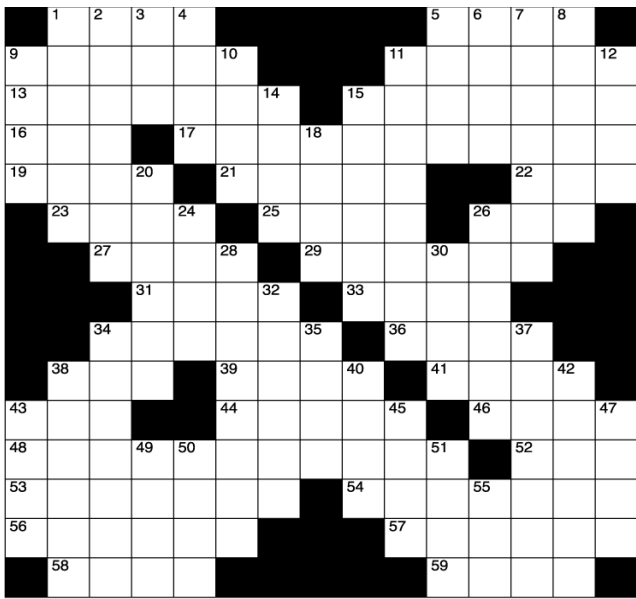
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CLUES ACROSS

1. As fast as can be done

5. WC's

9. Religious retreat

11. Warfare

13. One you wouldn't expect

15. Disease-causing microorganisms

16. For each

17. Grammatical term

19. One point east of southeast

21. ___ Dern, actress

22. Popular HBO drama (abbr.)

23. Shampoo

25. Scale drawing of a structure

26. An enclosure for confining livestock

27. Goat-like mammal

29. Cigar

31. Appear
33. "Westworld" actress ___ Rachel Wood

34. Leaked through

36. The highest adult male singing voice

38. Musical group ___ Soundsystem

39. Aurochs

41. Crazy (Spanish)

43. Swiss river

44. Strains

46. Frock

48. Found in most body tissues

52. Cool!

53. Reasons behind

54. Christian recluse

56. Removes

57. Repents

58. Energy

59. Tailless amphibian

CLUES DOWN

1. Not awake

2. Type of dessert

3. They ___

4. Retired Coast Guard admiral

5. Gene positions

6. Exclude

7. One who is bound

8. Where drinks are served

9. Small vipers

10. Blackbird

11. Adventurer

12. Shade

14. A way to gain

15. A salt or ester of boric acid

18. Monetary units

20. Removed

24. "My country, tis of ___"

26. Horses
28. Drives back by force

30. Bold, impudent behavior

32. Rates

34. Types of nerves in males

35. A ridge of sand created by the wind

37. Wind instrument

38. Pakistani city

40. Dry or withered

42. Delivered a speech

43. Peak

45. Small waterbird

47. Days falling in mid-month

49. Elvis' daughter

50. Flat and smooth

51. Dallas Cowboys great Leon

55. What cows say

A	B	E	D		P	P	M		U	L	A	N
R	O	V	E	D		A	R	A		N	A	D
U	N	E	V	E	N	P	O	D		C	H	I
M	A	R	I	S	A	P	O	E		L	O	O
					A	R	T	I		F	I	C
S	Q	U	E	L	C	H		E	R	A	S	E
S	U	N	R	I	S	E		D	A	L		
C	O	H	A	N					I	D	L	E
					A	M	A		M	A	F	I
					A	T	T	A	R	A	R	O
					F	O	R	E	C	A	S	T
T	A	R	A		A	B	C		A	N	A	L
A	C	T	S		B	I	O		S	I	C	I
L	E	A	H		R	A	N		A	E	S	I
I	D	L	Y		E	N	E		R	A	N	I

Answers for May 2

My first trip to Aruba

By Jean Marx

I recently felt the calling to take a new trip. Granted, the weather outside was still cold. Perhaps desiring to find a warm, tropical climate to shake off the winter blues played a part in the calling. Perhaps it played a big part. Nonetheless, my destination was Aruba, a place I had never been before. Having gone there, I would welcome with open arms the chance to go again.

Geographically, Aruba is considered part of the Caribbean. What is amazing and quite fortuitous is the way the island is situated just north of the top of Venezuela in a location that is off the path of the Caribbean hurricane belt. It is the western-most country in what is known as the ABC Islands consisting of Aruba, Bonaire, and Curacao in the Lesser Antilles. The island only covers a total of 75 square miles, but there is surprisingly a lot of variety of terrain and things to do that make a week's vacation in Aruba seem to fly by.

To give a brief history of the island, its first inhabitants were the Caquetio Indians of the Arawak tribe from Venezuela who lived in small family groups from approximately 2500 BC – 1515 AD. Their rock paintings and carvings still exist; they can be found in caves such as Fontein Cave in Arikok National Park. In the early 1500s, Alonso de Ojeda, an explorer from Spain, "discovered" the island and became its first governor. Under his rule, he enslaved many of the Caquetio Indians. In 1636, Spain lost Aruba to Holland as part of the Eighty Years' War, and the Dutch set up a naval base with a steady salt supply. Aruba became part of the Netherlands Antilles in 1845, until such time that political activist, Betico Croes, helped Aruba successfully secede in 1986. Today, the country still receives its national defense from the Netherlands, but it is considered an autonomous region that is responsible for its own currency, policies, and laws. A fascinating by-product of the countries that have played a part in Aruba's history is that the native language of Papiamentu has become their own unique blend of English, Spanish, and Dutch.

The capital of Aruba carries the

Dutch heritage in its name of Oranjestad. Its literal translation is "Orange Town," and it is the largest city on the island. The title of the city points to its connection to the Dutch royal color. While driving through the capital, you can see picturesque homes and buildings in the bright hues that the Netherlands is known for, such as blue, aqua, yellow, pink, red, and green. There are also statues to be found of Anne Frank and Queen Wilhemina. The queen was particularly beloved for her weekly broadcasts to her people following the Nazi invasion in May 1940. The invasion had caused her to evacuate with the royal family



to Britain for the duration of the war. She held the throne from 1890 until her abdication in 1948 due to failing health.

Another charming set of statues you will find in Oranjestad are eight blue horse sculptures that are scattered throughout the city. Each horse represents a different strength of the horses that made up Aruba's bustling horse trade in the 17th Century. At that time, the city was called "Paarden Baai," which means Horses Bay. It so happened that one of my favorite excursions during my week in Aruba was to take a sunrise horseback ride tour of the island that took me along beautiful rocky paths up hillsides and along the ocean. That was definitely one of the highlight moments of my trip, and it made me love the blue sculptures all the more.

At a Bon Bini Festival held in Oranjestad every Tuesday evening, I was excited to learn a few words in Papiamentu. "Bon bini" means Welcome, "Sun Chi" means Kiss, "Mi Ta Shimabo" means I Love You, and "Ayo" means Goodbye. Ayo for now, but please join me next time for part 2 where I discuss exciting and gorgeous places to visit on this island paradise.

How to make the post-maternity leave transition back to work go smoothly

The average length of maternity leave varies depending on geography, but the vast majority of new mothers take time away from work upon giving birth. Maternity leave affords women the opportunity to connect with and provide for their babies, while hopefully giving new mothers some time to recover from childbirth as well.

When maternity leave ends, the transition back to work can be difficult. New mothers often struggle when the time comes to leave their babies at day-care, with a nanny or with a relative. Adding to that emotional difficulty, women also face the task of diving back into their careers and all the responsibilities that come with those careers. While returning to work after maternity leave can be difficult, the following tips might help women make the transition go more smoothly.

Give yourself a grace period. Even if

you are accustomed to going full bore at the office, the first days or even weeks after returning from maternity leave will be anything but ordinary. Give yourself a grace period upon returning to work, gradually easing back in rather than expecting to dive right in with both feet on your first day back. Not taking on too much too quickly can help you adjust to your new reality and give you time to cope with any emotions you might be feeling about leaving your child with a caregiver.

Arrange to work remotely one or two days per week. Another way to reduce the likelihood of being overwhelmed upon returning from maternity leave is to attempt to work remotely one or two days per week. Speak with your employer about making such an arrangement permanent or temporary, explaining how even working from home just a single day per week might help you calm your nerves about dropping a child off with a caregiver. Thanks to the cost savings and advancements in technology, many employers are now more amenable to allowing staffers to work remotely. But new moms will not know their employers' point of view on working from home unless they ask.

Take the full leave. A 2013 study published online in the "Journal of Health Politics, Policy and Law" found a direct link between the length of maternity leave and the risk of postpartum depression. Researchers followed more than 800 women in their first year after giving birth and found that women at six weeks, 12 weeks and six months of maternity leave had lower postpartum

Please see **maternity** on page 15



Afternoon on the Lawn co-chairs **Carol Rose, Melissa Reid and Lisa Cook**

Berlin Heritage Foundation to host event

The Taylor House Museum will celebrate the incorporation of Berlin as a town at its Afternoon on the Lawn – A Vintage View of Berlin.

Join the celebration under the tent at the Calvin B. Taylor House Museum on Sunday, June 10, from 2 p.m. to 5 p.m. Enjoy Eastern Shore tastings while you stroll around our historic grounds.

During the afternoon we will have vignettes highlighting some of the museums artifacts accompanied by men and women in period dress.

Committee co-chairs Melissa Reid,

Carol Rose and Lisa Cook are "thrilled to showcase some of the museums keepsakes/exhibits outside under the tent. Sharing these treasures with townspeople is a nice way to perpetuate the support of the town's history museum."

Tickets are \$50 per person and include food tastings and two glasses of wine or beer. A cash bar will be available. Contact the museum for tickets by June 5, at 410-641-1019, or email taylorhousemuseum@verizon.net.

TIPS classes available

The Worcester County Health Department is offering discounted TIPS (Training for Intervention Procedures) classes and certification to Worcester County alcohol-licensed establishments. TIPS training is shown to decrease an establishment's chances of alcohol violation

penalties, keep our community safer, and increase customer satisfaction.

Trainings are \$45.00 per participant and are scheduled for:

-12:30-4:30 p.m. on Monday, May 21, 2018 at the Ocean City library.

-12:30-4:30 p.m. on Monday, June 4, 2018 at the Ocean Pines library.

Free trainings for one-day, non-profit events are also available throughout the year upon request.

Participants will leave this responsible beverage sales training prepared to: recognize the signs of intoxication; spot underage drinkers and prevent sales to minors; intervene quickly and confidently in potential problem situations; understand the difference between people enjoying themselves and those getting into trouble with alcohol; and, use proven strategies to prevent alcohol-related problems.

For more information or to register, please call Lois Twilley at 410-632-1100, ext. 1116

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EOE

Tide and Sun Chart

* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide

DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., May 10	4:03 a.m. 4:32 p.m.	10:19 a.m. 10:41 p.m.	5:54 a.m.	8 p.m.
Fri., May 11	4:54 a.m. 5:20 p.m.	11:06 a.m. 11:35 p.m.	5:53 a.m.	8:01 p.m.
Sat., May 12	5:42 a.m. 6:07 p.m.	11:52 a.m.	5:52 a.m.	8:02 p.m.
Sun., May 13	6:28 a.m. 6:53 p.m.	12:26 a.m. 12:38 p.m.	5:51 a.m.	8:03 p.m.
Mon., May 14	7:15 a.m. 7:39 p.m.	1:16 a.m. 1:23 p.m.	5:50 a.m.	8:04 p.m.
Tues., May 15	8:03 a.m. 8:27 p.m.	2:05 a.m. 2:08 p.m.	5:49 a.m.	8:05 p.m.
Wed., May 16	8:52 a.m. 9:17 p.m.	2:54 a.m. 2:55 p.m.	5:48 a.m.	8:05 p.m.

Beginner's guide to enjoying kayaking

Kayaking is a water sport that can be beneficial to the mind and body. Just about anyone willing to spend a day on the water can benefit from learning about kayaking and how to get started with this rewarding activity.

The history of kayaking is interesting. The word kayak means "hunter's boat," and the Inuit used to rely on these small vessels to catch food by sneaking up on their prey from the water's edge. Some people still hunt and fish from their kayaks, but many

are happy to use them for sightseeing and exercising.

"Paddlesports are increasing in popularity among Americans who desire to connect with the outdoors," said Christine Fanning, executive director of The Outdoor Foundation. The Outdoor Foundation and The Coleman Company, Inc., found in a Special Report on Paddlesports that 21.7 million Americans enjoyed paddling on rivers, lakes, streams, and other waterways in 2014, the most recent year for which data is available.

Paddlesports include canoeing, rafting, kayaking, and stand-up paddling.

Learning how to kayak does not involve a significant initial financial investment. The outdoor experts at REI say there is a good chance a novice kayaker will not go out and buy a boat immediately. It is important to first get a feel for the sport and then go from there.

Although it is not absolutely necessary, it is recommended that novices take paddling lessons to hone their kayaking skills. Learning the proper technique can help people avoid strain on their neck and back and safeguard their arms from fatigue.

Novices should practice on calm waters until their technique is honed. Lakes are a great place to learn, as rivers and places with mild currents can overwhelm those new to the sport.

One of the easiest ways to get in-



troduced to kayaking is to go with an experienced paddler or tour company. Such companies charge a set price for an excursion that will provide transportation to the drop site as well as the equipment needed for the voyage. Tours may include travel down several miles of a rela-

tively calm waterway, allowing novice kayakers to get a feel for paddling and take in the scenery.

Getting in and out of a kayak can be challenging for beginners. The resource Kayakpaddling.net offers helpful illustrations and animated tutorials about entering and exiting kayaks as well as paddling techniques and safety.

Kayakers should bring some essentials along. A dry pack can keep electronics, food and equipment dry. Remember to wear sunscreen and a hat to keep safe from the sun. A life vest also is essential.

Exercise, fresh air and enjoying the open water are just some of the many draws of kayaking.

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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 or 443-668-8864

What car colors may say about drivers

Cars and trucks may be modes of transportation, but many people see their vehicles as extensions of their personalities.

The color of a vehicle can say a lot about its driver. In fact, automotive experts say color affects drivers' decisions when they are buying new vehicles. In 2015, a survey from PPG Automotive Coatings found the color palette of black, silver, gray, and white makes up 75 percent of new cars on the road. White has been the most popular car color for years, perhaps because neutral tones tend to look new for years, improving resale value as a result.

The Pantone Color Institute periodically highlights popular trends in colors for home decorating, graphic design, fashion, and much more. Their experts know a thing about what color can say about a person. Here is a look at how drivers may perceive them-

selves (and how others view them) based on their color choices in vehicles, courtesy of Pantone, NerdWallet, Thrillist, and Today.com.

White: This color, perhaps thanks to the popularity of Apple products, can often project a persona of a diligent, hardworking person. White is a dependable color that also is sleek and modern. Many people who prefer white also like the purity of the color and its perceived cleanliness.

Black: Black vehicles have stood the test of time as status symbols. Those who purchase black cars may view them as classic and powerful. Black also conveys elegance. That is why limousines and hired cars are

often black.

Silver: Silver cars may have futuristic connotations because of their metallic hues. Silver vehicles also can be elegant and prestigious. A certain element of modernity is associated with silver cars and trucks.



Gray: People who choose gray vehicles may be less concerned about status and more interested in a vehicle that blends in with the crowd. This no-nonsense hue could be ideal for cautious, even-keeled drivers who like to go with the flow.

Blue: Light blue to mid-blue cars convey a sense of calm and coolness. Blue is a dependable color and may indicate the person behind the wheel is friendly. Dark blue can be a confidence-booster and also signal author-

ity, as many police cruisers and law enforcement uniforms feature deep blue.

Red: People who own red cars probably like flash and attention. They are likely magnetic personalities who enjoy standing out in a crowd.

Brown/beige: These earth-toned shades may indicate a person who is not pretentious, but easygoing and fiscally responsible. Reliability and comfort is prized above flashiness for those who go brown and beige.

Green: Green cars indicate owners who have a very strong sense of self and care little about what others think of them. They may be the people who march to the beat of their own drums. But the popularity of green cars peaked in the 1990s, so fewer green cars may be on the road today than in the past.

Vehicle colors may say a lot about the people behind the wheel.

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clinic

from page 4

Hill, Thursday, May 17, 5:30 - 7:00 p.m.

While raccoons are the most frequent carriers of rabies, a deadly viral disease, in Maryland, domestic pets are also at risk. Cats are the number one domestic animal species most likely to be unvaccinated and are at a higher risk of exposure to rabid wildlife while outdoors.

Worcester Health offers the following tips for avoiding contact with rabies this spring:

Have your dogs, cats, and ferrets vaccinated regularly and keep those vaccinations current in accordance with the law, especially outdoor cats.

Do not let your pets roam free—they are more likely to have contact with a rabid wild animal.

Avoid feeding your animals outside; this draws stray and wild animals to your doorstep. If you must feed outdoors, do not leave the food out overnight and clean up any spillage. Cover your garbage cans securely.

Avoid sick animals and those acting in an unusual manner and teach your children not to approach wild

animals and animals they don't know.

If your pet has contact with a wild animal, avoid touching your pet with bare hands (wear gloves) and do not touch the wild animal. Report the incident immediately to the Health Department or your local police in order to arrange testing of the wild animal, if available, and consult your veterinarian.

At the clinics, all dogs must be leashed and under the control of an adult while all cats and ferrets must be in a carrier or box with air holes. For further information regarding the clinics, please call 410-641-9559 or 410-632-1340. For more information on rabies visit www.worcester-health.org

bike

from page 6

the road.

"Ride in a straight line and don't swerve between parked cars," said Sawyer. "Bicyclists should signal turns and check behind them well before turning or changing lanes."

For more information on bicycle safety, visit the Ocean Pines Police Department's web page at www.ocean-pines.org/administration/police/.

maternity

from page 11

depression scores than their peers who returned to work. Postpartum depression can produce a host of unwanted symptoms, including a lack of interest in daily tasks and too little sleep, each of which can affect a mothers' performance at work. By taking the leave afforded to them by their employers and/or local laws, women may reduce their risk for postpartum depression, which can make their transitions back to work that much easier.

Take breaks during the day. Frequent, short breaks during the workday can benefit all employees, but especially new mothers returning to work after maternity leave. Returning to work can feel overwhelming, and routine

breaks provide mothers with chances to catch their breath. Studies have indicated that such breaks also can reenergize workers, an especially useful benefit for new mothers who are likely not getting as much sleep as they were



accustomed to prior to giving birth.

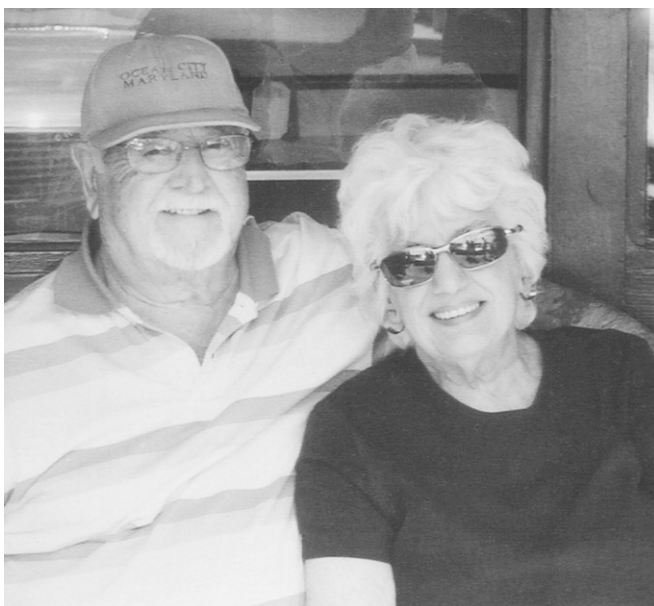
Returning from maternity leave can be hard on new mothers, but there are ways to make the transition go smoothly.

boys

from page 3

money for his family. His dad was a drunk who worked as a mason when he could find work. He would bring Phil along to mix cement and carry the buckets for him. He would never pay

beat Phil's mother which left a huge imprint on Phil. Phil was the second oldest of five children and worked many odd jobs to give his earnings to his mother to help pay for basic necessities. It was Phil's job cleaning the embalming tables at Pastorelli Funeral Home that earned him the nickname that would stay with him all his life of "Funeral," given to him by his Mob boss. In the years leading up

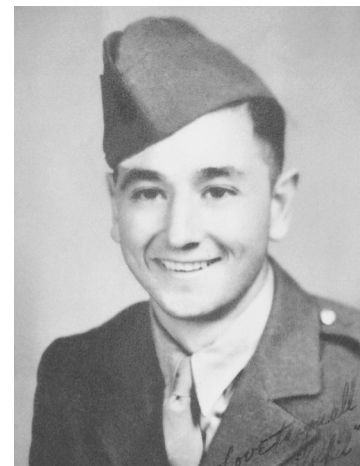
Phil and Lorraine

Phil, instead spending his money in bars. When his father returned home from his nights of drinking, he often

to World War II, Phil's boss recruited him to become a street fighter so that the Mob could bet on his fights. During this time, Phil met a woman who lived on the third floor of his building, who happened to be a madam of a local brothel. The woman became a friend and confidante to Phil; she also taught

him to read since Phil's father pulled him out of school in the fifth grade.

When World War II came along, Phil sought to do his civic duty by enlisting first in the Horse Cavalry. Before the war, he had befriended the owner of Colonial Stables who let Phil

**Phil during World War II**

care for and then ride a beautiful horse he'd named "Brown Eyed Suzy." The Horse Cavalry lasted only a year and then Phil became an M8 armored car driver in October 1942. He spent the next two and a half years in harrowing combat, losing men in his unit including several senior officers. The horrors of the war in its many facets also left indelible imprints on Phil's psyche.

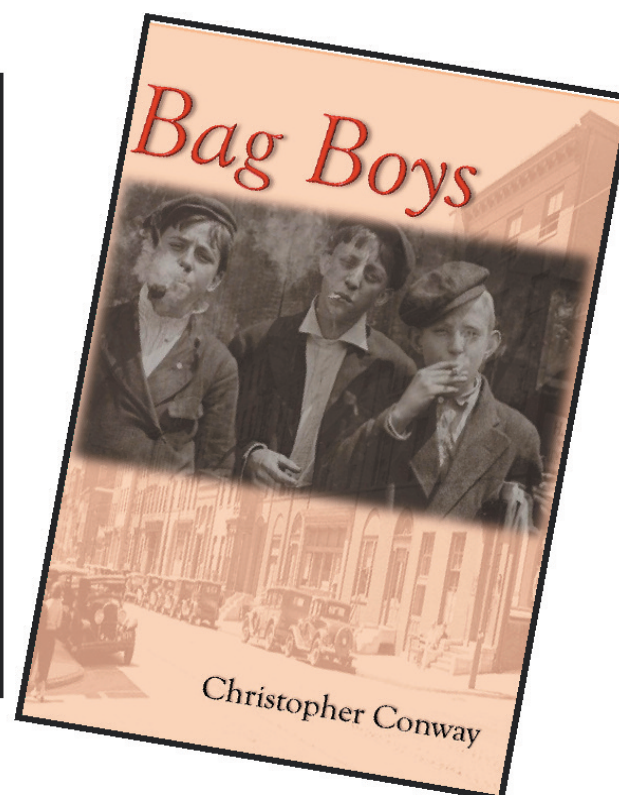
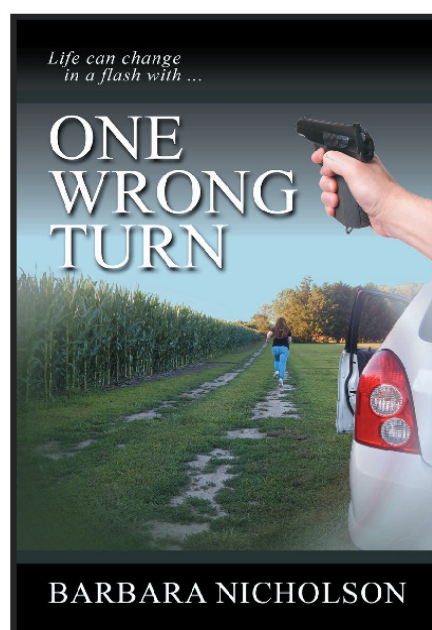
Upon returning from the war, Phil was deemed a hero in his neighbor-

hood streets of The Block. He soon falls back in with the Mob for a steady source of income. He and his fellow "Musketters" become enforcers to handle unruly or non-paying customers at the brothel. Throughout these years and also during the war, Phil was plagued by the same recurring nightmare of feeling like he can't escape the darkness in his life. Phil meets his future wife Lorraine in the Department of Motor Vehicles and he first wins her over and then eventually wins the grudging approval of his father-in-law.

Lorraine is the one who plants the seed that brings Phil to Jesus. It is not a straight nor easy road, and Phil feels resistant and unworthy due to his many transgressions. With writing that is interspersed with wit, history, accounts of Phil's antics, the brutal realities of war, and the inner struggles we face in life's crises, Chris introduces a very human and remarkable man to us in Phil Sigismondi. The story is sure to inspire you.

Bag Boys, available in both soft-cover and as an e-Book, can be found on Amazon.

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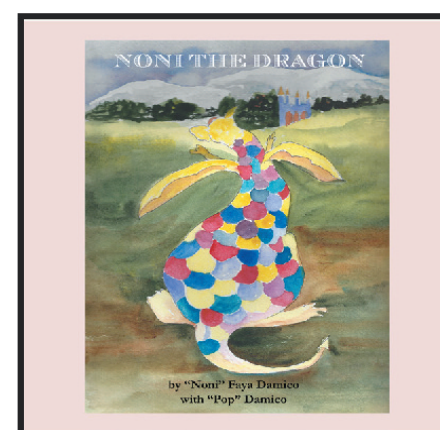
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