

The Courier

May
16
2018

Volume 18 Number 37

WCDC to again host golf tourney

The Worcester County Developmental Center (WCDC) will hold its 12th annual golf tournament on Tuesday, June 12, at the Ocean City Golf Club. Bill Gibbs and The Dough Roller family is again leading the way as event sponsors, and Cecil Tull is at the helm for his 12th year as tournament chair.

Over the past 11 years, this time on the course for a great cause has raised money for adults who live with an intellectual disability in Worcester, Wicomico and Somerset Counties. The money has purchased commercial laundry equipment, catering ware, lawn mowers, pallet jacks and hand trucks which have both provided employment for the WCDC clients and helped prepare them for jobs in the community.

The day will include 18 holes on the Seaside Course, buffet lunch and full dinner prepared and served by the clients of WCDC. Also included will be drinks on the course, an open bar post play and a door prize and goody bag for every golfer.

Registration and lunch open at 12:30 p.m., followed by a shotgun start at 1:30 p.m.

If you cannot golf, you can help the WCDC cause through various levels of sponsorship or by donating gifts and prizes for the golfers. For more information about the tournament, go to the WCDC website, www.wcdcservices.com, contact Jack Ferry at 410.632.2382, ext. 117 or Cecil Tull at 410.213.2022.

For more information about the WCDC programs, go to the website or call Jack Ferry. WCDC is a member of the United Way, the Ocean City, Berlin, Ocean Pines and Snow Hill Chambers of Commerce.

Cheerleading tryouts scheduled

Twist Elite All Stars Cheerleading is hosting tryout for the 2018-2019 competitive cheerleading season. This evaluation will take place at 6 p.m., Friday, May 18. The cost is \$10 per child. Any boy or girl from the age of five to 18 is welcome to tryout. Try outs will be held at Berlin Activities Depot located at 10008 Old Ocean City Blvd. in Berlin. For more information call 410-629-0878.



Excellent - Stephen Decatur High School Principal **Tom Zimmer** congratulates Senior **Lily Belle Baker** at the WeXL Scholastic Banquet held at the Roland E. Powell Convention Center in Ocean City last week.

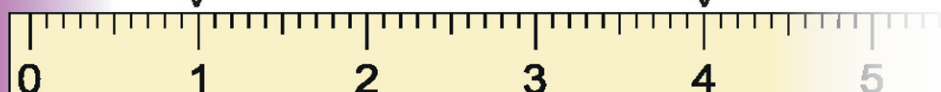
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Community Calendar

May



Bertino to hold town meeting

Worcester County Commissioner Chip Bertino will host a town meeting on Saturday, May 19, at 10 a.m. at the Ocean Pines library. He will discuss issues and developments impacting the Ocean Pines district and the county. Commissioner Bertino’s guests include Health Officer Becky Jones and Assistant School Superintendent Steve Price.

Ms. Jones will discuss county health issues as well as services offered by Worcester County Health Department. “I’m very pleased Becky will join us,” Bertino said. “She is an asset to our county, and I know people will learn much from her.”

Mr. Price will talk about continuing efforts to improve safety in the county’s 14 public schools. “Given the unfortunate events in schools around the country and in Southern Maryland, Steve’s comments will be very helpful to residents who are concerned about ensuring school safety,” Bertino said.

Commissioner Jim Bunting will join the meeting as well.

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.

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		

Dem women’s club to meet

The Democratic Women’s Club of Worcester County will meet Monday, May 21 in the Asateague 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.

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.

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 Asateague 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.

Paint party set

The Twist Elite Boosters Club will host a paint party on Friday, June 1, from 5:30 p.m. to 8:30 p.m., hosted by Justa Design. It will be held at Waterman’s Seafood Company. The cost per person is \$40. The paint theme will be beach inspired. Tickets must be purchased in advance. A percentage of the proceeds will go towards offsetting the cost of competitions for the team. To purchase ticket and additional information, please contact Shelly Olafsson (209) 277-0001.

Changing bodies, healing minds, and saving lives

By **June Freeman**

Catch A Lift began as a result of a tragedy that no parent or sibling should ever have to endure. While serving in Afghanistan in 2009, Chris Coffland was killed by a roadside bomb. Chris was bright, free spirited, and a good soul. He graduated from Washington and Lee University and pursued a doctorate at Washington State University. His love of adventure was evident in some of his escapades like playing professional football in Finland, living with a tribe of pygmies in Gabon, Africa, and coaching in Australia. Then in an instant he was gone.

Dave Coffland, father of Chris Coffland who resides in Ocean Pines, explained how the idea for Catch A Lift took shape. "My daughter and granddaughter were taking a walk while trying to decide how to memorialize Chris. Her brother strongly believed in physical and mental fitness." So Chris's sister, Lynn Coffland, decided to create a fitness program for injured veterans who served in Afghanistan.

Catch A Lift which is sometimes referred to as CAL was started in 2010. This nonprofit organization began with paying for wounded veterans memberships to gyms. But their needs were many, diverse and huge. The vets were not only devastated by physical injuries, but many were afflicted

with post-traumatic stress disorder and they were not able to leave the house. So, CAL began to purchase some in-gym equipment and bring it to the veteran's home. When needed, volunteers from The VFW and Legion helped set up the equipment.

Chris's father remembered one vet who had such severe post-traumatic stress disorder that he could not go out in public. His weight went up to 300 pounds and he turned to drugs and alcohol. One afternoon his buddy called him and found out that the possibility of his friend committing suicide was a very real possibility. His buddy

convinced the struggling vet to try Catch A Lift. This program turned his life around. He lost 100 pounds and went from taking twenty-two medications a day to taking two medications a day. Working out his body helped him heal his invisible combat wound. He found a new self. He went on to develop a work-out apparatus for wounded veterans.

CAL continued to morph and grow. The organization developed and instituted a nutrition program, personalized fitness plans, and a peer-support network. Afghanistan vet Jeremiah Montell explained that "Catch A Lift is a community of strong souls that find strength in building one another up, even at our weakest. We are a community that carries many burdens and

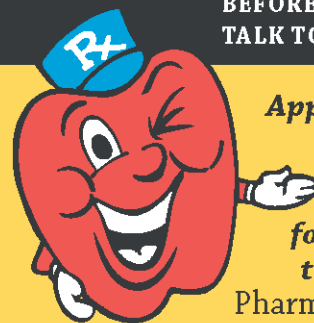
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New officers - Women's Club of Ocean Pines new officers for 2018-2020. Pictured (left to right) are: **Gail Reese**, secretary; **Irene Daly**, treasurer; **Joyce Piatti**, first vice president; **Donna McCracken**, president; **Kay Hickman**, second vice president. Photo by Anna Foulz.

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The Courier

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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

Fresh herbs can transform the flavor of favorite recipes and add a fresh spark to one's palate when used during cooking or as a garnish. People who may not have the space or the inclination to create an outdoor garden should know that many herbs can be grown successfully indoors.



Small in size compared to outdoor gardens, indoor herb gardens can be grown on a windowsill. Indoor herb gardens also can be housed in decorative containers, serving double-duty as living centerpieces on kitchen or dining room tables. Start by finding a container that fits your decor. Punch holes in the bottom, if necessary, to allow for proper drainage. Line the bottom of the container with gravel or perlite to help with drainage, then top with potting soil. Position small herb plants and fill in with extra potting soil. Sage, thyme, dill, and rosemary are good starters, but any herbs will do. Add a top-dressing of peat moss to assist with water retention and help the plants thrive. Place the container in your desired location and enjoy the welcoming aromas and fresh herbs at your fingertips.

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 pm on Monday, May 21, 2018 at the Ocean City library.

-12:30-4:30 pm 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.

Pocomoke River summer camp planned

Worcester County Recreation and Parks (WCRP) staff are pleased to announce the return of the Pocomoke River Camp, which is open to youth in grades fourth through eighth.

Campers will have their choice of canoe, kayak, or paddleboard for the first three days on the river. They will also go fishing and learn about different wildlife and the environment. On the last day, campers will be transported for an extended day trip for more exploring.

The camp will take place Monday-Thursday, June 25 to 28 from 9 a.m. to noon. In the event of inclement weather, the makeup date will be Friday, June 29.

The cost per camper is \$75. To register or learn more, contact Trudy Porch at 410-632-2144, ext. 2520 or tporch@co.worcester.md.us. Visit www.worcesterrecandparks.org/ to learn more about the exciting lineup of WCRP summer camp programs. Also, be sure to like us on all of our social media platforms.



Installation - The Delmarva Chorus of Sweet Adelines held its Installation Ceremony during a party at a member's home. The 2018-19 Management Team: (From left) **Elissa Mulligan** (team leader), **Jean Beatty** (marketing and PR), **Char VanVick** (membership coordinator), **Jeannette Latzo** (performance coordinator), **Catherine Walker** (chorus events coordinator), **Carol Ludwig** (director) and **Barbara Gau** (financial coordinator). Missing from the photo is Debbie Hile Education Coordinator. The duck being displayed in the center represents the "Swim Party in Ocean Pines" which Jeannette won at the Kiwanis Club Wine Tasting auction.

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.

AARP to meet

The next AARP meeting will be Monday, June 4, starting at 9:30 a.m. The meeting will be held at the Community Center in the Assateague room. This month's guest speaker will be Leslie Zimmerman, a home care consultant from Home Instead Senior Care. For more information contact Larry Walton at 443-831-1791.

Proud lefty

Throw me a ball and I'll catch it with my left hand. Yet, take me golfing and I use right-handed clubs. I write left-handed, always have. The world in which I live discriminates against me and those like me because I'm left handed.



It's All About. . .

By **Chip Bertino**

chipbertino@delmarvacourier.com

Right-handed people don't appreciate that the world we share is by default right hand biased. We lefties have to adapt to among other things right-handed scissors, right-handed copybooks, right handed lawn mower pull starts and laptop touch pads comfortably situated for right-handers.

That I recall, I was one of the few left-handed children in grade school. Despite hearing horror stories of nuns forcing lefties to write with their right hands, that fortunately was not something I experienced. However, I still struggled because I had no place to rest my elbow when writing. I had to learn to keep it level with the desk without the support afforded my right-handed classmates who sat in desks made for righthanders.

At the turn of the century, the last century, the nuns manipulated my naturally born left-handed paternal grandfather, forcing him to learn penmanship with his right hand. Other than him, I was the only lefty in my family, until my granddaughter came along. She's a lefty as well, taking after both her grandfathers. That's why she's my favorite granddaughter.

Interestingly, each of my wife's married siblings married a lefty, exemplifying the adage that opposites attract.

I recently read research indicating that lefthanded people possess more developed right brain hemispheres thus making us more creative and better able to grasp abstract thoughts. It's also believed we're independent thinkers, and don't as easily subscribe to "group think." I rather like that conclusion.

Several presidents have been left-handed including Gerald Ford, George W. Bush, Bill Clinton and Barak

Obama. And if that's not enough to impress you so were Albert Einstein and Ben Franklin.

When I was learning scales on the piano, it took time for me to coordinate my right hand. On those occasions when I was picked to play ball in the school yard, there was never anyone's glove I could borrow because they were all righties. When I got my own glove, I was never asked to borrow it because, well, there were no other lefties on the team.

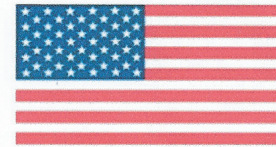
As a kid, I had an old Evinrude five horsepower outboard on the back of my rowboat. Because of the way the steering arm was positioned (for a right-handed person), I had to adapt, sitting in an uncomfortable position so as not to capsize the boat. In time, it became second nature and I thought no more about it.

Like most if not all lefties, I've learned to get along in a world that discriminates against me. So accustomed have I become in this right-handed universe of ours that doing some things lefthanded is now uncomfortable. Many years after learning to golf with righthanded clubs, I attempted to play lefthanded using a friend's clubs. I couldn't get the hang of it. I'd like to say my game was impaired, but in that regard, I'm ambidextrous.

When I go down a list to check off completed tasks, my check marks look to some to be backwards. They are not. When sitting at a dining table among all righties, I've learned to bring my left elbow in when eating so as not to bump the rightie eating next to me. Many times I try to sit at the end of the table so there's plenty of elbow room.

Years ago when I learned to drive stick shift my learning curve was two-fold. There was coordinating the depression of the clutch with the movement of the gear shift. And, there was learning to "think" with my right arm. The sensation was uncomfortable and unnatural but I eventually got the hang of it.

As a representative of South Paws hither and yon, I am reminded of a quote I once read: "God created a few perfect people, and the rest will just have to live being right handed."



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

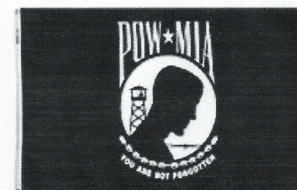
Draft Beer and Sodas, Cash Bar

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.

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 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 unvacci-

nated 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.worcesterhealth.org



Bob Purcell with family and friends

Purcell raises money for Hospice

Bob Purcell, Coastal Hospice board member and president of Showell-based Beachwood Inc.: Custom Builders, decided this spring he wanted to do more to support the construction of the Macky and Pam Stansell House of Coastal Hospice at the Ocean. He wanted to start a fundraising effort in addition to helping build a section of the hospice residence set to open in 2019.

A group of family and friends joined Bob to walk on May 5 at Assateague Island State Park to benefit Coastal Hospice and the Stansell House. Through donations from supporters, he raised more than \$10,000. Coastal Hospice continues to fundraise for the construction of the Stansell House, which will be the first of its kind for the Lower Eastern Shore of Maryland.

"I believe wholeheartedly in the incredible, compassionate work of Coastal Hospice as a board member and a member of this community,"

Purcell said. "I want to do anything I can to help build the Stansell House."

The Stansell House will be a hospice home and outreach center for patients in the region who lack adequate support. The residence will provide the dignity of hospice care with the comforts of home. Twelve patient rooms will provide safety and privacy, yet accommodate family members who wish to stay overnight. Outreach programs will include volunteer training, grief counseling and support groups open to the community.

"It is through the generosity of individuals like Bob Purcell who are making the vision of this hospice home a reality," said Coastal Hospice President Alane Capen. "I am touched by Bob's overwhelming commitment to this important project to meet the health care needs of our community."



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.

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Let's respect them for their courage;
They're ready to do what's right
To keep America safe,
So we can sleep better at night.

Let's support and defend our soldiers,
Whose hardships are brutal and cruel,
Whose discipline we can't imagine,
Who follow each order and rule.

Here's to those who choose to be warriors
And their helpers good and true;
They're fighting for American values;
They're fighting for me and you.

By Joanna Fuchs



Memorial Day

Monday, May 28
11 a.m.

*Worcester County Veterans
Memorial at Ocean Pines*

*Join us as we honor those
who have made the ultimate
sacrifice so we may live free.*

Safe boating class scheduled

The next Safe Boating Class is scheduled for June 4, 5 and 6 at the Ocean Pines library. The class will run from 6 p.m. until 9 p.m. each night.

The State of Maryland requires that everyone born after 1 July, 1972, needs to pass the Maryland Safe Boating Class and have their certificate with them when operating a powerboat; however, it's highly recommended that everyone who wants to be informed about safe boating regardless of their age or experience take the class.

Taught by Maryland and USCG Auxiliary certified instructors, the class is a fun and relaxing three night event culminating in the administration of the Maryland Department of Natural Resources (DNR) test and awarding of the Safe Boating Certificate.

Perhaps you are starting out in boating, or coming back to it – the Maryland Safe Boating Class is a great chance to brush up on your general boating knowledge and get practical boating insight and

advice from Coast Guard Auxiliary Instructors. Besides the state mandated material - legal responsibilities, safety equipment, navigation, good boating practices, the class covers other pertinent



subjects like marlinspike (knots & lines handling), local Ocean City water knowledge, marine radio protocols and, of course, a couple of sea stories.

Class size is limited. Class fee is \$15 per student which includes study guide.

For more information or to register, please contact Barry Cohen at 410-935-4807 or E-mail CGAUXOC@Gmail.com.

Choptank outages scheduled

Choptank Electric Cooperative has a planned power outage this week for certain areas of Ocean Pines.

The outage is scheduled to begin on Tuesday, May 15 at 11 p.m. and end on Wednesday, May, 16 at 5:30 a.m.

According to Choptank Electric Cooperative, the outage will affect 312 members who are located along Paca Court, Mercers Way, Yacht Club Drive, Mumford's Landing Road, Baybreeze Lane, Stone's Run, Carrollton Lane, McHenry Court, North Chase Lane and South Chase Lane.

"This outage is planned so we can perform some routine maintenance and repairs," said Beth Gertsch, manager of Choptank Electric Cooperative Marketing, Communications, & Member Engagement. "We have planned this outage at a time when temperatures & energy consumption are typically lower than usual for the season."

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Peninsula Regional President/CEO **Steve Leonard**, left, and Board of Directors Chairman **Herb Geary**, right, congratulate Worcester County employees **Patrice Aversa**, **Betty Lewis**, **Peggy Reister-Morris** and **Anthony Tull**, from the left, for their years of service to Peninsula Regional Medical Center at PRMC's recent Employee Appreciation Banquet. Not shown are Worcester County honorees **Dinnette Cottingham**, **Joyce Feetham** and **Evelyn Whaley**.

PRMC honors Worcester employees

Steve Leonard, president/CEO of the Peninsula Regional Health System and Peninsula Regional Medical Center, and Herb Geary, chairman of the PRMC Board of Directors, honored seven employees from Worcester County at an employee recognition banquet held recently as a part of National Hospital Week activities.

They included 40-year honoree, Joyce Feetham of Snow Hill; 35-year honorees Patrice Aversa of Berlin,

Dinnette Cottingham of Berlin, Betty Lewis of Snow Hill and Peggy Reister-Morris of Berlin; and 30-year honorees Anthony Tull of Pocomoke City and Evelyn Whaley of Whaleyville.

Leonard, the Board of Trustees, and medical leadership recognized 386 employees with anniversary dates in 2018 of 5, 10, 15, 20, 25, 30, 35, 40 and 45 years of service, who between them account for 5,505 combined years of service.

Flags for Heroes dedication is Saturday

The Rotary Club of Ocean City/Berlin and the Worcester County Veterans Memorial announce the dedication of their first annual Flags for Heroes display. Local businesses and community members are honoring a hero by being a part of this flag display.

Businesses, Organizations and members of our community have become donors or sponsored a flag in the name of a hero in their lives. This first-year effort has nearly 200 flags sponsored. The display will remain through Memorial Day, Monday May 28.

Everyone is welcomed to attend the Dedication Ceremony, this Saturday, May 19, at 11 a.m. at Veterans Memorial Park in Ocean Pines. Following the ceremony you are invited to walk among the flags and read the names of the Heroes who are identified on a medallion on each flag. Sponsors are asked to return on or near Memorial Day to remove their medallion. If needed, please bring a chair for the brief ceremony.

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So we will play my songs on
stringed instruments Isaiah 38:20**



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How to show your appreciation to members of the military

This Saturday is Armed Forces Day. The day is an opportunity to remember and appreciate civilians who join the military and find their lives changed forever upon entering the service. The armed forces shape a person, teaching discipline, humility, bravery, and many other life lessons. Joining the military often means making substantial personal sacrifices, as servicemen and women are typically called away from their families and the comforts of home.

Many grateful men and women want to show their appreciation to those who risk their lives to defend their country, but they may not always know how. The following are a number of ways you can show your appreciation to members of the military.

Thank a service member. If you see a person in uniform, thank them for their service to the country. Use the person's title if you can identify rank, or simply use the respectful terms of "sir or madam." Though a simple gesture, a verbal token of gratitude can go a long way toward brightening a soldier's day.

Volunteer with a veteran's associa-

tion. Volunteering is another way to show veterans and active service members how much you appreciate the sacrifices they have made. Volunteer at a veteran's hospital or help to organize an event that's commemorating the efforts of local veterans and active service members.

Propose an event to honor local service members. Petition a town council for a special parade to honor your community's military personnel, including veterans and active duty members.

Raise funds. Fundraisers are another way to show military members how much you appreciate their service. Collect money for a military-based scholarship, asking a local high school or university to establish the scholarship in the name of a local veteran or active duty service member.

Provide a forum in which a serviceman or servicewoman can share his or her story. Soldiers can offer unique insight on issues that affect civilians, and the community can benefit from servicemen and women who share their stories. When hosting a community event, ask a soldier to be a keynote

speaker.

Send gifts to active military. Make care packages or write cards and thank you notes to stationed troops. Organizations like the USO, Military-Missions.org or AnySoldier.com can ensure your packages make their way into the hands of soldiers.

Help an active duty service member's family. Spouses of active duty military personnel often must handle all of the chores that come with managing a household on their own. To show how much you appreciate a service member's efforts, offer to lend a hand around his or her house. This can make life easier on a service man or woman's spouse, and your companionship may provide a world of good. You can even go the extra mile by organizing a military spouse appreciation night at a nearby church or recreation hall. Offer free babysitting and provide refreshments and entertainment.

Publicly display your patriotism. Active duty service members and veterans joined the military to defend our way of life, and you can show pride for



your country and appreciation for their efforts by hanging a flag outside of your home.

Pick up the tab. Surprise a person in uniform by paying for his or her meal at a restaurant. It's a simple gesture, but it shows how much you appreciate that service member's sacrifice.

Gestures that show military personnel how much you appreciate them need not be lavish. Any and all expressions of gratitude can make a world of difference.

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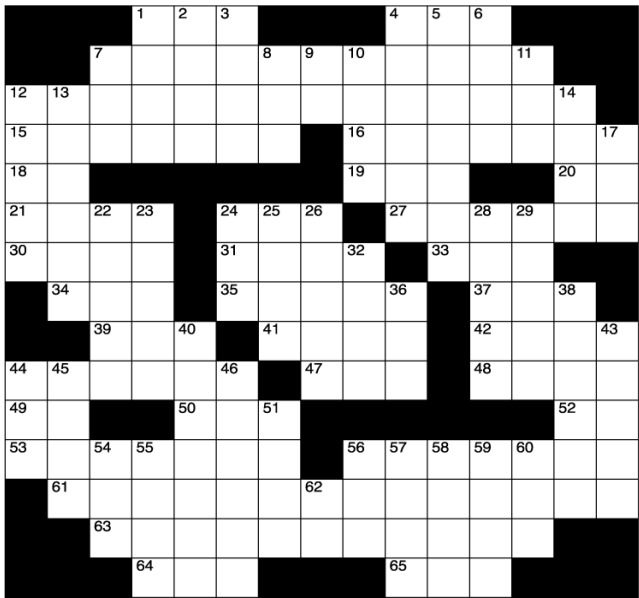
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CLUES ACROSS

1. Small lump

4. Helps little firms

7. A way of performing

12. Lawyers

15. Stirred up

16. Believed in

18. The Bay State (abbr.)

19. Makes computers

20. Sodium

21. As fast as can be done (abbr.)

24. Institute legal proceedings against

27. More compact

30. Ethiopian river

31. Quantitative fact

33. No (Scottish)

34. A concession of no great value

35. Tony-winning actress Daisy
37. More (Spanish)

39. Russian space station

41. Helicopter

42. At the peak

44. Makes ecstatically happy

47. Excellent

48. Material body

49. The Golden State (abbr.)

50. A unit of plane angle

52. Argon

53. Fancy

56. Fried mixture of meat and spices

61. How green plants use sunlight

63. Without wills

64. Unhappy

65. Meat from a pig's leg

CLUES DOWN

1. Mentor

2. Lyric poems

3. A dry cold north wind in Switzerland

4. Trapped

5. Used for road surfacing

6. Cuckoos

7. Prefix away from

8. Seth McFarlane comedy

9. Not out

10. The Simpsons' bus driver

11. Popular HBO drama (abbr.)

12. Acclaimed Indian physicist

13. Removes

14. One-name NBA player

17. Revolutionary women

22. Smell

23. Ground-dwelling songbird

24. Midway between south and southeast

25. American state
26. Keen

28. Khoikhoi peoples

29. Int'l defense organization

32. Samoan money

36. A sign of assent

38. One from Somalia

40. Boat race

43. Trims

44. French coins

45. Indigenous Scandinavian

46. Flew alone

51. Loch where a monster lives

54. Japanese title

55. Pros and ____

56. Present in all living cells

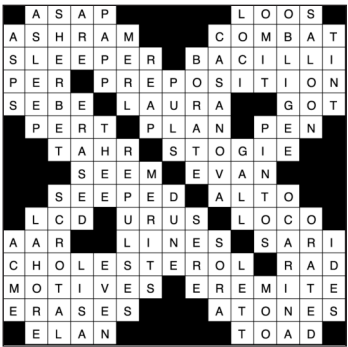
57. Something to scratch

58. Branch of Islam

59. Appear

60. Former CIA

62. Yukon Territory



Answers for May 9

Knots & Knots
Safety Conscience

By **Dan Collins**

Most of us recreational boaters spend less than 100 hours a year on the water. That's the equivalent of a five-hour boat ride every Saturday and every Sunday from Memorial Day to Labor Day. That amounts to spending about 1 % of our life on the water. During the other 99% of the time we are constantly wallowing in our terra firma references.

That's why there is an understandable tad of unfamiliarity and trepidation, even for the veteran boater, when it's time to shove off for the first time in the season. And that's why National Safe Boating Week (NSBW), is annually scheduled in May before the Memorial Day armadas start putting dents in sand bars, docks, and each other. This year, NSBW is May 19 to 25.

NSBW focuses on the two most important factors that contribute to tragedies on the water, not wearing a life jacket and boating under the influence (BUI). Both are well publicized and are addressed in the statutes but there are many other aspects of recreational boating awareness that you need to annually reinvigorate.

First off is the condition of the vessel. Besides the prerequisite requirement that it floats, the motor has to be in good running condition, the batteries need to be healthy and there can be no winter buildup of water in the fuel. Otherwise, there could be an expensive tow in your future.

Next, it's good to check the instruments, lines, anchor and paperwork. Then, after you've cleaned the bottom, checked the navigation lights and flares, your boat should be ready for a free complementary vessel safety inspection by either the USCG Auxiliary or the US Power Squadron.

The more pressing question is are you ready? Safety comes almost naturally on land. We all wear our safety belts in the car and look both ways be-

fore crossing the street because we live in that environment 99% of the time. However, when we step aboard a boat, we're in a dramatically different world. Here are some of the little differences that can become safety issues:

The channels do not have white



Courtesy and respect for the 'Rules of the Road' mandates that you adhere to the posted speed limits and not come in contact with any the buoy or other 'Aid-to-Navigation'. This stressed buoy has been victimized by discourteous boaters ignoring both the buoy that you are not allowed to touch and the obliterated message, "Speed Limit = 6 MPH."

lines down the middle. Instead, red and green lateral buoys can show you the edges and even tell you your direction (Red, Right, Return).

Yield signs are virtual. You need to know the 'Rules of the Road' to determine who has the right of way.

The gas stations are infrequent. That's why there is the 1/3 – 1/3 – 1/3 rule. Expend only 1/3 of your gas going out, 1/3 of your gas coming back, and have 1/3 still in the tank for emergencies when you arrive home.

Boats pitch, roll, yaw and heave a lot more than cars. Legal recreational drugs like Dramamine will help but they may make you drowsy.

NSBW is all about safety. Besides the obvious concerns about life jackets and BUI, we need to embrace a few simple practices to improve safety and enhance the joy of the boating experience. Some of these include:

Pre-trip prep. File a float plan, check weather reports, check health and physical condition of all passengers, make sure everyone has a life jacket that fits, make sure the anchor and rode are ready for emergency use, make sure there is plenty of good gas

please see **safety** on page 15

WCHS opens thrift store

The Worcester County Humane Society (WCHS) Thrift Store officially opened its doors for business on Saturday, May 5. The thrift store located at 12703 Sunset Ave., units 5 and 6 in West Ocean City will be open every Wednesday through Friday from 10 a.m. to 4 p.m. and Saturdays 10 a.m. to 2 p.m. Donations will be accepted Fridays and Saturdays between 10 p.m. to 2 p.m. at the back door of the building only. Donations being accepted are gently used, in season, women's and men's clothing, shoes, purses, jewelry, house goods, books, pet items, and furniture such as chairs, tables, and bookcases. Children's items are not being accepted at this time. Please call 410-213-9400 ahead of time if you have larger pieces of furniture just to be sure there will be room in the store for it.

Thrift store manager, Mary Martinez, has many other fun opportunities lined up for the store as well.

There will be chalk painting classes where you can transform your piece of furniture that needs spruced up into a completely different look as well as wreath and sea glass jewelry making classes. There is a book section in the store with space for a shelter cat to come visit and children can come in and read to the cats. Also in the works will be kitty yoga classes, pet portraits and adoption events.

Worcester County Humane Society depends heavily on donations from the community to care for the many cats and dogs who call the shelter home until their forever families are found. All proceeds from the sale of all items will directly benefit the animals at the no kill shelter.

"The shelter needs the funding," says WCHS Thrift Store Manager and Board Member for WCHS, Mary Martinez. "We are trying to help the shelter be more self-sufficient and hoping the store brings in the financial help, beyond the generous donations from our community."

Volunteers are always needed to work at the Thrift Store in various positions. Anyone interested should call 410-213-9400 or leave message on the store facebook page WCHS Thrift Store.

Worcester County Humane Society, located at 12230 Eagle's Nest Road, is a private, nonprofit, no-kill animal shelter that consistently houses nearly 150 cats and 25 dogs until they are adopted. Visit www.worcestercountyhumanesociety.org Follow the shelter on Facebook and Instagram for available pets and event updates.



Peninsula Regional Medical Center's 2018 Employees of the Year, **Carol Fisher** and **Greg Clendaniel**, are congratulated by **Steve Leonard**, president/CEO, left, and Chairman of the Board of Directors **Herb Geary**, right, at PRMC's recent Employee Recognition Banquet. Each holds a sign that will mark their designated parking locations at the Medical Center for the next year.

PRMC names employees of the year

Carol Fisher of ED/Pediatrics and Greg Clendaniel of Facilities were recently named the 2018 Employees of the Year at Peninsula Regional Medical Center's annual employee recognition banquet held in conjunction with National Hospital Week.

While presenting the Employees of the Year award to each, President/CEO Steve Leonard described both as leaders, mentors and true champions of customer service and patient satisfaction.

Fisher, of Pittsville, MD and Clendaniel of Parsonsburg, MD were se-

lected from a field of 16 candidates who had earned Employee of the Quarter honors in Support and Administrative Services, Nursing Services and Professional Services. Fisher was chosen to represent the nursing and Clendaniel the non-nursing divisions.

Of the many gifts each received for earning Employee of the Year recognition, perhaps none is more coveted than their own designated parking spaces at the Medical Center for the next year.

Zant joins PRMC board

The Peninsula Regional Health System and Peninsula Regional Medical Center has announced the addition of Julius D. Zant, MD as its newest member to the Board of Direc-

tors.

Dr. Zant, who retired from Peninsula Regional Neurosurgery in 2015, had a 36-year career as a neurosurgeon caring for patients on the Delmarva Peninsula. Prior, he served as an assistant professor at the Charles Drew University of Science and Medicine's Neurosurgery and Epilepsy Center in Los Angeles, CA.

Dr. Zant, who has been published numerous times and presented across the nation on issues related to neurosurgery and neurologic disorders and injuries, received his BS in Zoology from the University of Maryland College Park and his MD from the Uni-

Please see **board** on page 15



Julius D. Zant, MD

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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 17	9:42 a.m. 10:07 p.m.	3:44 a.m. 3:44 p.m.	5:47 a.m.	8:06 p.m.
Fri., May 18	10:33 a.m. 11 p.m.	4:37 a.m. 4:36 p.m.	5:47 a.m.	8:07 p.m.
Sat., May 19	11:27 a.m. 11:55 p.m.	5:33 a.m. 5:33 p.m.	5:46 a.m.	8:08 p.m.
Sun., May 20	12:24 p.m.	6:31 a.m. 6:34 p.m.	5:45 a.m.	8:09 p.m.
Mon., May 21	12:53 a.m. 1:27 p.m.	7:31 a.m. 7:39 p.m.	5:44 a.m.	8:10 p.m.
Tues., May 22	1:55 a.m. 2:34 p.m.	8:30 a.m. 8:45 p.m.	5:44 a.m.	8:11 p.m.
Wed., May 23	3 a.m. 3:41 p.m.	9:28 a.m. 9:51 p.m.	5:43 a.m.	8:11 p.m.



Kiwanis supports CCSS

*Pictured (L-R) are Principal of the Cedar Chapel Special School **Belinda Guylas** receiving a \$400 donation from President of the Kiwanis Club of Greater Ocean Pines-Ocean City **Ralph Chinn** after she spoke to the club as the guest speaker of the week on Wednesday May 9. This school serves a very important purpose in Worcester County.*



Donations made

The Women's Club of Ocean Pines is pleased to announce the award of \$1,600 in community donations for 2018. Donations were made to, Ocean Pines Volunteer Fire Department (OPVFD), Ocean Pines Parks & Recreation Department, Coastal Hospice, McGuffey Literacy Program, Mid-Atlantic Symphony Student Outreach Program and the Worcester County Veterans Memorial. Monies are raised by the membership during the year through fundraisers.
*Pictured here (left to right) are officers **Donna Potenza** and **Susann Palamara** with **David VanGasbeck**, the vice president of the OPVFD, and Mike Birkner, president of the Ladies Auxiliary. Photo by Diana McGraw.*



Recognition - Lily Belle Baker, Kasey Clayland, Piper Connors, Michael Mareno, Hallie Edmunds and Stephanie Marx line up at the WeXL Scholastic Banquet, held last week, to receive their awards for 12th Grade Distinguished Honor Roll with Straight As/Four Consecutive Marking Terms.



Fowl help - *The Girl Scouts pitched in on Sunday, May 6 to help rehabilitate two original OC Beach Birds at the Ocean City Center for the Arts. The Birds, part of a 15-year-old public art project, have come home to roost at the Arts Center on 94th St.*
*Above members of Troop 835 Berlin, **Emily Hybki**, **Kiersen Thorne** and **Kendahl Parsons**.*



Acting out - *During a unit on planting, students in Jennifer Fohner's Pre-Kindergarten at Ocean City Elementary School acted out the story, "The Turnip" with Salisbury University Intern, **Cynthia De-laney**. Pictured from left to right are: **Frederick Senger**, **Sophia Ciorrocco**, **Lila Ball**, **Alex Sheldon**, **Emily Pennington** and **Cade Kufchak**.*

Three residents crowned in May Day contest

Three families have received bragging rights for out-decorating neighbors in the first annual Ocean Pines

flowers in a creative arrangement outside of their home or business.

The beautification effort, sponsored by the Ocean Pines Garden Club, attracted 13 participants.

The winning floral arrangement was designed by Robin Wolinski and her daughter, Krysten, both of 24 Brookton Lane.

"The judges felt that their basket, which contained flowers from the yard like dogwood, azal-



Winning floral arrangement by Robin and Krysten Wolinski

eas, tulips and orange lilies, was exceptional," said Anita Roberts, of the Ocean Pines Garden Club. "Also included in the display were a small vase of wildflowers and a 'Happy May Day!' sign."

The second place award went to Susan Kaiser, of 28 Moonshell

Drive.

"The judges found the second place winner's entry to be very unique," said

Roberts. "White carnations were placed on a ball of foam, placed in a cone-shaped basket hanging on a shepherd's hook."

Kaiser's floral arrangement was a treat for onlookers, Roberts said, "The white carnations were topped with red carnations as if it was a cherry on top of a vanilla ice cream cone."

Barbara Ferger, of 5 Oxford Court, took home third place.

"The third place winner designed a beautiful basket of cut flowers," said Roberts. "Roses, Gerber Daisies, Asiatic Lilies, and greens were artfully arranged and placed on a cobalt blue

wrought iron seat."

The Ocean Pines Garden Club hopes that this community-wide beautification contest blossoms into a staple event, similar to the May Day Basket Event in Annapolis.

"Seeing the May Day celebration in Annapolis and the community spirit it sparked was a stimulus in deciding to sponsor the competition in Ocean Pines," said Roberts. "The Ocean Pines Garden Club is thrilled with the success of this first-time community event. They look forward to May 1, 2019."



Celebrating - On April 28, Worcester County NAACP hosted a student event, African American Heritage Celebration, at the Berlin Multi-Purpose Building. Presenters discussed Black History, the Negro Baseball League, technology, the environment, news reporting, as well as, exercising with Zumba.

Above are **Khobjiwe Phiri** and **Nidaja Dancay-Bell**, African American Association Salisbury University, **Laurie Brittingham**, event chair, **Chia-maka Onunkwo** president of African American Association Salisbury University and **Dr. Roxie Dennis Acholonu**, NAACP president.

May Day Basket Event, a spring-inspired community-wide "friendly" contest that debuted in Ocean Pines on May 1.

The event encouraged residents and local business owners to display

Foundation to host Memorial Day ceremony

The Worcester County Veterans Memorial Foundation invites all to attend the annual ceremony honoring those who made the ultimate sacrifice. The ceremony will be held Monday, May 28, at 11 a.m. at the Memorial site on Rte. 589, between Cathell and Manklin Creek roads.

The ceremony will feature patriotic music and pageantry, honoring the service men and women who gave their lives for our freedoms. We will also honor our local Gold Star mothers and American Ex-POWs. Mike Beatty, aka DJ Batman, will be the Master of Ceremonies.

Music will be provided by Frank Nanna and the WWIIunes, featuring Todd Crosby. Randy Lee Ashcraft and the Delmarva Chorus will also perform.

Golf carts will be circulating from tent to parking lot for those needing some assistance. Please bring a lawn chair, as seating under the tent is limited. The ceremony will move to the Ocean Pines Community Center in the event of inclement weather.

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The benefits of shopping farmers markets are manifold

Farmers markets have grown in popularity in recent years. Nowadays, consumers interested in farmers markets can likely find one near their homes whether those homes are in rural communities, the suburbs or bustling cities.

People who have never before shopped farmers markets may be curious as to why many people find them so appealing. The following are a handful of benefits of shopping farmers markets that might turn market novices into full-fledged devotees.

Freshness: Many people visit farmers markets because the fruits and vegetables sold at such markets seem to taste more fresh than those sold at chain grocery stores. People are not mistaken, as the produce available at farmers markets often comes from local farms, meaning there is no long-distance shipping necessary. Locally sourced foods need

not be frozen en route to the market, meaning foods purchased there tend to taste especially fresh.

In-season foods: Some grocery stores may sell fruits and vegetables even when those foods are out of season. Farmers markets only sell in-season fruits and vegetables. To grow fruits and vegetables out-of-season, farmers may need to rely on chemicals or other unnatural methods. No such means are necessary when farmers stick to growing foods

in-season.

Environmental benefits: According to the Center for Urban Education about Sustainable Agriculture, food in the United States travels an average of 1,500 miles to get to consumers' plates. Such journeys burn natural resources, pollute the air and produce sizable amounts of trash that ultimately ends up in landfills and/or the world's oceans. Because food sold at farmers markets is locally sourced, considerably fewer natural resources are necessary to transport the food from

farm to table, and the relatively short distances the food travels translates to less air pollution.

Biodiversity: Many farmers market shoppers find unique foods not readily available at their local grocery stores. This is not only a great way to discover new and delicious foods, but also a way to promote biodiversity.

Hormone-free animal products: Farmers markets do not exclusively sell fruits and vegetables. Many farmers markets also are great places to find meats, cheeses and eggs. Animal products sold at farmers markets are typically antibiotic- and hormone-free, which is both more humane to the animals and healthier than animal products produced with hormones or antibiotics.

Farmers markets are more accessible than ever, and the benefits to shopping such markets are endless.



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Luncheon - Members of the Republican Women of Worcester County attended the First Lady's Luncheon held at the BWI Marroirt Hotel. In attendance were Maryland First Lady Yumi Hogan, former First Lady Kendel Ehrlich and Monica Rutherford, wife of Lt. Governor Boyd Rutherford. Pictured standings are **Jean Delcher, Cheryl Jacobs, Beth Rodier, Ellen Sauerbrey, Delegate Mary Beth Carozza, Mary Adair and Carol Frazier**. Seated are **Pat Schrawder, Nancy Gaither, Mary Pat Carozza and Sandy Zitzer**.

zant
from page 11

versity of Maryland School of Medicine in Baltimore. He was President of the Medical Staff at Peninsula Regional Medical Center in 2002 and 2003.

Dr. Zant has served his community on the Salisbury University Foundation Board, the Wicomico County

Medical Advisory Board, the Community Foundation of the Eastern Shore Board and the Wicomico County Ethics Commission. He is also an Ordained Minister.

Dr. Zant replaces Marion Keenan, who transitioned off the board following 13 years of service. His initial term on the Peninsula Regional Health System Board of Directors is for three years.

healing
from page 3

knows that through sharing our pain and building one another up we can carry on our journey, not alone and afraid but together and strong."

Our men and women soldiers have been fighting in Afghanistan since the September 11th attack in 2001. Dave Copeland stated that "although it is not in the news as much nowadays, the reality is that there are over 52,300 vets who came back to the States wounded or injured. Missing limbs and PTSD are some of the insidious things they deal with every day. We send them home and all in the sudden there is nothing for many of them. Some commit suicide and some just cannot function. They can't afford to join a gym." Through granted fitness programs nationwide, Catch A Lift works every day to mentally and physically heal veterans one by one.

Lynn Coffland, founder and president of Catch A Lift, along with the board and volunteers work tirelessly for this cause. Their efforts to raise funds to help and to save soldiers is an endless task requiring a great deal of time, energy, and sacrifices in their personal lives. CAL has serviced over 3,400 wounded veterans but there is always a 400 to 500 long waiting list.

The story of this military family who turned their loss into a life-saving program for wounded veterans in Afghanistan is a sad yet beautiful story of love and salvation. In the words of wounded veteran Jeremiah Montell, "Catch A Lift was a blessing when it came because it was one of the darkest moments. The door opened and I had to walk through it."

Author's Note: If you'd like to learn more about Catch A Lift, go to catchaliftfund.org.



Proclamation - The Worcester County Commissioners gathered with industry professionals from across the county to proclaim May 6 through 12 as Tourism Week in Worcester County and to celebrate the contributions and accomplishments of Worcester County Tourism and its many state and local partners to grow tourism locally. Those pictured include **Gregory Purnell** (front row, from left), **Michael Day, Donna Abbott, Susan Jones, Lisa Challenger, and Melanie Pursel**; and **Denise Sawyer** (second row, from left), **Debbie Keitt, Ginger Flemming, Barbara Tull, Isabel Morris, Karah Lacey, and Stacey Weisner**; and Commissioners **Chip Bertino** (third and fourth rows, from left), **Diana Purnell, Jim Bunting, Ted Elder, Joe Mitrecic, Bud Church and Merrill Lockfaw**.

safety
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and drinking water, make sure there is a backup driver, verify that the marine radio and/or a cell phone are in good working order in case there is a need to summon assistance.

Courtesy. Avoid being the source of water rage. Follow the rules of the road, slow down and give a wide berth when passing fishermen or paddle boats or any other obviously more vulnerable watercraft.

Caution. If you want to go gunk-holing, follow someone else up the alluring tributary that you want to explore and go slow. You're not Columbus. Do your exploration at low tide so if you do bump into the "New World," you may be able to float off within six hours at the next a high tide.

Risk Avoidance. Don't push a bad situation. If the folks on board are tired or beat up from the elements, go home. If you run out of drinking water, go home. If the motor sounds funny, go home. If bad weather is approaching, go home.

Marine safety is not inherently obvious; it has to be consciously addressed, especially at the beginning of the boating season. Safety first. Enjoyment second.

Dan can be reached for comment at dancollins.oceanpines@gmail.com

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LIVE MUSIC



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